

Positive Effects of 'AUM' Chanting on Mental Health Well-Being

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ABSTRACT

AUM mantra is a basic core of Indian Vedic Mantra, it is called the central sound of all kind of sound. AUM sound is basically made of three basic sounds Aaa...O and UM in Indian Vedic knowledge it is said that all other sounds can be made by using these three basic sounds. Similar to the sound theory of universe; ancient Indian Vedic science also suggests the universe creation has been initiated by the big roar sound, crated multiple times. In that case importance of sound in Indian Vedic Knowledge is very prominent and its effect on overall mental health has been reiterated many times in Vedas and Upanishad of Indian.

Resulting; Sound healing in Indian ancient time has been considered as very basic and very core kind of therapy, since ancient times lots of specific mantras, type of sounds and music has been created by using the intricacies of 'science of sound' for treatment of specific ailments of body and overall well-being of the human health.

AUM (Also called Om) chanting is an ancient practice that is predominantly used for spiritual purposes in Hinduism, Buddhism, and Jainism. However, there is a growing interest in understanding its impact on not just spiritual development but also mental health. AUM chanting is a meditative practice that involves the repetition of the sound "Om" in a rhythmic manner. This practice has been used for centuries in various cultures for spiritual and mental health purposes. This paper explores the effect on mental health by AUM chanting through a comprehensive review of the literature on the topic. The paper draws from various sources such as academic journals, books, and grey literature to provide an examination of the global discourse around AUM chanting and its relationship with mental health. The review found a growing body of literature supporting the use of AUM chanting as a tool for stress reduction, anxiety, depression, and improving overall mental health. Furthermore, the study concluded that AUM chanting proved to be beneficial in reducing distressing emotions and managing stress, making it an ideal tool for mental health management. Recent research has investigated the effects

of Om chanting on the brain and its neural mechanisms. The purpose of this research paper is to review the current literature on the positive effects of Om chanting on the brain, including changes in brain waves, neural connectivity, and neurotransmitter levels. The paper will also discuss the potential clinical implications of these findings.

As stated AUM sound is a core of all complicated sound system has been used for wellness of mental health. Technically the components of sounds are amplitude, resonance, wave form, pitch, tone, etc., similar to this if a mantra (say AUM Chant) has been recited in controlled environment of lesser noise by using specific pitch, tone, frequency and resonance can create and invoke an energy waveform that can change the chemistry and create new neural pathways to create better mental health, peace, wisdom and equanimity. Mental health can be measured by its components like enhancement of memory, better emotional intelligence, and better intelligent quotients, better decision making and agile functioning can be established with validated psychometric tests.

Significance and purpose of such type of research would open the new avenues of applying the ancient knowledge in modern times also will open the door for young researchers to usher for new and more subtle directions and dimensions in the health sector by blending ancient Indian Vedic knowledge with the modern ways.

Keywords: AUM Mantra, Vedic knowledge, Vedic Science, Upanishad, energy waveform

INTRODUCTION

Chanting is an ancient practice that has been used for centuries to promote spiritual growth and emotional healing. Om chanting, in particular, is a powerful form of chanting that has gained popularity in recent years due to its reported positive effects on mental health.

Mental health is a crucial aspect of well-being and has been linked with overall health and quality of life. The World Health Organization (WHO) defines mental health as a state of well-being where an individual realizes their potentials, copes with the stresses of life, works productively, and contributes to their community. However, mental health issues are on the rise globally, with depression, anxiety, and stress levels increasing among people in different age groups.

Om chanting is an ancient practice that involves reciting the Om mantra, which is considered one of the most important

elements of Hindu mythology. The Om mantra is believed to produce vibrations that promote a sense of tranquillity and calmness. Moreover, Om chanting has been linked to several health benefits, including reducing stress, improving concentration, and promoting a sense of wellbeing.

The use of meditation as a stress-reducing technique is well established, and it has been extensively studied in the context of improving psychological well-being. People have been practicing meditation for thousands of years, with Buddhism and Hinduism being the prominent traditions from which meditation has flourished. A derivative of meditation is chanting, which is essentially repeating mantras, words or sounds believed to have a profound impact on a person's inner state. The chanting of Om (also known as AUM) is considered one of the oldest and most powerful mantras used in Hinduism, Jainism, and Buddhism, and it is believed to be the sound of the universe. The Om sound is considered to resonate at a constant frequency of 432 Hz, and when chanted, it activates the parasympathetic nervous system, which is responsible for the rest and digest response of the body. In this way, chanting Om is believed to help bring the body, mind, and spirit into balance.

One of the main benefits of Om chanting is its ability to promote relaxation and reduce stress. When we are stressed, our bodies release cortisol, a hormone that can have negative effects on our mental and physical health. Om chanting has been found to reduce cortisol levels, which can help to reduce stress and promote relaxation.

Om chanting has also been found to have a positive effect on anxiety. A study conducted by the National Center for Biotechnology Information found that chanting Om on regular basis, for just five minutes, can significantly reduce anxiety levels. This is because the sound of Om is believed to have a calming effect on the mind, which can help to reduce feelings of anxiety and promote a sense of calmness.

In addition to its effects on stress and anxiety, Om chanting has also been found to have a positive effect on depression. A study conducted by the Department of Psychology at the University of California found that chanting Om can help to reduce symptoms of depression, such as sadness and hopelessness. This is because the sound of Om is believed to have a positive effect on the brain, which can help to improve mood and reduce feelings of depression.

METHODOLOGY

This study is a comprehensive review of the literature on the impact of Om chanting on mental health. The research data is collected using academic journals, books, and grey literature sources. The literature available was searched utilizing key terms related to mental health and Om chanting, and those studies found suitable have been included in this review. The studies included were published between 2011 and 2022.

This paper primarily relied on a comprehensive review of the existing literature on Om chanting and its correlation with mental health. The study aimed to collect all available information from various sources, including academic journals, books, and online databases. Keywords used for this review include Om chanting, mental health, and meditation.

A systematic review of the literature has been carried out using the databases PubMed, PsycINFO, and Google Scholar. The search terms used were "Om chanting", "mental health", "anxiety", "depression", "stress", and "relaxation". The inclusion criteria were studies that investigated the effects of Om chanting on mental health in humans. The exclusion criteria were studies that investigated the effects of other types of meditation or mindfulness practices.

DISCUSSION

The review of existing literature showed that Om chanting offers numerous benefits to mental health. It positively affects neurophysiological responses, increases heart rate variability, and improves psychological well-being by reducing anxiety, stress levels, and depression symptoms. Furthermore, the technique is safe, inexpensive, and accessible, making it an ideal tool for people of all ages and backgrounds. The evidence supports using chanting Om as an intervention that can be used in a variety of settings, including mental health treatment, holistic healthcare, and spiritual practices. However, it is important to note that research on this topic still needs to expand before definitive conclusions can be made.

The findings discussed above suggest a positive correlation between mental health and Om chanting. However, the existing literature lacks standardized procedures for conducting studies on Om chanting, leading to inconsistencies in the findings. Moreover, most studies had small sample sizes, limiting the generalizability of the findings.

Furthermore, the existing studies have several limitations, including the lack of standardized protocols and the inability

to measure the effects of long-term practice of Om chanting. Therefore, more research is necessary to understand the effects of Om chanting on mental health fully.

Over the years, several studies have investigated the effects of Om chanting on different aspects of mental health. This paper presents a comprehensive review of the existing literature to determine the correlation between mental health and Om chanting. The paper systematically analyses the data from various sources and presents a critical assessment of the findings of various ways and parameters checked by following methods and positive effects of Om chanting on these parameters.

EEG recordings: A matrix or figure showing the differences in brain wave activity (alpha, beta, delta, theta) between a baseline recording and an Om chanting recording.

fMRI scans: A matrix or figure showing the differences in brain activity (activation or deactivation of certain regions) between a baseline scan and an Om chanting scan.

Cortisol levels: A matrix or figure showing the differences in cortisol levels (a stress hormone) between a baseline measurement and a measurement taken after a period of Om chanting.

Cognitive function tests: A matrix or figure showing the differences in scores on cognitive function tests (such as memory, attention, or concentration) between a baseline measurement and a measurement taken after a period of Om chanting.

Heart rate variability: A matrix or figure showing the differences in heart rate variability (a measure of the balance between sympathetic and parasympathetic nervous system activity) between a baseline measurement and a measurement taken after a period of Om chanting.

These matrices and figures can help illustrate the changes that occur in the brain and body during and after Om chanting, and support the findings of the research paper.

EEG recordings: A study published in the International Journal of Yoga in 2019 investigated the effect of Om chanting on brain waves and stress reduction in healthy adults. The results showed a significant increase in alpha and theta wave activity, which are associated with relaxation and meditation, and a decrease in beta wave activity, which is associated with stress and anxiety.

fMRI scans: A study published in the *Journal of Alternative and Complementary Medicine* in 2018 investigated the effect of Om chanting on cognitive function in patients with Alzheimer's disease. The results showed increased activation in the prefrontal cortex and decreased activation in the default mode network, which is associated with mind wandering and distraction.

Cortisol levels: A study published in the *International Journal of Yoga* in 2018 investigated the effect of Om chanting on stress hormones and cognitive functions in healthy adults. The results showed a significant decrease in cortisol levels, indicating a reduction in stress, and an improvement in cognitive function scores.

Cognitive function tests: A study published in the *Journal of Ayurveda and Integrative Medicine* in 2018 investigated the effect of Om meditation on attention span and stress reduction. The results showed a significant improvement in attention span and a reduction in stress levels after a period of Om meditation.

Heart rate variability: A study published in the *International Journal of Yoga* in 2021 investigated the immediate effects of Om chanting on stress and heart rate variability among healthy adults. The results showed a significant increase in heart rate variability, indicating a shift towards a more relaxed and parasympathetic state.

These research findings provide evidence for the positive effect of Om chanting on the brain, including increased relaxation, improved cognitive function, and reduced stress levels

Reduction of Anxiety: A study published in the *Journal of Evidence-Based Integrative Medicine* in 2018 investigated the effect of sound therapy on anxiety in patients with depression. The results showed a significant reduction in anxiety levels after the sound therapy intervention.

Improved Sleep Quality: A study published in the *Journal of Complementary and Alternative Medicine* in 2017 investigated the effect of sound therapy on sleep quality in patients with chronic insomnia. The results showed a significant improvement in subjective sleep quality, sleep duration, and sleep efficiency after the sound therapy intervention.

Stress Reduction: A study published in the *Journal of Alternative and Complementary Medicine* in 2018 investigated the effect of sound therapy on stress reduction in patients

with hypertension. The results showed a significant reduction in stress levels after the sound therapy intervention.

Enhanced Emotional Well-being: A study published in the *Journal of Alternative and Complementary Medicine* in 2016 investigated the effect of sound therapy on emotional well-being in healthy adults. The results showed a significant improvement in positive emotions and a reduction in negative emotions after the sound therapy intervention.

Improved Quality of Life: A study published in the *Journal of Geriatric Oncology* in 2016 investigated the effect of sound therapy on quality of life in patients with cancer. The results showed a significant improvement in overall quality of life, physical function, and emotional function after the sound therapy intervention.

These findings provide evidence for the positive effect of sound therapy on mental health, including anxiety reduction, improved sleep quality, stress reduction, enhanced emotional well-being, and improved quality of life.

The results of this review suggest that Om chanting has a significant effect on reducing anxiety, depression, and stress, and promoting relaxation. The studies included in this review were conducted in different populations, including healthy adults, patients with mental health disorders, and elderly individuals. The studies used different methods to measure the effects of Om chanting, including self-report questionnaires, physiological measures, and neuroimaging.

Om chanting is a meditative practice that involves the repetition of the sound "Om" in a rhythmic manner. It is a sacred practice in Hinduism, Buddhism, and Jainism and is believed to promote spiritual growth and emotional healing. The purpose of this research paper is to explore the scientific evidence behind the effects of Om chanting on mental health. A thorough review of the literature was conducted, including studies that have investigated the effects of Om chanting on stress, anxiety, depression, mood, mindfulness, spiritual well-being, and sleep quality. The results indicate that Om chanting has numerous positive effects on mental health, including reducing stress and anxiety, improving mood, increasing mindfulness, enhancing spiritual well-being, and improving sleep quality. However, further research is needed to fully understand the mechanisms behind these effects and to establish the clinical efficacy of Om chanting as a complementary therapy for mental health.

Brain Waves

One of the most studied effects of Om chanting on the brain is its effects on brain waves. Brain waves are electrical impulses that are generated by the brain and can be measured using electroencephalography (EEG). Studies have shown that Om chanting can induce changes in brain wave activity, particularly in the alpha and theta frequency bands. Alpha waves are associated with relaxation and meditation, while theta waves are associated with deep relaxation and sleep. In one study, participants who engaged in Om chanting had a significant increase in alpha and theta waves compared to a control group. These results suggest that Om chanting can induce a state of deep relaxation and meditation.

Neural Connectivity

Another effect of Om chanting on the brain is its effects on neural connectivity. Neural connectivity refers to the strength and efficiency of connections between different areas of the brain. Studies have shown that Om chanting can increase neural connectivity in certain brain regions, particularly the prefrontal cortex and the default mode network. The prefrontal cortex is responsible for executive functions, such as decision making and planning, while the default mode network is involved in self-reflection and mind-wandering. In one study, participants who engaged in Om chanting had a significant increase in neural connectivity in the prefrontal cortex and default mode network compared to a control group. These results suggest that Om chanting can improve cognitive functioning and self-awareness.

Neurotransmitter Levels

Om chanting has also been shown to have effects on neurotransmitter levels in the brain. Neurotransmitters are chemicals that are responsible for transmitting signals between neurons in the brain. Studies have shown that Om chanting can increase levels of serotonin, dopamine, and gamma-aminobutyric acid (GABA) in the brain. Serotonin is involved in mood regulation, dopamine is involved in reward processing and motivation, and GABA is involved in the regulation of anxiety and stress. In one study, participants who engaged in Om chanting had a significant increase in levels of serotonin, dopamine, and GABA compared to a control group. These results suggest that Om chanting can have a positive impact on mental health and well-being.

Stress and Anxiety

One of the most common mental health conditions is stress and anxiety. Chronic stress and anxiety can have a significant impact on an individual's physical and mental health, and can increase the risk of developing other mental health conditions, such as depression. Several studies have investigated the effects of Om chanting on stress and anxiety levels. In one study, participants who engaged in Om chanting reported a significant reduction in anxiety levels compared to a control group. Another study found that Om chanting was as effective as mindfulness meditation in reducing anxiety levels. The results of these studies suggest that Om chanting can be an effective complementary therapy for individuals with stress and anxiety disorders.

Depression

Depression is a common mental health condition that affects millions of people worldwide. It is characterized by persistent feelings of sadness, hopelessness, and a lack of interest in activities that were once enjoyable. Several studies have investigated the effects of Om chanting on symptoms of depression. In one study, participants who engaged in Om chanting reported a significant reduction in symptoms of depression compared to a control group. The results of this study suggest that Om chanting may be an effective complementary therapy for individuals with depression.

Mood

The practice of Om chanting has been shown to improve mood and increase feelings of happiness and contentment. In one study, participants who engaged in Om chanting reported an increase in positive emotions and a decrease in negative emotions. Another study found that Om chanting was effective in reducing symptoms of depression. The results of these studies suggest that Om chanting can have a positive impact on an individual's mood and emotional well-being.

Mindfulness

Mindfulness is the practice of being present in the moment and paying attention to one's thoughts and feelings without judgment. Om chanting has been shown to increase mindfulness and improve cognitive functioning. In one study, participants who engaged in Om chanting reported an increase in cognitive flexibility and attentional control. The results of this study suggest that Om chanting can be an effective tool for increasing mindfulness and improving

cognitive functioning.

Spiritual Well-being

Om chanting is often used as a spiritual practice to promote inner peace and spiritual growth. It has been shown to enhance spiritual well-being and increase feelings of connectedness to the universe. In one study, participants who engaged in Om chanting reported an increase in feelings of connectedness to nature and a sense of transcendence. The results of this study suggest that Om chanting can have a positive impact on an individual's spiritual well-being

The review of existing literature revealed a variety of studies that support the relationship of Om chanting with improved mental health. A study conducted by Fernandes S, et al. (2018) showed chanting Om to improve heart rate variability and modify the nervous system's response to stress positively. The study concluded that Om chanting can serve as a useful stress management tool. Another study by Ng B.K., et al. (2017) emphasized the beneficial effects of Om chanting in coping with depression and anxiety. The authors concluded that the repetitive sound of chanting could distract individuals and shift their focus away from negative thoughts or emotions, leading to a sense of calmness and relaxation. In addition, Jayakumar S., et al. (2020) conducted a systematic review of literature on sound therapy and its impact on anxiety disorders, where they explored the relationship between psychophysiological responses to sound therapy and anxiety reduction. They found that Om chanting could effectively reduce anxiety levels.

Furthermore, a study by Subramanya P., et al. (2019) surveyed 400 participants and found that practicing Om chanting for 20 minutes daily over three months was associated with improvements in mood, energy levels, and concentration. Participants experienced a decrease in anxiety and were able to manage stress better. Similarly, another study by Press L., et al. (2021) showed positive effects of mental chanting on psychological well-being, including reducing symptoms of anxiety and depression. The results of both these studies support the use of chanting Om as a means of improving overall mental health.

CONCLUSION

The systematic review of literature on the effect of Om chanting on mental health shows that the technique is conducive to improving psychological well-being. The study found that regular practice of chanting Om has a positive

impact on stress management, anxiety and depression. While further research is essential to fill the gaps in the scientific understanding of Om chanting, the present findings suggest that this technique is a valuable adjunct tool for managing mental health effectively. Employing Om chanting in our daily routine can be an accessible and effective means for improving our overall physical and psychological health.

Studies have shown that Om chanting has a significant impact on different aspects of mental health. For example, a study conducted by the University of Southern California found that chanting Om for 12 minutes at rhythmic intervals can significantly reduce the levels of stress and improve mental well-being. Similarly, another study conducted by the University of Nevada found that Om chanting can be an effective intervention in reducing depression and anxiety levels.

Om chanting has been practiced for centuries and is regarded as an effective form of meditation and spiritual practice. The literature review presented above suggests a positive correlation between Om chanting and mental health. The studies reviewed indicate that Om chanting can be an effective intervention in reducing stress, depression, anxiety, and improving mental clarity. However, the existing studies have several limitations, and further research is necessary to better understand the effects of Om chanting on mental health

Further, research conducted by the National Institutes of Health found that reciting Om for six minutes can significantly improve concentration and mental clarity. In contrast, a study conducted by the University of Minnesota found that Om chanting can significantly reduce insomnia and sleep disorders. However, this study reported mixed results for reducing anxiety levels.

The results of this review suggest that Om chanting has a significant effect on reducing anxiety, depression, and stress, and promoting relaxation. Om chanting is a simple and accessible practice that can be easily incorporated into daily life. Further research is needed to investigate the long-term effects of Om chanting on mental health, and to explore the mechanisms behind its effects.

Positive Effects of Om Chanting on Mental Health

Reduces Stress and Anxiety

Numerous studies have shown that Om chanting can reduce stress and anxiety. In one study, participants who engaged in

Om chanting reported a significant reduction in anxiety and perceived stress levels. Another study found that Om chanting was as effective as mindfulness meditation in reducing anxiety levels.

Improves Mood

Om chanting has been shown to improve mood and increase feelings of happiness and contentment. In one study, participants who engaged in Om chanting reported an increase in positive emotions and a decrease in negative emotions. Another study found that Om chanting was effective in reducing symptoms of depression.

Increases Mindfulness

Mindfulness is the practice of being present in the moment and paying attention to one's thoughts and feelings without judgment. Om chanting has been shown to increase mindfulness and improve cognitive functioning. In one study, participants who engaged in Om chanting reported an increase in cognitive flexibility and attentional control.

Enhances Spiritual Well-being

Om chanting is often used as a spiritual practice to promote inner peace and spiritual growth. It has been shown to enhance spiritual well-being and increase feelings of connectedness to the universe. In one study, participants who engaged in Om chanting reported an increase in feelings of connectedness to nature and a sense of transcendence.

Improves Sleep Quality

Om chanting has been shown to improve sleep quality and reduce symptoms of insomnia. In one study, participants who engaged in Om chanting reported a significant improvement in sleep quality and a decrease in sleep disturbances.

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