

# MANTRAS FOR HOLISTIC HEALTH AND WELLNESS: A CASE STUDY ON GAYATRI MAHAMANTRA AND MAHAMRITYUNJAY MANTRA

**Govind Saraswati, Sonali Mohan**

Centre for Advanced Research in Indian Music Therapy  
(CAREIMUST), Dwarka, New Delhi, India  
Institute of Ancient Philosophy, Hyderabad  
Email - sonalimohan236@gmail.com

## Abstract

Mantra chanting is a very significant part of the vedic system. Vedas, upanishads and other ancient texts/scriptures have mantras that are attributed to give a specific effect on chanting. In principle, mantras are a potent example of the power of words. The energy and intention with which they are spoken, have potential to become true if repeated enough times. Nevertheless, the vibrations they produce cause a positive effect on not only human health and wellbeing but also on individual and collective consciousness. Effects of chanting have been qualitatively felt by individuals who regularly practice and chant. However, limited studies till date have been a concern to scientifically validate its impact. This paper attempts at studying the impact of mantras on human health and wellbeing of people who regularly chant and practise Gayatri and Mahamrityunjay mantra meditation. It was observed that regular practitioners of mantra chanting suffer significantly less with infectious and lifestyle diseases like hypertension. Also, the success of people with serious medical conditions who got Mahamrityunjay mantra chanting done was recorded.

**Key words:** Mantra, Gayatri, Mahamrityunjai, Alternative therapy, Wellness, Healing, Sound.

## 1. Introduction

Mantra is a word or a phrase, which is meant to give a desired effect when repeated in a prescribed manner. Vedas always proclaimed 'as you think, so you become'. Even according to the law of propaganda by Joseph Goebbels, if something is repeated enough times it becomes a truth. So, the phrases of the mantra have potential to become the truth when repeated several times. Hence the significance of chanting. Moreover, mantra creates positive vibrations in the mind and body that promotes dis-ease-free state of being, and accelerates evolution of consciousness to higher dimensions in both material and spiritual world (Fig 1). It is now a well-known fact that the mantra 'Om' is the mantra that created the universe. Words create worlds, as sound can transform into light and manifest matter. Words are produced after the breathing in and slowly breathing out process. So practically when we speak when we are holding our breath and/or slowly releasing it. The air that we inhale creates vibrations of specific frequencies at specific points. While we chant there is a fixed pattern of this force exerted as we repeat, which is not there in our casual speaking. Hence the effect that we feel is the effect of the pressure created at these points at repeated fixed intervals. This improves heart rate, breathing, blood pressure, brain activity and oxygenation (Dudeja 2017). According to Ayurveda, we have 108 vital points of life forces in our body. So, this is why all mantras are chanted 108 times. An average person is said to breathe 21,600 times in a 24-hour period. Half, 10,800, are solar energy (breaths during day), and the other half is lunar energy (breaths during night). 100 multiplied with 108 equals 10,800. Also, in Kriya yoga, the maximum number of repetitions per session is said to be 108. Interestingly mantra chanting works with or without faith. There is a reference of mantra chikitsa, beej mantra in ancient Indian texts like Charak Samhita, Susruta Samhita and Astanga Hridaya. Even today, Armanthan a vedic mantra is recited to ignite the auspicious sacred fire in Yagya using wood of banyan tree.

An interesting study on the effect of sound and positive aspirations over water was carried out in water was frozen after being exposed to various sounds. Positive sounds such as mantra tend to reveal intact and beautiful crystals when frozen, while negative sounds tend to be the opposite (Emoto 2004). The Russian biophysicist and molecular biologist Pjotr Garajajev and his team also explored the vibrational behaviour of the DNA and found that they could actually change the genetic information of the DNA by using correct laser rays and radio waves, provided the frequencies (sounds) were right. It actually means that mantras can effectively reprogram our DNA and our consciousness (Pjotr Garajajev and Vladimir Poponin). Vibrations of 12 musical notes may activate the 12 stranded DNA structure also which is the pinnacle of evolution of human consciousness (Saraswati, Mohan 2022).

In a recent study, a significant number of students reported to be more attentive, comfortable, relaxed and had a better memory and significant reduction in mean pulse rate, weight and blood pressure. Students expressed a feeling of relaxation and having a fun filled learning atmosphere after meditation (Shukla and Shukla 2022).



Fig 1: The Flow of Steps of the three-fold Cause and Effect of Mantra Chanting.

## 2. The Gayatri Mantra

The GAYATRI MANTRA" has the title of being the most powerful hymn in the world. Gayatri Mantra was written about 2500 to 3500 years ago in the rig veda and is dedicated to Savitr, a Sun deity. The mantra is attributed to the much revered sage Vishwamitra. Dr. Howard Steingeril, an American scientist, collected Mantras, Hymns and invocations from all over the world and tested for their strength in his Physiology Laboratory & Hindu's Gayatri Mantra produced 110,000 sound waves /second...This was the highest and was found to be the most powerful hymn in the world. Through the combination of sound or sound waves of a particular frequency, this Mantra is claimed to be capable of developing specific spiritual potentialities. Finding suggests that Gaytri Mantra can be one the easiest, cheapest and little time consuming technique of relaxation (Barmola 2018). There are 24 letters in the Gayatryi mantra and the flow of sound of these twenty-four letters of the Mahamantra is of deep significance. The experts of the science of sound know the powers hidden in sound and the results which can be achieved by its subtle vibrations. Sound is synonymous with Brahma. The chanting of Gayatri Mantra activates the network of nerves in the mouth and stimulates specific glands. No sooner do they get stimulated, a Vedic symphony is created which spreads in the ether, takes a round of the entire universe, coming back to the source with its energy augmented manifold, capable of fulfilling the desired purpose. When you chant Gayatri mantra in the right way, it has significant health benefits. Here are the top five health benefits of chanting Gayatri mantra (Yogi Mahesh Chetan, 2018)

- Improve the concentration
- Calm your nervous system
- It improves our breathing
- Improve your immunity
- It reduces stress and anxiety

Gayantri mantra chanting led to improvement in performance, as assessed by DLST (digital letter substitution task) (Pradhan and Derle 2012). In a FMRI study on effect of gayatri mantra meditation, it was observed that the areas that had maximum activation were the bilateral superior temporal gyri, right temporal lobe, right insula, left inferior parietal lobule, lateral globus pallidus and culmen of the cerebellum (Thomas and Rao 2016). Gayatri mantra chanting has a positive effect on cognitive functions in school children. Chanting enhanced their ability to

focus attention, the spontaneous organization of memory and short term recall (Narayanan and Venugopalan 2018). Gayatri mantra is reported to stimulate the vagus nerve that affects people suffering from depression and epilepsy. Chanting of this mantra stimulates the vagus nerve and penial body thereby encouraging the release of endorphins and other types of relaxing hormones. The influence of gayatri mantra and emotional freedom technique on quality of life of post-stroke patients was studied by Dewi et al 2020. Gayatri mantra chanting plays a significant role in the wellbeing of the people as it has significant effect on attention, memory, anxiety and mental state. Regular chanting shall improve learning power, concentration, prosperity, eternal power, peace and improve quality of life (Samajdar et al, 2020). When you chant Gayatri mantra in the right way, it has significant health benefits. People chanting gayatri mahamantra regularly do not have an incidence of hypertension. The frequency of suffering from infectious diseases is also very low. Even during COVID no casualty in such people was reported in the pool of 500 people (data from Pandit Rakesh Misra, Barola, Noida, India).

### 3. The Mahamrityunjay Mantra

Mahamrityunjay Mantra is a verse from the Rig Veda (Mandala VII, Hymn 59) and was brought to the people by Rishi Markandeya, is considered to be the most powerful Shiva Mantra. It bestows longevity, wards off calamities and prevents untimely death. It also removes fears and heals holistically. This eternal mantra is also a part of the Yajurveda. After twelve sessions of Mrityunjaya mantra chanting the Memory scores for delayed recall test were increased and the Auditory Reaction Time and the Visual Reaction time were reduced when compared to the pretest. The practice of Mrityunjaya mantra chanting can be used as one of the powerful means enhancing memory and reaction time of school students. We recommend further detailed studies for further supporting traditional Vedic chanting and to (Kalaivani, 2018). Upregulation of CYP19A1 was seen with the Mahamrityunjay mantra. (Pathak 2022). Immediate effect of mind sound resonance technique (MSRT – a yoga-based relaxation technique) on blood pressure, heart rate, and state anxiety in individuals with hypertension: a pilot study. Study demonstrated the usefulness of a single session of MSRT in reducing blood pressure, HR, and state anxiety among individuals with HTN as compared to SR. MSRT involves chanting of syllables A,U,M, Om, and Mahamrityunjaya mantra loudly. These findings encourage further studies with larger sample size and long-term intervention with a robust research design (Wang et al 2018). Research supports the idea that mantra may have benefits through the sound vibration and meaning of the words and plays a role in improving cognitive function, depression, Post Traumatic Stress Disorder symptoms, cognitive function, mood, and spiritual well-being. As our understanding of this powerful modality deepens and grows, we may well find additional clinical applications further ways in which this ancient practice can strengthen and heal the human body and mind (Chaudhary and Kumar 2020). Mahamrityunjay mantra chanting was done for a group of people who were suffering from COVID. 20 people recovered from covid after hospitalization (data from Pandit Rakesh Misra, Barola, Noida, India). Some of them also recovered from the ventilator stage during hospitalization. The significant reduction of 14/05 mmHg in B.P and 6 beats of pulse rate was observed immediately after 5 min of Om chanting. Hence, Om chanting can also be added as supportive therapy with drugs in mild or moderate cases of HTN (Arora and Dubey 2018). In a recent study, religious chanting appeared to increase endogenous neural oscillations in the low frequency delta-band, especially in the posterior cingulate cortex (PCC). This brain region shows the largest decrease in centrality during religious chanting in a highly-trained meditator. It was hypothesized that, similarly to meditation, repetitive religious chanting would lead to significant changes in brain activity and that such changes could be detected in sources of interest using high-density EEG and spectral analysis. Moreover, due to the positive emotions ascribed to Amitābha Buddha we expected affective changes to occur during religious chanting, accompanied by changes in peripheral physiological measurements, including the multi-band HRV indices and respiration rate.

### 4. Case Study

A total of 20 people who chant at least one hour regularly and who don't chant Gayatri and Mahamrityunjai mantra, were studied and the occurrence of infectious diseases and hypertension was recorded. Out of 20 people who chant mantras regularly, only 10% suffered from COVID with no hospitalization recorded and only 5% suffer from hypertension.

Table 1: Effect of chanting on frequency of infectious diseases and hypertension.

Chanting	Percentage of COVID cases	Percentage of hypertension
People who chant regularly (two sets of a total of 20 people who chant regularly were studied. One group in Barola, Noida and the other group in Jageshwar, Almora).	10%	5%
People who don't chant (a total of 20 people who don't chant were studied)	40%	50%

Also, During COVID period in 2021 about 20 people recovered by getting mahamrityunjai mantra jaap done by brahmins for wellbeing. Some of them were retrieved from the ventilator as well. Two cases could be retrieved to life by mritsanjeevani mantra (Pandit Rakesh Misra).

## 5. Conclusion

Mantras have a profound effect on human health and wellbeing. Though the cause and effect of which is well understood and accepted by the scientific community around the world, this paper gives an insight into some lesser-known aspects of mantra. In this study it was observed that people who regularly chant have low frequency of infections and lifestyle diseases like hypertension. However, the pronunciation and protocol of the mantra recitation like time, duration and space should be accurate as prescribed by a qualified brahmin to give desired effect. Mantra chanting can be effectively used in preventive healthcare regime, as well as an adjunct therapy for treatment.

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