

MANTRA RECITATION AND ITS IMPACT OVER THE BRAIN AND BODY - A REVIEW PROSPECTIVE

Muskan rangar¹, Ramesh Chandra Tiwari², Manisha Dikshit³, Ved Bhushan Sharma⁴, Bhawana Mittal⁴

1. Post Graduate Scholar, 2. Prof. And H.O. D, 3. Associate Professor, 4. Assistant Professor, P.G. Department of *Agada Tantra Evum Vidhi Vaidyaka*, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India.

Corresponding Author: agadatantra12@gmail.com

<https://doi.org/10.46607/iamj3613022025>

(Published Online: February 2025)

Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 06/01/2025 - Peer Reviewed: 30/01/2025 - Accepted for Publication: 09/02/2025.



ABSTRACT

Mantra recitation is an ancient practice with roots in many different cultures and spiritual traditions. It's an essential practice for cultivating a positive attitude in life. This article explores the connection between reciting *Mantras* and developing a happy mindset. The significant effects of *mantra* recitation on the body and mind of a person are explored by repeating religious sounds or phrases that affect the mind, emotions, and general psychological health. The *mantra* recitation profoundly affects mental view and provides essential insight into utilising its therapeutic benefits for personal development and emotional resilience. It highlights the significant practical use of *mantra* recitation in today's world, which impacts body and mind and leads to a harmonic and balanced life.

Keywords: *Mantra* recitation, Positive attitude, *OM* chanting, psychological health, effect over mind and body.

INTRODUCTION

The *Mantra* means “Instrument of thought”. *Mantra* originated from *Sanskrit*, in which *Man* means “to think” and *Tra* means “tool”. Originating from ancient India, the *Mantra* serves various functions and is especially popular as an aid to meditation and

devotion[1]. Many of the mantras are thousands of years old, and they create strong vibrations within the mind and the body. Chanting *mantras* are similar to an individual performing meditation. Meditation comes from the Latin root - *meditatum*, which means - to

think about. Regular meditation practitioners travel the path of inner calm, joy, bliss and self-realisation. The *Mantra* is simply a sound with a frequency that will shift an individual into a higher state of awareness. *Mantra* meditation is a technique for calming the mind to align oneself with the Universe using a word, sound or phrase (*mantra*) pronounced by the meditation either aloud or in recitation[2].

OM(AUM) is said to be the original, primordial tone of the universe - the original sound of creation. An individual has to pronounce the word '*OM*' in the usual manner and observe the spiritual experience. Chanting the prolonged *OM* stimulates all eight directions, whereas the usual pronunciation only stimulates one direction. The *Yajurveda*, one of the four *Vedas*, is a significant central scripture. Additionally, the *Yajurveda* emphasises the essence of pure devotion through its hymns and *mantras*. The use of *mantras* can be traced back to ancient India, where they originated from the *Vedas*. Over time, *mantras* and their ability to create harmony have been highly valued by all living beings[3]. Even a few minutes of daily practice can make *mantra* chanting effective. Chanting for approximately 10 minutes is recommended to experience a positive impact. While chanting, it is essential to maintain a meditative posture with a straight back and minimize distractions from the outside. Reciting a *mantra* can unleash the positive energy within you, while using bad words or abuse can generate negative energy[4]. When someone directs abuse towards the other or the loved ones, it triggers anger and fills one with negativity. The impact of chanting a *mantra* fills oneself with positive energy, while even a small amount of anger can create negative vibrations within oneself.

Science has demonstrated that mantras have a direct mental impact. We can achieve mental serenity by chanting *mantras*. Reciting *mantras* causes the body to relax as the mind releases tension naturally. The scientist observed decreased heart rate and increased mental awareness when chanting "*OM*." Reciting a mantra will improve the capacity for concentration and single-minded focus. One will frequently find oneself in a composed and balanced condition with consistent

practice[5]. These techniques are very helpful for stress management since they can promote peace and relaxation by lowering cortisol levels and raising oxytocin levels.

OM has a connection to the chakras in the body. Like energy centers, these chakras respond favorably to the *OM* influence, igniting internal energies and reviving the individual's energy to equilibrium. The benefits include relief from stomach issues, cardiovascular advantages, removing negativity, improved lung health, a healthier environment, strengthened spinal cord, regular heartbeat maintenance, improved emotional well-being, increased mental clarity, and better sleep.

THE POSITIVE MINDSET

"Positive thinking is an optimistic outlook on life and an optimistic way of expecting good things to happen." When people have a positive outlook, they expect that things will work out and that they will succeed. Being "naturally" positive nowadays is nearly difficult. Cultivating a positive mindset and attitude is essential for generating pleasant feelings daily[6]. One should embrace the surroundings among decent, kind, encouraging, prosperous, upbeat, and optimistic people. Even if a person has been friends for a long time, they stay away from those that are negative. These people are the whiners, complainers, and doubters. One might be surprised to learn how much of a negative impact it can have on a person.

Being joyful all the time does not equate to having a positive outlook and emotions. Instead, let the feelings, both good and bad, come and go without being addicted to them. It's more of a general conviction that one can manage anything that comes on the way[7]. Positive thinking can lengthen life, lower the risk of depression and anxiety, boost immunity to the common cold, enhance general mental and physical health, prevent cardiovascular disease, and improve cardiovascular health.

MANTRA: A POSITIVE OUTLOOK

Mantras are used to concentrate on a particular way of thinking or goal. Suitable mantras help one stay on the same path and feel the same about what one wants to achieve. A mantra is typically more focused on a

specific ideal or aim that a person wishes to live up to or accomplish. Positive affirmations, on the other hand, are succinct declarations that support positive traits or ideas about oneself [8]. "I am" is a common starting point for affirmations that aim to rewire the subconscious mind to replace harmful thought patterns with positive ones.

Making *mantra* meditation a routine is another powerful approach to getting the benefits of customised mantras[9]. Even though it's a more spiritual activity, meditation is a great technique to regain control over the body and mind and eliminate negative self-talk. Once a person breathes deeply and repeats the mantra to oneself, one can observe how the heart rate settles, and the thoughts, emotions and behaviours come into harmony.

MANTRA ACCORDING TO ANCIENT ASPECT

Sacred sounds, chants, or words that are repeated and are thought to have spiritual properties are known as *mantras*. Repeating anything continuously that shields against all suffering brought on by the cycles of life that bind us from birth is known as a mantra. The fascinating tale of *Shiva* and *Devi's* meeting and talk in the picturesque surroundings located two billion light-years ago from *Kailash* and three trillion years ago begins the origin of the *mantra*. Different feelings, such as joy, fear, grief, and wonder for *Devi*, come to life through the various scenes and dynamic surroundings.

The dialogue descends into the sound of *Shiva's Damaru*. In the complete range of all the *mantras* that need to be created, 70 million sounds came to pass. The *Maheshwara Sutras*, a collection of 14 *sutras* consisting of 57 letters, are the foundation of the *Sanskrit* language. The sages *Kasyapa*, *Vasishta*, *Parasurama*, *Dattatreya*, *Atri* and *Gautama* transmitted these *sutras* to humans when they descended to Earth and imparted their *mantras* to humanity[10]. Sound gave rise to the fundamental parts of the universe, including the ego, intellect, four aspects of the mind, three modes of material nature, five elements, and fourteen letters.

Mantras from the *Vedas*, which originate from India, have been utilised in the past by several other global

cultures. Therefore, mantra usage is not just a Hindu custom. Greeks, Egyptians, and Zoroastrians chant *mantras* to communicate with their gods.

THE MOST FUNDAMENTAL MANTRA IS OM-ॐ(AUM).

First, there is the vibration itself, which stands for rebirth, death, and birth. Chanting the mantra "*OM*" three times is believed to lower pulse rate and have a 20% calming effect in seconds. An unconventional approach to begin and conclude a *yoga* or meditation practice is to say *OM*. From the golden age, people have been practising *OM* chanting meditation as a potent spiritual technique to attain profound relaxation and establish a connection with the divine. The sacred sound "*OM*" is repeated rhythmically, creating a deep vibrating energy that reverberates throughout the body and mind, encouraging spiritual development and inner serenity. Through the *OM* chant, the *Vedic* sages thought they could experience a deep sense of unity with the universe by harmonizing their consciousness with universal awareness. It became an essential component of Buddhism, sung as a mantra during meditation to foster inner serenity and mental purification[11].

In mythology, *OM* is frequently associated with Lord *Shiva*, the god who personifies the cosmic energies of creation, preservation, and destruction. Lord *Shiva* is thought to have created the universe with his divine vibration through *OM*. Therefore, it is believed that chanting *OM* might help one become more in tune with the universe's creative force.

One widespread misunderstanding regarding *OM* chanting is that people who identify as religious or spiritual can chant *OM*. *OM* chanting is accessible to everyone, regardless of their beliefs. Anyone looking for inner peace and balance can experience the vibrations the sound produces because they are universal.

A STEP-BY-STEP GUIDE TO MANTRA MEDITATION

Step 1: Select a favourite word, phrase, or prayer for meditation. Ideally, a mantra comprises only a few words or syllables, so one can repeat it quickly without

getting lost in a long phrase. Choose something uplifting that inspires and engages the heart.

Step 2: Sit comfortably in a chair or on the floor, supporting your posture with a blanket or a cushion. Find a position aligned with the spine's natural curves and relax so you can remain still. Close your eyes and take a few slow, deep breaths or do some breathing practice for several minutes, then relax your breath completely.

Step 3 Repeat your mantra slowly and steadily, concentrating on its sound as fully as possible. Repeat it in unison with the natural rhythm of the breath.

Step-4 After about 10 recitations, repeat the mantra silently by moving only the lips. Then, after another 10 repetitions, recite it internally without moving your lips.

Step 5: When thoughts arise, return to the mantra. Gently bring your attention back to the mantra and experience the internal sound as fully as possible.

Step 6 Continue for the period of time one sets aside for meditation. Come out of the meditation by taking a few deep breaths and sitting quietly to see what the person feels. One may feel calm and centred or flooded with old thoughts and feelings from the subconscious, which might be uncomfortable.

EFFECTS OF OM CHANTING OVER BODY AND MIND

The sound vibration that *OM* creates activates all of the body's *Chakras*. It makes a bond with Almighty. The three words that makeup GOD are G for generative powers, O for operational powers, and D for destructive powers. *Brahmanas* are represented by *OM*. Three attributes characterise *Brahmanas*: *Ananda*, or bliss body; *Satya*, or immortality; and *Chitta*, or consciousness. Vibrations are how the sound of (*OM*)*AUM* impacts the external and internal environment. Different syllables vibrate differently, affecting different body areas. Every word has a corresponding organ or body part. One can sense the sensation and resonance of the neural system in the chest and stomach area, for instance, by chanting "aaaaaaa." Chanting "ooooooo" resonates with the throat and chest region, causing sensations. Chanting "mmmmm" has a similar effect on the nasal cavity and

the brain[12]. When the entire mantra *AUM* is chanted, the brain, spinal cord, throat, nasal passage, and stomach are progressively stimulated. That energy moves from the abdomen to the brain, channeling energy and activating the spinal cord and brain. After regular repetition, the *OM mantra* has a calming impact on the nervous system. During the initial chanting, the frequency module swings more. Cellular healing occurs when the mind and body are at ease, causing the body to relax and the bad ideas to be drastically pushed aside[13]. As one chants the sacred syllables of *AUM*, feel the vibrations pulsating within three specific points. Research shows that when negative thoughts are eliminated and the brain is stabilized, stress levels decrease because it gives people more energy.

MENTAL HEALTH EFFECT IN TODAY'S ERA

People today have been dealing with a variety of health-related issues, suffering from a variety of illnesses, a heavy workload, mental fog, and extreme stress. As a result, various types of crimes exist in society[14]. In this article we give valuable insight that we would get rid of these problems by chanting the *OM mantra* during the practice of Meditation which would establish connection with divine energy and restore the physical, mental and spiritual well-being of human being.

CONCLUSION

In conclusion, *OM chanting* is a potent exercise with several health advantages for the body and brain. You can have a stronger sense of serenity and well-being, enhanced attention, and decreased stress by adding *OM chanting* to your daily routine. By adopting mindfulness practices into our everyday lives, we can better manage stress, sharpen our attention, and develop a more profound feeling of well-being. In the end, adopting meditation enables people to connect with their inner selves, enhancing their lives and fostering a positive approach. By engaging in this practice, we open the door to a more harmonic and balanced life in a world that is becoming more and more chaotic. It improves the spiritual well-being of a

person and makes them feel more connected to the universe.

REFERENCES

1. OM Chanting Meditation: Spiritual Sound and Practice (aurahealth.io)
2. The Meaning of the Om Symbol - A Secret in Sound (symbolsage.com)
3. Om - Wikipedia
4. Om: Meaning, Symbol, and Benefits of Chanting Om - HindUtsav
5. Mantra Symbols Explained: Divine Frequencies (theenlightenmentjourney.com)
6. Positive Mindset: How to Develop a Positive Mental Attitude (positivepsychology.com)
7. Positive mindset definition - Search (bing.com)
8. The Importance of a Positive Mindset (welldoing.org)
9. Om chanting modulates the processing of negative stimuli: Behavioral and electrophysiological evidence - PMC (nih.gov)
10. Meditation on OM: Relevance from ancient texts and contemporary science - PMC (nih.gov)
11. What is Om Chanting? Uncovering the Science and Spirituality of this Sacred Sound (takeyourchants.com)
12. Chanting and Mantras: Their Impact on Brain Health and Function - Very Big Brain
13. OM Chanting - 13 Benefits of Chanting the Mantra ॐ (vedicfeed.com)
14. <https://www.hellomyoga.com/blog/om-chanting>

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Muskan rangar et al: Mantra recitation and its impact over the brain and body - a review prospective. International Ayurvedic Medical Journal {online} 2025 {cited February 2025 }