

REVIEW ARTICLE

Exploring the Benefits of Mind Sound Resonance Technique and its Ability to Improve the Quality of life – A Review Article

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ARTICLE INFO

Article history:

Received on: 11-12-2023

Accepted on: 18-01-2023

Published online: 31-01-2023

Key words:

Brain,
Brainwaves,
Mind sounds resonance technique,
Pancha Kosha,
Quality of life,
Resonance,
Yoga

ABSTRACT

The aim of this study is to evaluate the findings of selected articles regarding the effects of the Mind Sound Resonance Technique (MSRT) and to provide a comprehensive review of the benefits of the MSRT. Due to many things such as daily rush, work style, workload, goal fulfillment, increasing stress it creates mental and physical diseases. To prevent these diseases, it is necessary to inform everyone about the effect of MSRT and its benefits. Thus, this manuscript reports on a study of the effects of the MSRT on various group problems and situations. The MSRT is one of the many yoga techniques, which influences the Manomaya Kosha area of the Pancha Kosha. In this technique, use mantra to generate resonance in the body, which mainly works through the Manomaya Kosha to induce deeper relaxation for both mind and body. The results of this study show that practicing the MSRT improves mental health, reduces mental health symptoms, reduces burnout/fatigue, manages occupational stress, increases teacher importance, overcomes mental barriers, improves emotional regulation, and teacher-student relationships as well as increases cognitive performance, reduces anxiety and stress, improves sleep quality, improves mental health, regulates blood pressure, and helps reduce fatigue and pain. Of course, the MSRT works to enhance overall well-being and quality of life.

1. INTRODUCTION

The word “Yoga” comes from a Sanskrit root “Yuj” which means union, or yoke, to join, and to direct and concentrate one’s attention. The practice of yoga enables individuals to increase their mental, physical, and intellectual abilities. It is a deep scientific discipline. It is remedy for our health because numerous diseases cured with Yoga therapy; this is evident from many researches. Yoga influence as inhibitory measures against diseases enhances physical and mental well-being in terms of health. The application of yoga is a structural framework. Yoga gives us guidelines, offering perception into what is advantageous and dangerous for ours. That is why everyone should do yoga.

Yoga is inclusive and accessible to everyone. According to the World Health Organization, “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”^[1] Yoga ceaselessly strives to adapt and consummate this holistic definition of health. Yoga is now regarded in the Western world as a holistic approach to health and is classified by the National

Institutes of Health as a form of complementary and alternative medicine.^[2]

Yoga is the science of holistic living; it works appurtenant the concept of whole quality management. Yoga developed thousands of years ago in our country. It is a time-tested approach to creating an inclusive organization and consequently an ideal society. It is emphatic embodies the wholesome principles of spirituality. The potential for different yoga techniques is as abundant as the diversity of individuals, with permutations and combinations drawn from the four main streams of yoga: Jnana Yoga, Raja Yoga, Bhakti Yoga, and Karma Yoga.^[3]

The Taittiriya Upanishad introduces the concept of “Pancha Kosha.” These are the five major covering layers covering the individual’s existence.^[4] Yoga affects these five koshas and sustains their existence. They are food sheath (nourished by food), vital air sheath (nourished by prana), mental sheath (nourished by education), intellectual sheath (nourished by ego), and bliss sheath (nourished by emotions).^[5]

Maharishi Patanjali first described yoga philosophy and practice in the classic text, Yoga Sutras, which is widely acknowledged as the authoritative text on yoga.^[6] Maharishi Patanjali presented Ashtanga Yoga through his Yoga Sutras, it is a universal form of yoga. The path

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of Ashtanga Yoga is the highway of personal, social, and universal happiness and peace. Physical health, mental, and intellectual development, peace of mind, and spiritual happiness are achieved through Ashtanga Yoga. Patanjali has prescribed an eight-limbed process of reaching the goal known as Ashtanga Yog.^[7] The eight limbs are Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana, and Samadhi.

The journey to the highest level of Dhyana and Samadhi after attaining stability of body and mind from the normal routine of life by following personal and social norms is visualized through the Ashtanga paths. Yama, Niyama, Asana, and Pranayama in Ashtanga Yoga are four parts related to the external appearance of a person, so they are called external parts, whereas pratyahar, dharana, meditation, and Samadhi are internal parts.

The first limb is Yama. Ahimsa, Satya, Asteya, Brahmacharya, and Aparigraha included in Yama by Patanjali. The second limb is Niyama. Shauch, Santhosh, Tapa, Swadhyaya, and Ishvar Pranidhana are the self-rules of a yoga practitioner. The third limb is Asana. Asana is standing still by stopping the movement of the body. Stability and comfort are the characteristics of Asana. The fourth limb is Pranayama. Pranayama is the dimensioning of prana by intersecting the movement of inhalation and exhalation. The fifth limb is pratyahar. Hath Pradipika, a classic manual on yoga says “Chale vate chalam chittam nischale nischalam bhavet,” meaning when the mind gets steady and thoughtless, Pratyahar begins where we shut off external sense organs and look inward.^[8] The sixth limb is Dharana. It means engaging the mind in a certain way. Focusing the mind on any one place is Dharana. The seventh limb is Dhyana. “Dhyana” means contemplation, having steadiness of mind on concentration. Last limb, the eighth limb is Samadhi. Samadhi is the mature stage of meditation.

2. MIND SOUND RESONANCE TECHNIQUE (MSRT)

The seventh limb of Ashtanga Yoga is meditation. There are many types of this meditation; one of these types is MSRT. MSRT is one of the advanced mindful relaxation yoga techniques that use mantra to generate resonance in the body, which mainly works through the Manomaya Kosha to induce deeper relaxation for both mind and body.^[9]

The MSRT is one of the many yoga techniques, which influences the Manomaya Kosha area of the Pancha Kosha.^[10] The MSRT is one of them developed by SVYASA. Specifically, it strengthens the immune defense, develops power, and thereby promotes health and happiness, combats cancer, AIDS, etc., and thus helps to improve the quality of life (QOL).^[11]

3. PRACTICE OF MSRT

MSRT is used for the purpose to influence the mind through the resonance of sound with the help of Omkar and Mantra. In this technique are chant Omkar and Mantra both at āhat (loudly) and anāhat (Silently). Chanting the Omkar or mantra aloud and chanting in the mind creates resonance, thus influencing the functions of the mind. One can practice this technique sitting or lying down Table 1.^[12]

4. CONNECTION OF MIND AND RESONANCE

Brain: The most important and compound part of the human body is the brain. The brain is made up of many parts. Each part is work with its special responsibilities. There are three main parts of the brain: the forebrain, the midbrain, and the hindbrain.

4.1. Hindbrain

The upper part of the spinal cord, the brain stem, and a wrinkled ball of tissue called the cerebellum are included in the hindbrain. The hindbrain performs important functions such as controlling breathing and heart rate. The cerebellum coordinates movements.

4.2. Midbrain

The midbrain is the uppermost part of the brainstem, which controls reflex actions such as eye movements and other voluntary movements.

4.3. Forebrain

The forebrain is the most developed and largest part of the brain. This includes the cerebrum and the structures that lie beneath it.

4.4. Cerebrum

The cerebrum is located at the top of the brain. It is the source of conscious thoughts and actions. It is divided into two hemispheres. The right cerebral cortex controls the left side of the body and the left cerebral cortex controls the right side.

4.5. The Cerebral Cortex

The cerebral hemisphere is made up of layers of thick tissue called the cortex, where the actual information processing takes place. Lack of nerves in the area is why it is gray. The cerebral hemispheres are divided into several parts or lobes, but the present article study focused on the frontal lobe.

4.6. Frontal Lobes

Two frontal lobes are located behind the forehead. The frontal lobes are important for voluntary movement, expressive language, and for managing higher-level executive functions, including executive functions, refer to a collection of cognitive skills including the capacity to plan, organize, initiate, self-monitor, and control one's responses to achieve a goal.^[13] The frontal lobe damage causes Loss of simple movement of various body parts (Paralysis). Inability to plan a sequence of complex movements needed to complete multi-stepped tasks, such as making coffee (Sequencing). Loss of spontaneity in interacting with others, inability to express language (Broca's Aphasia), loss of flexibility in thinking, persistence of a single idea or behavior (Perseveration), and inability to focus on a task and to filter out distractions (Attention). mood fluctuations (Emotional lability), difficulty in problem solving, Difficulty in controlling a response or impulse (Disinhibition), reduced motivation, initiation and persistence in activities (Adynamia), reduced awareness/insight into difficulties, changes in social behavior and changes in personality.^[14] Mind is indicated through the terms Feeling, Thought, Memory, Reason, Conscience, Imagination, Will, Passions, Affections, and Taste.^[15] These functions take place in the frontal lobe.

4.7. Brainwave

Brain waves represent patterns of electrical activity produced by the brain. The brain is made up of billions of neurons that use electrical signals to transmit information.^[16] Five major types of brain waves are studied: (1) Alpha waves, (2) Beta waves, (3) Gamma waves, (4) Delta waves, and (5) Theta waves. Brain function happens according to brain wave frequency. This is proved by the following chart.

Many studies on resonance and brain wave frequency have shown that resonance modulates the frequency of brain waves. Mind Sound Resonance is a technique in which resonance is produced with the help of mantras.^[17] When this resonance occurs, it may affect the brain waves, may be increasing the efficiency of the brain waves and thus affecting the Manomaya Kosha. However, I have yet to see such a study done with an electroencephalography (EEG) device, hence here mentioned only a prediction. Electroencephalograph (EEG) is a recording of brain activity.^[18]

5. BENEFITS OF MSRT

Mind and brain are two sides of the same coin. The brain is visible and tangible; however, the mind is an abstraction that cannot be seen by the eyes, and it can only be experienced through functions such as motivation, emotion, behavior, culture, learning, memory, problem solving, reasoning, language, and attention. An additional name for mind is consciousness; it shapes to human behavior. Therefore, it is necessary to educate the consciousness positively, to have a healthy state of mind. The mind is fundamental key of human behavior; therefore, the sages recognized that well-being of the mind is necessary for improving human behavior. Patanjali Muni defined “yoga is yogas citta vritti nirodha.”^[19]

Patanjali Muni has taught the mind through the yoga. A pure mind is essential for honest human behavior, and the MSRT is essential for a pure mind. The MSRT affects the mind, it helps positive to improve human behavior. The MSRT is beneficial for providing deep relaxation to the mind within 30 min, and also it provides a range of potential benefits.

MSRT aims to remove mental barriers in life such as stubborn beliefs, misconceptions, and phobias and also it enhances self-realization, unity, inner peace, and tranquility and enhances time management, work efficiency, and decision-making skills. MSRT seeks to bring practitioners closer to pure consciousness and help with physical and mental ailments. MSRT potentially provides benefits cancer patients, with high levels of depression and anxiety. Such and many such benefits accrue from MSRT practice.

5.1. To Boost Mental Health

The MSRT produces resonance from the mantra to establish tranquility; this provides profound peacefulness to the mind and body.^[20] Practicing MSRT enhances relaxation, well-being, determination, etc.^[21] As a result, MSRT helps to boost mental health.

5.2. Decreased Prevalence of Mental Health Symptoms

The resonance created in the body helps to reduce mental stress. The MSRT helps achieve this by addressing the Manomaya Kosha.^[22]

5.3. Reducing Burnout/Fatigue

Busy work and responsibility lead to burnout situation; it has a bad effect on health and creates danger. The MSRT works to avoid this risk. The MSRT is an appropriate approach to reduce fatigue levels.^[23]

5.4. Managing Occupational Stress

The MSRT alleviates stress and helps to stabilize the body’s autonomic function. This technique can beneficiary withdraws physical, mental, and psychological disorders in society.^[24]

5.5. Significance for Teachers

A recent study indicated that receiving the MSRT technique decreases stress, anxiety, fatigue, and mental stress between female primary school teachers. Moreover, this tranquility technique improved self-esteem and sleep quality for these teachers.^[25]

5.6. Psychological Hurdles Conquer

Stress triggers both physical and mental reactions,^[26] the “fight-or-flight” reaction used typically for psychological stress. In response to stress, the body usually triggers the sympathetic nervous system (SNS) and downregulates the parasympathetic nervous system (MG., 2004). Research indicates that MSRT has a positive effect on the autonomic nervous system in visually impaired individuals, specifically promoted the dominance of the parasympathetic system.^[27]

5.7. Emotional Regulation

The intervention of MSRT has demonstrated notable enhancements in psychoemotional aspects such as mindfulness, emotion regulation, creative and critical thinking, as well as interpersonal relationships. Moreover, there is a noteworthy decrease in aggression and impulsivity.^[28]

5.8. Regulates the Hypothalamus-pituitary-axis

MSRT is beneficial for mental health, implementing MSRT in high-stress occupations helps with stress management and health protection. In addition to deep relaxation, MSRT downregulates the hypothalamus-pituitary axis and reduces anxiety.

6. METHODS

The purpose of the study was to investigate the effects of the MSRT and to achieve this purpose followed previous studies. PubMed, Eric, Science Direct, Research Gate, National Academy of Sciences, Google Scholar, etc. search engines were used to search for previous studies. The search engine used the keyword MSRT to find the data. Some of the criteria used in reviewing previous studies are that the use of Mind Sound Resonance in the study should be practical. The publication of the study should be the latest. The result should mention the effects of the MSRT.

Sixteen previous studies were reviewed done, all of which examined the effects of the MSRT. Only one study has theoretically demonstrated the effectiveness of the MSRT. Some of these studies have been on large groups of participants, while most studies have been on small groups.

7. RESULTS

The main tool that positively influences the performance of cognitive functions is the MSRT which helped to reduce stress and maintain quality of sleep^[29] Six-letter cancellation task (SLCT) and digit letter substitution (DLST) tests examine cognitive functions. SLCT refers to cognitive functions such as attention span, concentration, visual scanning, and activation and inhibition of rapid responses, while DLST refers to cognitive functions such as sustained attention, psychomotor speed, visual scanning, mental flexibility, and information speed. Cognition is all forms of knowing and awareness, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem solving. Along with affect and conation, it is one of the three traditionally identified components of mind.^[30] In

conclusion, this study, Mind Sound Resonance, works to enhance the cognitive functions of the mind. MSRT intervention reduces state anxiety and increases psychomotor performance in patients with generalized anxiety disorder immediately following practice^[31] State anxiety is a transient intense emotional state, associated with a temporary increased SNS activity.^[32] Psychomotor performance is the coordination of a sensory or ideational (cognitive) process and a motor activity.^[33] This study established the relationships of emotional activity with cognitive and motor function. From this, cognitive and motor function increased with MSRT. Studying the effects of a 10-day online MSRT intervention, on anxiety, stress, and mindfulness showed statistically significant improvements, and some sleep-related questions improved.^[34] Mindfulness encompasses two key ingredients: Awareness and acceptance. Awareness is the knowledge and ability to focus attention on one's inner processes and experience of the present moment. Acceptance is the ability to observe and accept rather than judge or avoid those thoughts;^[35] this study found a positive effect of MSRT on all three variables of stress, anxiety, and mindfulness. In a study of the effects of MSRT, on psychological variables and cognition in schoolchildren, an experimental group that practiced MSRT for 2 weeks with improved performance on mental state and trail-making tasks, state showed a significant reduction in anxiety and mind wandering.^[36] Four instruments, state anxiety inventory-short form, state Mindfulness attention awareness scale, mind wandering questionnaire, and trail-making test used were to assess psychological variables and cognition in schoolchildren. Results show that the beneficial role of MSRT in enhancing psychological and cognitive functions in children. Looking at the effect of yoga-based relaxation techniques on sleep quality and mental health in IT professionals, a pre-post study shows that MSRT helps reduce mood disturbances and anxiety levels in IT professionals and improve their sleep quality.^[37] A study of the immediate effects of mindfulness sound resonance techniques on blood pressure, heart rate, and state anxiety in hypertensive individuals showed that MSRT sessions were effective in immediately reducing blood pressure, heart rate, and state anxiety in hypertensive patients.^[38] When studying the effects of MSRT on cognitive functions in a working population aged 30–60 years, MSRT showed potential to improve cognitive health in a working population aged 30–60 years.^[39] The effect of MSRT on fatigue levels in type 2 diabetes was found that MSRT is an effective non-invasive, cost-effective intervention for reducing fatigue in individuals with type 2 diabetes.^[40] It also shows the immediate effect of the MSRT on its potential role in enhancing cognitive functions in type 2 diabetes.^[41] Looking at the effect of the MSRT (a yogic relaxation technique) on cognitive functions in the elderly population suggests the potential use of MSRT as a viable technique to strengthen cognitive abilities and prevent cognitive function decline in the elderly population.^[42] Incorporating MSRT as a regular practice in school can help improve psychological well-being and cognitive functioning of high school students.^[43] 15-day yoga intervention improved sleep quality in older adults. MSRT showed a reduction in time taken to fall asleep and an increase in total sleep time by reducing physiological arousal and anxiety manifestations.^[44] Regular practice of the MSRT brought a significant reduction in stress and improvement in the functioning of activities of daily living among senior citizens.^[45] Complimentary effect of yogic sound resonance relaxation technique in patients with common neck pain, pain tenderness, NDS, spinal flexibility includes flexion, extension, RLF, LLF, RLR and LLR, movements of the neck and state anxiety. All these variables were studied, with higher percentage changes in yoga than control group.^[46] While studying the effects of MSRT (Yogic Relaxation) on psychological status, sleep quality, and cognitive functions in female teachers, MSRT helped

reduce stress, anxiety, fatigue, and mental distress among female teachers working in primary schools. Relaxation techniques also improved self-esteem and sleep quality.

8. DISCUSSION

QOL is a measure of a person's well-being. To measure this, the WHO has developed an assessment called WHOQOL. Through this assessment, the well-being of the person is checked. Some factors are included in this evaluation, which help in the QOL of the person such as pain and discomfort, energy and fatigue, sexual activity, and sleep. It consists of approximately 30 factors. This determines whether a person's well-being is good or not. If all these factors are in proper proportion, then the QOL of that person is good.

Yoga is the foundation of spirituality. It is a discipline. Yoga brings about the harmony of inner soul and Parabrahma. Yoga leads to salvation by overcoming of suffering. This yoga helps to get rid of not only body but also mental diseases. No anxiety, sorrow, fear, doubt, or trouble can destroy him who is in the practice of yoga. Yoga teaches to look at oneself. Yoga is a spiritual practice because it accomplishes many such things. Yoga teaches us what is good and what is bad. It helps to bring consistency to our behavior. The widely practiced Yoga Sadhanas (Practices) are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi/Samyama, Bandhas and Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, etc. One of these practices is the technique of Mind Sound Resonance. The effect of this technique is to improve mental health by affecting the manomaya kosha.

The purpose of including the technique of Mind Sound Resonance in our study was that mental health is necessary to achieve QOL. The technique of Mind Sound Resonance is important for achieving mental health. Hence, it is important to study the benefits of the technique of Mind Sound Resonance. Swami Vivekananda Yoga Research Center (Svyasa), Bangalore, developed the MSRT. This technique focuses on Manomaya Kosha. MSRT helps to boost immunity, willpower, well-being, and happiness, however, potentially helps fight conditions such as cancer and AIDS and improves QOL. MSRT is to benefit for overall life, studies conducted by some researchers show that.

Using a two-way crossover study design, a 2-day MSRT intervention separated by a 1-day washout period used was to increase the cognitive performance of medical students. In conclusion, MSRT training positively affects the performance of immediate mental tasks, which impaired are by stress or sleep deprivation in medical students. However, this study conducted was a small number of participants and further extension of the intervention period was necessary. A limitation of this study was that participants trained were in MSRT technique 5 days a week, 2 weeks 30 min/day using instructional audiotapes. Then, they entered the study, meaning that the participants had first-hand knowledge of the MSRT technique. MSRT training is to reduce state anxiety and enhance cognitive functions in patients with generalized anxiety disorder. The intervention group received MSRT training and the control group received SR training for 30 min in a dark quiet room. MSRT reduced state anxiety and increased psychomotor performance in patients with GAD immediately after the intervention. Subjects had no previous exposure to the practice of MSRT so were given a weeklong orientation to the practice before the study.

A 10-day online MSRT did not show statistically significant improvements in state anxiety, stress, sleep quality, and mindfulness among 65 participants, with only some improvements in sleep-related

questions. The reason for not seeing a difference could be the online mode intervention or local time change or short-duration intervention. A study showed that 12 MSRT sessions helped to increase both mental and cognitive function in schoolchildren. A single group pre–post study shows that MSRT helps reduce mood disturbance and anxiety levels in IT-professionals and improves their sleep quality. Fifteen hypertensive participants between the ages of 30 and 60 selected were to examine the immediate effects of mindfulness resonance techniques on blood pressure, heart rate, and state anxiety in hypertensive individuals. Results showed the immediate usefulness of MSRT sessions in reducing blood pressure, HR, and state anxiety in individuals with HTN.

MSRT is effective in improving cognitive function in a working population aged 30–60 years. In studying the effect of MSRT on fatigue levels in type-2 diabetic patients, one hundred type-2 diabetic patients participated in a 30-day MSRT program, in a single-group pre–post design. MSRT shown was to be an effective non-invasive, cost-effective intervention for reducing fatigue in individuals with type 2 diabetes. Another study concluded that MSRT had a potential role in improving cognitive functions in patients with type 2 diabetes immediately after the intervention. This requires confirmation from studies with larger sample sizes and randomized controlled designs. A study aimed to examine the effects of a 1-month MSRT intervention on stress, sleep quality, cognitive function, state and trait anxiety, psychological distress, and burnout among female teachers. This study revealed that the practice of MSRT could help reduce stress, anxiety, fatigue, and psychological distress among female teachers working in primary schools. Relaxation techniques also improve self-esteem and sleep quality.

15-day yoga intervention improved sleep quality in older adults. MSRT showed a reduction in time taken to fall asleep and an increase in total sleep time by reducing physiological arousal and anxiety manifestations. Another study in an elderly population suggests the potential use of MSRT as a viable technique to strengthen cognitive abilities and prevent cognitive function decline in the elderly population. The study examined the usefulness of the MSRT in high school students on working memory and coping with stress and anxiety. A total of 30 days of intervention showed improvement in working memory among high schoolchildren. Incorporating MSRT as a regular practice in school can help improve the psychological well-being and cognitive functioning of high school students.

Fifty senior citizens selected were for the study and divided into two groups. The experimental group underwent MSRT intervention for 10 sessions of 20 min each, and the control group continued regular activities. No significant changes observed were in the pre- and post-test stress scores of the experimental groups daily life scores and the pre-test and post-test activities in the control sample. Regular practice of the MSRT resulted in significant reductions in stress and improvements in activities of daily living in senior citizens.

Sixty patients with cervical spondylosis without any neurological impairment were included in the study. The study group received 30 min of physiotherapy followed by 20 min of Mind Sound Resonance therapy and the control group received 30 min of physiotherapy followed by 20 min of unguided supine rest. In results, significant differences found were between the groups on all the variables studied, with a higher percentage change in the yoga than the control group. Finally, while the yoga group improved significantly over the control group, the MSRT group showed significant improvement in all variables.

9. CONCLUSION

Overall, this study emphasizes the importance of MSRT. It mentions the origin of the MSRT and then the MSRT method explains the benefits of MSRT for everyone. Among them, the benefits include improving a person's mental health, reducing mental health symptoms, reducing burnout/exhaustion, managing occupational stress, importance for teachers, overcoming psychological barriers, emotional regulation, and improving teacher–student relationships. A review of previous research was important for this purpose. Among these studies looked at factors such as cognitive performance, anxiety, stress, sleep quality, mental health, blood pressure, fatigue, and pain. In medical students, generalized anxiety disorder patient, anxiety patient, school children, IT professionals, hypertension patient, working population, type 2 diabetes patients, primary female teachers, elderly population, high school children, geriatric population, senior citizens, neck pain patient mind Sound Resonance has shown good results in many such areas, diseases, and professions. Mind Sound Resonance has shown good results in many such areas, diseases, and professions. Previous research reviews have shown how the MSRT can benefit every person, in every area.

In short, the MSRT can improve the QOL of a person by effectively working on the *Manomaya Kosha* to improve mental health, providing mental, physical, and social health.

10. ACKNOWLEDGMENTS

None.

11. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

12. FUNDING

Nil.

13. ETHICAL APPROVALS

This study is not required ethical clearance as it is a review study.

14. CONFLICTS OF INTEREST

Nil.

15. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

16. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

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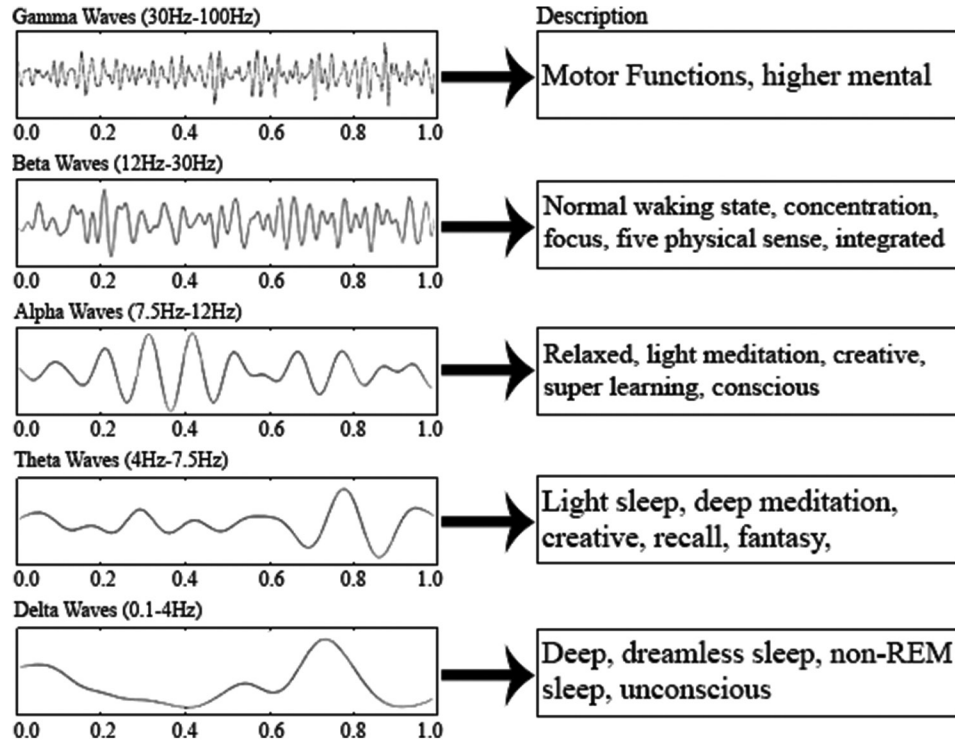
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How to cite this article:

Hadke S, Penna M. Exploring the Benefits of Mind Sound Resonance Technique and its Ability to Improve the Quality of life – A Review Article. *IRJAY*. [online] 2024;7(1):79-85.

Available from: <https://irjay.com>

DOI link- <https://doi.org/10.47223/IRJAY.2024.70114>

**Table 1:** Practice of MSRT

1.	Prayer	om tryambakam yājamahe sugandhim puñōhivardhanam urvārukamiva bandhanāt mātyormukñēya māmātāt om çāantiaù om çāantiaù om çāantiaù	om tryambakam yājamahe sugandhim puñōhivardhanam urvārukamiva bandhanāt mātyormukñēya māmātāt om çāantiaù om çāantiaù om çāantiaù
2.	Chanting AUM	Loud Chanting <i>A-Kara</i> , <i>U-Kara</i> , <i>M-Kara</i> and <i>Omkar</i> (AUM) (3 rounds) Feel completely body resonance.	<i>āhat-anāhat</i> of <i>A-Kara</i> , <i>U-Kara</i> , <i>M-Kara</i> and <i>Omkar</i> (AUM) (3 rounds) Feel resonance even with <i>anāhat</i> (mental) phase.
3.	Chanting Mrtyunjay Mantra	Loud Chanting Mrtyunjay Mantra (3 rounds) Feel the pattern of resonance waves throughout the body.	<i>āhat-anāhat</i> of <i>Mrtyunjay Mantra</i> (3 rounds) Feel the pattern of resonance waves even with <i>Anahat</i> phase
4.	Chanting AUM	<i>anāhat</i> of <i>omkar</i> (AUM) (9 rounds)	Repeat AUM in the Mind, feeling the resonance waves throughout the body
5.	Ajapajpa AUM	Ajapajpa AUM to Silence	Concentrate on the constant repetition of <i>Omkar</i> in the mind and try to find the peace that through resonates
6.	Stay	Stay in SILENCE	Try to feel the peace that comes from this holy sound and try to keep the mind in that peace.
7.	Resolve	After finding peace, speak with resolve...	“I am ever blissful,” “all my cells are booming with health.” My immune system is very powerful. “I am highly creative,” “I am full of energy.” Enthusiasm is my birthright. It could be any other thought but should be positive in content.
8.	Prayer	sarve bhavantu sukhinaù sarve santu nirāmayāù sarve bhadrāēi paçlyantu mā kaçcit duaùkhabhāgbhavet om çāantiaù om çāantiaù om çāantiaù	sarve bhavantu sukhinaù sarve santu nirāmayāù sarve bhadrāēi paçlyantu mā kaçcit duaùkhabhāgbhavet om çāantiaù om çāantiaù om çāantiaù