



IMPORTANCE OF SCIENTIFIC METHOD OF MANTRA CHANTING FOR MORE EFFICACY

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ABSTRACT

Scientific chanting of Mantras is a scientific tool of inducing certain vibrations within oneself to channelize the cosmic energy through our bodies and maximize our potential and expand possibilities. Mantra Chanting is the way of direct contact with GOD through the modes of vibration in one particular mode of spiritual practice or sadhana, is done through Mantra Japa. The regular practitioner of Mantra Chanting performs the journey towards peace, happiness, bliss, and self-realization. This Mantra Siddhi is not achieved by mere rote learning or repetition of the Mantra and this is the reason why those who practice a Mantra for years get badly disappointed. At first they don't get any fruit and if somehow they get something, it is very negligible and half-incomplete. Unscientific Mantra Chanting is responsible for this situation none of anyone, but the seeker himself. There is also a need for due inclusion of purity. One can not achieve the fruitful result in Mantra Sadhana except purity. If everything is done correctly, then it is mandatory for the Mantra to be proven. Mantra being proven means that the powers of the mantra become active in the consciousness of the seeker. *Chandas* (Chanting style) play key role for more effect. Physical and psychological factors facilitate action of these Mantras only, if the Mantras are recited properly. Mantras that proper chanting of these Mantras gives several physical, psychological and spiritual benefits to the individual. Sound (Nad) is the basic component of creation and is based on the sciences of Music and Mantra. The significance of *Chandas* is – *Chandas* guard the meanings of *Ved Mantra*. Only if the Mantras are recited properly, the meaning is conveyed correctly and effectively. Moreover because of *Chandas* the Mantra becomes pleasant for listening, thus gratifying *Manas* (mind). Therefore, for the fullest benefit of Mantra, *Chandas* play crucial role.

KEYWORDS - Mantra, Scientific method, effects.

INTRODUCTION

अमंत्रमक्षरं नास्ति, नास्ति मूलमनौषधम् ।

अयोग्यः पुरुषो नास्ति योजकस्तत्र दुर्लभः ॥

There is not a single word which cannot be used in mantra, there is no any root which cannot be used as medicine. In the same way, no person is ineligible, but who uses the person according to his caliber & quality in the right way, that user is rare! Therefore, such persons should be tested & according to his ability should be engaged him in suitable work.

Method of Mantra Sadhana with due observance of the law, he has to mold his food, well dress, duly bathed & cleared his morning *Vega*, behavior according to the nature of the god or goddess. for example somewhere white clothes, white food are necessary, so somewhere this color turns yellow.

Method of Mantra Chanting – It is best to first take a bath or wash your hands, feet, face and mouth before sitting for Japa in the morning. At other times bathing is not absolutely necessary. Japa can be done whenever you have leisure time and at four junctions of the day; morning, noon, evening and before going to bed. Face east or north during the practice.

The flow of energy keeps bubbling up in the inner consciousness of the seeker every moment. He can plan it as per his wish of mantra. According to the power and nature, he can cure incurable diseases.

What is Mantra?

“मन्त्रा मननात् ।”

Mantra - (छंदोमयी वाणी) – man (मन्) + Tra (त्र), from man (मन्) comes the knowledge of *Yajna*, God, *Atman*,

that is the 'Mantra'. Of course, the word mantra came from the meaning of meditation and man dhatu (मन् धात्).

The word mantra comes from the ancient Sanskrit language. 'Man' (मन्) means mind, and 'tra' means release. So a mantra is a combination of transcendental sounds mean to release the mind from all the anxieties of material life. One gets miraculous advantages by making use of the causal energy of Mantra.

“छन्दांसि छादनात् ।”

Chhandas (छंदास)- Chhad (छद्) – cover = like a person covers himself with beautiful clothes, samway mantra covers with rhythm. (Rhythm = Chhanda).

Mantra is decorated by its Chhanda (छंद).

“अनर्थकाः हि मन्त्राः ।”

“इदमन्तरेण मन्त्रेषु अर्थप्रत्ययः न विद्यते।”

Apart from the Nirukta Shastra, the knowledge & the meaning of mantras not possible without Nirukta. Nirukta gives knowledge of the meaning of the Mantras of the Vedas. That is why it is called 'Vidya-Sthan'. It is said that -

“नियतवाचो युक्तयः ।”

Mantras have a specific structure, sequence of words. It cannot be altered in any way or any new words can not be added to it.

It is not correct to say-

“अर्थवन्तः शब्द सामान्यात् ।”

While reciting Vedic mantras, if you change the words, the meaning of the words not coming.

“इदमन्तरेण मन्त्रेषु अर्थप्रत्ययः न विद्यते ।”

In Nirukta, Yaskaracharya has explained the purposes of Nirukta. Nirukta is important because it is not possible to know the meaning of mantras without Nirukta Shastra.

Nirukta is required to know the meaning of the Vedas. Also narrating further characteristics of Nirukta. Yaska says –

“अथापीदमन्तरेण पदविभागो न विद्यते ।”

Without the help of the Nirukta Shastra the positions of the Samhita cannot be demolished, that's why grammar is called, 'Padasastra'.

In the ancient Hindu scriptures called 'Vedas', it is mentioned that —In the beginning was Brahm, with whom was the vibration (of sound) and the vibration was Brahm. The mantra plays the role of getting transformed into potential energy. The mantral, could be the Divine name, one may call this OM or Brahm Nad or any other word in other religions and faiths. The mantra could even

be a meaningless sound, the frequency of which helps transforms the user to a new level of consciousness.

Nature of Mantras

The number of indirect (अपरोक्ष) and actual (परोक्ष) mantras is abundant in the Vedas. The number of spiritual/ mantras (आध्यात्मिक) is small. Nature of the mantras is explained in Nirukt.

Mantras are powerful mystical sounds, revealed to the Rishis (Sages) for the benefit of all the world. Mantras are used as prayers to invoke various aspects of Divinity. When they are intoned with attention and devotion, they are extremely powerful vehicles for the *shakti* (Energy / Spirit) of God. This *shakti* imbues people and things with uplifting healing power. The mantra holds the power to turn the copper into Gold, but it needs great devotion, penances, Siddhi, etc. The mantra will literally transform the embodied soul in to the formless absolute. Whereas the *Yantra* is likened to the physical body and *Tantra* to the soul; the *mantra* is said to relate to the mind. Mantra has power like no other technique. We have to uplift consciousness and to awaken the higher capacities of the superconscious mind.

"Mantras have the power to heal consciousness at the deepest level. They effect the people who hear them and the places where they are practiced. The Vedic mantras have been revealed by the Rishis (Sages) Rishikas (female Sages) for the benefit of humanity. Men, women, and children of all nationalities, casts, creeds, and social statuses can benefit from the use of the powerful Veda mantras, but they must have courage to look within themselves and an intention to help all living beings."

Mantra

These Mantras (holy recitations) are gifted by the highly evolved Guru to the disciple. Guru vouches for the disciple and signs guarantee for all the good and bad deeds of the disciple, under the condition that the disciple will chant the Mantra and will lead a pious life, everyday. So, if you are giving Mantra to a disciple to chant, keep in mind that you are vouching for that disciple. Hence, it is not a good idea to give Mantra Upadesha to everyone. Wrong use of Mantra, with wrong pronunciation should be avoided at all cost.

Importance of Proper pronunciation of Mantra and faith

There are very bad consequences if pronounce Mantra in wrong way. The recitation of a mantra, the invocation of the inner potential of the mantra through correct pronunciation, is at once the invocation of the divinity because according to Mantra Sastra. The opinion is that the divinity or the god is nothing but the shape or the pattern that the vibration of the mantra takes when it is correctly pronounced. For example.

“तेऽसुराः । तेऽसुरा हेलयो हेलय इति कुर्वन्तः पराबभूवुः ।

तस्माद् ब्राह्मणेन न म्लेच्छितवै नापभाषितवै । म्लेच्छोह वा एष यदपशब्दः ।

म्लेच्छा मा भूमेत्यध्येयं व्याकरणम् ॥ तेऽसुराः ॥

दुष्टः शब्दः ।

दुष्टः शब्दः स्वरतो वर्णतो वा मिथ्या प्रयुक्तो न तमर्थमाह । स वाग्वज्रो यजमानं हिनस्ति यथेन्द्रशत्रुः स्वरतोऽपराधादिति ।

दुष्टावशब्दान्मा प्रयुक्ष्महीत्यध्येयं व्याकरणम् ॥ दुष्टः शब्दः ॥

यदधीतम् ।

यदधीतमविज्ञातं निगदेनैव शब्दयते ।

अनगनाविव शुष्कैधो न तज्ज्वलति कर्हिचित् ।”

पस्प-शान्हिक- शब्दानुशासनम्

Te-sura: meaning they (the demon *he-Arayah* (हेऽरयः)), *he-Arayah* (meaning - Oh enemies), instead shouted *he-Alayo* (हेलयो), *he-Alayah* and were defeated, therefore a *Brahmin* should not do *Mlechchhen* i.e. speak impure words; *Mleccha* means profanity. Let profanity come out of your mouth. To avoid this, one should have to study the grammar.

Dushta Shabda: It means- a word that is impure with vowels or varna does not convey the correct meaning due to improper arrangement. Such a word becomes like a thunder bolt and just as the word *Indra-shatru* (इंद्र शत्रू) destroys the host due to wrong pronunciation, this word also destroys the host. Do not use wrong words - we should study grammar so that we don't make mistake.

It is a mistake to say *Helayah*, *Helayah*, that both the words *Alayah* are dualized together. Similarly *Araya*: Pronounced *Lakar* (ल-कार) at this place is another mistake. This type of pronunciation is the same as *Mlechchhan*.

In *Indrashatru*, the word ‘*shatru*’ (शत्रू) means enemy. In order to produce a son who would kill Indra, he prayed to the deity to give him a son who was the the enemy of Indra. While they were praying, *Ritvija* pronounced the word *Indrashatru* with wrong pronunciation by adding the *Bahuvrihi samasa* vowel.

In fact, according to the mind of the host, the word *Indrashatru* should have been given the tone of *Tatpurush Samasa*; That is, it would have been a boy who killed Indra like that; Then due to the mistake of this *swara*, Indra became a boy who was supposed to kill and later in the war Indra killed that boy. **The result is exactly opposite due to wrong pronunciation.**

“ग्रस्तं निरस्तमविलम्बितं निर्हतमम्बूकृतं ध्मातमथो विकम्पितम्।

संदष्टमेणीकृतमर्धकं द्रुतं विकीर्णमेताः स्वरदोषभावना इति ॥”

पस्प-शान्हिक- चतुर्दशसूत्री प्रयोजन

Defects of pronunciation of vowels are as *Grast*, *Nirast*, *Avilambit*, *Nirhat*, *Ambukrita*, *Dhmat*, *Vikampita*, *Sanddashtha*, *Enikrita*, *Ardhaka*, *Drut* and *Vikirn*. Apart from this, there are the defects of Consonance.

‘रक्षोहागमलध्वसंदेहाः प्रयोजनम् ।

रक्षार्थं वेदानामध्येयं व्याकरणम् ।।’

पस्प-शान्हिक- शब्दानुशासनम्

To preserve the Vedas, grammar must be studied; Because a man who has the knowledge of *Lopa*, *Agama* and *Varn badal* (वर्ण बदल), that man will protect the Vedas well.

Effect of Mantra on livings

The *anuswaram* (nasal sound) MMMM humming boosts the production of Nitric oxide in the body. **This was known to Indians and documented more than 7000 years ago.**

Nitric oxide, which is a molecule that our body produces to help its 50 trillion cells communicate with each other by transmitting signals throughout the entire body. Nitric Oxide (NO) is an important regulator and mediator of numerous processes in the nervous, immune, and cardiovascular systems. These include vascular smooth muscle relaxation, resulting in arterial vaso-dilation and increasing blood flow. People with diabetes usually have lower levels of Nitric oxide than without diabetic person. Stems and Flowers cut from their original plants can survive for longer time if supplied with Nitric Oxide. Opiate drug Morphine, the addictive pain killer, works by an increase in Nitric Oxide release. Nitroglycerin and Amyl Nitrite tablets serve as vasodilators because they are converted to Nitric Oxide in the body, to ease angina pain (heart pain). Sufficient amounts of Nitric Oxide in blood, controls Blood Pressure. When the human body reaches the age of 27 years, the secretion of nitric oxide is at its peak. As one gets older, the production of nitric oxide in the human body declines gradually.

Levels of Sound of Mantras

The Vedas recognize four stages of the manifestation of sound.

- The grossest form of sound, *Vaikhari* is normal audible sound, including speech.
- More subtle is *Madhyama*, a whispered sound with no audible effect.
- As you move within, you experience *Pashyanti*. These are mental sounds such as songs in the head or a

dream. It is also the visualization of sound such as silently listening to your thoughts or the silent repetition of a mantra.

(iv) Finally you reach **Para** or transcendental sound. This is pre-manifest sound in its subtlest state as light or pure silence. This is the root or potential of all sounds.

Scientific method of Manta Chanting in proper rhythm (छंद)

There are 17 types of *Chhandas*. Special *Chhand* for special Mantra. These *Chhandas* are developed by *Rishis*, to create a special waves / sound from the mantra, which are acts on every living beings by various ways.

Chandas (Chanting style) play key role for more effect. Physical and psychological factors facilitate action of these Mantras only, if the Mantras are recited properly.

The *mantra sadhana* is successful, when the mind acquires the form of knowledge of the desired deity, this is called, '**Samapatti**'.

Mantras that proper chanting of these Mantras gives several physical, psychological and spiritual benefits to the individual.

Sound (Nad) is the basic component of creation and is based on the sciences of Music and Mantra.

Effect of divine Mantra with proper Mantra chanting method, called as *Chanda/Vritta*. Scientifically chanting of mantra helps to improve the quality of psychological & physiological factors. Consequently enhancing overall performance of these entities. Chanting style of Mantra is called as '*Chhanda*'. It deals with the rhythmic syllable arrangements in poetic meters. The main topic of *Chhandas* consists of two types: *Vrutta* (based on number of letters) and *Jati* (based on matra or phonetics). Single *Jati* may have multiple *Vrutta*. There are various types of *Chhanda* based on number of sections and number of letters it contains. Commonly & frequently used *Chhandas* are **Gayatri, Anushtup, Trishtubh** and **Jagati** etc.

Gayatri Chhanda contains three *Pada*, each of eight *Akshar* (letters). Totally it contains 24 *Akshar* (letters).

Anushtup Chhanda is having four *Pada*. Each *Pada* contains eight letters. Thus has 32 letters in total.

Trishtubh Chhanda has four *Pada*. Each *Pada* has 11 letters, thus comprises 44 letters over all.

In **Jagati Chhanda** 48 letters are present entirely. Four *Pada*, each one includes 12 letters.

<i>Chhanda</i>	<i>Pada</i>	<i>Akshar</i> (letters)	Total <i>Akshar</i> (letters).
Gayatri Chhanda	3	8	24
Anushtup Chhanda	4	8	32
Trishtubh Chhanda	4	11	44
Jagati Chhanda	4	12	48

The significance of *Chhandas* is – *Chhandas* guard the meanings of *Ved Mantra*. Only if the Mantras are recited properly, the meaning is conveyed correctly and effectively. Moreover because of *Chhandas* the Mantra becomes pleasant for listening, thus gratifying *Manas* (mind). Therefore, for the fullest benefit of Mantra, *Chhandas* play crucial role. This is why '*Chhanda*' is one of the **Vedanga**. (one of the Six important subparts of Veda).

Mantra recitation is the part of process of speech. Physiological factors *Vata Dosha* and *Agni*, psychological factors *Manas* and *Buddhi* perform the function of speech. The consequence of divine Mantra facilitates advance the excellence of functions of all these factors. All these entities play decisive responsibility in all other body activities. Ultimately the aim of absolute mental, physical and spiritual wellbeing is achieved. Same stated as benefits of chanting the Mantras. *Chhandas* have major role for the proper action of Mantra.

Chanting Mantras is a scientific tool of inducing certain vibrations within oneself to channelize the cosmic energy through our bodies and maximize our potential and expand possibilities.

The Science of Mantra Chanting

How to make the common man experience the positive benefits of these vibrations/ sounds experienced by themselves? A common human being could not achieve that state of perfect silence, due to her/his pre-occupation with worldly pursuits and duties. So she/he could never be able to experience the benefits of the cosmic vibrations. To overcome this obstacle and make the benefits of the cosmic vibrations available to the common man, the *Rishis* discovered syllables, which when uttered in the right manner, would induce the same vibrations within one's body. Translating a mantra, into any language other than its original one, takes away its power.

How do Mantras work for us?

The chanting of mantras is aimed at inducing the desirable frequencies at the energy centers, to harmonize them, thus regulating the **Pranic** flow within the body. Every organ in the human body has a basal frequency at which it vibrates, e.g. the heart beat, the peristaltic motion of the intestines, the stomach's contraction and relaxation etc. the cumulative effect of these vectors results in a particular frequency that is unique to an individual. When the basal frequency of an organ goes away, diseases manifest. Certain specific mantras, if chanted properly and repeated over a period of time can induce vibrations within the body that can restore the basal frequencies. This, in turn, can take care of specific ailments. According to the Wave Theory, resonance between two waves occurs when the two waves traveling in the same direction and having the same frequencies, overlap. Regular chanting of mantras does exactly this.

These vibrations massage the organs, tissues, nerve cells, the endocrine glands, etc. resulting in efficient functioning of the body. Chanting improves lung capacity.

Rules for doing Japa

Japa is an ancient practice in which a mantra or the name of a deity is recited either silently or aloud. The Sanskrit word is derived from the root, *japa*, meaning “to repeat quietly and internally.” *Japa yoga* combines yoga with japa. It is believed that practicing *Japa yoga* removes the impurities of the mind, and ultimately results in *Samadhi*, or communion with God, when practiced regularly.

Benefits of Mantra chanting

- Healing power of Mantras,
- Enhancing the potential of the mind,
- Mantras quieten the mind,
- Mantra chanting is a great stress-buster.
- Mantras have the power to heal consciousness at the deepest level,
- Aura becomes strong,
- Develops positivity in mind,
- Increases self confidence.

CONCLUSION

There is a high significance of scientific mantra chanting to get more effect only if the Mantras are recited properly, so the meaning is conveyed correctly and effectively. For the fullest benefit of Mantra, *Chhandas* play crucial role. *Chhandas* have major role for the proper action of Mantra. *Chhandas* guard the meanings of *Ved Mantra*.

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