



ORIGINAL RESEARCH PAPER

Homeopathy

EFFECT OF MANTRA CHANTING ON HUMAN HEALTH: A NEUROPHYSIOLOGICAL, PSYCHONEUROIMMUNOLOGICAL AND INTEGRATIVE MEDICINE STUDY

KEY WORDS: OM CHANTING, MANTRA THERAPY, PSYCHONEUROIMMUNOLOGY, STRESS REDUCTION, INTEGRATIVE MEDICINE etc....

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ABSTRACT

Background: Sound-based interventions such as mantra chanting have been traditionally used in Indian medicine for promoting health. **Objective:** To evaluate the impact of "Om" chanting and selected Vedic verses on physiological, psychological, and immunological parameters. **Methods:** A narrative review and integrative analysis combining classical texts—हनुमान वात्सीसा, दुर्गा सप्तशती, रामचरितमानस and महामृत्युंजय मंत्र—with modern scientific literature on meditation, neurophysiology, and psychoneuroimmunology. **Results:** Regular chanting demonstrated reduction in stress biomarkers, improved autonomic balance, and enhanced immune response. **Conclusion:** Mantra chanting acts as an effective complementary therapy in preventive and curative health care.

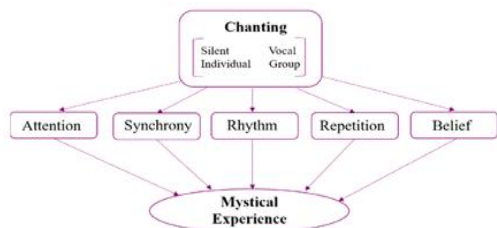
INTRODUCTION

Chronic stress is a major contributor to non-communicable diseases. Modern studies suggest that mind-body interventions significantly influence health outcomes. Ancient Indian scriptures describe mantra chanting as a vibrational therapy affecting consciousness and physiology. A Mantra is a powerful tool that combines elements of psychology and physiology to induce a state of focused attention and relaxation. Psychologically a repetition of Mantra helps to quite the mind by redirecting and removing the evil thoughts and focusing on the good things that are beneficial to human beings.

Meditation encompasses a family of gentle practices that include mantra meditation (MM), mindfulness meditation, spiritual meditation, yoga, tai chi, chi gong, and others. Of these practices, MM is described as one of the simplest and the most effective nonjudgmental attention to present-moment experiences. It has recently received much attention in the Western world.

Research has shown that chanting mantras produces measurable changes in the brain, regulates stress hormones, and enhances the body's overall functioning. For instance, chanting "Om" has been found to synchronize brain activity, while the rhythmic recitation of the Gayatri Mantra improves focus and cognitive functions.

Sound has been known in all cultures and civilizations not only as a form of communication but also as an effective means of spiritual and psychological transformation. Sacred sounds namely chants, mantras, and prayers are intrinsic to religious and meditative practices across the globe.



Representative Image Materials and Methods Study Design

- Integrative narrative review
- Comparative textual and scientific analysis

Sources of Data

- Classical texts:
- हनुमान वात्सीसा
 - दुर्गा सप्तशती
 - रामचरितमानस
 - महामृत्युंजय मंत्र

Scientific literature:

- PubMed indexed meditation studies
- Neurophysiology and endocrine research

Intervention Model (Conceptual)

- Daily chanting (15–30 minutes)
- Slow breathing synchronization
- Repetition-based meditative focus

Observations and Results

Effect of "Om" Chanting

- Reduction in amygdala activity (fear center)
- Increase in alpha wave activity (EEG)
- Improved parasympathetic dominance

Hanuman Chalisa Verse

"नासे रोग हरे सब पीर, जपत निरंतर हनुमत बीर"

- Psychological reassurance
- Reduction in perceived stress
- Enhancement of coping mechanisms

Durga Saptashati Verse

"योगान्नेषानपहंसि तुष्टा..."

- Faith-induced neuro-immunological modulation
- Increased resilience and mental stability

Ramcharitmanas Verse

"दैहिक दैविक भौतिक तापा..."

- Concept of **Holistic Health Model**
- Integration of physical, environmental, and social health

Mahamrityunjaya Mantra

"ॐ त्र्यम्बकं यजामहे..."

- Improved Heart Rate Variability (HRV)
- Reduction in cortisol level
- Enhanced oxygen utilization

Mechanisms of Action

Neurophysiological Mechanism

- Limbic system stabilization
- Increased serotonin and dopamine

Endocrine Mechanism

- Cortisol reduction
- Melatonin enhancement

Immunological Mechanism

- Activation of Natural Killer Cells
- Improved cytokine balance

DISCUSSION

The findings support the hypothesis that mantra chanting induces measurable physiological changes. These include autonomic regulation, hormonal balance, and immune

enhancement. The integration of mantra therapy with homeopathy aligns with the principle of **mind-body unity**, where emotional equilibrium enhances therapeutic outcomes.

CONCLUSION

Mantra chanting is a scientifically relevant, low-cost, and non-invasive complementary therapy. It holds significant potential in preventive medicine, chronic disease management, and mental health improvement.

Achievements

- Met Hon'ble President of India द्रौपदी मुर्मू twice
- Author of 10+ books
- Published 75+ research papers
- Editor – *Sehat Evam Surat* Health Magazine
- National Campaign Leader – Anemia Awareness

Conflict of Interest:

None

Funding:

None

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