

“ AUM” kara Chanting and its Scientific Evidence



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Introduction

Om is considered a sacred syllable or “mantra,” which is contemplated as a universal sound, the seed of all words without reference to any specific religion or God.

OM (pronounced as AUM) is the combination of three consonants: A, U, and M.

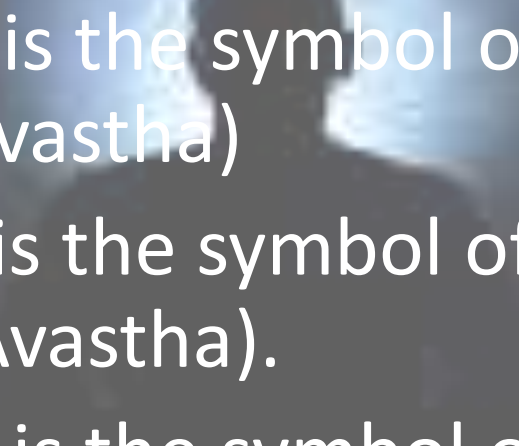
Four constituents of AUM

The Pranava (AUM) is a combination of four parts, namely-

- a) A (Akara),
- b) U(Ukara) ,
- c) M(Makara) and
- d) Bindu and Nada.

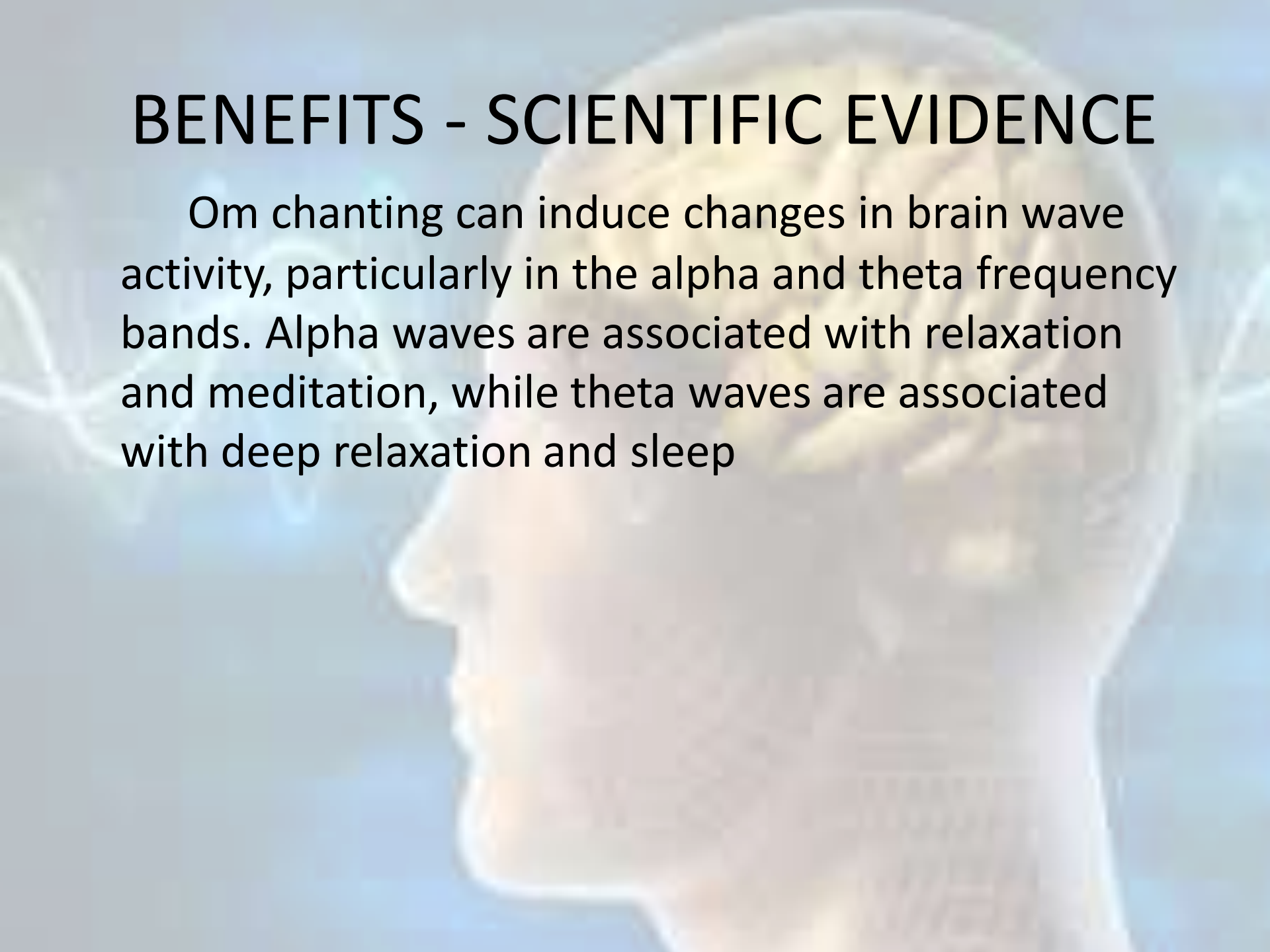
These parts are symbolic of-Creation, Preservation, Dissolution and Deliverance, which form the eternal life-death rhythm that goes on in an endless cycle. Thus, Pranava is the sound manifestation of GOD.

States of AUM sound

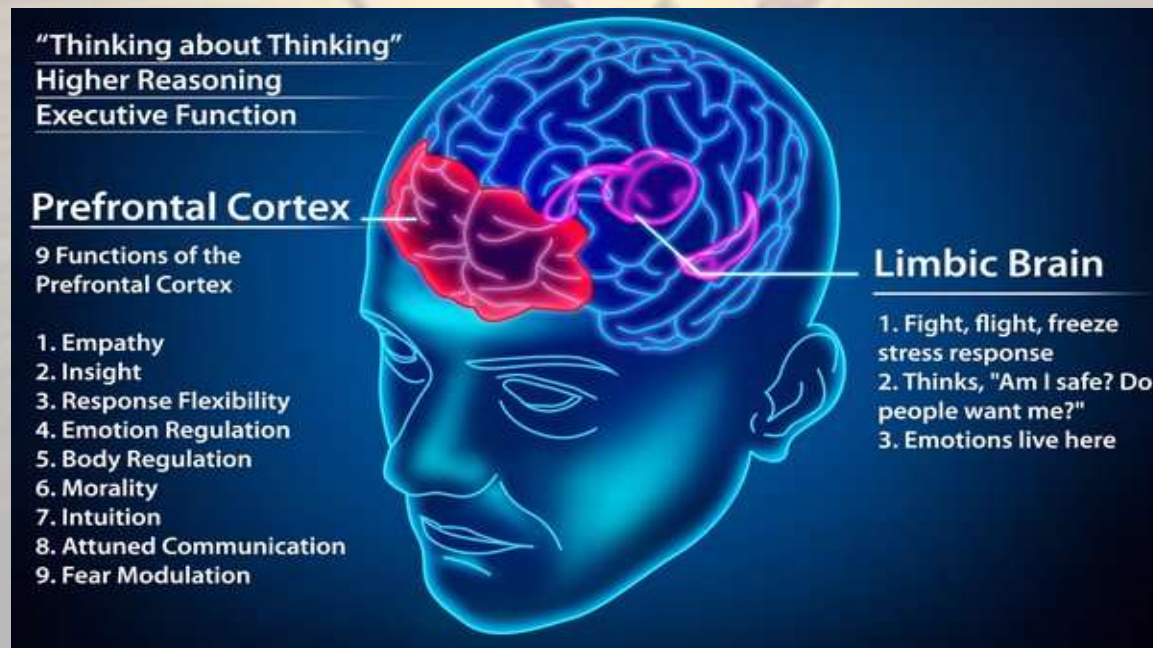
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- (1) The sound 'a' is the symbol of the waking state(Jagrath Avastha)
 - (2) The sound 'u' is the symbol of the dream state (Swapna Avastha).
 - (3) The sound 'm' is the symbol of the deep-sleep state (Sushupti Avastha).
 - (4) The closing sound of the syllable, followed by silence, is the symbol of transcendental state (Turiya).

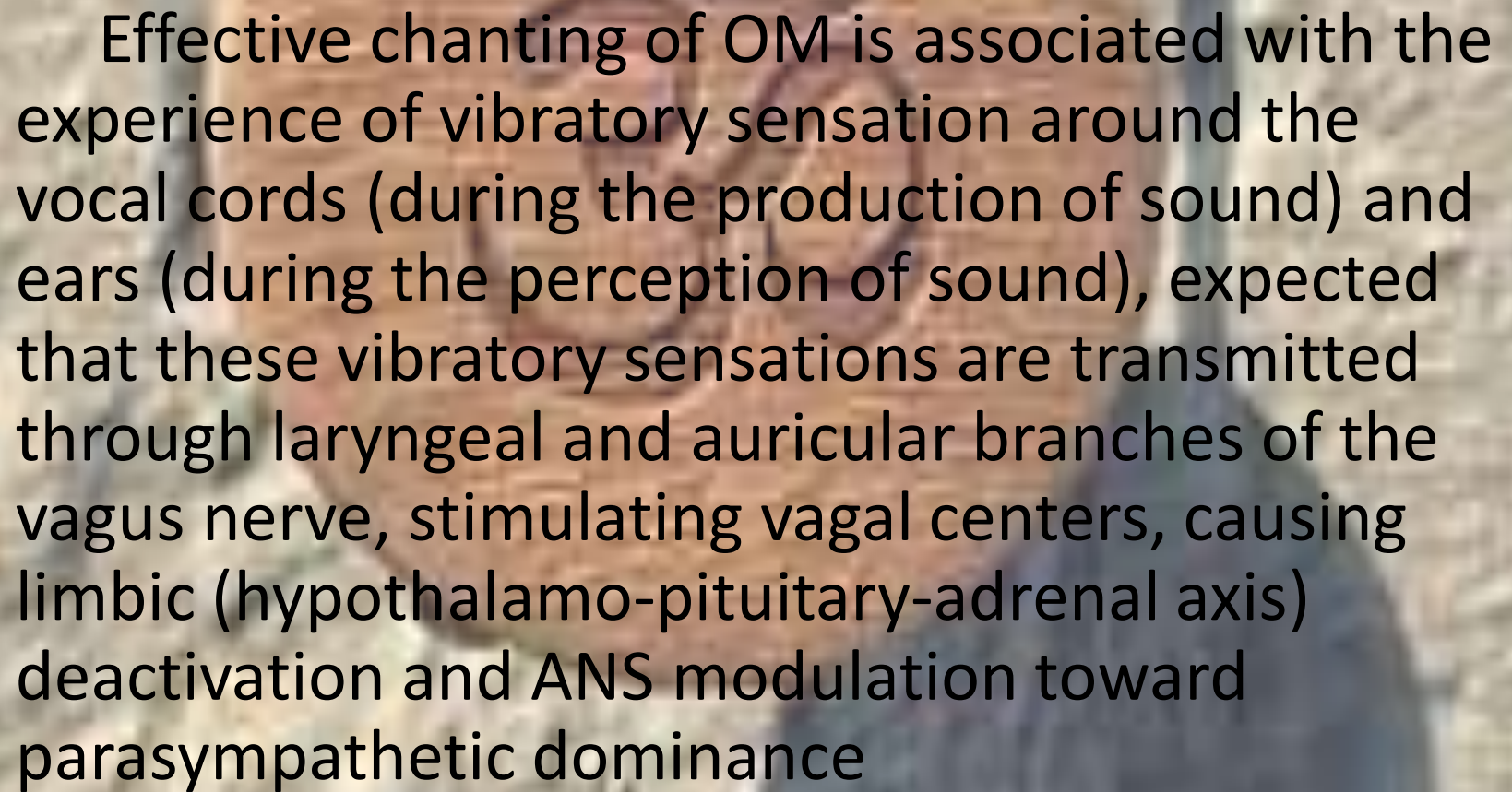
BENEFITS - SCIENTIFIC EVIDENCE

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



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.



A person is shown in a meditative pose, likely a lotus position, with their hands resting on their knees. On their forehead, a Sri Yantra is visible, which is a complex geometric figure consisting of nine interlocking triangles that surround a central point (bindu). The background is a blurred outdoor setting with trees and a path.

Effective chanting of OM is associated with the experience of vibratory sensation around the vocal cords (during the production of sound) and ears (during the perception of sound), expected that these vibratory sensations are transmitted through laryngeal and auricular branches of the vagus nerve, stimulating vagal centers, causing limbic (hypothalamo-pituitary-adrenal axis) deactivation and ANS modulation toward parasympathetic dominance

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



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THANK YOU

