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Effect Of Mantras On Well-Being

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Abstract: Mantras are a source of cosmic sound energy that can alter the person's behavior. They are very special configurations of sounds or syllables. Accordingly, each Mantra has specific patterns of enunciation or chanting. Mantras, used in spiritual practices across cultures, hold transformative power to influence physical, mental, and spiritual well-being. Through their unique vibrational qualities, Mantras align energy patterns within the body and mind, promoting healing, relaxation, and heightened consciousness. Supported by scientific studies, Mantra chanting has been shown to enhance cardiovascular health, boost immunity, alleviate stress, and foster emotional resilience. Additionally, Mantras play a pivotal role in spiritual growth by dissolving karmic obstructions and awakening inner potential. The amount and quality of research on the impact of Mantra for bettering health and treating medical conditions has increased dramatically in the past decade. This paper explores the profound impact of Mantras on holistic well-being, emphasizing their therapeutic and transcendent capabilities.

Index Terms - Mantra, well-being, *mātrikā-vidyā*, sound vibrations, energy, karma, chanting.

I. INTRODUCTION

Mantras are ancient sound vibrations, words, or phrases that are chanted or repeated as part of spiritual practices in various cultures, particularly in Hinduism, Buddhism, Jainism, and other oriental traditions. They are powerful spiritual formulas capable of transforming consciousness when repeated silently or chanted¹.

Crafted by sages with specific combinations of words and letters, Mantras are often blessed and supported by deities to provide relief from suffering, bestow tranquility, or fulfill material and spiritual goals. However, Mantras found in texts remain dormant until awakened through dedicated *sāadhanā-upāsana* practices designed by enlightened saints. These sages, with their profound knowledge, discerned the specific purposes of each Mantra².

A Mantra is divine power or *Daivī Shaktī* manifesting in a sound body³. Its ethereal force enables meditation (*samādhi*), fosters introspection, and facilitates a connection between the devotee and the divine. Mantra transmutes the mental substance from passion to purity from *Rājas* to *Sattwa*⁴. Both the mind and the soul are calmed and strengthened by it. Mantras replace negative tendencies with positive thoughts and reinforces virtuous *saṃskārās* (mental impressions).

Life is a complex series of events and accidents. Mantras, when used correctly, help to resolve or eliminate accidents and misfortunes. Purity of thoughts, words and actions, sincerity, and deep faith in repeating the Mantras systematically and without stress or strain on the brain or body are the key factors for the efficacy of the Mantras⁵.

II. DEFINITION

The root of the word Mantra '*Man*' comes from the first syllable of that word, meaning to 'think' and '*Tra*' from '*Trai*' meaning 'to protect' or 'free' from the bondage of Samsara or the phenomenal word.

Mananāt trāyatē iti Mantrah- A Mantra is a continuous repetition (*Mananāt*) that shields (*trāyatē*) from any suffering caused by bondage or the cycles of birth and death. That which liberates the soul from sin, leads it to heaven and ultimate liberation is Mantra. It helps in the attainment of fourfold fruit (*chaturvargā*) i.e. *Dharma*, *Artha*, *Kāma* and *Moksha*. A Mantra is so called because it is achieved by mental process⁶.

Etymologically, the Sanskrit word Mantra refers to a specific structure of sonic patterns, composed of carefully arranged syllables and vowels. These patterns serve as a spiritual instrument, designed to liberate the mind from ignorance, illusion, and negative tendencies. The precise arrangement of syllables and the harmonious combination of phonemes make a Mantra a potent carrier of cosmic sound energy.

“The *Mantram* becomes one’s staff of life” said Mahatma Gandhi, “and carries one through every ordeal.”

Georg Feuerstein defines Mantra as ‘A Mantra is sacred utterance, numinous sound or sound that is charged with psycho-spiritual power. A Mantra is a sound that empowers the mind or that is empowered by the mind’.

III. SCIENCE BEHIND THE MANTRAS

Any word or letter or any thought in mind reaches the whole universe. Recurring pronunciation of Mantras accumulates power which can be directed to make incredible changes in one’s life.

The famous equation of Einstein $E = mc^2$

E =energy m =mass(matter) c =velocity of light; which reveals that mass and energy is interchangeable⁸. Thus, mass is a condensed form of energy which implies all creations are a form of energy. Atom of uranium when disintegrated in controlled conditions, explodes and generates huge amount of energy.

Sound is *pudgala* and produced by atoms (*paramānu*), a unit of matter⁹. Every characteristic of an atom is therefore present in sound in a subtle form. Thus, words of Mantra because it is a particulate matter (*pudgala*), is condensed form of energy. Utterance of Mantra is the process of transforming the mass into energy. When repeated continuously at a constant frequency, even the regular audible sound and amplitude can produce so much thermal energy as would be produced by the boiling water¹⁰.

Having realized that the energy generated by the decomposition – through *jāpa* of a Mantra – of the cosmic sound would be of exponential magnitude as compared to that of the atomic energy, some pioneering scientists have also begun an in-depth study of the Mantra *vijyana*¹¹.

In its purest form, sound refers to energy or vibration. It is considered as the fundamental source of energy and motion existing in the universe¹². According to Hazrat Inayat Khan, “The knower of the mystery of sound knows the mystery of the whole universe¹³.”

Masaru Emoto demonstrated that water molecules are affected by sound and our intention. Intention involves our thoughts and feelings which creates the energy behind the sounds that we create. In one experiment, a priest stood at the edge of a lake, chanting incantations for over an hour. Emoto’s team then photographed water crystals before and after the ritual. The crystals from the pre-incantation water appeared distorted, resembling a face in deep anguish. However, the post-incantation crystals were beautifully formed, displaying a hexagonal shape within another, surrounded by a radiant, halo-like pattern. The sound and intentionality had restored it to its original pristine form¹⁴.

French acupuncturist and sound healer, Fabian Maman, took Kirlian photographs of hemoglobin blood cells which were exposed to different sounds¹⁵. He took photos of blood cells that were subjected to an increasing chromatic scale produced on a xylophone—C, C#, D, etc. Each note had a unique effect on the cell, giving it a unique shape and Kirlian color. This clearly demonstrated that sound has an effect on cellular structure and energy.

Real glory of human beings is that we can choose to remake ourselves completely. Russian biophysicists and molecular biologists have demonstrated that using certain words in specific ways, such as in hymns or Mantras can alter the way DNA is produced¹⁶. Thus, Mantra can be used to remodel our DNA to acquire invisible powers.

Mātrikā vidyā is the science of letters describing the extra ordinary powers of each vowel and consonant. The word “*Mātrikā*” comes from the Greek word “*Mātrā*,” which means “to measure”— in this case the measurement of time.

- Repeating a short sound (like *hrum*) will remove sins.
- Repeating it doubly long (as in *hroom*) will facilitate material prosperity.
- Repeating an even more extended vowel sound will transform the surrounding energy and alter the environment’s vibration¹⁷.

When we understand the Science of letters, we realize that a Mantra is formed by taking many considerations into account. The *Mātrikā vidyā* is the basis of all worldly and spiritual knowledge. Each letter holds a wealth of knowledge which it has collected since the beginning of time. We shall have access to the entirety of its history if we can master the power of a single sound. We would be presented with all of the mystical knowledge of a specific letter, as though we had opened a cosmic encyclopedia specifically for that letter. Its secrets and mysteries would be realized. We may comprehend the ultimate and real truth once this understanding is awakened.

Sound is infinite. Sanskrit and other languages have given form to sound. The science of sound can be easily understood by the ancient *Mātrikā vidyā*. The power of letters, the universe and the body are closely related (Table 1). The fundamental forces that govern the microcosm of the body-Sun, Moon, and Fire-also shape the macrocosm and influence the essence of letters and sounds¹⁸.

Table 1: Correlation between Letters, Powers, Mind and Body¹⁹

Letters	Powers	States of Mind	Chakras
Vowels	Moon	Conscious	Throat, Third eye, Fontanel, Transpersonal point
Consonants	Sun	Sub-conscious	Heart, solar plexus
Semi-vowels	Fire	Unconscious	Navel, pelvic, root

Mantra composes of vowels, consonants and semi vowels in perfectly balanced order, imparting balanced vibrations from sun, moon and fire energies – influencing the body through the chakra system, the mind through the three levels of consciousness and the soul.

According to the power of the particular sound or the combination of sounds, the Mantra has an impact of creation, preservation, or destruction. Thus, chanting Mantras can bring about unbelievable transformation in our lives.

IV. BENEFITS OF MANTRAS

The entire universe, including all the parts of our bodies, is simply made of vibration. This concept is supported by the new super string theory of physics. We are in a state of health when we are in a natural, resonant vibration. If any part of the body begins to vibrate at a counter frequency, the energy gets trapped and causes illness²⁰.

Sound vibrations can bring changes in the energy of the Universe and also influence the person²¹. Sound can be used to project the correct resonant frequency back into that body part, bringing it back to a healthy state. This can be done through electronic equipment or through using the human voice. Since sound can potentially rearrange molecular structure, the possible healing applications of Mantra are limitless.

‘There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle’- Albert Einstein. If we go by everything is miracle, the science and philosophy of Mantra does work miraculously.

Recent research studies reveal that chanting Mantras has numerous physical, mental as well as emotional benefits. It is a beautiful spiritual practice that helps us feel grounded and connected.

4.1 Physical well-being

4.1.1 Antiseptic and germicide

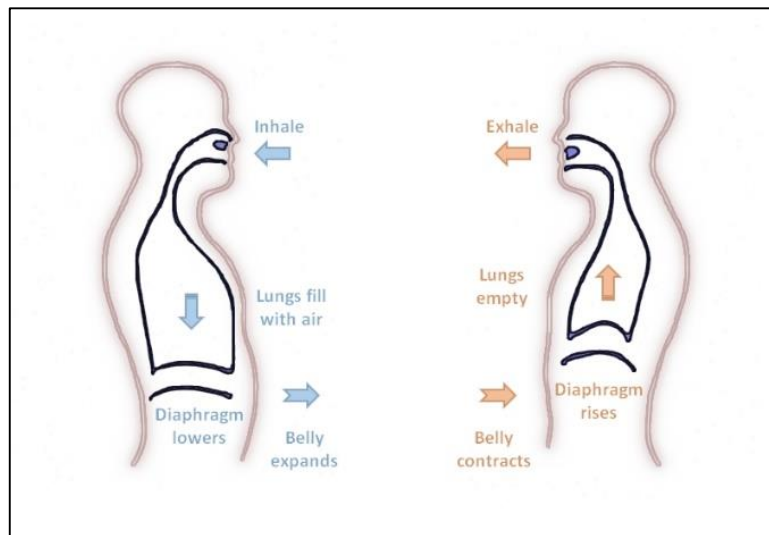
Mantras are effective in healing chronic diseases. Chanting of Mantras generates potent waves or vibrations which penetrate the physical and astral bodies of the patients and eliminate the underlying cause of their pain. They revitalize the tissues and cells while annihilating the microorganisms. They are potent antiseptics and germicides. They are more powerful than ultraviolet rays or Rontgen rays²².

Mantras are believed to possess magical powers. Medicinal Mantras are believed to retain their inherent power even though various alternative treatments are available. A research was conducted to examine the role of healing spells as an alternative health care for the community in Sinempok village. Lingga Regency, Riau Islands²³. The research conducted through interviews with multiple informants show several benefits of Mantras used by the Sinempok community. The interview’s findings indicate that there are several treatments that are believed to be able to be cured through Mantras, such as fever, coughing, dizziness or yellowish pallor, broken bones etc.

4.1.2 Heart and Lung Health

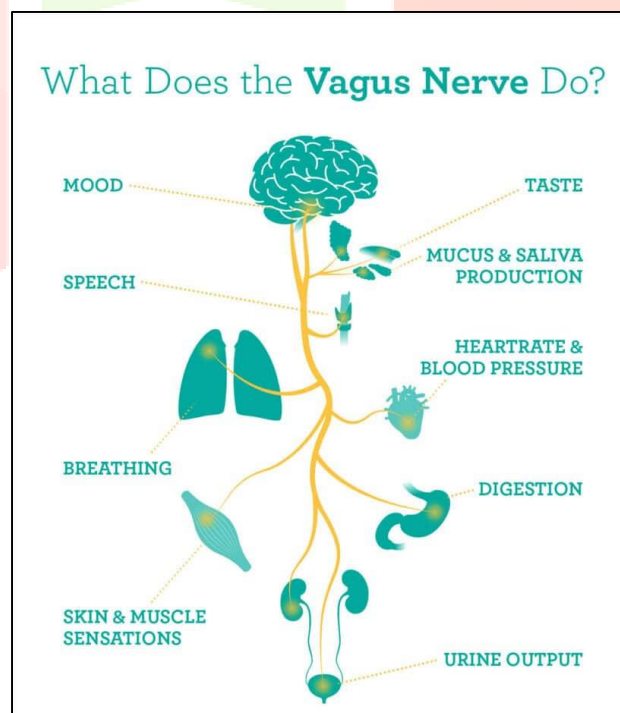
A research conducted at Imperial College London revealed that Mantra practice decreases our heart rate to its lowest point in the day. It also lowers our blood pressure and cholesterol levels, making it an effective treatment for high blood pressure. Persistent Mantra practice can even help in reversing heart diseases²⁴.

Mantras improve and synchronises the natural cardiovascular rhythms because it slows respiration to almost exactly six breaths per minute²⁵. When we chant, we activate our diaphragm and breathe in completely, rather than just into the top of the chest (Fig.2). This means that with every breath we take, we provide the brain with more oxygen and glucose, which helps us focus better. This deep diaphragmatic breathing also helps our muscles to recover quickly after strenuous activities. Other studies proved that participants who practiced Mantras for at least six weeks increased their lung capacity and breath retention. This was true for both healthy participants as well as for patients with symptoms of asthma or bronchitis²⁶.

Figure 1 Diaphragmatic Breathing²⁷

4.1.3 Digestion, Immune System

A sensation of vibration is experienced when chanting 'OM'. This can stimulate the vagus nerve through its auricular branches and affect the brain²⁸. This cranial nerve runs from the brain, alongside both sides of the neck, to the heart and then all the way down to the intestine. It is involved in regulating many essential functions (Fig.2). The parasympathetic nervous system—our rest-and-digest response is triggered when the vagus nerve is stimulated. In the rest-and-digest mode, the brain signals the stomach (through the vagus nerve) that it is now safe to focus on digestion. The heart pumps more blood from the brain down towards the digestive tract, giving our gut more oxygen and nutrients. Our stomach's acidity reaches its ideal level to support good digestion and increase metabolism. Stimulating the vagus nerve also aids in the body's defense against infection and speeds up the healing and recovery process after injuries. Mantra meditation only for 10 minutes each day would create a period of physical relief that boosts immune function²⁹.

Figure 2 Functions of Vagus Nerve³⁰

A study was conducted to analyze the effects of Mantras (Gayatri and others) on plants and humans, as well as the effects of plants charged with Mantras on humans³¹. Traditional herbs were charged with Gayatri Mantra for 10 days. Patients with respiratory or digestive problems were given medicines made from parts of

the plant charged with the Mantra. About 60% of patients experienced improvement in digestion, increased blood pressure, mental agitation and sleep.

4.1.4 Shrinkage of tumors and enhanced Sleep

Reciting Mantras enables the tongue to stimulate the acupuncture meridians inside the mouth, especially on the roof³². Dr. Ranjje Singe found that chanting certain Mantras caused the release of melatonin and had many benefits, such as shrinkage of tumors and improved sleep³³.

4.1.5 Better memory and focus

A study conducted on medical staff in a Dublin hospital (2018) mentioned that Mantra chanting helped improve memory and focus³⁴. The participants were doctors, nurses and first responders working in an emergency room. Due to the nature of their jobs, they were frequently under a great deal of stress. Daily chanting helped all the participants sleep better and fall asleep more easily. Additionally, they slept better throughout the night, which helped them to obtain enough rest and avoid mistakes the next day. They also reported longer attention span and better memory. Mantra chanting can be a delightfully enjoyable approach to develop our attention muscle in this digital age of distraction.

4.2 Mental well-being

4.2.1 Stress and Anxiety

Neuroscientists from the University of California have found that mere 10 minutes of Mantra chanting prevents the release of stress hormones adrenaline and cortisol. This calming effect lasts for up to 48 hours after each practice session³⁵. When we practice Mantras, we not only become more adaptable to potential stressors later in the day or the next, but we also get calmer. Researchers observed which brain regions became active and inactive while chanting using an MRI scanner, and they concluded without a doubt that reciting Mantras helped to relax the brain regions linked to tension and anxiety. According to the same study, reciting Mantras on a regular basis also helps lessen social anxiety symptoms. Additionally, it has been discovered that self-created sounds, like chanting, synchronize the left and right hemispheres of the brain. Mantra recitation has been shown to have beneficial effects for post-traumatic stress disorder, depression and insomnia. Mantra decreases anxiety and improves mood. Chanting is not only beneficial to oneself but to all beings³⁶. There are advantages in even merely hearing some chants.

‘*Arham*’ is a powerful spell word. It awakens *Ānand Kendra* (the centre of bliss)³⁷. *Ānand Kendra* is the region of the Thymus Gland. It is indicative of the stream of joy flowing within us. By chanting *Arham*, eternal joy can be experienced. When eternal joy manifests, there can never be any mental tension.

4.2.2 Increased will power

Practicing Mantra meditation helps us stick to our commitments because it strengthens the prefrontal cortex- the area of the brain that is responsible for self-control. Every time one honors a commitment that they have made to themselves or someone else, they create a strong foundation that will support them and their endeavors.

4.2.3 Removing mental conflict

Negative thoughts play an important part in creating blockages. Fifteen minutes spent in anger produce toxins which will last six months in the body. The root of many diseases is mind itself. Mantras have great power to clean the mind and dissolve blockages.

We constantly collect positive and negative material from thoughts, food, the company we keep and the environment we live. Simply by existing in this world we gather these vibrations, many of which are detrimental. If the mind is not controlled, it can quickly fill with confusion, depression, and melancholy. Mantra erases mental conflicts by creating permanent attitudes about our divinity and breaks identification in the lower animal nature³⁸. Repeating the Mantra is basically an auto suggestion. When autosuggesting, we are affirming only the positive. If our faith is perfect and we repeat the Mantra over and over again while affirming our goodness, we can reach the highest state of consciousness.

4.2.4 Helps in Depression and Epilepsy

As mentioned earlier, when we chant out loud, Vagus nerve is stimulated. Vagal nerve stimulation (VNS) is used to treat depression and epilepsy. As per a research conducted, VNS had antidepressant effects in an initial open, acute phase pilot study involving 59 participants in a treatment-resistant major depressive episode³⁹. The findings suggested that using VNS for the treatment of patients with recurrent or chronic depression may have long-term benefits.

4.3 Emotional well-being

Sound is closely intertwined with memory, thought, emotion, and states of being. Scientists have found that the brain forms pathways that link the areas responsible for processing sound with those associated with

emotions and memories. Sound as communicated through music and poetry has the ability to cleanse the emotional energies of the body⁴⁰.

Mantras are so designed that they are often following precise phonetic and rhythmic patterns. This mathematical precision contributes to their ability to create vibrations that resonate with the mind and body. Just like instrumental music that transcends language barriers, Mantras have the power to evoke emotions, calm the mind, and bring a sense of connection and focus to the listener or reciter⁴¹. Thus, it plays an important role in influencing the brainwaves, inducing states of meditation and relaxation.

Neuroscientific studies have demonstrated that regular Mantra chanting enhances our self-awareness and self-compassion. This is effective when we know the meaning of the Mantras we chant and keep up our practice for at least eight weeks. Practicing a Mantra strengthens the connection between the prefrontal cortex and other parts of the brain (such as amygdala), helping us regulate our emotions better⁴².

Thomas Ashley-Farrand, an American Hindu priest, suggests that Mantras have the ability to replace unhealthy patterns with positive ones, promoting patience and enabling a clearer perspective. When we chant the Mantra repeatedly, we remind ourselves of the supreme reality enshrined in our hearts. The more we repeat the Mantra, the deeper it sinks into our consciousness. As it goes deeper, it will strengthen our will, heal the old divisions in our consciousness that cause conflict and turmoil and give us access to deeper resources of strength, patience and love to work for the benefit of all⁴³.

V. KARMAS, MANTRAS, AND JAINISM

Jain philosophy is one of the oldest and most profound systems of thought, serving as a significant source of knowledge. It originated with the first *Tirthankara*, *Bhagavāna Rṣabhadeva*, and, with necessary modifications over time, continued to evolve until the era of *Bhagavāna Mahāvīra*. The study of Mantras dates back to the era of *Bhagavāna Rṣabhadeva*, who imparted various *vidyā* to his grandsons, Nami and Vinami. Numerous Mantras were in existence during the time of *Bhagavāna Pārśvanātha* and were preserved within the *Pūrva*, the canons existing from the time of *Bhagavāna Pārśvanātha*. Since then, great *Ācāryās*, whenever they deemed it necessary to protect and uphold the principles of religion, utilized their spiritual powers to construct and refine mantras. Few of the famous works include *Bhaktāmbara Stotra*, *Uvasaggaharam Stotra*, *Kalyāṇamaṇḍira Stotra*, *Namiūna Stotra*.

Bhagavāna Mahāvīra propagated the doctrine of karma. He said that all that happens in a man's life is a result of the karma he has accrued in the past or present births. Karma leads the soul to worldly bondage. As long as a man is associated with karma he cannot get liberated. The most significant achievement of *Bhagavāna Mahāvīra* in the spiritual field was the establishment of karma in place of the theory of creator of God. He emphasized upon the importance of self-efforts and purity of conduct. Auspicious karma brings about beneficial results, and evil karma brings about harmful results.

According to Jain philosophy, the notion of karma is undoubtedly effective and yields results; nevertheless, the theory of efforts, or *purushārtha*⁴⁴, is equally effective. Leaving some sticky karma i.e. *Nikācitakarma*, there is a provision to destroy or minimize *kārmika* effects by *purushārtha*.

It is the sublime effect of the Mantras on consciousness that is more important than the gross physical effects. The sound vibrations of the Mantra affect the gross body of the practitioner. As the intensity of the sound vibrations increases, they start influencing the subtle body. Chanting Mantras is a way of efforts to destroy the karma. Mantra aids in atoning for sins. Simply put, sin is the accumulation of negative karmic particles in the unconscious casual body. The Mantra creates positive particles – divine particles. Through Mantra power, negativities are destroyed and then the positive effects appear. When sound and mind meet each other, electric current is produced. This current produces light. The first function of light is to destroy darkness. Then it radiates its brightness. Similar effects are produced when chanting a Mantra - the divine sound creates positive particles which first dispels the darkness of sin, and then bestows gifts of "light," worldly attainments and spiritual achievements.

According to the *Svetāmbara Jaina* tradition, after *Mahāvīra's Nirvāna* his closest disciple Gautama lamented the passing of his teacher and his own failure, despite the possession of many magic powers to gain enlightenment by repeating crying out the word 'vīrā'. Eventually through the repetition of the syllable 'ra' which in Indian mantric culture is associated with fire, Gautama's mouth dried up so that he was only able to pronounce 'vī' the first syllable of a range of epithets of the enlightened ones such as *vitārāga* (free from passions) and *vitāsoka* (free from grief). Through the power of this particular syllable Gautama was able to eliminate the four harming karmas and attain enlightenment⁴⁵.

Thus, Karmic obstruction can be removed by using Mantras to realize our own perfection. By repeating the Mantras, we can purify our soul, awaken its powers and choose the right path. Acharya Mahaprajna said that all souls possess infinite powers⁴⁶. These powers are hidden due to the karmic obstruction. Mantra is the medium for searching this inner power. Practice of Mantra is therefore a way of self-empowerment.

Namokar Mantra is always helpful. It is a composition of divine sounds, a perfect arrangement of letters, the ultimate positive affirmation passed down to us from the highest souls. The Namokar Mantra is the key to control the lower animal nature and the development of the human and divine natures. Animal nature here refers to anger, greed, jealousy, fear etc. Namokar Mantra has the power to remove all poisons of sin in one instant and destroy the bad karma collected over hundreds of thousands of years in the causal body. The Namokar Mantra purifies the aura colours. The animal mind can no longer misguide the practitioner. Rather, the Supreme Mind is guiding. Thoughts and ideals become remarkably high, and the personality becomes greatly refined.

VI. CONCLUSION

Mantras are effective tools for liberation from ignorance, illusion, infirmities, and sorrows. They can transform the course of life and convert agonies into joys. Indeed, Mantras, as special carriers of the cosmic sound energy, have incredible potential to influence both the material world and spiritual world. The energy of cosmic sound contained in Mantras has the power to realign mind tendencies. It has remarkable ability to treat both mental and physical illnesses. Every word or phrase in a Mantra has the power to transcend the mind and emotions, benefiting the body, the mind, and the inner self. The Mantra's sounds, words, and phrases have a special therapeutic power that can help one become still. Chanting Mantras has enormous significance. The Mantras will only have the desired effect if they are chanted with proper pronunciation. Combining the rhythmic pattern of the Mantra with its meaning can help the mind reach a higher state of consciousness or spiritual focus. Both the body's and the mind's energy can be liberated, and the quality of the consciousness can be expanded with regular practice of the techniques of chanting Mantras. The effect of the Mantras is largely positive and pertaining to mental, physical, and spiritual awakening.

- ¹ (Easwaran, 2004, p. 8)
- ² (Nandighoshvijayji, 2001, p. 188)
- ³ (Sivananda, 1972, p. 6)
- ⁴ (Sunil B. Chordiyaa, 2018, pp. 261-264)
- ⁵ (Dr. L. R. Chawdhri, 1992, p. 76)
- ⁶ (Sivananda, 1972, p. 5)
- ⁷ (Feuerstein, 1998, p. 67)
- ⁸ (Yadav, 2023, pp. 248-258)
- ⁹ (Nandighoshvijayji, 2001, p. 35)
- ¹⁰ (Acharya, 2003, p. 77)
- ¹¹ (Acharya, 2003, p. 8)
- ¹² (Wangyal, 2011, p. 78)
- ¹³ (Khan, 1988, p. 62)
- ¹⁴ (Emoto, 2004, pp. 89-90)
- ¹⁵ (Unsoeld, 2005)
- ¹⁶ (The Vibrational Science of Mantra, 2009)
- ¹⁷ (Kumar A. S., 1987, p. 42)
- ¹⁸ (Kumar A. S., 1987, p. 43)
- ¹⁹ (Kumar A. S., 1987, p. 43)
- ²⁰ (Goldman, 1992, pp. 14-15)
- ²¹ (Mahapragya, 2020, p. 5)
- ²² (Sivananda, 1972, p. 53)
- ²³ (Tety Kurmalasari, 2023, p. 10)
- ²⁴ (Mańk, 2021)
- ²⁵ (Luciano Bernardi, 2001, pp. 1446-1449)
- ²⁶ (Mańk, 2021)
- ²⁷ (Thomas, 2023)
- ²⁸ (Bangalore G Kalyani, 2011)
- ²⁹ (Kumar D. , 2007)
- ³⁰ (Amy Myers MD, 2024)
- ³¹ (C.R. Karnick, 1983, pp. 141-147)
- ³² (Staples, 2018, pp. 22-25)
- ³³ (Singh, 1997, p. 9)
- ³⁴ (Mańk, 2021)
- ³⁵ (Mańk, 2021)
- ³⁶ (Villanueva, 2013, pp. 120-121)
- ³⁷ (Mahaprajna, 1995, p. 52)
- ³⁸ (Kumar A. S., 1987, p. 28)
- ³⁹ (Z Nahas, 2005)
- ⁴⁰ (Mal, 2016)
- ⁴¹ (Gonda, 1963, pp. 244-297)
- ⁴² (Mańk, 2021)

⁴³ (Easwaran, 2004, p. 17)

⁴⁴ (Mahapragya, 2020, p. 6)

⁴⁵ (Dundas, 1998)

⁴⁶ (Mahaprajna, 2006, p. 2)

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