MEDITATION AND GAYATHRI MANTRA FOR THE IMPROVEMENT OF LIFESTYLE CHANGE HEALTH HAZARDS

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ABSTRACT

The present research leads to study the meditation and Gayathri Mantra for the Improvement of lifestyle change health hazards. For this, four groups with 10 subjects in each group (i.e., a total of 40 subjects; both sexes) with ages ranging from 25 to 48 years were selected. The groups were made on the following criteria: suffering with Obese and Sugar (Group-1), suffering with Obese, Weakness and Sugar in Border (Group-2), suffering with Obese, Hyper Tension and Sugar (Group-3), and suffering with Spondylities (Group-4). All four groups of subjects received the same regular training in meditation and listening of “Gayathri Mantra”. This consisted of different Pranayama (voluntary regulation of breathing), meditation, devotional sessions and lectures on the theory and philosophy of “Gayathri Mantra”. In addition, according to their random allocation to different groups, subjects were asked to practice meditation. All the subjects were under observation for 40 days with regularly BP and sugar level were monitored. Data were expressed as mean ±S.D. of 10 subjects in each group and the results were statistically evaluated using Wilcoxon’s paired signed rank test. Results revealed that practice of meditation and listening of “Gayathri Mantra” resulted in a significant decrease in obese, hypertension, sugar, weakness and spondylitis. The results support the view that the conscious meditation and listening of “Gayathri Mantra” could lead to a generalized modulation of processing of signals.

KEYWORDS: Meditation, Gayathri Mantra.
INTRODUCTION

In today’s world everyone is curious in self improving lifestyle without any medicinal treatment thru various modes of classes, programs etc., which in turn we are going back to our ancient roots for being wellness.[1] One among such beautiful act is wellness mantra which is “Gayathri Mantra”, which doesn’t need any kind of introduction as it has no roots of religion or no author. It is itself originated straight from Vedas (mannerism principles). Mantras are considered words of power and as such are considered to have healing properties. The presiding deity of the Gayatri Mantra is Lord Sun. Gayatri is personified as a goddess, the consort of Brahma (Sarasvati)[2] and mother of the Vedas. The Gayatri Mantra is never chanted for the purposes of material gains, physical or otherwise. It is a prayer to manifest as pure wisdom in our life.[4] The Gayatri Mantra is dedicated to the deity Sun.[3] This mantra is sung in the Vedic-meter called Gayatri. This is considered to be the most important mantra written out in Gayatri meter, and therefore, by tradition, this mantra has come to be known as Gayatri. It has actually been observed that by the repetition of this Gayatri Mantra with the right understanding of its sacred meaning, the ordinary negative tendencies in the human mind can be erased out to a large extent. It’s very invocation which concludes with an appeal to the pure Consciousness to illumine more our heart-mind. However, the present research uses the scientific paradigm to study the effect of meditation and gayathri mantra practice on adult people by setting up objectives for the study.[4] So far, there has not been any research that involves and studying its effects in a systematic and scientific manner.

MATERIAL AND METHODS

Material

Recorded “Gayathri Mantra” with player, soil and Pot with pebbles, ½ kg of soil with manure, seeds of green gram, bengal gram and horse gram, water, testing equipment, and health issues subjects.

Method

Method followed in conducting the experiment:

Subjects

The subjects were selected randomly. The study was explained to the subjects, and their signed informed consent was taken. There were four groups with 10 subjects in each group.
(i.e., a total of 40 subjects; both sexes) with ages ranging from 25 to 48 years. The groups were made on the following criteria:

- Suffering with Obese and Sugar (Group-1)
- Suffering with Obese, Weakness and Sugar in Border (Group-2)
- Suffering with Obese, Hyper Tension and Sugar (Group-3)
- Suffering with Spondylities (Group-4)

Training in Meditation and Listening of “Gayathri Mantra”
All four groups of subjects received the same regular training in meditation and listening of “Gayathri Mantra”. This consisted of different Pranayama (voluntary regulation of breathing), meditation, devotional sessions, and lectures on the theory and philosophy of “Gayathri Mantra”. In addition, according to their random allocation to different groups, subjects were asked to practice meditation. All the subjects were under observation for 40 days with regularly BP and sugar level were monitored.

Statistical analysis
Data were expressed as mean ±S.D. of 10 subjects in each group and the results were statistically evaluated using Wilcoxon’s paired signed rank test. All statistical analyses were performed using excel. Values are corresponding to p<0.05 were considered as significant.

RESULTS
Group-1 Suffering with Obese and Sugar
Effect of “Gayathri Mantra”, and meditation on group suffering with obese and sugar showed a significant change in decreased sugar level and body weight at the end of 40 days and also statistically significant (P<0.05), Wilcoxon’s paired signed rank test) figure 1 and 2 shows changes in random sugar level and body mass before and after experiment. And figure 3 shows the mean changes in group 1.

Fig 1: Changes in sugar level before and after experiment.
Fig 2: Changes in body mass before and after experiment.

Fig 3: Mean change in group-1, before and after experiment.

Group-2 Suffering with Obese, Weakness and Sugar in Border
Effect of “Gayathri Mantra”, and meditation on group-2 suffering with obese weakness and sugar in border showed a significant change in decreased sugar level body weight and weakness at the end of 40 days. And also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 4 and 5 shows changes in recovered from weakness and mean of group 2 before and after experiment.

Fig 4: Weakness levels before and after experiment.
Group-3 Suffering with Obese, Hyper Tension and Sugar
Effect of “Gayathri Mantra”, and meditation on group-3 suffering with obese, hypertension and sugar showed a change in decreased sugar level, hypertension and body weight at the end of 40 days. And also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 6 and 7 shows changes in hypertension and mean of group 3 before and after experiment.

Fig 5: Mean changes in group-2 before and after experiment.

Fig 6: Changes in the hypertension before and after experiments.

Fig 7: Mean changes in group-3 before and after experiment.
Group-4 Suffering with Spondylitis

Effect of “Gayathri Mantra”, and meditation on group-4 suffering with spondylitis showed significant change in decreased in spondylitis at the end of 40 days. And also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 8 and 9 shows changes in spondylitis and mean of group before and after experiment.

![Figure 8: Changes in spondylitis before and after experiment.](image)

![Figure 9: Mean changes in group 4 before and after experiment.](image)

CONCLUSION

The present results revealed that practice of the efficacy “Gayathri Mantra” and meditation resulted in a significant decrease in obese, hypertension, sugar, weakness, and spondylisis. The results support the view that the conscious meditation practice could lead to a generalized modulation of processing of signals, i.e., even in neural systems not involved in breathing regulation. As a technique,. As respiratory and cardiovascular systems have similar control mechanisms, alteration in one system will modify the functioning of the other. During slow and deep breathing lung inflates to the maximum. This stimulates pulmonary stretch receptors which bring about withdrawal of sympathetic tone in skeletal muscle blood vessels.
leading to widespread vasodilatation and decrease in peripheral resistance and thus decrease diastolic blood pressure. While practicing meditation one concentrates on the act of breathing which removes attention from worries and “de-stresses” him. This stress-free state of mind evokes relaxed responses in which parasympathetic nerve activity overrides sympathetic activity. Meditation with “Gayathri Mantra” modifying the state of anxiety reduces stress-induced sympathetic over activity thereby decreasing arterial tone and peripheral resistance resulting in lowering of diastolic blood pressure and heart rate. Regular practice of meditation has showed improvement in baroreflex sensitivity and decrease in the sympathetic tone thereby restoring blood pressure to normal level in patients of essential hypertension.

Finally, these results and their explanations would justify the incorporation listing to “Gayathri Mantra” and meditation as part of our lifestyle in promoting health and thereby preventing age related diseases.

**REFERENCE**