

EXAMINE THE EFFECTS OF MANTRA CHANTING ON ENERGY RESERVES OF SPINAL CORD

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Abstract—The purpose of the study to examine the effects of mantra chanting on energy reserves of spinal cord. In this study, participants were categorised in three groups named as spinal chant, placebo chant and empty chant groups. Primary hypotheses of the study was that the mantra chant groups would show more energy reserves in organs as compared to other group. Participants were tested at pretest, posttest, and follow-up, with testing times separated by 5 weeks. Participants were randomly assigned to a spinal cord mantra to chant group, an alternate mantra (placebo) group, and a control group. The theoretical and the experimental aspects of mantra-based meditation technique are analysed scientifically. Gas discharge visualization (GDV) device used for measure energy of different regions of spinal cord and analyse effects of chanting mantra. This device measure human energy field and give energy parameters of different organs of body.

Keywords— spinal cord organs energy, GDV device, Mantra-based meditation, Human energy field, Back pain

I. INTRODUCTION

The prevalence of Work-related Musculoskeletal Disorders is increasing among Computer users throughout the world. The Information Technology Industry boom in world, since the last two decades, has led to an increased use of Computer Devices and peripherals. Approximately 76% of Computer professionals reported musculoskeletal discomfort in various epidemiological studies. There are several risk factors associated with the development of work related Musculoskeletal Disorders among the workers who use Computer extensively at their workplace.

Effective interventions are available for spinal cord injury, including Mind Sound Resonance Technique, Mantra meditation. Mantra repetition improves energy in spinal cord organs. Some particular mantras used for curing diseases of spinal cord organs. Meditation is a technique for resting the mind leading to peace, happiness, bliss, and self-realization. There are a large number of meditation techniques in the world. Mantra-based meditation is one such technique in which a sound, word or phrase (called „mantra“) is recited either aloud or silently during meditation.

Gas discharge visualization (GDV)

It is also known as Bio-Well instrument. It allows conducting energy analysis. It would gives information of Energy Field and allows to see its day-to-day transformation and the influence of different situations and stimulus to Human energy field (HEF). The Health Status is designed for analysis the functional state of the human body, by calculating the integral parameters of energy distribution in the body and in organs.

The Electro photonic Camera (EPC) instrument based on analysis is a state-of-the-art computerised system to study human energy fields. Using the Kirlian effect, this technique goes far beyond traditional Kirlian photography in many ways. The EPC system allows for direct, real-time viewing and analysis of changes in the energy. The outcomes will be analyze by Bio-Well software.

Wolf DB and Abell N examined the Effects of Meditation Techniques on Psychosocial Functioning. 93 normal volunteers were randomly assigned to Maha mantra chanting group, placebo mantra chanting group and control group. Outcome measures were assessed using Vedic Personality Inventory (VPI) measures the three gunas—sattva, rajas, and tamas, the Generalized Contentment Scale (GCS) measures the magnitude of nonpsychotic depression and the Index of Clinical Stress measures subjective aspect of stress in a generalized, unidimensional form. The treatment (mantra chanting) group was taught to chant the maha mantra (—hare krishna hare krishnakrishnakrishna hare hare/hare rama hare ramaramarama hare hare), and the alternate mantra (placebo mantra chanting) group was taught to chant the alternate mantra (—sarva dasasarvadasadasarvasarva/sarvajanasarvajanasarvasarval) which resembles a Sanskrit mantra but without meaning. Both the group participants were made to chant three rounds of 108 mantras per day for four weeks. Results indicated a significant decrease in stress, depression and tamas, significant improvement in satva in mantra chanting group compared to other groups.

Bormann J.E., examined the Efficacy of Frequent Mantram Repetition on Stress, Quality of Life, and Spiritual Well-Being in out patient veterans. The 5 week intervention consisted of weekly 90 minute frequent mantra repetition program to a sample of veterans and to assess its efficacy on perceived stress, state and trait anxiety, state and trait anger, symptoms of posttraumatic stress disorder (PTSD), quality of life, and spiritual well-being. Results showed that mantram repetition significantly reduced symptoms of stress, anxiety and improved quality of life and spiritual well-being.

Objective

1. To study energy reserve in different organs of spinal cord and calculate energy parameters of these organs.
2. To analyse the effects of spinal cord mantra on organs energy of spinal cord.

Method

In this study, 18 volunteers were categorised in three different groups. The groups were categorised as spinal mantra chanting group (n=6), placebo mantra chanting group (n=6), control group (n=6). Each group assigned 6 volunteers randomly. The study was proposed to be completed in two phases within 5 weeks. Phase 1 comprised of training period and phase 2 comprised of actual study. In training period, the correct pronunciation of spinal mantra was taught to the participants. Participants were chant three rounds of 108 mantra per day for five weeks. GDV readings using Bio-well software were taken once in a week for each group.

The subjects studied had no previous experience of chanting mantra, before the study they were briefly instructed how to recite the mantra with mala. Briefly, they were instructed to repeat the mantra with an “alive,” resonant voice; to listen to the sound produced and to let it flow freely; and then to complete the expiration comfortably after the end of the mantra and to pause if a rest was needed before the next cycle. No instruction was given as to time to be taken or any particular singing pitch.

Spinal cord Mantra: Aum dham dhanur dhārinibhyām namah

Placebo Mantra : Sarva Dassa Sarva Dassa Dassa Dassa Sarva Sarva/Sarva Jana Sarva Jana Jana Jana Sarva Sarva.

Conduct scan data

Participant’s fingers were scanned weekly on the GDV device and the organs energy data report generated by Bio-well software. Electrophotonic Imaging (EPI) also known as Gas Discharge Visualization (GDV) is one of the instrument to capture the internal activities based on the stimulation of photon and electron emissions from the surface of the object. EPI scanned images of participant fingers shown in Fig 1:

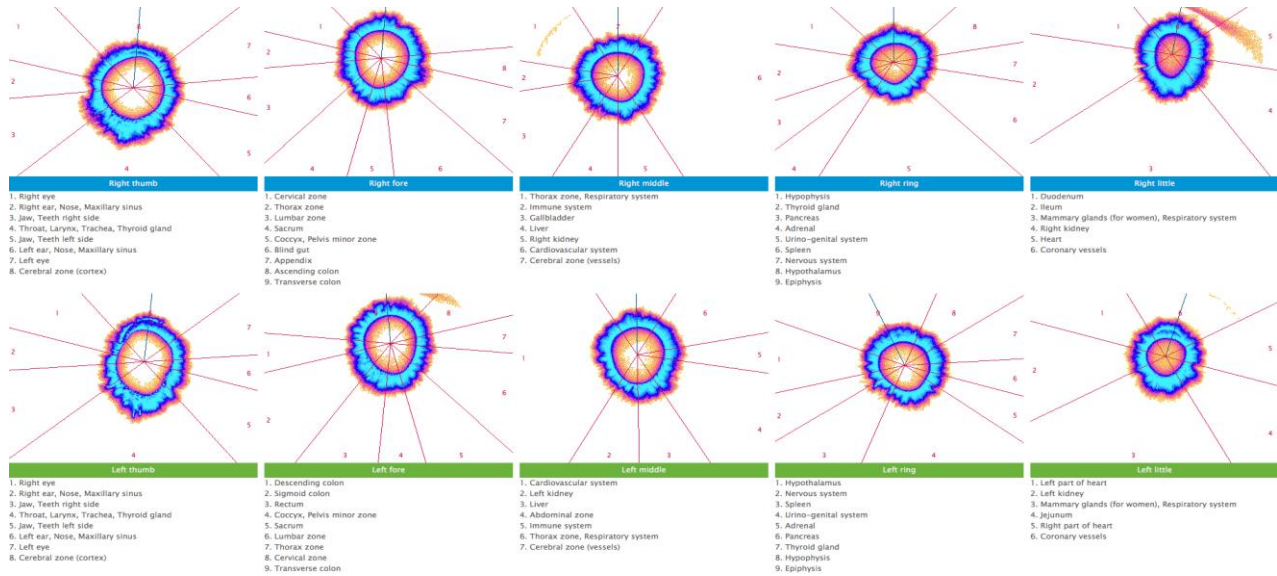


Fig1: Electro Photonic Images of Fingers

Results and Data Analysis

Outcome measured such as measured of organs energy (cervical zone energy, thorax zone energy, lumber zone energy). Three groups named as spinal chant group (n=6), placebo chant groups (n=6) and empty chant group (n=6) were taken to assessed spinal cord organs energies. Three different groups data first assessed with the baseline data (zero week data).

Eighteen participants weekly energies average calculated. Different organs energy assessed using SPSS (Statistical Package for the Social Sciences) neutral network software .Eighteen participants energy data assessed by ANOVA method, differed significantly .05 level. In this method, three groups spinal chant, placebo chant and empty chant group energy data analysed.

TABLE 1: Cervical zone energy analysis

Anova: Single Factor

SUMMARY

Groups	Count	Sum	Average	Variance
Spinal chant	4	0.2283124	0.0570781	0.0262818
Placebochant	4	0.8982062	0.2245515	0.0335346
Empty chant	4	0.2041320	0.0510330	0.0074496

ANOVA

Source	of	SS	df	MS	F	P-value	F crit
Between Groups		0.07759019	2	0.0387950	1.7302196	0.23130	4.25649
Within Groups		0.2017983	9	0.0224220	8	8	5
Total		0.279388	11				

TABLE 2: Thorax zone energy analysis

SUMMARY							
Groups	Count	Sum	Average	Variance			
Spinal chant	4	0.4062311	0.10155779	0.0385	4		
Placebo chant	4	-0.7828155	0.19570387	0.0026	0		
Empty chant	4	0.0221823	0.00554558	0.0100	6		

ANOVA							
Source of Variation	SS	df	MS	F	P-value	F crit	
Between Groups	0.1841122	2	0.09205612	5.3923	0.0288	9	4.2564
Within Groups	0.1536458	9	0.01707175				
Total	0.3377580	11					

TABLE 3: Lumbar zone energy analysis

SUMMARY							
Groups	Count	Sum	Average	Variance			
Spinal chant	4	0.82621395	0.2065534	0.0544	8		
Placebo chant	4	0.17011931	0.0425298	0.0135	2		
Empty chant	4	0.03521360	0.0088034	0.0161	9		

ANOVA							
Source of Variation	SS	df	MS	F	P-value	F crit	
Between Groups	0.1383769	2	0.0691884	2.4663	0.039	9	4.2564
Within Groups	0.2524803	9	0.0280533				
Total	0.3908573	11					

Discussion

A primary hypothesis of this study was that the spinal chant group would reserve energy in organs more than the other groups at the .05 level. It should be noted that within this study, the comparison of three groups probability sample of (n= 18) indicated that participants in this sample had significant changes. Cervical zone energy of three groups showed significant energy value (p=0.231), thorax zone energy value (p=0.028), lumbar zone energy value (p=0.03). Thorax zone energy showed more significant result as compared to other energy zone of spinal cord of different groups.

The results of this controlled trial provide some evidence that the spinal chant mantra had significantly effect on organs energy change and greater degree than an alternate (placebo) mantra. Similar results were found for the others zone energy levels modes of personality as described in Vedic theory.

There were significant improvements in outcome measures in the hypothesized direction, despite small sample sizes and convenience sample. Results show that the ANOVA tests, adjusting for frequencies with which each participant initiated mantram sessions, suggest that, in general, changes throughout time from pre- to post intervention may be mediated by mantram practice. There was one energy medium-to- large effects that were significant—and two medium and small effects that were not significant, probably because of small sample size. This study provides evidence that teaching a 5-week mantram intervention is feasible and acceptable in a sample of participants. However, more research using larger, more diverse samples is warranted. The findings are consistent with literature indicating that mind body therapies not only provide multiple benefits, but also have fewer no side effects and may increase feelings of well-being. Spiritual practices can be viewed as another source of health promotion. In addition, all instruments used had reported reliability and validity that give additional credibility to the findings. Mantram repetition used to focus attention and manage symptoms is portable and easily accessible and can be used in many situations.

These results largely support Vedic assertions about the mantras to be used in this study. An explanation for the nonsignificant results is also found in the Vedas, where it is described that rajas is an intermediate mode between tamas and sattva (Wolf, 1999). Therefore, it is conjectured that some rajas transformed into sattva, as predicted by Vedic theory, but some tamas transformed into rajas, and thus the level of rajas remained constant.

CONCLUSIONS

The purpose of this study was to examine the effects of mantra chanting on energy reserves of spinal cord.

After the study and observations of the exposures the following conclusions were made:

1. Energy retained in spinal cord organs with mantra repetition.
2. Some organs energy value found similar in groups.
3. It has been concluded that mantra repetition effects on Human body organs energy.

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