

## **MEDITATION AND BUG DELUSION: INTERESTING MEDICAL ISSUE**

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### **ABSTRACT**

An important psychiatric disorder is the sense of having bug in the skin. In this short article, the authors hereby discuss on the description of this symptoms in one who practice meditation according to religious meditation text. The interrelationship between the meditation and bug delusion is an interesting issue for further medical investigation.

**KEY WORDS:** Bug, Delusion, Meditation.

### **INTRODUCTION**

An important psychiatric disorder is the sense of having bug in the skin. In this short article, the authors hereby discuss on the description of this symptoms in one who practice meditation according to religious meditation text. The interrelationship between the meditation and bug delusion is an interesting issue for further medical investigation.

### **EVIDENCE OF BUG DELUSION PROBLEM IN MEDITATION TEXTBOOK**

In Buddhist meditation textbook, there is a description on the appearance of one who deeply meditates. It is described as "Piti". There are several appearances of Piti including to the sensation of having bugs creeping on the skin (in meditation term, it is known as KanikaPiti).

### **DISCUSSION**

The bug delusion is an important clinical complaint of psychiatric patient. The well-known problem is namely "Ekbom syndrome [1-2]." In Ekbom syndrome, a main suffering is

from the delusion that there are bugs attacking the patient's body [1-2]. In addition, patients might also experience visual and tactile hallucinations [1-2]. In fact, the KanikaPiti appearance also includes the abnormal visualization that one will see things in yellow color. Based on this finding, it can be noted that the meditation might have effect on neuropsychiatric system and there must be a good control system on the meditation practice to prevent getting attack from psychiatric problem. Indeed, the misconception and delusion is not an uncommon complication in one who deeply practice religious meditation. The good example is the delusion that oneself is an avatar of Kuan Yin goddess [3].

**CONFLICT OF INTEREST:** None

### **REFERENCES**

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