



## Effect of Om Carol on Certain Diseases: A Survey

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**Abstract:**— *OM doesn't have an interpretation. Along these lines, the Hindus think about it as the very name of the Absolute, it is collection of sound. In the sacred writings of old India, the OM is considered as the most dominant of the considerable number of mantras. The others are viewed as parts of the OM, and the OM is the framework of every single other mantra. It has been perceived that the Mantras effect sly affect people and even plants. The syllable OM is very recognizable to a Hindu. It happens in each petition. Summon to most divine beings starts with this syllable. OM is additionally articulated as AUM. The syllable OM isn't explicit to Indian culture. It has strict hugeness in different religions moreover. In spite of the fact that OM isn't given a particular definition and is viewed as a vast sound, an early stage sound, the totality of all sounds and so forth. The whole mental weight and common considerations are evacuated by reciting OM Mantra. To deliberately comprehend the sound 'OM' and its impact on sensory system is the undertaking of this examination work. With proposed calculation examination has been completed for the awesome sound*

*OM. By this investigation we could finish up OM is along these lines fills in as a cerebrum stabilizer, which is likewise a vitality prescription for person under pressure. To methodically comprehend the sound 'OM' and its impact on different human ailments is the*

*principle object of this exploration work by this investigation we could have an end that OM is along these lines fills in as a mind stabilizer, which is an extraordinary medication for person under pressure, epilepsy, seizure, thyroid and so on. EEG (electroencephalography) is frequently used to analyze epilepsy, seizure it is likewise used to analyze rest issue, profundity of sedation, trance state, and cerebrum demise. The paper is theoretical and spellbinding in nature in which various elements of noteworthiness of AUM has been investigated. It has been realized that reciting AUM mantra on customary premise reestablishes the equalization of the body at physical, mental, passionate and profound level.*

**Keywords:**— *OM, EEG, stress, thyroid, brain stabilizer, epilepsy, seizure.*

### 1. INTRODUCTION

OM Mantra itself is definitely not an insignificant human creation, going along with specific societies or gatherings. Or maybe, the OM Mantra (or AUM Mantra) is an image of profound real factors that as of now exist. The degrees of gross (An), unobtrusive (U), and causal (M), and the conditions of waking (A), dreaming (U), and profound rest (M) are unquestionably there, paying little mind to the imagery caught in the mantra when expressed as AUM Mantra [1] [2]. It is these real factors that are generally

helpful in our profound practices. On the off chance that the OM mantra is rehashed only for the inclination, having no feeling of significance by any means, the experience can be very wonderful, quieting, and adjusting [2]. Notwithstanding, in the event that one has a feeling of the more profound implications of the mantra, and various strategies for utilizing it, at that point the experience can be considerably more extravagant and all the more noteworthy as one advancement in yoga contemplation. By exploring different avenues regarding the different strategies, one of them may rise that feels most by and by in order. The utilization of this mantra can be significant. From the outset, it is ideal to utilize the mantra delicately and for brief timeframes. The bits of knowledge from the OM mantra can be huge, and it is a great idea to incorporate the experiences slowly with everyday life. The reciting of 'OM' mantra drives away all common musings and evacuates interruption and rouses new vitality in the body. OM reciting permits our psyche to center and gather up pointless contemplations, sensations and interruptions which occupy our energies. A couple of years back researchers has affirmed the advantages of mantra, that over and over rehearsing OM mantra lessens pressure and improves the high and low pulse. OM reciting functions as cerebrum stabilizer so it is likewise helpful in epilepsy and seizure, in light of the fact that a feeling of vibration is experienced during perceptible 'OM' reciting. This has the potential for vagus nerve incitement through its auricular branches and the impact on the brain thereof. An electroencephalogram (EEG) is a test used to assess the electrical movement in the cerebrum. Synapses speak with one another through electrical driving forces. An EEG can be utilized to help identify potential issues related with this activity. MRI (magnetic resonance imaging) and blood reports are some test which are used to analyze these ailments. Right now, using signal handling methods OM serenade signal is examined to embrace its consequences for cognizance and relentlessness of psyche. Om acts a cerebrum

stabilizer which recuperates the body without drug. Headway in yoga reflection. The use of this mantra can be noteworthy. From the start, it is ideal to use the mantra gently and for brief time allotments. The bits of learning from the OM mantra can be basic, and it is an extraordinary thought to join the bits of information a tiny bit at a time with step by step life. The entire mental weight and basic contemplations are emptied by recounting OM Mantra. OM Mantra brings a centering, altering quality to step by step life. In this preparation, you inspire an emotional response, breath, and mantra gushing as one. The entire mental weight and regular considerations are emptied by recounting OM Mantra. Vagal nerve prompting (VNS) is used as treatment in wretchedness and epilepsy. Aum has been used as a therapeutic guide to fix ailments. Aum can do best to the body and soul. Infrared and ultra sound frequencies are used to fix illnesses. Ultra sound repeat above 20KHZ are used to fix kidney stone, tumors. It is presented customary spirituals contenders as step by step parcel for peaceful character and body. Mantra do fix DNA and prevent developing. Recounting mantra release a remarkable protein in the body called as DNA polymerase which expect a tremendous activity in the association and reparation the DNA. Modern science does not get what so ever on the propagation of the normal substance inside the body in the midst of the bring of blessed supplications and mantra. As demonstrated by scientist, serenade controls the emanation of stress hormones from pituitary organs henceforth going about as mind reliever. Recounting AUM is consistent as it makes a neuro physiological on around the body. Aum is the presence saving specialist that fix all trans migratory diseases. Immaterial sound vibrations of AUM can wreck diseases causing germ in your body.

## **2. LITERATURE SURVEY**

Here is the following paper on which I am doing comparative study.

***Ajay Anil Gurjar, “Analysis and Dissection of Sanskrit Divine Sound “OM” using Digital Signal Processing to Study the Science Behind “OM”***

Sanskrit divine sound OM does not have a translation. Therefore, the Hindus consider it as the very name of the Absolute. In the scriptures of ancient India, the OM is considered as the most powerful of all the mantras. It has been recognized that the mantras have beneficial effects on human beings. The syllable OM is quite familiar to a Hindu. It occurs in every prayer. Invocation to most gods begins with this syllable. The syllable OM is not specific to Indian culture. It has religious significance in other religions also and is considered to be a cosmic sound, a primordial sound, the totality of all sounds etc. The entire psychological pressure and worldly thoughts are removed by chanting OM Mantra. To systematically analyze and dissect the traditional meditation chanting sound ‘OM’ using sophisticated mathematics is the endeavor of this research work.

***NP Rao, KB Gangadhar, G Deshpandey “Directional brain networks underlying OM chanting”***

OM chanting is an ancient technique of Indian meditation. OM chanting is associated with an experience of relaxation, changes in autonomic balance and deactivation of limbic brain regions. While functional localization is important, how brain regions interact with each other has been shown to underlie various brain functions. Therefore, in this study, we tested the hypothesis that there is reduced communication between deactivated regions during OM chanting. In order to do so, we employed multivariate autoregressive model (MVAR) based Granger causality to obtain directional connectivity between deactivated regions. fMRI scans of 12 right-handed healthy volunteers (9 Men) from a previously published study was used in which participants performed OM chanting and a control condition in a block design. We found that outputs from insula, anterior cingulate and orbitofrontal cortices were significantly

reduced in OM condition. Of interest is the reduction of outputs from these regions to limbic area amygdala. Modulation of brain regions involved in emotion processing and implicated in major depressive disorder (MDD) raises a potential possibility of OM chanting in the treatment of MDD

***Rashmi Arasappa, Hari Prasad Rao , Naren P Rao, “Neurohemodynamic correlates of ‘OM’ chanting: A pilot functional magnetic resonance imaging study”.***

Vagal nerve stimulation (VNS) is used as treatment in depression and epilepsy. A positron emission tomography (PET) study has shown decreased blood flow to limbic brain regions during direct (cervical) VNS. Another functional magnetic resonance imaging (fMRI) study has shown significant deactivation of limbic brain regions during transcutaneous VNS. In this procedure electrical stimulus is applied over the inner part of the left tragus and hence the auricular branch of the vagus.

The use of ‘OM’ chanting for meditation is well known. Effective ‘OM’ chanting is associated with the experience of vibration sensation around the ears. It is expected that such a sensation is also transmitted through the auricular branch of the vagus nerve. We therefore hypothesized that like transcutaneous VNS, ‘OM’ chanting too produces limbic deactivation. Specifically, we predicted that ‘OM’ chanting would evoke similar neurohemodynamic correlates, deactivation of the limbic brain regions, amygdala, hippocampus, par hippocampal gyrus, insula, orbitofrontal and anterior cingulate cortices and thalamus) as were found in the previous study.

***Dr. Moradhvaj Singh, “A Comparative Study of Effect of Pran Dharana and Om Chanting On Anxiety of College Students”***

It was submitted that the purpose of the study was to find out the effect of Pran dharana and Om chanting on an anxiety level of college students. Materials & Methods-For

this study forty five (male) students (Age, 20±2.2) of B.A. 2nd year were randomly selected as subjects from Lalata Singh Degree College Adalhat Mirzapur. The follow up period was limited to two months. The subjects were divided into three groups i.e. two experimental and one control group, pre-test post –test randomization group design was used. One Experimental group were followed Pran Dharana and other experimental group Om Chanting and the control group did not participate in the training programme. Anxiety was measured by sports anxiety Questionnaire developed by Renier Martin. Result- Results revealed that the calculated F-value for pre-test and Post Test was .221 and 20.62 respectively and calculated F-value for adjusted post test was 19.798 at .05 level of significance. Conclusions-1) Insignificant difference was found between the adjusted means of the Pran Dharana and Om Chanting. 2) Significant difference was found between the adjusted means of Pran Dharana and Control group.3) Significant difference was found between the adjusted means of Om Chanting and Control group.4) Om Chanting was the best treatment to reduce the anxiety level of college students in comparison to Pran Dharana.

***Finding of this paper work:-***

- Insignificant difference was found between the adjusted means of the Pran Dharana and Om Chanting.
- Significant difference was found between the adjusted means of Pran Dharana and Control group.
- Significant difference was found between the adjusted means of Om Chanting and Control group.
- Om Chanting was the best treatment to reduce the anxiety level of college students in comparison to Pran Dharana.

**3. CONCLUSION**

OM (AUM) Mantra itself is surely not an entire human progression, obliging explicit

social orders or get-togethers. Or on the other hand perhaps, the OM Mantra (or AUM Mantra) is a picture of significant substances that starting at now exist, paying little respect to the imagery got in the mantra when conveyed as AUM Mantra. It is these substances that are most productive in our incredible practices. On the off chance that the OM (AUM) mantra is repeated unmistakably for the propensity, having no conclusion of noteworthiness utilizing any methods, the experience can be incredibly captivating, quieting, and evolving. Regardless, in the event that one has a slant of the more critical repercussions of the mantra, and contrasting systems for utilizing it, by then the experience can be in a general sense logically sumptuous and in addition uncovering as one progress in yoga assessment. By exploring different streets regarding the different strategies, one of them may develop that feels most inevitably all together. The utilization of this mantra can be essential. From the start, it is perfect to utilize the mantra delicately and for brief time ranges. The experiences from the OM mantra can be gigantic, and it is a decent idea to encourage the bits of data tenaciously with reliably life, the OM Mantra (or AUM Mantra) is an image of critical substances that beginning at now exist, paying little respect to the imagery got in the mantra when conveyed as AUM Mantra. It is these substances that are most gainful in our noteworthy practices. On the off chance that the OM mantra is rehashed remarkably for the propensity, having no estimation of noteworthiness utilizing any methods, the experience can be captivating, quieting, and evolving. Regardless, on the off chance that one has an assessment of the more huge consequences of the mantra, and specific techniques for utilizing it, by then the experience can be amazingly continuously over the top and besides uncovering as one progress in yoga reflection. By endeavoring different things with the different methodology, one of them may develop that feels most totally demand. The use of this mantra can be colossal. From the begin, it is perfect to utilize the mantra

tenderly and for brief time ranges. The bits of data from the OM mantra can be fundamental, and it is an unprecedented idea to unite the bits of adapting bit by bit with well ordered life.

As we go on chanting OM mantra, the mind becomes calm. When the mind becomes calm, the body relaxes, and the breath becomes even soother and slower. Within minutes your mind and body begin to relax, negative thoughts wipes away that heals a person with more energy, strength and focus. The electrical activity presents throughout the body and is a by-product of the activity within every living cell changes. It is all due to biofeedback. This effect is shown graphically by final part of OM chant, for this carrier swing is less and uniform. From this we could conclude that chanting OM mantra results in stabilization of brain, removal of worldly thoughts and increase of energy. It means that concentrating on OM mantra and continuously doing it slowly shifts our attention. In this sense OM mantra is a brain stabilizer, by practicing it one can enter deeper and deeper into the own natural state, which is also an energy medicine for human being under stress.

Various problems have been faced by the humans due to their professional activities. Meditation is essential for the human beings to come out of the these problems. OM is a spiritual mantra, important to obtain peace and calm. The entire mental pressure has been taken away by chanting OM mantra. Consciousness has been improved by the repetition of OM mantra. In this work, we have confirmed the significance of OM chanting . We have concluded that OM chanting affords steadiness in the mind scientifically. This provides calm and peace too to the stressed mind. The mental stress of a person gets reduced while the mind reaches steadiness. As a final point, we have confirmed scientifically the accomplishments of OM chanting in reducing the stress from the human mind.

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