Mindfulness meditation-based pain relief: a mechanistic account
Cognitive-based approaches found to reduce pain, such as hypnosis, acupuncture, distraction and even the placebo response, have been shown to work through this system. But does meditation also use opioids to reduce pain? By comparison, the non-meditation control groups reported increases in pain regardless of whether they got the naloxone or placebo-saline injection. "Our team has demonstrated across four separate studies that meditation, after a short training period, can reduce experimentally induced pain," Zeidan said. "And now this study shows that meditation doesn't work through the body's opioid system. "This study adds to the growing body of evidence that something unique is happening with how meditation reduces pain.