



Effect of Vedic mantra treatment in reduction of depressive syndrome and anxiety

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Abstract

The study was conducted to examine the Effect of Vedic Mantra Treatment in reduction of Depressive Syndrome and Anxiety. In this study the sample consisted of altogether 40 Hindu adult individual of both sexes aged between 35-50years, suffering from psychological disorder such as depressive syndrome and anxiety. These subjects were identified and selected through purposive sampling technique with the help of diagnostic tests and medical doctor prescription. The subjects were administrated by Goldberg depression test scale (Ivan, k, Goldberg, 2003), and anxiety self-test scale (Elizabeth, Scott, 2011). The result revealed that chanting of Mantra (Maha Mrityunjaya Mantra) has got very important effect on reduction of some psychological disturbances like - depression and anxiety. Hence in medical practice this factor of religiosity and spirituality should be considered and recommended. It would help formulation of new alternative technique of psychological treatment.

Keywords: Vedic mantra, depressive syndrome, anxiety

Introduction

Vedic mantra Treatment also called as Chikitsa is the ancient science originated from Vedas. This is a parallel science to Ayurveda also called as alternative medicine system. Vedic Mantra Treatment is based on chanting Vedic mantras and awakens the body natural healing mechanism. The right and systematic chanting of Vedic mantra produces the state where the end user receives positive energy which allows body to come back to a natural state. Generally these mantras are chanted between 10,000 – 100,000 times in systematic manner. Vedic mantras are energy based sound and Vedic mantra treatment is the great solution to treat physical and mental illnesses. This treatment is done in very natural way without using medicine or therapies but it is most important to pronounce them in the systematic way. Distinct from traditional Ayurveda, Vedic Mantra Treatment emphasizes the role of mantra chanting and the Vedic way of living.

Vedic Mantra Treatment system uses a totally different model in understanding physical or mental sickness compare to that of the modern medicine. This is why Vedic Mantra Treatment uses Sanskrit mantras and their power of holy sound as recommended in Veda (Rigveda). A mantra is a set of words recommended in holy Vedas. It is most important to pronounce them in systematic way before getting in any practice.

Vedic Mantra Healing or Vedic Mantra Treatment makes use of mantras, which are phrases. When mantra healing is conducted with genuine and pure intension, it creates high energy in the form of powerful sound waves. The high vibrations of mantras promote healing of the body and mind. Mantra are the in fact sound medicine that helps cure specific ailments, body, mind and spiritual aspects of human beings.

Mantra healing involves continuously repeating of mantras. This process makes the targeted body parts or environment to tune to a particular frequency and invite the cosmic energy establishing contact with it. The cosmic energy intelligently balances the body energies and fulfills the

purpose of mantra healing. Mantra chanting is used not only for DNA repair and healing, but also for awakening of self (Abell and Wolf, 1999) ^[10].

S.B. Manish Gupta (2013) ^[4] observed significant relationship between “AUM Chanting” and stress reduction. According to Yog-Vashishtha during AUM chanting divine energy flows down to the practitioner, filling him with divine light, love and power. So the concluded that through AUM chanting students felt relaxation, inner peace, harmony in daily work and positive thinking.

According to Dr. Herbert Benson (1979) ^[1] mantra chanting no doubt heals the mind and body by including total relaxation in terms of reduction of brain waves, respiration and heart beats.

Herbert Benson (1984) ^[2] observe that chanting of specific mantra produces “relaxation” response causing reduction of heart beat, brain waves and respiration.

Sound healers use mantra chanting or prayer for the purpose of healing diseases in almost all cultures. Modern Scientists have conducted studies and prove that health benefits of mantra healing, which is also called “Mantropathy” or “Mantra Therapy”.

Review of the Literature

The up-to-date review of relevant literature related to this study concerned with the focal point reflecting the effectiveness of Vedic mantra of treatment on depressive syndrome and anxiety disorder.

In every culture and tradition there appears to be a spiritual practice that focuses on some form of deeper interaction with a higher entity.

A study lead by Bormann (2008) which was published in the journal of Advanced Nursing led to the finding that repeating mantra proved beneficial for a host of problems. In the study involving 30 veterans and 36 hospital workers. Mantra was chosen and the participants learnt to use it during the five week course. They reported improvements in:

- Anxiety level

- Stress from traffic and work
- Insomnia
- Unwanted and undesirable thoughts

Further research performed by Bormann (2008) amongst health care workers who are known to be under a lot of stress at work led to finding that repeating the mantra resulted in:

- Reduce stress, anxiety and angry level
- Improvement in the quality of the life
- Enhanced spiritual well-being

Therapeutic efficacy of Mantra:

Efficiency of mantra therapy has been accepted in India since ancient time. A pioneer study was reported by Prabhupad (1976) [7], which focused in group experiment that was conducted on the effect of chanting that HARE KRISHNA Mahamantra, a mantra emphasized in the literature from ancient India for its efficiency in relieving stress, depression and other mental health disturbances.

In a classical study Gurjar, Ladhake and Thakare (2009) [5] conducted a scientific study on the effect of chanting "OM" mantra on nervous system. They found as that as the subject went on chanting "OM" mantra their mind became calm. When the mind became calm, the body relaxed and the breath became even soother and slower. Within minute the mind and body begin to relax, negative thoughts are dramatically swept away to releasing this internal life force that heals the self and cellular level, with more energy, strength and focus. The electrical activity presents throughout the body and is a byproduct of the activity within every living cell changes.

Pundeer, Ashwin *et al.* (2013) [8] observed significant effect of mantras on psychological well-being, stress and anxiety. It was also effective on developing self-awareness. Parents, Teachers and Students self-observation revealed significant improvement in sense of well-being vitality, low mood and anxiety.

In an experimental study by Gurjar and Ladhake (2008) [6], attempted to assess Time Frequency Analysis of chanting Sanskrit Divine Sound "OM" mantra on human being and found that "OM" chanting resulted in Steadiness, calm and peace to human mind. Consequently the level of psychological stress was reduced, the entire mental pressure was taken away by chanting "OM" mantra. As a final point they have confirmed scientifically the accomplishment of "OM" chanting in reducing the stress from the human mind. The practice of mantra chanting has positive physiological effect on human being, including decreased heart rate, slower respiration and increase skin conductivity. Decreasing heart rate can improve blood pressure and cardiac function.

A study conducted (Tells, Nagarathana and Nagendra, 1995) [9] using the "OM" mantra as a mental chant - through internally rather than vocalized - revealed as measurable decrease in heart rate during the internal chanting. This suggest as strong correlation to psycho-physiological relaxation (Tells, Nagarathana and Nagendra, 1995) [9].

Tells obtained these results by conducting two session. Both session shows significant reduction in heart rate during the meditation when compared to control period (Tells, Nagarathana and Nagendra, 1995) [9].

Thus from the overview of literature it is evident that mantra chanting in any form with faith and devotion help

psychological well-being and reduction of stress, anxiety and depression. These beneficial effects of mantra chanting/prayer have been empirically supported by several investigators worldwide.

Objective of study

Main objective of the present study were to examine the followings:

1. To examine the effect of Vedic mantra on reduction of depression.
2. To examine the effect of Vedic mantra on reduction of anxiety disorder.

Research Design

In this study pre and post crossover randomized experimental research designs was followed for planning and conduct of study. A crossover clinical is a repeated measure design in which each experimental patient is assigned to a sequence of treatments, including at least two treatments (of which one "treatment" may be a standard treatment or a placebo).

Variables

1. Independent or predictor variable – Reading of neutral text/mantra chanting
2. Response variables – Depression and Anxiety Disorder

Hypothesis

The following hypotheses are formulated for empirical verification:

1. Those who will chant or listen to Vedic mantra would show reduction in their level of depression.
2. Those who will chant or listen to Vedic mantra would show reduction in there level of anxiety disorder.

Methodology

Research Method

Sample

The sample consist of altogether 40 Hindu adults individuals of both sexes aged between 35-50 Years, suffering from psychological disorders such as – Depression and Anxiety Disorder. These subject were identified and selected through purposive sampling technique with the help of diagnostic tests, and medical prescription. Out of 40 patients 50% (n=20) were randomly categorized as controlled subjects and 50% (n=20) were categorized as experimental subjects. Experimental subjects were randomly divided into Experiment-1 and Experiment-2 group as per design.

Each subject group of sample consisted of 10 subjects in each category having at least 2 female in each sub-category, for example - Depression (Male-08 + Female-02), Anxiety (Male-08 + Female-02).

Research Tools

1. **Chant of Mrit Sanjeevani Mantra, also called as Mahamrityunjay Mantra:** Vedic Mrit Sanjeevani Mantra also called as Mahamrityunjay Mantra, was used as independent variable or predictor variable to recite vocally to reduce the experienced feeling of Depression and Anxiety. During the experimental session, experimental subjects were asked to recite 25 times Mrit Sanjeevani Mantra along with Beej Mantra.
2. **Depression Test:** Depression level of clients was

measured through Goldberg Depression Test (Ivan, K., Goldberg, 2003) consisting of 18 items.

- Anxiety Test:** Anxiety level of clients was measured through Anxiety Self-Test developed by Elizabeth Swtt, (2011) consisting of 16 items.

Results and Discussion

Hypothesis -1: Mantra chanting and Depression Chanting or listening Mrit Sanjeevani Vedic Mantra would reduce the level of depression.

In order to test this hypothesis subject’s mean depression scores collected in the beginning of the testing session, after the treatment session, and after the follow up session (one month after the post – test session) were compared through t-ratio for controlled subjects and those of experimental groups of clients.

Results are presented in Table 1 through 3

Table 1: Comparison of Mean Depression Scores of Controlled Group of Clients obtained in Pre-Test and Post-Test conditions:

	1 Pre-Test	2 Post-Test	3 Follow-Up Test	r	t-ratio	Df	P-Value
N	10	10	10	1&2=0.76	0.54	9	>0.05
Mean	40.29	41.05	41.67	1&3=0.68	0.89	9	>0.05
SD	3.48	3.52	3.46	2&3=0.70	0.40	9	>0.05

Statistical findings presented in Table 1 indicates that mean depression score of controlled group of subjects obtained in pre-test (M = 40.29; SD = 3.48), post-test (M = 41.05; SD = 3.52), and follow-up (M = 41.67; SD = 3.46). Conditions could not differ significantly from each other as the obtained t-ratio (t = 0.54, 0.89 and 0.40 respectively) could not reach even 5% level of confidence.

Empirical data collected from experimental group of subjects for verification of hypothesis were statistically analyzed and results were found as presented below in Table 2

Table 2: Comparison of Mean Depression Score of the Experimental Group of Subjects obtained in Pre-Test and Post-Test conditions

	1 Pre-Test	2 Post-Test	3 Follow-Up Test	r	t-ratio	df	P-Value
N	10	10	10	1&2=0.69	5.52	9	<0.01
Mean	41.01	38.68	35.14	1&3=0.62	8.55	9	<0.01
SD	3.51	3.06	2.89	2&3=0.58	1.91	9	>0.05

It is evident from the data presented in Table 2 that Mean Post-Test Depression Score (M = 38.68; SD = 3.06) of experimental group of clients were lower than the Pre-Test Score (M = 41.01; SD = 3.51), as the obtained t-ratio (t = 5.52; df = 9; P<0.01) was the significant beyond 1% level of confidence. Similarly the mean follow-up test score of experimental group (M = 35.14; SD = 2.89) was also found to be lower than those of their pre-test score (M = 41.01; SD = 3.51), as obtained t-ratio (t = 8.55; df = 9; P<0.01).

However the follow-up condition and post-test condition did not differ significantly in terms of their mean depression scores.

Mean Depression Score of experimental clients obtained in their post-test and follow-up conditions regarding were also compared for significance of difference from controlled group of clients. Results are presented in Table 3.

Table 3: Comparison of Mean Post-Test Depression Scores of Controlled, Experimental and Follow-up Groups of clients through t-ratio.

S.N.	Group	N	Mean	SD	R	t-ratio	Df	P-Value
1.	Controlled	10	41.05	3.52	1&2 = 0.79	2.95	9	<0.05
2.	Experimental	10	36.68	3.06	1&3 = 0.81	5.33	9	<0.01
3.	Follow-Up	10	34.14	2.89	2&3 = 0.69	0.67	9	>0.05

Statistical finding presented in Table 3 made it clear that post-test mean depression score of experimental group was significantly lower (M = 36.68; SD = 3.06) than post-test mean depression score of controlled group (M = 41.05; SD = 3.25) as obtained t-ratio (t = 2.95; df = 9; p<0.05) was significantly beyond 5% level of confidence. This indicated that chanting of Maha Mrityunjaya Mantra significantly reduces the depression level of clients. Similarly the positive effect of mantra chanting continued even after 30th day after post-test event, as the mean follow-up condition (M = 34.14; SD = 2.89) was lower than those of the controlled group (M = 41.05; SD = 3.52) and the obtained t-ratio (t = 2.95; df = 9; p<0.01). However mean post-test depression scores of experimental group (M = 36.68; SD = 3.06), and the follow-up group (M = 34.14; SD = 2.89) did not differ significantly, as the obtained t-ratio (t = 0.67; df = 9; p>0.05) could not reach even 5% level of confidence.

Thus it was confirmed that reciting Mrit Sanjeevani Mantra reduces the hypertension of the patients. The control group of subjects did not have chance to recite Vedic Mrit Sanjeevani Mantra. Because the experimental group of subjects was given the treatment trial that is the recitation of Mrit Sanjeevani Vedic Mantra, which produced positive effects.

The findings of statistical analysis of data revealed clearly the reduction of level of depression. This finding supports the hypothesis that a recitation of Vedic Mantra has reduced the depression level. Hence hypothesis formulated for this study was supported by empirical findings.

Hypothesis – 2: Mantra Chanting and Anxiety Chanting or listening Mrit Sanjeevani Vedic Mantra would reduce the level of anxiety.

In order to test this hypothesis clients mean anxiety scores collected in beginning of this testing session, after the treatment session, and during the follow up session (one month after the post-test session) were compared through t-ratio for controlled clients and those of experimental groups of clients. Results are presented in Table 4 through 1.

Table 4: Comparison of Mean Anxiety Scores and Controlled Group of Clients Obtained in Pre-Test and Post-Test Conditions.

	1 Pre-Test	2 Post-Test	3 Follow-Up Test	r	t-ratio	df	P-Value
N	10	10	10	1&2=0.72	0.61	9	>0.05
Mean	22.41	23.07	22.63	1&3=0.65	1.10	9	>0.05
SD	2.34	2.48	2.59	2&3=0.68	1.25	9	>0.05

An inspection of data presented in Table 4 makes it clear that mean anxiety scores of controlled groups of clients collected for pre-test, post-test and follow-up conditions did not differs significantly from each other, as none of the t-ratios (t = 0.61, 1.10 and 1.25) could reach even the 5% level of confidence. Hence the NULL hypothesis in the context was accepted. The reason may be that no intervention factor was introduced to produce any changes in response variable.

Whenever the introduction of intervention through chanting Maha Mrityunjaya Mantra did produce significant changes in response variable that its mean anxiety scores presented in Table 5 below. It may be known that after pre-test condition clients were asked to chant Maha Mrityunjaya Mantra per alternative days for 51 times with rosary beads for 30 days and after 30 days their anxiety response were recorded. Obtained mean responses are presented in Table 5 below.

Table 5: Comparison of Mean Anxiety Scores of Experimental Group of Clients Obtained in Pre-Test and Post-Test Conditions.

	1 Pre-Test	2 Post-Test	3 Follow-Up Test	r	t-ratio	df	P-Value
N	10	10	10	1&2=0.72	4.38	9	<0.01
Mean	22.31	18.10	16.72	1&3=0.65	5.22	9	<0.01
SD	2.28	2.01	2.49	2&3=0.68	5.53	9	<0.01

It is evident from the data present in Table 5 that as a result of chanting Maha Mrityunjaya Mantra, the mean post-test anxiety score of experimental clients (M = 18.10; SD = 2.01) was significantly lower than those their pre-test mean anxiety scores (M= 22.31; SD = 2.28), as the obtained t-ratio (t = 4.38; df = 9; p<0.01) was significant beyond 1% level of confidence.

Mean Anxiety Score of experimental clients obtained on their post-test and follow-up conditions regarding were also compared for significance of difference from controlled group of clients. Results are presented in Table 6 below.

Table 6: Comparison of Mean Post-Test Anxiety Scores of Controlled, Experimental and Follow-Up Group of Clients through t-ratio.

S.N.	Group	N	Mean	SD	r	t-ratio	Df	P-Value
1.	Controlled	10	23.09	2.48	1&2 = 0.78	4.86	9	<0.01
2.	Experimental	10	18.10	2.01	1&3 = 0.83	5.74	9	<0.01
3.	Follow-Up	10	16.72	2.49	2&3 = 0.76	1.37	9	>0.05

Statistical finding presented in Table 6 made it clear that post-test mean anxiety score of experimental group was significantly lower (M = 18; SD = 2.01) than post-test mean anxiety score of controlled group (M = 23; SD = 2.48) as the obtained t-ratio (t = 4.86; df = 9; p<0.01) was significantly beyond 1% level of confidence. This indicates chanting of Maha Mrityunjaya Mantra significantly reduced the anxiety level of clients. Similarly the positive effect of mantra chanting continued even after 30th day after post-test event, as the mean follow-up condition (M = 16.72; SD = 2.49) was lower than those of the controlled group (M = 23.09; SD = 2.48), and the obtained t-ratio (t = 5.74; df = 9; p<0.01).

Conclusion

On the basis of findings of this study it can be concluded that chanting of Maha Mrityunjaya Mantra has got very important effect on reduction of some psychological disturbances, like – depression and anxiety. Hence in medical practices this factor of religiosity and spirituality should be considered and recommended.

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