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## Importance Of Cantillation (Chanting) –A Divine Remedy In *Ayurveda*

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### ABSTRACT:

The classic texts of Indian origin record the influence of Chanting on plants and animals. *Ayurveda* also recognises the importance of this realm of medicine. There is a need for an effective stress-reducing intervention, such as mantra meditation. For treatment *Charak* classified the treatment principle in, 1. *Daivavyapasraya chikitsa*, 2. *Yuktivyapasraya chikitsa*, 3. *Satvavajaya chikitsa*. Mantra – the sound therapy of healing effect on the body, mind and spirit through the movement of tongue, the mouth and it changes the chemical in brain which relaxes the brain wave; detoxify the mind, cleansing the cellular toxin. Chanting instil confidence, improve concentration and sound therapy in the medicine of the future, sound as a carrier wave of consciousness protects us from several diseases and reforms the future.

**Keywords:** Meditation, *Daivavyapasraya*, consciousness

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## INTRODUCTION:

In *Ayurveda*, apart from herbal remedies for diseases, a *Daivavyapashraya* treatment is one of the important management measures. *Daivavyapashraya* is the spiritual way and solution of healing in *Ayurveda*. It consists of the use of *Dana* (taking recourse to gift), *Swastyayana* (propitiator rites), *Mangala* (auspicious observances), *Homa* (oblations), *Niyama* (observance of spiritual rules), *Prayashchita* (atonement), *Upavasa* (fasting), mantra (Incantations) etc. Among all these Mantra is explained in *Ayurveda* as foremost role in various places.<sup>1</sup> Mantra recitation is the part of *Daivavyapashraya* which is cited to enhance the healing. It is equally applicable in preventive and therapeutic aspects. The rationale of this endeavour is to search and comprehend the basic principles at the rear of mantra

therapy. Though this therapy is not practiced routinely, it is a potential area of *Ayurveda* which can be applied.<sup>2</sup>

## MANTRA VYUTPATTI

“*Mananaat traayate yasmat atasmata mantrah prakirtitah*”  
(*Shabdakalpadrum*)

The repeated incantation of which one can overcome or protect him (from bondage or troubles) is called as Mantra.<sup>3</sup>

## MANTRA NIRUKTI

The Sanskrit word mantra combines the root *man* (to think) with the suffix *tra* (instrument or tool). Therefore, mantra means literally tool for thinking.<sup>4</sup>

A Mantra is a set of words recommended in the holy Vedas. Most of the mantras follow the written pattern of two line *Slokas* although they are often

found in single line or even single word form.<sup>5</sup>

### ORIGIN OF MANTRA

Mantras are Vedic in origin. It is considered that it is capable of transformation. Their use and type varies according to the school and philosophy associated with the mantra. The teachings of the Vedas consist of various *Mantric* chants or hymns.<sup>6</sup>

In the ancient Hindu scriptures called Vedas, it is mentioned that —In the beginning was *Brahm*, with whom was the vibration (of sound) and the vibration was *Brahm*. The mantra plays the role of getting transformed into potential energy. The mantra, could be the Divine name, one may call this ‘Om’ or ‘*Brahm Nad*’ or any other word in other religions and faiths.<sup>7</sup>

According to *Bhagvad Geeta* the word begins from ‘*Aum*’ which is the universal and the most basic mantra which is known as the *Pranava* mantra, the source of all mantras.<sup>8</sup>

### IMPORTANCE OF PRONUNCIATION OF MANTRAS

The mantra without proper pronunciation of vowels (*Swar*) and consonants (*Varna*) that is the utterance of a mantra in a faulty

manner makes it faulty and does not convey the intended meaning. Instead it gets converted into a verbal thunderbolt and may harm the one chanting it. Lastly and the most important aspect is the Faith with which are pronounced. Science may not have the answer to this aspect as of now but it has been established by the practitioners of mantra-based meditation that correct pronunciation of mantras (sound) plus the faith or intent with which these mantras are uttered, brings the desired beneficial effects to the meditators.<sup>9</sup>

Mantra is being practiced within the wider context of meditation, which was generally conceptualized for neuroscience<sup>10</sup> as a family of complex emotional and attentional regulatory strategies developed for various ends, including the cultivation of well-being and emotional balance. Mantra meditation has been linked experientially to a wide array of emotional and cognitive effects ranging from calm concentration and quiescence of the mental chatter, to deep absorption and mystical states.<sup>11</sup>

Vedic Mantra Treatment is based on chanting. They awaken the body's natural healing mechanisms. The right and systematic chanting of mantras produces a

state where the end user receives positive energy which allows the body to come back to a natural state. These mantras are energy based sounds hence Vedic mantra treatment is a great solution to treat physical and mental illnesses. This treatment is done in a very natural way without using medicines or therapies but it is most important to pronounce them in the systematic way. The Vedas claimed that one can attain God, health, wealth and luck through chanting the right mantras correctly. As per the *Ayurveda* concerns, one can achieve at least health with it. Vedic Mantra Treatment is analogous science to *Ayurveda*.<sup>12</sup>

Mantra treatments is based on chanting Mantras and awaken the body's natural healing mechanism. The right and systemic chanting Mantra produces positive energy in the body. Even in the present age of materialistic life Mantra *Shakti* can prove to be the more powerful than *Yantra Shakti* as it is generate good neurotransmitter and wave in brain. Mantra is a divine instrument with the rare potential of arousing our dormant consciousness. Thus it helps develop our latent powers and brings our original greatness to the fare. Mantra, a word or sound repeated to aid concentration in meditation. It is a sacred utterance, a numinous sound, a syllable, a

word or group of word in Sanskrit believed by practitioners to have psychological and spiritual powers. Mantra meditation helps to induce an altered state of consciousness.

A Mantra is defined as “a tool of the mind that has a spiritual effect on a person's will or emotional state of being.” Any utterance or thought that is believed powerful enough to affect either the inward state of a person's soul or the world at large can be called a Mantra. Any vibration created by the utterance of Mantra causes an impact on our inner self. These vibrations generate some neuro-transmitter and brain wave which effect in our entire body.<sup>13</sup>

#### **BENEFITS OF MANTRA FOR HUMAN**

It is explained in various events both in healthy and unhealthy conditions. It is equally useful in healthy people to maintain the health and to treat the diseases hence it is explained under the code of virtuous conduct (*Sadvritta*) also.<sup>14</sup>

When a Mantra is chanted in rhythmic tone with ups and downs, they create a melodious effect in the body. Mantra chanting affects the subconscious mind it has different impressions on subconscious, thinking patterns are affected. Negative impressions such as fear

anger jealousy etc can be removed by the chanting of Mantra. Practice of Mantra increases concentration, memory, logical thinking. It has soothing effect on nervous system, relaxes muscle and effectively reduces stress. Chanting of Mantra is not beneficial to the person who chants the Mantra but it is also beneficial to the person who is listening. Listening to the Mantras directly lowers blood pressure, normalizes heart beat, brain wave pattern, adrenalin level, even cholesterol level. It reduces restlessness of the mind, brings restraint in life, and works wonders in developing the concentration and memory. According to research, the combined effect of sound vibrations on physical plane can be observed, especially on brain or on EEG. One can see the brain wave emission patterns affected with *Omkar* chanting, *Gayatri* mantra chanting. An alpha activity in brain can be seen during mantra chanting. This effect is defined as neuro linguistic effect.<sup>15</sup>

The number of studies exploring the impact of mantra meditation on indicators of mental health has grown over recent decades, with reductions in burnout, stress, depression, anxiety and trauma symptoms widely observed.<sup>16</sup>

During meditation, oxygen consumption, carbon dioxide elimination, cardiac output, heart rate, and respiration rate slowly decreased. Skin resistance significantly increased, and the EEG showed specific changes in certain frequencies. Base excess significantly decreased during meditation. Arterial blood pressure, pH decreased slightly and arterial lactate decreased markedly during meditation and remained low after meditation.<sup>17</sup>

The repetitive speech, an easy cognitive task, is sufficient to induce a wide-spread unidirectional reduction in activation in the human cortex even outside the context and training of commonly practiced Mantra. This behaviour appears to lead to a wide-spread activity reduction in brain processes which may compete with this task, including the thought-related default mode network.<sup>18</sup>

This surprising finding provides important new insights into a possible nonlinear gating mechanism of high level cognitive processes that could underlie the phenomena of purely task-negative cortical responses. By examining behavioural measures, we confirmed, in line with the cortical reduced activation, that repetitive speech induces a significant

reduction in thought-related cognitive processes. Our study thus suggests a neuronal mechanism that may account for the uniquely calming effect of Mantra meditative practice, explaining its wide use across cultural and historical boundaries.<sup>19</sup>

### CHANTING EFFECTS ON PLANTS-

Music is a sound and it is a longitudinal wave of some frequency and creates mechanical pressure due to compression and rarefaction.<sup>20</sup>

Every living thing in the nature has its own sensory organs which are very sensitive to the vibrations and responds to stimuli,<sup>21</sup> these sensory organs are characterized by different morphological and physical structure, and these structures are responsible for sensation.<sup>22</sup> Plant is also living multicellular organism even responds to mechanical stimuli irrespective of the source of vibration. The membranes of plants are having mechano-sensitive channels which sense the vibration and respond according to it. Hence plants responds to the vibration and change in the metabolism.<sup>23</sup> Studies on human shows that they their physiological process has been affected by music, in the same manner the

physical and biological process have been affected.<sup>24</sup> The vibrations are picked up by plants through protoplasm like the vibration of ear drum in the humans due to music and hence these vibration increases the efficiency of plant growth.<sup>25</sup>

Mantra Therapy can greatly influence the growth of plants. Studies on the effect of music on plant growth began as early as 1968 with Dorothy Retallack. She compared the results of various styles of music on plant development. Calming and cadenced music affects physical and physiological states of living life forms plants, creatures, particularly human plays his woodwind with melodies, all are drawn towards the mantras like a magnetic attraction. The secret of these power's and their potential is concealed in many religious writing, especially Indian religious mantras. We have bestowed the experimental setup to check the result of Vedic mantras on growth of plants.<sup>26</sup>

### DISCUSSION

Mantras are spiritualistic sounds that create certain forms of energies. Mantra Impact, it is defined as *prabhava janya* (Inexplicable Action) in the classic texts of *Ayurveda*. While the reason behind it is *prabhava*, The aim of this attempt is to understanding Mantra can be used as one of

the key methods along with other treatments to cure the mind but, according to *Ayurveda*; it can also aid the regeneration of the human body as well. Mantras can be used in combination with the right diet and a healthy life for the most desirable impact of balancing the *Tridoshas* (*Vata*, *Pitta* and, *kapha*). Particularly in this present era of materialistic life Mantra-*Shakti* (Power) prove to be more powerful than any other treatment. Chanting may provide a neuro-physiological basis for the profound relaxing power of repetitive speech, as have been previously reported.<sup>27</sup> Mantra recitation is a ubiquitous technique that has been practiced throughout human history, became widespread in the West in the 1960s, and is considered to be the most popular type of meditation worldwide today.<sup>28</sup> Mantras are chosen in a specific manner that is *chandras* etc. for a specific purpose and are fully powered. Thus the chanting of mantras has an influence on all planes and at all stages, from the physical , emotional, spiritual, to the subtle chakras

and to the most profound vibrating energies at the center of human life.

## CONCLUSION

Mantra Chanting is considered a useful intervention to reduce psychological distress, depression, anxiety and trauma etc. The term Mantra is used to describe certain ideas, utterances, songs or other sequences of words or sounds which are meant to have divine significance or mystical power. A Mantra is called a Mind device that has a supernatural effect on the will or emotional state of an individual. Every utterance or perception that is considered to be strong enough to influence either a person's soul's inner state or the universe at large can be called a Mantra.

Mantra therapy does not constitute superstition. It is extremely empirical and essentially founded on *Ayurveda*'s theory. Therefore mantra is a sacred tool with the unique ability to excite secret consciousness. This capacity may be used for curing diseases and avoiding them.

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