



## A REVIEW THE EFFECT OF OM CHANTING ON THE STRESS AND ITS SIGNIFICANTS

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### ABSTRACT

Through this review, we are trying to explore the relevant work done on the OM MANTRA CHANTING EFFECT On the Mental health and its benefits. Mantra yoga is one a part of yoga since ancient times. The Upnishads are full of references regarding the “OM” Mantra. OM is the matrix of all mantras. By doing its chanting which neutralize Raja (Agitation) and the Tama (Inertia) and calms the mind, brings focus and is great for controlling breath and stress levels. Now a days the most common problem in life is stress and anxiety. “OM CHANTING” is a simple practice, it needs less time as well as doesn’t require expert or trainer while performing. Definitely by practice we can prevent psychosomatic disorders manage anger, stress and anxiety and it makes the person healthy and well-being.

**KEYWORDS:** Om Mantra, mental health, Chanting.

### INTRODUCTION

OM is considered as sound of God. OM is described as pranav in PYS. OM is basically a monosyllabic word, as compared to “AUM”, which is tri-syllabic. In mandukya Upanishad, it has been described that Om is the syllable of the past, the present and the future. From the original sound „Om“ all things become manifest as its extension embodiments. This means that’s repetition of OM with bhavanam (meditating on its meaning) should be carried out in PYS (Ch: I; V:30) stated, obstacles to mind before doing yoga like disease, mental laziness, doubt, calmness, false perception, not attaining concentration and falling away from the state. To overcome these obstacles and gain knowledge of introspection, chanting is advised.

“OM” Represent everything- the start (beginning), the mid (middle) and the end, respectively Past, Present and the future. In India all sanskrit Mantras are begins with

the “AUM” or “OM”, It’s the first sound of universe. Sound of “OM” is a sacred practice that helps our mind and body to energize. “OM” connects all living beings to Nature and the Universe. So, one can chant “OM” silent or aloud. Chanting “OM” Relaxes the mind soul and the nervous system.

A, U, M are also said to represent Brahm, Vishnu and Maheshwara as well as may other things. One can’t even speak about its meaning but it can experience only by personal individuals.

Patanjali’s yoga sutra (PYS) is on of the classical yoga texts in which the explanation of AUM is well defined. IN PYS there is single direct

### TASYA VACHAKAH PRANAVAH

(Ch: I; V:27)

This means that Pranava is virtually Ishawara or OM where Ishawara is the word denoting God. Since PYS has described Pranava (OM) as Ishawara.

IN modern days life style, humans are prone to diverse psychological and psychological issues that induce stress, anxiety, anger, depression or even suicidal thoughts. So OM CHANTING will become a helpful tool to relieves all that above mentioned neurological and psychological emotions. Its help to manage stress, anxiety, depression, lack of concentration and other mental symptoms. Or as yoga therapy.

#### METHODS OF CHANTING/ PRONUNCIATION

“AUM” can be chanted slowly or quickly, depending upon the capacity of individuals.

There should be definite pronunciation of each of the syllabus „A“ „U“ „M“ with a gradual transition from one to the other.

Chant the tri- syllables as - “AAAAAAAAAAAAA - UUUUUUUUUU - MMMMMMMMMMMM”. Verbal chanting is to be preferred. Mind must be concentrated on verbal “AUM” sound and remove the fluctuations of the mind, and bring it on one point. Chanting “AAAAAAAAAA- one can feel the resonance and sensation of nervous system in the stomach and the chest region, chanting “UUUUUUUUU”- creates sensation in throat and chest region, Chanting “MMMMMMMM” - Resonates with the nasal cavity as well as skull/brain region.

Varahopanishad (5.69) says “OM” chanted very smooth and continuously (without interruption) like a resonance of a bell (Deergha ghanta ninaadavat).

#### Procedure

1. Sit comfortably in meditation posture.
2. Close eyes slowly, and try to concentrate on any point or the centre of both eye brows.
3. Inhale deeply and while exhalation start chanting with the word AAAAAA- continue the stretch by bringing the lips together to say the next syllable with word UUUUUUU finally press the lips and front teeth gently together, bringing the vibrations of the next with the syllable word MMMMMMMMMMMM.
4. Try to be aware completely of the sound “AUM”.
5. Try to feel and aware the vibration on vocal cord of sound OM.
6. Be aware of the internal sound of “AUM” at the Eyebrow centre.
7. Continue, as long as possible. At least 15min.
8. End the practice by chanting OM loudly.

#### DISCUSSION

The revive of existing literature showed that OM Chanting offers numerous benefits to mental health's. Its positively affects neurophysiological response, increase heart rate variability, and improves psychological well

being by reducing Anxiety, stress level, depression symptoms.

Over the year, several studies have investigated the effect of om chanting on different aspect of mental health.

1. Cortisol level (A stress hormone): - study published in Indian Journal of yoga in 2018.
2. Cognitive function test: - International journal of yoga in 2018.
3. Heart rate variability: - International general of yoga in 2021.
4. Reduction of anxiety: - Journal published evidence based integrated medicine in 2018. And many more studies are presents.

#### BENEFITS

- On of the most powerful methods of rapidly relaxing the entire mind and body.
- Balanced up the neurotransmitters levels in brain which is responsible for the transmitting.
- signals in brain. Helps to manage stress and anxiety level which is more common now a days.
- It improves the concentration.
- Ensures quality sleep and makes emotionally stable. And have many more benefits.

#### OTHER SCINCETIFIC BENEFITS

- HYPOTHALAMUS - Om chanting stimulate hypothalamus, located in the brain which further activate master gland pituitary. It also involved in sexual response hormone release and regulating body temperature.
- HIPPOCAMPUS- It helps the preserve and retrieve memories.
- PINEAL GLAND- PRESENT b/t our eye brows gets resonated which secrets happy hormone “serotonin” during the day and “melatonin” at night.
- Vibrations produced by chanting OM penetrates each atom, molecules, tissues and cells of all body organs.

It heals our Soul, mind and body. Make spiritual well-being, mind fullness, elevates good mood and individuals feels free happy and all kind of well-being.

#### CONCLUSION

The systemic review of literature on the effect of OM chanting on the mental health and its benefits shows that, spectral analysis and imagining of the brain, we can conclude positive health benefits of the OM mantras.

OM chanting has been practiced for the centuries and is regarded as on effective form of meditation and spiritual practice.

The result of this review suggest that OM chanting has a significant effect on reducing Anxiety, depression and stress, and promoting relaxation. Om chanting is simple and accessible practice that can be easily incorporated into daily life.

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