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## Mental health and management for Vedic technique

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### Abstract

Mental health is a sense of wellbeing, confidence and self-esteem. It can disturb behavioral balance. Mantra therapy, can be control of stress, depression, anxiety, fear and promotion of mental health and happiness. Studies have shown that Mantras can have beneficial effects on the health of the body as well as positive results in Mental & Physical levels. Mantras have become an important tool in today's Mental Illness out society. In this review article the author argues that complete presentation of various Indian cultural methods can reduce the stress and related mental and physical illnesses like Stress anxiety, depression etc. Life is neither possible to overcome safely. Indian cultural methods are increasing in Physical and mental health and reducing stress is an important stimulus of human growth and creativity as well an inevitable part of life.

**Keywords:** Mental health and Vedic technique

### Introductions

Stress has reached epidemic proportions due to our fast-paced life-style and the consequent excessive demands on our bodies. Its can affects your physical and mental health. Chronic stress can increase your risk for gastric ulcers, osteoporosis and sexual dysfunction. It is linked to other physical illnesses including hypertension, heart disease, diabetes, asthma and arthritis. Chronic stress can also impair the immune system, leading to an increase in infections and worsening of skin conditions such as eczema. Stress hormones have also been associated with post-traumatic stress disorder (PTSD), substance abuse and mood disorders as well as anxiety.

### Causes in modern life

Family Problems, Finance Problems, Tight Deadlines, Political Pressures, Poor Working Environment, Harassments, Discriminations, Long hours, High workloads, Changes to duties, Poor relations with colleges and family members etc.

### Signs

Tiredness and irritability, Reduced quality work, Inductiveness and poor judgement, Lose of sense of humour, Physical illness such as headaches, nausea, aches and pains, Seeming jumpy or ill-at-ease, or admitting to sleeping badly, Increased sick leave, Poor time keeping, Changes working day patterns, Increased arguments and disputes between staff, General absenteeism, An increase in grievances and complaints, Greater staff turnover

### Management for vedic techniques

- Yoga
- Meditation
- Chanting mantras

Wolf <sup>[1]</sup> supported that the hypothesis ranging from .21 to .33. The author suggests that the maha mantra has potential for utilization in clinical areas similar to those where other interventions of Eastern origin have been successful, such as treatment of stress, depression and addictions. Michael *et al.*, <sup>[2]</sup> discussed that the Mantra meditation is particularly focused upon. Anger management is also discussed, including the physical symptoms of anger, awareness of response patterns and power dynamics and options for expressing anger. Ajay Anil Gurjar, Siddharth A Ladhake study that the mental stress of a person gets reduced while the mind reaches steadiness. As a final point, we have confirmed scientifically the accomplishments of OM chanting in reducing the stress from the human mind.

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Jawharali *et al.*,<sup>[3]</sup> study that the stress management. Mantra repetition involves frequent repetition throughout the day and night. To experience maximal benefit, mantra should be repeated silently everyday while walking, waiting or falling in asleep etc. Meditation is often considered to be an alternative and complementary medicine which can be used to treat peoples with stress-related mental and physical disorders. In this paper we review some of the studies conducted on effectiveness of mantras as stress buster.

Bormann<sup>[4]</sup> about that the better results you'll notice. Build the mental muscle of your mind. Anita *et al.*,<sup>[5]</sup> study that the rested mind that the entire beneficial cycle starts. In Psychoanalytical language meditation helps in conquering the neurotic tendencies and makes the mind peaceful and happy. Chanting of OM and Gayatri mantra stimulates the brain cells resulting in their activation and ultimately leading to better concentration. Alpna *et al.*,<sup>[6]</sup> suggested that the present study was made to study the effect of mantra chanting and gender on stress coping strategies. Malhotra *et al.*,<sup>[7]</sup> suggested that the Listening to music at work area reduces distractions, helps increase concentration and delays fatigue. It can be used to heal tinnitus as an educational tool to develop children with special needs Alzheimer's disease to improve motor skills in Parkinsonism and help alleviate pain after surgery. Deekshitulu<sup>[8]</sup> revived that the Mantra therapy can be control of stress, depression, anxiety, fear and promotion of mental health and happiness. Studies have shown that Mantras can have beneficial effects on the health of the body as well as positive results in Mental & Physical levels.

Mantras have great significance in the mental and spiritual evolution of harmony. These could also manifest tremendous results in the physical world; they could be powerful like a Patton tank or an atomic bomb. Our spiritually empowered, eminent ancestors – the rishis, knew this fact and had therefore developed a whole gamut of mantras for specific purposes and had also devised the methods of experimentation with use of these subliminal tools.

Mantras also have their own history of discovery and mastery of inner realms of consciousness by a long line of masters and seekers of spirit. Mantras and yantras have been in existence since prehistoric times. The Vedic scriptures describe that once the devas (gods) and the asuras (demons) argued as to what was superior – mantra or yantra? The demons regarded yantras as superior and mightier as material resources and capabilities were more important to them. The gods affirmed the prominence of mantras; that is, spirituality was of greater significance to them. We all have seen and used several types of yantras in this age of materialistic progress. Let us acquaint ourselves with some knowledge of mantras here.

The effects of mantras largely pertain to the mental, emotional and spiritual realms of life. Mantras inspire positive and penetrating thoughts and enlighten the emotional and deeper levels of consciousness. 'Mananatrayate iti Mantrah' - By the Manana (constant thinking or recollection) of which one is protected or is released from the round of births and deaths, is Mantra. That is called Mantra by the meditation (Manana) on which the Jiva or the individual soul attains freedom from sin, enjoyment in heaven and final liberation, and by the aid of which it attains in full the fourfold fruit (Chaturvarga), i.e., Dharma, Artha, Kama and Moksha. A Mantra is so called because it is

achieved by the mental process. The root 'Man' in the word Mantra 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 world. By the combination of 'Man' and 'Tra' comes Mantra.

Mantras are in the form of praise and appeal to the deities, craving for help and mercy. Some Mantras control and command the evil spirits. Rhythmical vibrations of sound give rise to forms. Recitation of the Mantras gives rise to the formation of the particular figure of the deity.

There are several ways to practice Mantra Yoga. Repeat the Mantra verbally for some time, in a whisper for some time and mentally for some time. The minds wants variety. It gets disgusted with any monotonous practice. The mental repetition is very powerful. It is termed Manasika Japa. The verbal or loud repetition is called Vaikhari Japa. The loud Japa shuts out all worldly sounds. There is no break of Japa here. Repetition in a whisper or humming is termed Upamshu Japa. Even mechanical repetition of Japa without any Bhava has a great purifying effect on the heart or the mind. The feeling will come later on when the process of mental purification goes on.

Many define mantra as an uplifting, energy-charged sublimated thought current. For example, Gayatri mantra is the most sacred and sublime thought in the whole creation. In it, prayer has been made to the Divine symbolized as Sun on behalf of whole of humanity for the gifts of righteousness and enlightened intelligence. "Om bhoorbhuvah swah tatsaviturvarenyam bhargo devasya dhimahi dhiyo yo nah prachodayaat" (May Almighty illuminate our intellect and inspire us towards the righteous path) But the intellectual understanding of the meaning of mantra, although good, is not in itself sufficient to make it efficacious. It does not encompass all the variegated dimensions of a mantra.

A mantra may have a meaning, or it may not have one. It may be sublime thought, or it may not be. Many times, the arrangement of its syllables is such as to give out a meaning, while at other times, this construction is so haphazard that no intelligible meaning can be made out of it. There are several other Mantras like:

**"Om Namō Bhagavate Vasudevāya, Om Namō Narayanāya, Hari Om Tat Sat,  
Om tryambakam yajamahe sugandhim  
pushtivardhanam urvarukamiva bandhanaan  
mrityor mukshiyā maamritaam and Om Namah  
Shivaya"**

Mantras are not some verbal structures to be enunciated rhythmically and repeatedly. Rather, these are subtle means of contemplating that can reorient the mental tendencies. Many people suffer from a variety of adversities, scarcities and worries because they do not have the aptitude to be initiated into proper mantras (of sane thinking, righteous attitude, etc). Mantras are defined as the tools for liberation from ignorance, illusion, infirmities and sorrows. These can transform the course of life and convert agonies into joys. Indeed, mantras, as special carriers of the energy of cosmic sound, do have amazing potentials for affecting the physical world also (as some of you might have seen or read about mantra based healing of physical and mental ailments, etc). But the spiritual powers and benefits of the mantras are far more intense and creative.

Mantras are very special configurations of sounds or syllables. Accordingly, each mantra has specific patterns of enunciation or chanting. Mantras work on the yantra of our physical body and also on our energy-body, mind and the inner-self. In the Mantra Yoga meditation one has to chant a word or a phrase until he/she transcends mind and emotions. In the process the super conscious is discovered and achieved. The rhythm and the meaning of mantras combine to conduct the mind safely back to the point of meditation-the higher consciousness or the specific spiritual focus. Different syllables, phrases and words possess their unique healing potential. Hence they are chanted at a specific time. As a tool to achieve stillness, the mantra is to be discarded at the moment stillness is achieved. Sometimes mantras are also applied to modify circumstances. In the chanting of the mantras it is of immense importance that they are pronounced properly or else all their intended effect would not come. For such purposes it is important that the proper pronunciation is imparted.

### Conclusion

Our attentiveness and our concentration are pilfered by the events around us. Different challenges and impediments have been faced by the humans due to their occupational activities. Meditation is essential for the human beings to come out of the above troubles. OM is a spiritual mantra, important to obtain peace and calm. Consciousness has been improved by the repetition of OM mantra. In this work, we have confirmed the significance of OM chanting. The time-frequency analysis has been carried out using wavelet transforms for the divine sound OM. We have concluded that OM chanting affords steadiness in the mind scientifically. This provides calm and peace too to the stressed mind. The mental stress of a person gets reduced while the mind reaches steadiness. As a final point, we have confirmed scientifically the accomplishments of OM chanting in reducing the stress from the human mind. With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact. Experience of the calming effect of Mantra meditation only for 10 minutes each day, would create a period of physical relief that enhances immune function. Over time, the benefits of Mantra Yoga have a cumulative effect, improving the well-being of the practitioner.

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