

Effect of Chanting Mantras and Their Impact on Human Brain – An Analysis

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Abstract: Primarily in India from Ancient times, Mantras/Maha Mantras originates as sacred phrases or sounds that are believed to have spiritual and transformative power used for various purposes including meditation and healing. The aim and objective of this article is to explore the hidden meaning of chanting mantras and the effect on human brain and the science behind it. Mantras are rooted from primordial sound known as “OM” which is subject to creation and they are a system of vibrations discovered and practiced by Maharshis and sages through spiritual insight. When it put in to practice, it helps to remove all obstacles, rids of all miseries, raises a sādḥaka or practitioner in wisdom, and catalyzes the process of realizing and achieving the goals set forth for and by every Spiritual being in a human form which is believed to science. By understanding the symbolism behind different mantras, one can appreciate their power and integrate them into lives for greater harmony and enlightenment.

Tracing from history of mantras thousands of years back to ancient civilizations and spiritual traditions across the world. The origins of mantras can be found in Hinduism, Jainism, Buddhism, Sikhism as well as other indigenous cultures. From Vedic Period, mantras are an integral part of Vedic literature, which dates back to around 1500 BCE. The Vedas, the oldest sacred texts in Hinduism, contain hymns and chants that were recited by ancient sages during rituals and ceremonies. According to the texts, these vedic mantras have divine origins as well as they invoke the blessings of the gods. Also, they maintain cosmic order and achieve spiritual enlightenment. The universe is composed of vibrating energy. Each sound with its specific frequency carries a particular vibration that can affect our physical, mental, and spiritual well-being. The rhythmic practice of repeating mantras will focus on mind and mind becomes absorbed in vibrations and transcends ordinary thoughts which becomes a gateway to deeper state of consciousness and spiritual growth which means a power (Sakti) to the devotee in the form of formulated and expressed thought. In scientific research, the effect of mantras noticed that, “chanting OM has increased mental awareness and reduction in heart rate.” Therefore this article highlights about the practical use of Mantra recitation in this today’s environment which impacts on human body, brain and soul which leads to a balanced life.

Keywords: Mantras, Mahamantras, stress management, chanting, spiritual wisdom, knowledge

I. AIM and Objective:

The aim and objective of this explorative article is to explore the hidden meaning of Chanting Mantras and how they act on human brain and if so the science behind it.

II. Introduction:

A mantra is a motivating Chant like the “I think I can, I think I can” you repeat over and over to yourself on the last stretch of every marathon you run (Vocabulary.com)

According to the Vedic Principles and who developed this art by the Maharshis centuries ago mentioned that,

“Mantra is usually any repeated word or phrase, but it can also refer more specifically to a word repeated in meditation. Mantra comes from a Sanskrit word, meaning “a sacred message or text, charm, spell, counsel”.

The spiritual leader, many people know him not only in India but also abroad who followed the teachings once mentioned about the Mantra and said,

“A few thought from a poor heart is better than a mantra”

Means,

A Mantra is great and all but really Pure intentions and genuine kindness mean more.

Mantra is a form of Meditation as practiced in Vedic Period by the Maharshis using a sound, word or phrase. A look at the Vedas considered to be the oldest scriptures in the World and also ancient religious texts of India mentioned that,

“Mantras are continually recited silently or aloud and are often combined with breath and rhythm. The practice of Mantra Meditation is said to help flow down thoughts, improve mental clarity and enhance peace of mind.” (Ref: Marnie Vinali, medically reviewed by Timothy J. Legg. PhD, PsyD – Mantras for anxiety: Harness the healing power of chanting to ease fear, stress and depression published in – www.healthline.com)”

Mantras are mainly divided into two categories namely a). Mantra and b). Maha Mantra.

According to vedic scholars there are different stages to practice Mantras and also it is the belief of the Hindu Religion that one cannot chant Mantra by himself/herself except taking it from a Guru who is authorized to give Mantra to his disciples because according to Hindu Philosophy a Mantra cannot be taken from a book and chant by himself or herself. According to spiritual leaders and Peetadhipathis who are considered to be an authority on Hindu religion and its principles and practice or people attain such stage are authorized to transfer that Mantras to the persons who are interested in it and making it a Guru Shishya relationship. Each Mantra which is in praise of a God have different notes/different words/different sounds has to be recited 108 times or multiples of it according to the religious scriptures and also the guidance of the gurus with pure and open heart especially in the morning at the time of sun rise will have immense effect not only on the human body but also on the mind and soul. This kind of Chanting Mantra as per the scriptures mentioned and the direction of the Guru will have more effect on the human body, mind and soul and regenerate them with fresh energy and kindle the light in the form of Gnana or knowledge.

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 quiet the mind by redirecting and removing the evil thoughts and focusing on the good things that are beneficial to human beings. Once a person chants a mantra in a systematic manner as per the directions of a guru with a pure and clean mind and undisturbed will help the brain to concentrate more on good things and releasing the stress and strain. This process of repeating a Mantra or Maha Mantra promote a sense of mental clarity, reduce stress and strain and create a state of mindfulness. By repeating Mantras an individual can shift his/her awareness away from distracting thoughts and emotions and cultivate the habit of centered state of mind. This kind of repeating a Mantra or chanting a Mantra makes the body relaxed and also relax the nerve system that controls the body's rest and digest response is activated by chanting a Mantra. The additional benefit of chanting Mantras is to decrease the heart rate, blood pressure and stress hormone levels promoting a sense of calmness and well being. The psycho physiological effect of Mantra can be further enhanced by focusing a rhythmic and resonance qualities of sound or words being repeated. The vibration that are being created by the vocalization of a Mantra can have a soothing effect on the body and mind promoting a sense of harmony and balance.

On other hand from the psycho physiological perspective the regular practice of Mantra can have multiple benefits that include stress reduction, improved focus and concentration, enhanced self awareness and deeper sense of relaxation. It means by integrating both psychological and physiological mechanisms a Mantra that is being chanted serves as a powerful tool for promoting mental and physical well being.

The modern science has developed and made many attempts to exactly find out the impact of Mantra on human body, mind and soul has come to the conclusion that,

“A Mantra serves as a powerful tool for promoting mental and physical well being.”

The power of chanting a Mantra according to our Ancestors and also described in Vedas and Ancient scriptures on philosophy,

“comes from the Fundamental truth of the cosmic and human orders known as “rta” and is expressed verbally. These facts are not merely made up; rather they are profoundly ingrained in human consciousness and go beyond the scope of mind. It is scientifically proved that Mantras have the power to attain great wisdom and understanding.”

III. Literature Review:

The Literature on Mantras and their effect on human beings mind, body and soul are limited because very few people who have the knowledge of Sanskrit and intuition to learn about these knowledge of science that is hidden in the Vedas are able to bring out something for the benefit of the mankind. However still much more is embedded in the Ancient treasures if that comes out it will make good for the mankind. Hence it is my view and belief that the governments of the State and Central and department of cultural affairs should form a committee by including eminent scholars like Ganapathi, Avadhani, Satha Avadhani, Chaturvedi, who are distinguished from others as authority on this type of subject are to be made as advisors so that one can get not only the knowledge but the scientific principles behind that and the power of nature that is more than a nuclear or atomic bomb can be brought out to make good of the same.

As enunciated by many scholars regarding the power of mantras chanting and how it effects on the brain, mind and soul provided the rhythm and sound of the mantras are pronounced as mentioned in the spiritual books. Many people believe that by chanting mantra will have any effect on the body, mind and soul but to my belief, knowledge and experience one has to do meditation or chanting mantras or maha mantras not for like chanting but should follow the pronunciation the rhythm, the sound and also the wave lengths of the sound (arohana/avarohana) with such perfection will definitely yield good results and also it is mentioned in the scriptures and Vedas that one cannot practice habitat himself with the help of the books, start meditating the mantras but it should be learned from a Guru and follow the directions given by the Guru because every mantra that has to be chanted will have different notes, sounds, swara, vibrations otherwise the effect will be not one anticipated.

A well known author by name C.R. Karnick in his article titled effect of Mantras on human beings and plants mentioned that,

“The cycle of knowledge grows every second, has waves of facts and new observations get revealed to the searching mind. Knowledge is the sum total of facts and critical observations recorded by inquisitive mind, from time immemorial.....”.

The origin and development of the Ancient Hindu System of Medical Science has recorded in the teachings of Ayurveda,

“reveal some very strange manifestations with the title of Yaga, wherein the development of the Kundalini and the distal part of the human backbone (Urostyle) and the flow of the juice of Sahasra Kamalayapitutory Gland juice situated in the brain, when directed towards the Kundalini shows the development of unexplained and powerful force or like (enlightenment). This spoken of as the mental luminescence. The development of Kundalini governs the various aspects of mental makeup. The variations in Kundalini effects the Nadi i.e. the Nadi – Pariksa..... The human body according to Ayurveda, as a third system of Air or Gas circulation within the body, besides the other two well known systems inside.....”.

The above statement may appear impossible and incredible since these are not known in the present system of healthcare in the West. In the same article it is also mentioned by the author, the human body is filled with various types of connective tissues especially areola type, as it contains areola or space.

Among secrets of mantra/maha mantra and its impact on human brain helps to activate the brain chambers and hence to increase certain skills. The human body's sets and abilities differ from person to person but in every person the brain is the master and controller of all such skills. The ability factor differs from person to person and it depends mainly individual's brain power. Scientifically the human brain is broadly divided into two left and right hemispheres and each hemisphere is subdivided into many chambers. These human brain chambers are activated by thrusting various ways of external cosmic energy/particles/sounds/vibrations into them. In such cases, the skills set and the knowledge will be improved – this can be achieved by chanting mantras and maha mantras. This kind of activity can be made that is when the cosmic energy particles corresponding to those vibrations when we chant mantras and maha mantras get attracted by the human brain because of those mantras that chanted with rhythm, sound vibrations and velocity. On the other hand by chanting various Mantras/maha mantras as enunciated in the Vedas/scriptures, a vibration will take place according to each mantra because mantras are different, the chanting of the mantras are different one can activate relevant brain chambers effectively. Through this phenomena one can obtain wisdom and necessary skills directly from the cosmic energies. Each mantra will depict a particular God or Goddess and one starts worshipping these Gods and Goddess by way of mantras with such rhythm and sound with their expertise to handle cosmic energy so that this cosmic energy can be made to use for effective blessings.

As somebody says and believe that these mantras have no such powers but is only illusion and belief, trust upon the people by the religious heads and others who are having controlling effect on the religion. In an article, published in integral Yoga magazine titled “the power of mantra and the science behind it” mentioned that,

“Neuro scientists from the University of California found that, even ten minutes of mantra chanting blocks the release of the stress hormones adrenaline and cortisol (Adrenaline and cortisol are both hormones released by the adrenal glands in response to stress, but they play slightly different roles. Adrenaline, also known as epinephrine, is primarily associated with the "fight or flight" response, causing a rapid increase in heart rate, blood pressure, and energy. Cortisol, often called the stress hormone, helps regulate blood sugar, metabolism, and inflammation, and its release can be triggered after the initial adrenaline surge. Both hormones are crucial for short-term stress response, but prolonged elevation of cortisol can have negative health consequences.) This soothing effect lasts for up to 48 hours after each mantra session. We become calmer during mantra practice, but also more resilient to new potential stressors, we encounter later or even the next day. Scientists used an MRI to observe which parts of the brain activated and deactivated during chanting and there was no doubt that mantra practice relaxed the parts of the brain associated with anxiety and stress. The same study concluded that regular mantra chanting help reduce symptoms of social anxiety – something that many of us may struggle within the pandemic when returning to close social interactions and larger gatherings”.

In the same article it is also mentioned that,

“When we chant out loud, we stimulate the vagus nerve. This cranial nerve runs from our brain, alongside both sides of the neck, to the heart and then all the way down to the colon, when stimulated the vagus, the vagus nerve activates the para sympathetic nervous system – our rest and digest response. The brain sends the signals to the stomach via the vagus nerve. That it is now safe to focus on digestion; the heart pumps more blood from the brain down towards the digestive track proving our gut with more oxygen and nutrients. The acidity in our stomach reaches an optimal level to promote healthy digestion and speed up our metabolism. When the vagus nerve is stimulated, it also suppresses inflammation in the body and increase our immunity, helping us fight of infection and speed up healing and recovery after injuries”.

It means, how powerful chanting a mantra in proper way will give such effect for which one has to spent lakhs of rupees in a modern healthcare facility by staying in Intensive Care Units under the supervision of experienced healthcare professionals with costly medicines that runs into lakhs of rupees; and that it is not sure that whether this healthcare procedure will help one to recover and come to normalcy. On the other hand as mentioned above, by chanting a mantra with such sound, vibration and velocity one can get rid of all these unhealthy medical events at no extra cost.”

Research also shows a clear correlation between regular mantra practice and weight loss that has become a nightmare for the youth both girls and boys. Especially those who are active in their social life. Thus the present healthcare procedures like Cosmetic Surgery, Bariatric Surgery, controlled diet, walking, gym etc. That is why in those days our four fathers who are not known to the present weight loss practices and modern equipment used to practice the mantras and making it a habit to chant everyday for a particular period that too especially in the morning at the time of sunrise because morning sun rays have no effect of ultra violet infra red effects and the same is being used by the present healthcare professionals and they say spending some time in the morning under the sun rays will increase Vitamin A, D and E and immunity system of the body. In the same articles it is also mentioned that a study conducted in 2018 on medical staff in a dublin hospital and the participants were nurses, doctors and first respondents in an emergency departments, people consistently under severe stress because of their nature of their job. All the participants found it is easier to fall and stay a sleep as a result of daily mantra chanting. This habit of chanting mantras improved their quality of sleep throughout the night and also improved allowing them to get proper rest and make fewer human errors in the following day. By cultivating the habit of chanting mantras they also reported improve memory and longer attention span in the digital age of hard work only on the task of chanting mantra can wonderfully enjoyable to strengthen our attention and muscle. In the same articles, it is also mentioned that a research conducted at Imperial College, London revealed that “Mantra practice decreases our heart rate to the lowest point in the day. It also lowers our blood pressure and cholesterol levels, making it a wonderful remedy for high blood pressure, regular mantra practice can even contribute to reversing heart diseases. While chanting we activate our diaphragm and breathe fully rather than just into the top of the chest. This means that with every breath we provide the brain with more oxygen and glucose, helping us stay focused.”

Can any modern science and philosophy practiced by healthcare professionals even in advanced countries can give such miracle in the modern science and knowledge – that is the power of chanting mantra.

“This article is written by Natalia Monk (has an M.A. in Indian Language and Philosophy) she is a lead teacher on Yoga teacher trainings, mantra expert and mindset coach are empowered life through healing mantras course helps Yoga students, teachers and coaches strengthen their spiritual practice, So that they can help others without burnout”.

In another article titled “Mantras explained – Benefits of Chanting Mantra and the science behind it” published in www.isha.sadhguru.org mentioned as “Mantras are one of the most misunderstood aspects of Yoga. Sadhguru explains how a mantra is not just a sound that you utter but something that you strive to become.”, the learned Sadhguru explained, how do mantras work?, mantra and Sanskrit – what is the relationship?, benefits of chanting mantras – Vairagya Mantra.

The most revered learned Sadhguru mentioned about Mantra as,

“Mantra means a sound, a certain utterance or a syllable. Today modern science sees the whole existence as reverberations of energy, different levels of vibrations. Where there is a vibration, there is bound to be a sound, that means, the whole existence is a kind of sound or a complex amalgamation of sounds – the whole existence is an amalgamation of multiple mantras. Of these few mantras are a few sounds have been identified, which could be like keys if we use them in a certain, they become a key to open up different dimension of life and experience within you.”

According to Sadhguru, “Mantra is not something that you utter”. It is something that you strive to become, because unless you become the key, existence will not open up for you. Becoming the Mantra means, you are becoming the key. Only if you are the key can you open the lock otherwise someone else has to open it for you and you have to listen to them to open it. In the same article, Sadhguru elaborates, “the science behind mantra” and said, “there are different types of mantras and every mantra activates a particular kind of energy in a different part of the body and without that necessary awareness, just repeating the sound only brings dullness to the mind. Any repetition of the sound, always makes you mind dull but when it is done with proper awareness, with exact understanding of what it is, a mantra could be a powerful means. As a science it is very powerful dimension, but if it is imparted without the necessary basis and without creating necessary situations it can cause lots of damage because it is a subjective science.”

We know how people who have caused damage to themselves by the improper utterance of something as common as Gayatri Mantra.

In the same article, Sadhguru mentioned about “*Nadha Yoga – the link between sound and form*” mentioned that,

“Sanskrit language is a device not necessarily a medium of communication. Most of the other languages were made up because we have to refer to something initially, they started with just handful of words and multiplied them into complex forms but Sanskrit is a discovered language because today we know that if we feed any sound into an Oscilloscope, every sound has the form attached to it. Similarly every form has a sound attached to it. Every form in existence is reverberating in a certain way and creates a certain sound”

Sadhguru also mentioned that,

“when we utter a sound a form is being created. There is a whole science of using sounds in a particular way so that it creates the right kind of form. We can create powerful forms by uttering sounds in certain arrangements and this is known as the Nadha Yoga”.

Sadhguru also mentions that,

“The benefits of chanting mantras, Music is an arrangement of sounds to generate certain sweetness. Music is the arrangement but it is like the water flowing. A mantra is not that beautiful aesthetically but it is much more effective. I want to try this out. Sounds of Isha has released a CD called Vairagya which has Five Mantras namely Nirvana Shatakam, Gurupaduka Stotram, Brahmananda Swarupa, Aum Namah Shivaya, and Shambho”.

The above all teachings of Sadhguru categorically mentions that by chanting a mantra with a different sound and vibration for each mantra will reverberate and cleanse the body, sound and mind.

IV. Discussion and Analysis:

When you compare Meditation Mantras in Ancient India with present form of Physics (modern science) one can find with modern science namely physics is a study of matter and its motion along with other concepts such as energy and force. When it compare the Vedas and Puranas in Ancient India one can find “they have given the path to Vedic Physics and is called Vedic Physics or Bhautika Sastra” . The so called modern physics/classical physics is generally concerned with matter and energy on the normal scale of observation and it also relates to behavior of matter and energy under extreme conditions or on a very large or on a very small scale. When we look at into the modern physics there are many examples like atomic physics, nuclear physics that covers on the study of matters from smallest scale to largest scale. In this regard, one can find and identify the chemical elements involved in it. On the other hand, the Vedic Sages/Maharshis and Rushis when they went into deep meditation and concentrate on such important matters they discovered and identified large number of permanent laws about Vedic Physics or Vedic Physical Science. Vedas, Upanishads, Puranas, Shad-darshanas (Sankhya, Vaishesika, Nyaya Darshanas) and postulated many theories about Universe and the atomic structure in their respective analysis and knowledge. Among them Acharya Agastya who was honoured in Vedic Sage of Ancient India he was regarded as one of the few eminent scholars in those days in diverse languages of Indian Sub Continent.

Maharshi Agastya and his wife Lopamudra are the celebrated authors of Hymns. It is known fact that Maharshi Agastya is the author of many Sanskrit texts such as Agastya Geeta that is found in Varaha Purana, Agastya Samhita that was found in Skanda Purana and Davidha-Nirmaya Tantra Text. The Maharshi was always referred to as Mana Kalasaja, Kumbhaja, Kumbhayoni and Mytra Varuni after his mythological origins is considered to be one of Ancient Vedic Sages found in ancient sculpture and reliefs in Vedic places of South Asia-South East Asia in the early Medieval Era. Maharshi Agastya is considered to be the father of Science, traditional medicine and many streams of knowledge and is also described and mentioned the instructions for the creation of medicines for many types of fevers, cancers, treatments for important abdominal problems, brain and eye problems, bone problems etc. The Maharshi is also highlighted the importance of using chemical compounds in different combinations for the benefit of mankind. This eminent Scholar namely Acharya Agastya wrote number of books such as Agastya Samhita that can be found in Sankara Purana. Agastya Samhita describes the method of making electric battery and that water can be split into oxygen and hydrogen.

The Ancient Indian Sages and Maharshis have developed a few mantras that can remarkable effect on Anxiety, ease, fear and depression. These are the common problems faced by the mankind in one way or other at every stage of their life. As already mentioned above, these effects can be eliminated or minimized one can do meditation and in Ancient India, the Sages and Maharshis in the early stage have developed fifteen simple mantras for the beginners. They are,

1. Om
2. Om Shaanti
3. Om Namah Shivaya
4. So Hum
5. Aham Prema
6. Om Mani Padme Hum
7. Hare Krishna Mahamantra
8. Om Namo Bhagavathe Vasudevaya
9. Icchapurti Mantra
10. Sarveshaam Svastir Bhavatu
11. Shaanti Paath
12. Om Purnamadah
13. Ajai Alai
14. Om Aapadaamapa Hartaaram

15. Gayatri Mantra

By chanting these Mantras and Maha Mantras that are being developed by Maharshis/Sages in Ancient India to promote not only to remove the evil effects on the body, mind and soul but also to mould a person's character and path of living so that his life can be extended because of throwing out these evil effects by practicing mantras. In an article titled "Investigating the impact of Maha Mantra chanting on anxiety and depression: An EEG Rhythm Analysis Approach" written by Sachi Nandan Mohanty^a, Suneeta Satpathy^b, Richa Chopra^c, Shalini Mahato published in www.sciencedirect.com, the author analyses,

I quote,

"A mantra's power comes from the fundamental truth of the cosmic and human orders, known as "rta", and is expressed verbally. These facts are not merely made up; rather, they are profoundly ingrained in human consciousness and go beyond the scope of the mind. Mantras have the power to attain great wisdom and understanding in this space".

How well established this theory is, by doing so instead of directly bringing about human transformation, Mantra serve as enlightened tools for the mind. By chanting Mantras they will raise in the human body, mind and soul, awareness and clarity of harmonizing with consciousness, revealing more profound insights and fostering spiritual growth.

The same when we compare with the modern physics,

"the electrical condition of the human brain in different psychological circumstances can be acquired by Electroencephalogram (EEG). Any changed in the mindset is expected to be reflected in the EEG signal. EEG is of two types: non-invasive and invasive process [7]. In non-invasive EEG, electrode cap is implanted on the brain scalp. EEG is a useful technique used for widespread academic research in the diagnosis of epileptic seizure, sleep disorders, coma and other mental disorders which involve abundance or lack of neural activity in certain parts of the brain. Studies on meditation and other aspects of the human brain have used the techniques of electroencephalography (EEG) and functional magnetic resonance imaging (fMRI). Bryant, Maria [8]. EEG recording process is considered as a cheaper process with good time resolution. EEG signals contain valuable information related to brain state, which help to understand physiology and psychology of an individual's human brain. The above mentioned reasons have justified the use of EEG in various research works."

It is an established fact and found in many studies that meditation can significantly contribute in improving physical and mental health in the so-called modern stressful life. A lot of research has been done to analyze the impact of Mantra chanting with meditation on individual human brain. Meditation is a broad term that encompasses many practices, different styles and form of meditation are present in most of cultures and religions of the Globe in particular in Ancient India.

When one can go deep into the historic background of Mantras with respect to India,

"Vedic meditation starts with the Vedas, Ancient religious texts that are abundant in those days in India serve as the base of Hinduism and Yoga. The vedic type of meditation, uses calm sounds or words to quite busy thoughts and feel better by reducing stress and helping you sleep well. As we are aware that there are four types of texts that are Rigveda, Samaveda and Atharvaveda. Among these four Vedas, the Rigveda is oldest of these Vedas to invokes courage, happiness and peace."

Unfortunately only few people used to read these Vedas and develop the knowledge in those days but slowly the application of meditation and chanting of Mantras and Maha Mantras has become the order of the day and many of disciples of these Maharshis started spreading these knowledge for the benefit of mankind.

Vedas are not only the scriptures and few good thoughts but the science is hidden behind those scriptures. The key components of Vedic meditation technique are,

1. Vedic meditation uses a particular type of Mantra called a "*Bija Mantra*" and it means "*Seed*" and when the seed is planted either in a physical form on the earth or the form of a Mantra in the human mind and if the human beings practice the same Bija Mantra just like the watering the plant. This practice of chanting regularly Bija Mantra the beautiful flowers will grow. These Bija Mantras when they are chanted regularly they work on the vibration level of sound. When such practice is developed this stimulates our thoughts you feel that you love everyone and are being loved by everyone.

Vedic meditation is an effortless technique, no concentration and no forcing of the mind and it embarrases thoughts as a component of the meditation. During the practice, favour comfort, so practice using back support rather than a rigid spine.

This type of Vedic meditation technique is mainly for busy people with a fast busy living and with their busy minds. If one can practice for just twenty minutes twice in a day this time tested duration that optimizes the eyes open productivity. To practice this meditation one need not adhere to religion but believe the method of meditation and one need not wear different clothes or eat a specific diet and the main benefit of Vedic meditation will always welcome everybody without any conditions or have to change their own habits.

Vedic meditation teaches are a lifelong resource for the people to answer questions that surface during practice and help advance one's practice. In ancient India during Vedic period the Guru Shisya Parampara (teachings from Guru to Shishya) exchange energy

between them and this kind of initial exchange of energy is a part of the technique and its helps one's realize if the teacher/guru is the right person to teach the Shishya in meditation.

Following are the some of the examples and the effect of chanting Mantras/Mahamantras and how they enlighten the one's own mind and soul and if the practice goes on well one can become an enlightened person with meaningful thoughts that makes one a perfect personality.

Among all these mantras and mahamantras and each designated for a particular purpose and benefit by the Maharshis and Sages during vedic period, the jewel among the mantras is "GAYATRI MANTRA", and is mentioned in the 3rd Chapter 62 Verse and Line 10 = 03.62.10 in Rig Veda.

The Gayatri Mantra and it is believed that in an ancient conversation between Sages and Lord Brahma it is a very serious conversation and is not meant for casual discussion, therefore it creates powerful vibrations in the body and the universe. It refines energy and connects us with the higher self. It is also called the Savitri Mantra, which is dedicated to Devi Gayatri, Savitri or Savitu. Many saints such as Swami Vivekananda described chanting Gayatri Mantra as a way to propel our minds in a good direction. In this blog, we will learn about the pronunciation, meaning, significance, benefits (physical and mental), usage, the timing of chanting, the days for chanting, preparation before chanting, how long we should chant, and much more. (www. <https://realhappiness.org> written by Sanjjay on 19, June 2025).

The meaning of Gayatri Mantra word by word one will be astonished to find the inner meaning and the cream of spiritual matters and how they act on the mind and soul of a person and how this mantra cleanses are can be observed in the following,

ॐ - OM - The Universal - Primitive Sound

भू - BHU - The material - physical world or Earth

भुवः - BHUVA - The celestial world or sky

स्वः - SVAHA - The paradise - heaven

तत् - TAT - In simpler terms, TAT means "that", because it states an indication through speech or language, the "Ultimate Reality." That, God or Goddess;

सवितु - SAVITUR - Savitu, Savitri and Gayatri are names of Goddess of Energy

वरेण्यं - VARENYAM - Brilliant

भर्गो - BHARGO - Reputed

देवस्य - DEVASYA - Gods or Divine Entities

धीमहि - DHIMAHI - We meditate on or we contemplate

धियो यो - DHIYO YO - Intelligence or Mind

नः - NAH - Nah: our

प्रचोदयात् - PRACHODAYAT - Give Direction or Drive

Oh, my Brilliant Goddess of Energy, reputed among Devta (Divine Entities), we meditate on you, drive our minds in good direction, From the material world (Bhu) to the celestial world (Bhuva) to a higher level of existence (Svaha).

In short, this Mantra brings clarity to life sharpens the intellect and brightness the memory, sound waves clear negative energy, calms the sound and body etc. At a nutshell chanting Gayatri Mantra has significant effects in attention, memory, anxiety and mental state and it will improve learning power, concentration, prosperity, eternal power, peace and improves quality of life. That is why Gayatri Mantra is called the mother of all Mantras.

To conclude the meditation of mantra/maha mantras and other mantras which are dedicated to Hindu Gods and Goddesses have specific purpose in chanting such mantras for fulfilling that purpose. There is no comparison between any two mantras because each mantra/maha mantra is developed and created to appease particular god or goddess for a particular purpose.

"One such example being the maha mantra in the name of Medha Dakshina Murthy if recited, practiced and chanted regularly with concentration will enhance the power of a person in thinking, analyzing and problem solving that no other method can do so. Especially this Medha Dhakshina Murthy Mantra is learnt through a Maharshi/Peetadhipati/Guru and practiced regularly in a methodical manner will make a person enlightened and a perfect person with knowledge, integrity and experience."

As the subject is very wide it is not possible to concise in few paragraphs as such a brief description and an analysis is mentioned above. Following are few of the examples of Vedic mantras of Gods and Goddesses are given below.

1. Lord Ganesha Shri Ganesha Mantra	4. Lord Rama Lord Rama Mantra	7. Lord Vishnu Lord Vishnu Mantra
2. Lord Kubera	5. Lord Krishna	8. Lord Narasimha

Shri Kubera Mantra	Lord Krishna Mantra	Lord Narasimha Mantra
3. Lord Shiva Lord Shiva Mantra	6. Lord Hanuman Lord Hanuman Mantra	9. Lord Parashurama Lord Parashurama Mantra
10. Navagraha Shri Navagraha Mantras		
<u>Vedic Mantras of Goddesses</u>		
1. Shri Lakshmi Shri Mahalakshmi Mantra	3. Dasha Mahavidya Shri Das Mahavidya Mantras	5. Goddess Durga Shri Durga Mantra
2. Goddess Gayatri Shri Gayatri Mantra	4. Goddess Saraswati Shri Saraswati Mantra	

V. Conclusion:

The subject matter though not proved scientifically but it was proved in ancient India during Vedic period as there were no instruments to bring under the scope of scientific analysis. However, the Ancient Maharshis and Sages are beyond the scientific equipment and they use to analyze everything through the sharpness of mind. They are capable of analyzing each and every matter to the level of micron and bring it to a logical conclusion. There are so many things that are embedded in the Vedas and Puranas which were wrote 1000 years back are proved scientifically today and the present scientific form and analysis cannot make out an iota of difference or negativity. Accordingly the mantras and mahamantras that are scripted, practiced and taught to the people are unparallel in the present situation. It is a common practice when people use to recite Vedas they can be given an authority to be perfect by their gurus only when they could get hundred percent results but not a pass mark in the present stage. Hence, the mantras/maha mantras chanting these and put them into practice has already mentioned and discussed above and their effect on the body, mind and soul is nothing but a systematic proof of the work carried out by them. As already mentioned above, Gayatri Mantra considered to be mother of all Mantras if chanted in accordance with the principles laid down Thrice in a Day (Tri kala Sandhya) will enlighten the mind, blossom the soul and man will become perfect free from stress, strain and anxiety.

In this regard, it is but just and necessary that I should quote the invaluable preachings of Sri Sri Sri Jagadguru Sri Bharati Tirtha Mahaswamiji,

“The only way to acquire knowledge is with the help of a Guru. Swamiji says that no matter how many books we may read or how hard we may try to gather as much knowledge as we can so that we may walk on the spiritual path, it is only possible under the guidance of a learned Guru. That is the reason why right from ancient times all the great people had Gurus to teach them”.

Once these three negative characters are eliminated from the human mind, the mind will blossom and receive only Positive energy and the result is enormous. In this article, I made an attempt to give clarifications on the above statements with the help of immense pressure of knowledge that is hidden in the articles that are published in various journals and authored by luminaries and icons of the subject. I thankfully acknowledge them for their contribution in the subject for the good of mankind. Chanting Mantras and Mahamantras not only enlighten the body, mind and soul but also shape the character of a person which will reflect in the society meaning those Maharshis and Sages thought of so much make a person unblemished in character with positive thoughts and cultivate the habit of doing good not only to himself or herself or to the family but to the society at large so that to fulfill their part in building a society with positive energy and positive thoughts.

This kind of practice namely meditation that originated in Ancient India through traditions, customs and habits increasingly received attention due to the potential benefit to mental and physical health by the west and that is why many western countries are drawing closer to this kind of tradition when all the modern scientific methods failed. Chanting of Mantras and Mahamantras though not only purify body, mind and soul by regularly maintaining the same the diseases/discomforts/ailments are afraid of coming nearer to that person.

Finally to conclude the influence of meditation through Mantras/Mahamantras will certainly improve the quality of life to build unblemished character and finally it will carve a society that will focus on doing good to the society and return to the mankind and at times without any anticipating any material benefit.

Finally, a Mantra is a motivating chant that,

“I think I can, I think I can”

According to Acharya Sri Bharati Tirtha Mahaswamiji, Jagadguru of Sringeri in one of their preachings blessed the audience with Pranams, I quote,

“Religion and Spirituality are not different from each other. They are interdependent. To be religious is to have faith and spirituality is being conscious and nurturing one’s soul. So, to be spiritual one needs to be religious and religion means to nurture one’s soul.”

And about the value of work,

The Lord says in the Bhagavad Gita,

“Even a lunatic is always engaged in some activity. In fact, he may even consider what he is doing as important. ‘Similarly, everyone in this world is always occupied with some task or the other. After commencing an activity, we often find that numerous obstacles crop up, hindering the completion of the task. As such, anxiety that a task that we commence should get completed without impediments, is but natural. One learns from obstacles, and so, these are good for us.’”

A beautiful answer given by Albert Einstein, a great scientist of Century, questioned,

“Can meditation solve problems”, his reply was,

“You cannot solve a problem with the mind that created it”

He also mentioned that,

You need larger vision to solve the problem.....mind that created the problem thinks in split....in conflict hence its capacity to solve problem is very limited...you need different perspective to solve the problem one that is lateral..”

“Meditation gives you ability to see problem from different perspective.

As meditation makes you more and more aware...mud settles at bottom and water becomes and clearer and clearer more aware you become more you start to see problem from wider aspect and from different perspective..

Meditation gives you opportunity to understand problem laterally and solve the problem uniquely....”

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