

冥想真的可能有助于缓解痛苦

Meditation May Really Be Able to Relieve Pain

According to a new study, **mindfulness meditation** can genuinely help **alleviate** pain. For centuries, meditation has been a method in some cultures to manage pain, though it was previously considered merely a **placebo** effect — the power of suggestion leading people to expect pain reduction, even if it wasn't actually happening.

根据一项新研究，正念冥想确实可以帮助减轻痛苦。几个世纪以来，一些文化中的人们一直使用冥想来处理痛苦，尽管之前人们认为这种效果类似于安慰剂效应——暗示的力量使人们期望能减轻痛苦，即使实际上并没有发生这种情况。

However, researchers from the US found that mindfulness meditation may be more powerful than previously believed. Mindfulness meditation is, according to the Very Well Mind website, a "mental training practice that teaches you to slow down racing thoughts, **let go of** negativity, and calm both your mind and body."

然而，美国研究人员发现，正念冥想可能比以前认为的更有效。据 Very Well Mind 网站称，正念冥想是一种“心理训练练习，教你放慢思绪，放下消极情绪，让你的身心平静下来。”

It combines meditation with the practice of mindfulness, which places emphasis on being focused on the present moment, and accepting your thoughts and feelings without judgment.

它将冥想与正念练习相结合，强调专注于当下，不加评判地接受自己的想法和感受。

One hundred and fifteen people took part in the study, which recorded participants' responses to pain. They were put into four groups. One group did mindfulness meditation. One did "**sham**" meditation that only focused on breathing. And another spent time listening to audiobooks.

这项研究记录了 115 人对疼痛的反应。他们被分成四组。一组进行正念冥想。一组进行只关注呼吸的“假”冥想。另一组花时间听有声读物。

mindfulness ['maɪndfʊlnəs] n.

警觉，正念

meditation [ˌmedɪ'teɪʃ(ə)n] n.

冥想，沉思

alleviate [ə'li:vɪət] v. 减轻，缓解

placebo [plə'si:bʊ] n. 安慰剂

let go of 放开，释放

sham [ʃæm] n. 假象，假的东西；adj. 虚假的，假装的

The fourth group had a **cream** applied to their legs. They were told it would relieve the effects of pain, but it was just a placebo. All participants were then exposed to pain — in the form of a very hot probe on the backs of their legs — while an MRI scanner looked at their brain activity. They were also asked to rate the level of pain they felt.

第四组在腿上涂了一种药膏。他们被告知这种药膏可以缓解疼痛，但这只是安慰剂。然后，所有参与者都感受到疼痛——在他们腿后部放一个非常热的探针——同时用 MRI 扫描仪观察他们的大脑活动。他们还被要求评估他们感觉到的疼痛程度。

The researchers found that the **intensity** of pain experienced by the mindfulness meditation group was much less than that experienced by other groups. In fact, they noticed from the MRI scans that people in the mindfulness group saw greater reductions in brain activity associated with the **perception** of pain.

研究人员发现，正念冥想组所经历的疼痛强度比其他组要小得多。事实上，他们从 MRI 扫描中注意到，正念冥想组的人与疼痛感知相关的大脑活动减少幅度更大。

The research team said mindfulness meditation may be able to actively treat pain in a way that a placebo cannot. The hope is that mindfulness meditation could be used to treat people suffering from **chronic** pain, although the team said further research will be needed.

研究小组表示，正念冥想可能能够以安慰剂无法做到的方式有效治疗疼痛。希望正念冥想能够用于治疗患有慢性疼痛的人，尽管该团队表示还需要进一步研究。

cream [kri:m] n. 霜，膏；奶油

intensity [ɪn'tensəti] n. 强度，强烈

perception [pə'rsepʃ(ə)n] n. 感知，认识

chronic ['krɔ:nɪk] adj. 慢性的，长期的