



POSITIVE EFFECTS OF MANTRA TECHNIQUES IN MENTAL HEALTH

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ABSTRACT :

In this article the author argues that complete presentation of various Indian cultural methods can reduce the stress and related mental and physical illnesses like Stress anxiety, depression etc. Life is neither possible to overcome safely. Indian cultural methods are increasing in Physical and mental health and reducing stress is an important stimulus of human growth and creativity as well an inevitable part of life.

According to Upanishads, Mantra **Om** is the name or symbol of God. It is the combination of three letters, namely, A, U, and M and it is the syllable of the past, the present, and the future. Mantra is the force behind all thoughts and chanting or thinking about Mantra will cause quiet mental state.

Objective: The present study was undertaken to assess the effectiveness of Mantra chanting on depression, anxiety, stress and cognition in elderly women with hypertension.

KEYWORDS : Mantra chanting, Stress, Memory, Depression, Anxiety, Hypertension, meditation, mantra, mudra, osteoporosis, post-traumatic stress disorder.

INTRODUCTION

Stress has reached epidemic proportions due to our fast-paced life-style and the consequent excessive demands on our bodies. It can affect your physical and mental health. Chronic stress can increase your risk for gastric ulcers, osteoporosis and sexual dysfunction. It is linked to other physical illnesses including hypertension, heart disease, diabetes, asthma and arthritis. Chronic stress can also impair the immune system, leading to an increase in infections and worsening of skin conditions such as eczema. Stress hormones have also been associated with post-traumatic stress disorder (PTSD), substance abuse and mood disorders as well as anxiety.

REVIEW OF LITERATURE

According to Upanishads, Mantra is the name or symbol of God. It is the combination of three letters, namely, A, U, and M and it is the syllable of the past, the present, and the future. In *Bhagavat Gita*, it was described that Mantra means the Brahman or consciousness and who remembers it always, he attains the supreme goal. In *Patanjali's Yoga Sutras* (PYS), which is one of the classical yoga texts explained Mantra as *Pranav* that is *swara*. According to Yoga teachings, Mantra is the force behind all thoughts and chanting or thinking about Mantra will cause quiet mental state. One of the most common diseases in the world is hypertension and persistent hypertension causes cardiovascular diseases. It



was reported that chanting of *Mantra* reduces heart rate, blood pressure and reduces skin resistance. Earlier studies reported that, effective '*Mantra*' chanting causes vibration sensation around the ears, which is transmitted through the auricular branch of the vague nerve and stimulates vagal nerve. Vagal nerve stimulation is one of the most common treatment for depression. Earlier studies reported that *Mantra* chanting deactivates limbic system. Medical treatment of hypertension is not always effective to achieve blood pressure control. The present study was undertaken to assess the effectiveness of *Mantra* chanting on depression, anxiety, stress and cognition in elderly women with hypertension.

Consequences in modern life

Family Problems, Finance Problems, Tight Deadlines, Political Pressures, Poor Working Environment, Harassments, Discriminations, Long hours, High workloads, Changes to duties, Poor relations with colleges and family members etc.

Sign of mental illness

Tiredness and irritability, Reduced quality work, Inductiveness and poor judgement, lose of sense of humour, Physical illness such as headaches, nausea, aches and pains, Seeming jumpy, admitting to sleeping badly, increased sick leave, Poor time keeping, Changes working day patterns, Increased arguments and disputes between staff, General absenteeism, An increase in grievances and complaints, Greater staff turnover.

MANAGEMENT FOR INDIAN ANCIENT TECHNIQUES

1. Yoga
2. Meditation
3. Chanting Mantras

The author suggests that the maha mantra has potential for utilization in clinical areas similar to those where other interventions of Eastern origin have been successful, such as treatment of stress, depression and addictions. It is discussed that the Mantra meditation is particularly focused upon. Anger management is also discussed, including the physical symptoms of anger, awareness of response. Patterns and power dynamics and options for expressing anger., Also study states that the mental stress of a person gets reduced while the mind reaches steadiness. As a final point, we have confirmed scientifically the accomplishments of OM chanting in reducing the stress from the human mind.

Study states that the stress management. Mantra repetition involves frequent repetition throughout the day and night. To experience maximal benefit, mantra should be repeated silently everyday while walking, waiting or falling in asleep etc. Meditation is often considered to be an alternative and complementary medicine which can be used to treat peoples with stress-related mental and physical disorders. In this paper we review some of the studies conducted on effectiveness of mantras as stress buster.

Mantra therapy can be control of stress, depression, anxiety, fear and promotion of mental health and happiness. Studies have shown that Mantras can have beneficial effects on the health of the body as well as positive results in mental & physical levels.

Chanting Mantra

1. Rhythmic speaking or singing, It makes use of deep breathing filling us with fresh air.
2. Rhythmic tapping of tongue against certain points along the roof of our mouth, sends signals to hypothalamus. It regulates chemical activity and secretion of 'feel good' brain neurotransmitters like endorphins.

These are sent into all parts of the body. Being natural opiates they leave us happy, relaxed and recharged with positivity

Breathing

- i. Breath is a kind of barometer of the subtle energies of body and mind.
- ii. Deep and Relaxed Breathing maintain an 'empty lung' position while exhaling and 'full lung' while inhaling.
- iii. Kapalbhathi cleansing breath.
- iv. AnulomVilom for alternate nostril breathing.

Rhythm

- i. When we repeat the mantra with a regular flow the benefit is many folds. Patterns of sound are inscribed in brain and evoke emotional and brain energy. In brain low frequency waves set in and we relax.....
- ii. When we inhale while chanting from the mooladhara chakra, the two flows through all the seven chakra and PRANA/ Life flows in.....

Mantras

Is a brain stabilizer?

- Improves concentration and steadiness.
- It combines sound, breadth and rhythm.
- It is a pleasure.
- Perform it with positivity, cheerfulness, honesty.
- As a result of the sound and vibrations, different patterns of the mind re arrange themselves to become tranquil.
- Regular chanting helps in taking you to a spiritual journey where mind, body and soul become calm.
- The mantra carries power through your body and you get rejuvenated.

How to do?

- Sit down cross legged on the asana in the morning with back straight and upright neck and head.
- It is your personal appointment with god so keep everything aside.
- Sweep away your worries and thoughts.
- Concentrate, check mental chattering and relax.
- Produce positive energy by rubbing your hands.
- Open your third eye, smile and Chant.

DISCUSSION

Yoga, mantras and prayers have been found beneficial for many physiological and psychological functions of the body. *Mantra* chanting is an important exhalation exercise, and significantly improves pulmonary functions in healthy subjects. Significant decrease in the heart rate was reported followed by *Mantra* meditation. Our study supports earlier studies as we have also observed significant decrease in the blood pressure and pulse rate followed by *Mantra* meditation. This decrease may be due to effect of *Mantra* meditation on autonomic functions, which causes psycho physiological relaxation. We have observed significant decrease in depression, anxiety and stress scores. It may be due to relaxation effect of *Mantra* meditation. Vedic chanting provides good memory and attention. It may be due to stimulation of brain cells by Vedic chanting. Vedic chanting reduces anxiety levels which improves memory and learning. Our study agrees with earlier studies as we have observed significant increase in MMSE scores followed by *Mantra* chanting.

CONCLUSION

The practice of *Mantra* chanting in a traditional way can be used as one of the powerful means in calming down the mind, enhancing memory. We recommend further detailed studies for further supporting traditional Mantra chanting and to recommend it to include in our daily life style.

Our attentiveness and our concentration are pilfered by the events around us. Different challenges and impediments have been faced by the humans due to their occupational activities. Meditation is essential for the human beings to come out of the above troubles. OM mantra is a spiritual mantra, important to obtain peace and calm. Consciousness has been improved by the repetition of OM mantra. In this work, we have confirmed the significance of mantra chanting. The time-frequency analysis has been carried out using wavelet transforms for the divine sound OM. We have concluded that mantra chanting affords steadiness in the mind scientifically. This provides calm and peace too to the stressed mind. The mental stress of a person gets reduced while the mind reaches steadiness. As a final point, we have confirmed scientifically the accomplishments of OM chanting and Vedic Mantra in reducing the stress from the human mind.

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