

EFFECT OF MANTRA CHANTING IN MEDICINE PREPARATION

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ABSTRACT

Mantras having spiritual potency. The classic texts of Indian origin records have suggest influence of Mantras on plants and animals. Ayurveda also recognizes the importance of this mantra effect in medicine preparation. Mantra is used even before & during the preparation of medicine. The author during his various experiments on plants & medicine preparation found the effect of mantra chanting during medicine preparation. From the stage of seedling to the maturity, the effect of sound Waves can be seen, especially of Mantras. This study reveals that the plants & medicine have shown a positive response to this type of particular sound waves (Mantra) regarding the medicine preparation, their efficacy in curing the diseases has raised. The patterns & rhythm of chanting of Mantras are also particularly designed in Chhand that they latently contain the essence of the meaning, life sustaining energies emanating from the cosmic energy centre of the corresponding Mantras. Chanting of mantra which leads health, happiness, protection, prosperity and well beings to the person is known as Mantra. Mantra is a magical formula which is designed of some specific letters arranged in definite order. It is filled up with the specific sound energy. When repeatedly chanting the Mantra, it produces a set of vibration on surrounding environment. Mantra is one significant approach under the umbrella of *Daivavyapashraya Chikitsa*. During the collection of medicinal plants and preparation of Bhesaja importance of reciting Mantra has been highlighted. In the present paper, literature regarding the utility of Mantra has been explained. Medical science has much to learn from Ayurveda principles.

KEYWORDS: Effect, Mantra, Medicine.

INTRODUCTION

Indian science & Indian culture accept Panch Mahabhut Siddhant (Principle). All these Panch Mahabhut are active substances in the universe. Of course, this universe is made up from these Panch Mahabhutas. These are only constant substances in the universe. We can use everything as a medicine in this universe, as said by Acharya Charak- ‘न क्वचित् द्रव्यं जगत्’ means there is some power present, which can convert anything into medicine, Mantra Chikitsa is one of them. Ayurvedic medicine are spiritually active (सचेतन) medicines. If we make a sacrament of Mantra Chanting while preparation of medicine, it will be more beneficial to the patients & give more effect & early results. “वैद्यः सिद्धस्तु मांत्रिकाः” - means Vaidya (Doctor) have good knowledge of Mantra Chikitsa. This is well elaborated in Ayurvedic scriptures. And this thing found in most of senior Vaidyas, who are routinely practicing such Mantra chanting during manufacturing of Ayurvedic medicines. Not only for making the Ayurvedic medicines but during collection of raw material from herbs, there are some typical Mantras are available which are to be requested to that herb to allow us to take it from its root for

welfare & treatment to diseased person. Due to this humble request, that particular herb pleased & pour maximum quality in it to make free from suffer. What a thought being considered in our Indian ancient science & culture. That’s why our sciences are called as a spiritual sciences. Noble prize winner Indian Dr. Jagadish Chandra Bose explained & proved that every herbs have living things. For this his work, he honoured with Noble prize. There are some rules & regulations & a Mantra to be chanted while collection of raw material-

“ॐ निवसन्ति हि भूतानि यान्यस्मिन् कानिचिन्ने ।

अपक्रामत्वतस्तानि प्रजायं पाटयते क्रमः ॥

ॐ वेताला पिशाचाश्च राक्षसाश्च सरीसृपाः ।

ते भूतास्तेऽपसर्पन्तु वृक्षादस्माच्छिवाज्ञया ॥ ”

वैद्यकपरिभाषाप्रदीप - 1

Its meaning is - all the ghosts, devils, demons and snakes etc. who reside on this tree should leave this tree, by the order of Shiva. Because by the order of Lord Shiva, I will uproot this tree for the welfare of the people and for

the eradication of their diseases. It is an appeal to that tree or plant.

After this, fasting should be observed at night & next day morning after bathing, Mangalacharan-Ashvinau-Gou-Brahmin Pooja, Bali, Homa etc. to be done. After wearing washed white clothes, go towards that plant area with axe, sack, with proper tools in hand and recite the following mantra and take the medicine.

यथा-

“ येन त्वां समते ब्रह्मा येनेन्द्रो येन केशवः ।
तेनाहं त्वां निष्यामि मन्त्रपूतेन पाणिना ॥”

‘O... Vanaspati’, the hands that are pure with mantras, Brahma planted you, Indra dug you by enchanted hands, the hands with which Vishnu abided you. With the same mantras, I will dig you with holy hands for the welfare of the people. In this way, if the Vaidya takes the medicine with devotion and according to the rules, then that give blessings & become very beneficial.

“ विषमेण उपचारेण कर्मभिश्च पुराकृतैः ।
अनित्यत्वात् च जंतूनां जीवितं निधनम् व्रजेत् ॥
प्रेता भूताः पिशाचाश्च रक्षांसि विविधानि च ।
मरणाभिमुखम् नित्यम् उपसर्पन्ति मानवम् ॥
तानि भेषजवीर्याणि प्रतिघ्नन्ति जिघांसया ।
तस्मान्मोघाः क्रियाः सर्वा भवन्त्येव गतायुषाम् ॥”
(सु.सू. 31/30-31)

Generally every curious person has to face these questions which Sushrut has clearly elaborated. What is death & why people die? Is a great question in every body's mind, Sushrut says the wrong diagnosis & wrong treatment is the first cause of death even today and we experience about this. Many a people particularly the patients, meet with untimely death because of entirely a wrong treatment given to them, the second thing, our bad deeds of previous birth are also the causative factors of death. All Indian ancient sciences accept theory of rebirth & previous birth. Negative energy extracted the acting principle of such medicine, so it will become not active. Not giving response on patients & finally death will occur.

In this above version, it is clearly shown that every medicine has a spirit. If that spirit deactivated, that medicine becomes of no use.

Special reference of herbal medicine

“ या बभ्रुवो याश्च शुक्रः रोहिणीरुतपृश्नयः ।
असल्नीः कृष्णा औषधीः सर्वा अच्छावदामसि ॥”
अथर्व 8/4/1/4

Those who are of the color of mongoose, white, hair-colored, blue and black medicines, which are also small-shaped, we turn to them and pray for the cure of diseases.

Pray to herb for good health

“ पुष्पवतीः प्रसुमतीः फलिनीरफलापुता ।

समान्तर इव दुहीमस्मा अरिष्ट तात् ॥ ” अथर्व 8/4/1/27

The plant that is flowering, non-flowering, successful or inauspicious, will do good to humankind

Water have a memory?

Regarding this subject, there are much more research being done. Water memory is the purported ability of water to retain a memory of substances previously dissolved in it even after an arbitrary number of serial dilutions. Water means H₂O. ‘O’ stands for oxygen & oxygen is ‘Pran’. Water carries such calibre of spirituality. So mantra chanting definitely works. The sacrament of mantra chanting will act on water included in medicine.

The ‘memory of water’ is a concept by which the properties of an aqueous preparation are held to depend on the previous history of the sample. There is strong evidence concerning many ways in which the mechanism of this ‘memory’ may come about. There are also mechanisms by which such solutions may possess effects on biological systems which substantially differ from plain water. This paper needs to examine for the evidence.

Ayurvedic medicines are rationally used in medical practice. The preparation method is based on extremely high dilutions of many substances in water, far beyond any detectable level. For this reason, it has been suggested that water could retain a ‘memory’ of substances that have been dissolved in it before the successive dilutions. This is applicable only for *Siddh Jal* (mantra chanted water.) The paper stresses the fact that this idea is not compatible with our knowledge of pure water.

When a mother cook a food for her children with love & good thoughts. That recipe will give definitely positively & more benefit to her children. This kind of sacrament applied on that food. Same thing will apply with medicine. If one preparing medicine with mantra chanting, it will definitely be beneficial to patient. Multiple factors are playing major role in medicine preparation like atmosphere, raw material, emotions, etc.

Same with cow, if mantra chanted in cowshed due to this listening of Mantra, it effects well on cow's milk.

Classification of Mantra can use during medicine preparation

Three types

“Vachikashcha Upamshushcha Ma-nasashcha Tridha Smrutah” (SKD)

1. **Vachika** – Chanting the Mantra in low, medium or high tone.
2. **Upamshu** – Chanting the Mantra only with lip movement without chanting loudly.
3. **Manasika** – Chanting of Mantra in the mind without any sound or lip movement.

Other types of Mantras

1. **Veda Mantra** – Mantras mentioned in Vedas, devoted recitation of these Mantras or chanting them devotedly in a proper manner relieves the person from all the miseries.
2. **Tantrika Mantra** - This Mantra has its origin in Tantras, they can be practiced for specific purposes, such as achieving wealth, health, success, etc.
3. **Pauranika Mantra** - These are relatively simple and can be practiced by anyone, they are easy to learn and purifies the emotion of the human mind.

According to Scholars

1. **Bheeja Mantra** – It comprises 1-15 Aksharas. One can not understand the meaning of the Mantra as well as cannot identify to which deity it is related. It is the powerful essence of all other types of Mantras. Ex - Kleem, Hreem, etc.
2. **Moola Mantra** – It comprises Bheeja Mantra along with the name of the deity. Ex. - OM NamahShivaya, Om Namo Narayanaya.
3. **Mala Mantra** – It comprises the Bheeja Mantra, the name of the deity and the result of the Mantra.
4. **Shloka Mantra** – It quotes the Visheshana of the deity.
5. **Rhym Mantra** – It is the Veda Mantra. It has a different meaning.

Effect of Mantras on Herbal Plants & Human body

The classic texts of Indian origin record the influence of Mantras on plants and animals. Ayurveda also recognises the importance of this realm of medicine. The author during his various experiments on plants found these. From the stage of seedling to the maturity, the effect of sound Waves can be seen, especially of Mantras. This study reveals that the plants & medicine have shown a positive response to this type of particular sound waves (Mantra) regarding the medicine preparation, their efficacy in curing the diseases has raised.

Every living body is enveloped by an electrical (static) force, and contains within it a divine nucleus. The cool emission of radiation of the nucleus are channeled through nerves into spinal cord and the brain.

From the above statements, it is clear that there is a definite space-system in the body and it has a definite physiological function. It is the only all pervasive system

of the body, and is controlled by normal circulatory and respiratory movements along with the nervous control. During normal physiological activities there is an automatic change in the rhythm of respiration along with contraction of voluntary and involuntary muscles. This helps to bring about appropriate changes of pressure in the space or gas system and thus maintains the balance essential for normal functioning of the tissues. The space (gas) system is very labile and responds also to vibrations of low frequency (mantras)- Sound waves.

Effect of Gayatri Mantra

“OM bhūr bhuvah svaha tatsyavitur varenyam bhargo devasya dheemahi dhiyo yo naha prochodayat I”

On **Tulasi** (*Ocimum sanctum* Linn) and on patients suffering from stomachache, fevers, colic. Number of sitting for significant improvement ranged from 15-25 varying upon the physiology, health and removal of causative factors.

The plants was charged with Gayatri Mantra for 10 days continuously early mornings between 7 a. m. to 8 a.m. The plants were taken out on the tenth day and the five parts of the plant (i.e. pañchanga, viz. roots, stems, leaves, flowers and fruits) were powdered into drug and given to the patients on empty stomach with black cow & milk.

The results obtained were outstanding 10 cases showed favourable response, digestion increased and their mental agitation subsided, the blood pressure lowered and sleep induced.

Another experiment was carried out as follows

The **Laksamana plant** was charged with the Mantra ‘**OM shri Kesawaya namah**’ continuously for 120 days. The plants were taken out on a Guru pushya Nakshatra day and 5 parts (pañchanga) were dried and powdered. A colloidal gel was prepared in a double distilled water and this fluid was sprayed in the left nostrils of the female patients on Puşya Nakşatra day Spray contain 10 to 100 ppm. of drug. 0.5 ml was only used. The urine was tested for steroidal hormones. The results obtained are recorded and were encouraging. The menstrual cycle of the females became regular and the presence of estrogens in the urine was found to be increased. The females were found mentally settled. the digestion increased and they could get sound sleep. Later it was observed that it helped in conception.

Effect of mantra

‘**OM ANATAYA NAMAḤ**’ on *Tylo- phora indica* Linn. and on patients suffering from bronchial infections. Drug prepared from (Pañchanga) five parts of the plant were administered to patients and the results obtained have been recorded.

Utility of Mantra in Preparation of Bheshaja

- **Method of Agada preparation** - Ghataka Dravya of Mahagandhastee Agada should be powdered during Pushya Nakshatra and Kalka has to be done by mixing it with goat urine and is dried. Then it is given Bhavana with Go Pitta and Ashwa Pitta by chanting the Mantra.
- **Ayurvedhaka Rasayana** - This Rasayana consists of Aushadi which is made potential by Mantra and gives the result in one year.
- **Collection of herbs** - The herbs like Ajagari, Shwetakapoti, Gonasi, Krishnakapoti, Varahi, Chatra, and Atichatra should be collected by chanting the Mantra.

“Mahendramakrishnanam Brahmanam Gavamapi Tapasa Tejasa Va Api Prashamyadhvam Shivaya Vai”.

- **Chandrodaya Agada preparation in Vishadhikara** - The physician is advised to do the Pata and Japa of two Mantras,

*“Namah Purushasimhaya Namu Narayanaya Cha/
Yathasou Nabhijanati Rane Krushnaparajayam//
Etena Satyavakyena Agade Me Prasadhyatu/
Namo Vaiduryamate Huluhulu Raksha Mam
Sarvavishebhayah//
Gouri Gandari Chandali Matangi Swaha||” and
“Harimayi Swaha||”*

How do Mantra works

Prabhav (प्रभाव) said to be *Achintya Shakti*. Hence Daivavyapashraya Chikitsa is said to have action on the body by its Achintya Shakti which has been quoted by Charaka Samhita as *“Daivaprabhavadeva Vyadhiharah”* i.e., *Dhatusamyavastha* is achieved by *Deva Prabhava*. The body has various state of consciousness which vibrates at different frequencies and every cell of the physical body has a consciousness of its own. This leads to the scattering of positive energy within it. Regular Practice of chanting of Mantra induces vibrations that are strong enough to over-ride the smaller disturbances. As a result, chanting of the Mantra creates a state where the vibration within the body of the individuals is completely in sync with the energy represented by the Mantra.

Various gods have been mentioned in the mantra sastras. There is a large compilation called a *‘Mantra Maharnava’*; **An Ocean of Mantras** is the name of that book. All kinds of mantras are described, with their mode of application, like we may have mathematical formulae for the manufacture of different kinds of nuclear warheads or weapons. The formulae change according to the requirement on hand. So a particular mantra of a god is formulated. It is a mathematical equation, as it were, which conjures up a hidden energy and releases it into action, and the mantra does, what we expect it to do.

Mantra meditation is the process of quieting and focusing the mind using a sound, word or phrase (called ‘mantra’) recited either aloud or silently. The purpose of

mantra meditation is for spiritual growth or for relaxation of mind. It is also known as *‘Japa’* meditation, from the Sanskrit word for —muttering. The mantra mediator achieves a state of restful alertness after performing this process. Everything is in a state of vibration and when we are in a natural, resonant vibration, we are in a state of good health. But if some part of the body begins to vibrate at a wrong frequency, the energy becomes stuck and disease sets in. Therefore, through mantra chanting, one can cause the stuck energy to become released, and we can return to our natural state of resonance, thus affecting a cure. It has been found that the sounds of specific mantras chanting will cause the left and right hemispheres of the brain to synchronize. Such chanting will also help oxygenate the brain, reduce our heart rate, blood pressure and assist in creating calm brainwave activity. There is a reason why most of the prayer/meditation on the planet is vocalized. Sound amplifies our prayers. Through positive internalized sound, we can generate the miraculous effects.

The patterns & rhythm of chanting of Mantras are also particularly designed in Chhand that they latently contain the essence of the meaning, life sustaining energies emanating from the cosmic energy centre of the corresponding Mantras. The cosmic energy centre a deity associated with the Gayatri Mantra is Sun. Uttering of Gayatri Mantra produces vibrations which are soothing to human mind, all plants and animal life.

Chanting of mantra which leads health, happiness, protection, prosperity and well beings to the person is known as Mantra. Mantra is a magical formula which is designed of some specific letters arranged in definite order. It is filled up with the specific sound energy. When repeatedly chanting the Mantra, it produces a set of vibration on surrounding environment. Mantra is one significant approach under the umbrella of *Daivavyapashraya Chikitsa*. Mantra affects not only on Manas or Atma but five sense organs are similarly involved in this process. The Law of nature that states everything has a vibration. Nature consists of different vibration at various frequencies and amplitude giving rise to the phenomenon of the world. Mantras are energy-based sounds, when the Mantra is chanting at a certain frequency comes in contact with cosmic energy and spreads all around the body. It balances the power of the human body, increases action modesty. By chanting them the cosmos is regenerated, by vitalizing and maintaining the forms of creation at their root.

Atharvaveda has 20 chapter (kand), 760 sukta, and 5977 Mantra. It belongs to Atharvan and Angirasa Rishi. The name of Atharvan is almost synonymous with Bheshaja. Atharv Veda the focal point of Ayurveda of the Vedic age. A detailed description of medicine is found in the Atharva-veda helps to establish the continuity of medical tradition in the Vedic period. The Atharva-veda describes a large no of diseases. The Atharva Veda speaks of a number of medicinal plants and their use.

Some of the rituals prescribed in the Atharva-veda have been performed for certain junctures, medicines and herbs were offered for propitiation of God. **Daiva-Vyapashraya** (divine therapy) derived mainly from Atharva-ved. In Atharvaveda the word **Yakshma** use for different Sukta. *Yakshma*, which means *Roga* and some place for *Yakshma Rog* (similar to tuberculosis), Kand 1, Sukta12, yakshma use for the *Roga* and *Sukta*, dedicated for the *Yakshama Nashan Sukta*. It is for health, happiness, prosperity, to all human being.

Mantra Chanting in Medicine preparation

Mantra is used even before the manufacturing of medicine. It has been said to recite the *Sri Sukta* Mantra of the Atharva-veda in the manufacturing of Ayurvedhak Rasayan. In the manufacturing of *Nagbala Rasayan* mentioned in the Charak Chikitsa Rasayana Pada. It is instructed to chant the *Swastivachan Mantra* before uprooting the *Nagabala Aushadhi*. Similarly, In Rasayan Pada there is directed to take the fruit of Amla from the tree after chanting the *Omkar Mantra* in *Kevalamlak Rasayan*. Mantras should be used at the time of making *Vishanashak Agad*.

Results and discussion - That sound waves in the form of mantras effect the medicine. Puranas, Riga-veda and Atharva-Veda records the importance of mantras on plants. This is earlier explained in the text of this paper. The entire human body has spaces in various tissue systems The spaces are not vacant but are filled with air, the volume, nature, and the pressure is controlled by gases of the stomach, heat or agni of various types generated gives a desired effect and any deviation cause a dis-ease as per fundamental rules of Ayurveda. It is very clear from various experiments carried out that sound waves (mantras) do play an important role in effecting the medicine.

Coming down to our recent times, the most advanced medical sciences, as well as natural and mental physiology demonstrates that indirect approval of this theory suggested by Indian Sages, that plants effects the mental plane of human beings, if they are energized by Mantras or wave theory which are special phonetic words ending in "um" and which bring about extra ethereal! vibrations into motion which in its turn activates the static electrical points within the plants and which in their turn sets into motion certain electric onic discharges which effects the nerve centers of the human brain.

Observations - Experimental trials on medicinal plants have a positive response. As a result, chanting of the Mantra creates a state where the vibration within the medicine is completely in synchronies with the energy represented by the Mantra. Medicine becomes more powerful & effective. The medicine preparation method is based on extremely high potentised by mantra chanting.

CONCLUSION

Mantra Chanting during medicine preparation have a great significance. Mantras have high energized resonance and responses to various ailments recorded.

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