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## Essential to explore the effects of chanting on psychological health

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### Abstract

Mantras or 'chants' serve a crucial part in our lives to keep us focused and grounded, despite the fact that they are frequently linked with prayers, religious sacrifices, and proverbial incantations. It can also seem that the mantras we recite every day differ from other religious practices in several important ways. As a transcendental vibration, mantras were created to influence particular facets of human well-being. Finding a sense of quiet in the repetition is a technique for meditation that aids in mind-freeing and deepening connections with the higher mind. Chanting is a potent kind of therapy that offers numerous advantages for both physical and mental health. Chanting can assist people in developing a more profound and meaningful connection with themselves and the world around them, whether it is done for the sake of reducing stress, meditation, healing, or spiritual development.

**Keywords:** Chanting, psychological health, spirituality, mindfulness

### Introduction

“Chanting is one of the most ancient practices in spiritual science. It is a rhythmical repetition of a song, word, prayer, or sound. According to spiritual science, chanting positively influences the mind, body, and soul as it calms the mind and opens the heart” [1].

All major organized faiths and societies use mantras or chants, “Hindus chant to worship deities, and Muslims chant to surrender to God and show their devotion” [2] as Maharshi Yogananda put it, to chant Om is “to represent all of consciousness” [3].

Only a few research papers are available that explore the relationship of chanting on psychological health.

In the study of Raorane PR, & Shetty V. (2020), they disclosed Sanskrit Shloka Chanting improves mindfulness scores compared to the non-chanting group. The results of their study displayed that “mindfulness scores were enhanced by Sanskrit Chanting” [4].

Hindu culture most extensively used the om mantra, Gayatri mantra, and Hare Krishna mantra (HKM) to chant, each believe to significantly impact psychological health. The “Participants were trained with listening to Ohm chanting causing probably the stress level went down” [5]. The Om mantra chanting boosts the synthesis of some of the important Hormones, protein Enzymes, and chemicals that help to relieve stress [3].

Chanting Gayatri Mantra for 15 minutes helps reduce state anger, trait anger, and anger expression out, increases inward control of anger, and improves the psycho-physiological state [1].

Chanting HKM appears to positively impact EEG signals, flavouring the human brain. A relaxed and peaceful state of mind is induced by EEG oscillatory changes, which include an increase in the alpha band power and a drop in the beta band power. These changes are likely indicators of decreased stress and anxiety [6].

“By using various methods, reciting mantras can assist you in attracting positive energy and removing or avoiding negative energy, “When you are chanting Mantras, you will feel connected to yourselves which means you are getting to connect or connected to your inner self” [7].

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Healing professionals agree that chanting is good for the brain, especially when specific mantras are uttered. The good vibrations are thought to drive out negativity in addition to bringing peace of mind. People who regularly chant have reported feeling more focused and mentally alert and having lower heart rates and stress levels [4].

Chanting is frequently employed in religious practices to elicit mystical states, an altered state of consciousness characterized by an overwhelming sense of serenity [2]. Even while chanting traditions and related beliefs vary, there are several traits that all chanting practices share. Chanting can be done silently or audibly, alone or in a group, but the majority of chanting practices ask for the use of a steady, predictable rhythm, concentration, and, when done in a group, synchronicity. Chanting's psychosocial advantages may be related to both its distinctive and common characteristics. As an illustration, intense concentration and discipline are needed for silent solitary chanting. In contrast, coordinated vocalization, breath control, and interpersonal synchronization are further characteristics of vocal group chanting that may improve social ties and communal identity [2].

The mechanism by which chant affects psychological health is not well known, some research papers have given theories about the mechanism. Mantras may also help balance the human nervous system because it regulates chronic stress and tension. It also helps control the mind, which helps with communication between the nervous and endocrine systems, producing happiness hormones [7].

By concentrating while chanting, it is possible to lower cortisol and adrenaline levels as well as stress levels. Additionally, sound seed vibrations significantly increase the spinal cord's effectiveness [4].

By increasing blood circulation and supplying the body with more oxygen through repeated deep breathing, reciting these sound seeds helps the body look and feel younger on the inside as well as the outside. Filtering out negativity, getting enough sleep, and taking care of the thyroid and throat glands are further health advantages [4].

Chanting improves one's health, immunity, and ability to control one's emotions by calming the amygdala and the hypothalamus. Chanting causes anxiety and anger to start to subside because it activates the brain's anger center [1].

After listening to OM chant, the exposed participants showed statistically significant increases in delta and theta brainwaves at 0.05. This study showed that subjects were trained by listening to Ohm chanting, which most likely caused the stress level to decrease. While listening to Ohm chanting, delta and theta brainwaves increased [5].

People who are listening to chanting do not make decisions right away. The state of physical therapy revealed that major depressive disorder decreased and happy feelings in mental health increased by listening to the chanting, according to Sankanan (2012) [8], who also noted that delta brainwave was related to the deepest state of body relaxation, found during sleep while the human body has a low metabolic rate, low blood pressure, body temperature, and heart rate [5].

## Conclusion

Despite their varied tones and cadences, it appears evident that all of these chants from many cultures seem to get the mind working to tune the body in some way, or even independently of the mind. Chanting is part of religion which one can afford with copious advantages on psychological health without out-of-pocket expenditure. Even if there is still much to be discovered in this area, to promote chanting there

is a need to focus and prove the scientific evidence of the advantages of chanting on psychological health.

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