



Received on 21 June, 2016; received in revised form, 21 October, 2016; accepted, 27 October, 2016; published 01 November, 2016

OM NAMAH SHIVAYA CHANTING FOR MANAGEMENT OF STRESS IN ELDERLY WOMEN WITH HYPERTENSION

Priya P. Roy ^{* 1}, Kumar Sai Sailesh ², Archana R ³, Soumya Mishra ⁴, Arati Amin ⁵, Sabu Thomas ⁶, Udaya Kumar Reddy ⁷ and Supriya Rajan ⁸

Department of Anatomy ¹, Krishna Institute of Medical Sciences, Malkapur, Karad, Maharashtra, India.

Department of Physiology ², Little flower Institute of Medical Sciences and Research, Angamaly, Kerala, India.

Department of Physiology ³, Saveetha Medical College, Saveetha University, Chennai, Tamil Nadu, India.

Department of Physiology ⁴, JIPMER, Pondicherry, India.

Department of Physiology ⁵, PK Das Institute of Medical Sciences, Ottapalam, Kerala, India.

Professor of Polymer Science and Technology and Hon. Director of International and Inter University Centre for Nanoscience and Nanotechnology ⁶, School of Chemical Sciences, Mahatma Gandhi University, Priyadarshini Hills P. O. Kottayam, Kerala, India.

International Stress Management Association-India (ISMA –IND) ⁷, Hyderabad, Telangana, India.

Sattva Cultural Space and Research Centre ⁸, Angamaly, Kerala, India.

Keywords:

Om Namah Shivaya Chanting,
Stress, Hypertension

Correspondence to Author:

Priya P. Roy


Associate Professor,
Department of Anatomy, Krishna
institute of Medical Sciences.
Malkapur, Karad, Maharashtra, India.

Email: priyaproy4@gmail.com

ABSTRACT: Stress is part and parcel of our life and stress management is gaining importance day by day. Traditional mantras are reported to be very effective for and safe methods. Hence the traditional knowledge of mantras should be practiced, preserved and propagated. Om Namah Shivaya is a most potent and popular mantra, which is at the heart of the Vedas and Tantra. The present study was aimed to observe beneficial effects of OM Namah Shivaya chanting for stress management in elderly women with hypertension. The study was conducted at Sattva Cultural Space and Research Centre, Angamaly, Kerala. 8 elderly women aged 55-65 years with stage 2 hypertension were recruited in the present study after obtaining written informed consent. After recording baseline values, participants underwent practice sessions for 3 days under supervision of yoga teacher from the centre. After the practice sessions, participants chanted Om Namah Shivaya for 108 times by using japamala with 108 beads at 6:30 in the morning for 40 days under supervision of yoga teacher. Participants were instructed to follow the routine diet pattern and life style and medications. Assessment of stress was performed by DASS questionnaire. Blood pressure was recorded by using Diamond digital sphygmomanometers (BPDG024). Cognitive functions were assessed by MMSE scores. We have observed significant decrease in depression, anxiety, stress scores and increase in MMSE scores followed by chanting. Though the blood pressure values were decreased, it was not statistically significant. Our study provides preliminary evidence for beneficial effects of Om Namah Shivaya chanting. We recommend further detailed studies in this area to understand role of chanting Om Namah Shivaya in stress management.

INTRODUCTION: In Hindu tradition, Lord Shiva was considered as lord of meditation, who enlightens the universe.

Om, na, mah, shiv, vaa, ya are the six syllables present in Om Namah Shivaya Mantra, which is one of the oldest mantras in Hinduism ^{1, 2}. It is a part of Shri Rudram Chamakam and it means “I bow to Shiva” ³. Chanting Om Namah Shivaya should be practiced in a calm, relaxed, and gently focused state, in mindfulness that the mantra is a salutation to the divine forces of life ³. Paramahansa Muktananda explained that “everyone can chant Om Namah Shivaya Mantra

<p>QUICK RESPONSE CODE</p> 	<p>DOI: 10.13040/IJPSR.0975-8232.7(11).4693-96</p> <hr/> <p>Article can be accessed online on: www.ijpsr.com</p>
<p>DOI link: http://dx.doi.org/10.13040/IJPSR.0975-8232.7(11).4693-96</p>	

because: "This mantra is free of all restrictions. It can be repeated by anyone, young or old, rich or poor, and no matter what state a person is in, it will purify him"⁴. It was reported that by chanting Om Namah Shivaya mantra, it nullifies almost 99% of the negative impact of the planets.⁵ However, scientific evidence is lacking on this aspect. The present study was aimed to observe beneficial effects of OM Namah Shivaya chanting for stress management in elderly women with hypertension.

MATERIALS AND METHODS:

Study design: Experimental study (Pre and post without control)

Participants: 8 elderly women aged 55-65 years with stage 2 hypertension were recruited in the present study after obtaining written informed consent. The following inclusion and exclusion criteria was used in recruiting the participants.

Inclusion criteria:

1. Willing women with stage 2 hypertension
2. Those on allopathic treatment for hypertension
3. Not suffering with any other disease or complications

Exclusion criteria:

1. Unwilling participants
2. Women with extreme blood pressure (BP) values,
3. those who already practicing any other alternative therapy

All the participants were requested not to change their medication and life style during the study. Participants acted as self controls. Pre and post intervention scores were recorded by standard methods.

Laboratory setting: The present study was conducted at Sattva Cultural Space and Research Centre, Angamaly, Kerala, India, after obtaining institutional human ethical committee clearance. (IEC/SCSRC/2/2015)

Om Namah Shivaya chanting: After recording baseline values, participants underwent practice sessions for 3 days under supervision of yoga teacher from the centre. After the practice sessions, participants chanted Om Namah Shivaya for 108

times by using japamala with 108 beads at 6:30 in the morning for 40 days under supervision of yoga teacher at our centre. All parameters were collected at 9a.m to prevent diurnal variations.

Assessment of depression, anxiety and stress: Depression Anxiety Stress Scale DASS- 42 was used to assess depression, anxiety and stress levels⁶. Serum cortisol was also used to assess stress levels.

Assessment of autonomic functions: Blood pressure was recorded by using Diamond digital sphygmomanometer (BPDG024).

Assessment of cognitive functions: The Mini Mental State Examination (MMSE) was used to assess cognitive functions⁷.

Statistical analysis: The results were expressed in terms of Mean±SD. Data was analyzed by SPSS 20.0. Paired t- test was used to compare the values of the groups. P value<0.05 was considered as significant.

RESULTS: Demographic data was presented in **Table 1**. We have observed significant decrease in depression, anxiety, stress scores, cortisol levels and increase in MMSE scores (**Table 2**) followed by chanting. Though the blood pressure values were decreased, it was not statistically significant (**Table 3**).

TABLE 1: DEMOGRAPHIC PARAMETERS OF THE PARTICIPANTS

Parameter	Mean±SD
Age	59.375±3.62
Height	150.625±7.30
Weight	54.5±6.16

TABLE 2: DEPRESSION, ANXIETY, STRESS AND COGNITION BEFORE AND AFTER CHANTING

Parameter	Pre (n=8)	Post(n=8)	P value
Depression	22.6±3.5	19.72±1.37	0.0479*
Anxiety	12.72±3.55	8.93±2.62	0.0292*
Stress	29.27±2.71	21.42±2.57	0.0001***
Serum cortisol	17.42±1.33	13.4±2.61	0.0017**
MMSE scores	21.21±3.44	24.71±2.62	0.0381*

Data was expressed as Mean±SD. *P<0.05 is significant, **P<0.01, ***P<0.001.

TABLE 3: AUTONOMIC MEASURES BEFORE AND AFTER CHANTING

Parameter	Pre (n=8)	Post(n=8)	P value
Systolic BP (mmHg)	147.12±5.22	141±7.91	0.0892
Diastolic BP (mmHg)	88.36±6.51	84.32±4.81	0.1799

Data was expressed as Mean±SD. *P<0.05 is significant, **P<0.01, ***P<0.001.

DISCUSSION: The origin of mantras can be observed from Vedas of Indian tradition. It was reported that chanting mantras will create vibratory sensation around the ears and these sensations are transmitted through branches of vagus nerve⁸. Deactivation of limbic areas, amygdala, hippocampus, parahippocampal gyrus, insula, orbitofrontal cortex, cingulate cortex and thalamus was observed followed by mantras chanting⁹. It was reported that chanting OM mantra regularly will stabilize the brain, remove worldly thoughts and increase energy and improve attention^{10, 11}. Interestingly it was reported that, chanting only *Om* can have adverse effects if the person chanting is of a lower spiritual level as he may not have the capacity to tolerate the spiritual energy generated from the chant¹². It was reported that mantras can be used in the management of stress and associated disorders¹³. It was reported that, regular practice of mantras promotes strength, endurance and flexibility and cultivates a sense of calmness and well-being¹⁴. Further mantras were reported to contribute positively to cognition processes¹⁵. It was reported that, chanting increases control over breath and expiratory output levels and reduces anxiety and improves mood¹⁶. Our study agrees with earlier reports as we have observed significant decrease in the depression, anxiety and stress levels followed by chanting and significant improvement in MMSE scores. Though blood pressure decreased followed by chanting, it was not statistically significant.

LIMITATIONS: Major limitation in our study was lower sample size. As study was conducted at one centre only, it was not possible to generalize the results.

CONCLUSION: Our study provides preliminary scientific evidence for beneficial effects of “OM NAMAH SHIVAYA” chanting. We recommend further detailed studies with more sample size and including both the genders to recommend inclusion of chanting in routine day life style and also in clinical practice for the benefit of population in general.

REFERENCES:

1. Some facts about Lord Shiva. Available at <https://www.hindujagruiti.org/hinduism/knowledge/article/what-do-the-horizontal-stripes-of-ash-on-forehead-of-lord-shiva-represent.html>. Accessed on 21/9/2016 at 5:39 pm.
2. Om Namah Shivaya Mantra meaning and audio. Available at <http://www.eaglespace.com/spirit/omnamahshivaya.php>. Accessed on 21/9/2016 at 5:41 pm.
3. Jenny. Om Namah Shivaya- ancient mantra from the Yajurveda. Available at <http://www.the-spiritual-sun.com/practices/texts/hindu/om-namah-shivaya>. Accessed on 21/9/2016 at 5:41 pm.
4. Om Namah Shivaya Mantra Benefits – Peaceful Bhajan. Available at <http://www.insightstate.com/video/om-namah-shivaya/>. Accessed on 21/9/2016 at 5:41 pm.
5. Montreal, Canada. Three things that affect your mind. Available at <http://www.artofliving.org/wisdom/3-things-affect-your-mind>. Accessed on 21/9/2016 at 5:41 pm.
6. Lovibond SH, Lovibond PF. Manual for the Depression Anxiety Stress Scales, (2nd. Ed.) (Psychology Foundation, Sydney) 1995.
7. Folstein, M., Folstein, S.E., McHugh, P.R. “Mini-Mental State” a Practical Method for Grading the Cognitive State of Patients for the Clinician. Journal of Psychiatric Research, 1975, 12(3), 189-198.
8. Kumar S, Nagendra H, Manjunath N, Naveen K, Telles S. Meditation on ‘OM’: Relevance from ancient texts and contemporary science. Int J Yoga., 2010,3,2–5.
9. Kraus T, Hosl K, Kiess O, Schanze A, Kornhuber J, Forster C. BOLD fMRI deactivation of limbic and temporal brain structures and mood enhancing effect by transcutaneous vagus nerve stimulation. J Neural Transm., 2007,114,1485–93.
10. Ajay Anil Gurjar, Siddharth A. Ladhake, “Time Frequency Analysis of Chanting Sanskrit Divine Sound “OM” Mantra”. International Journal of Computer Science & Network Security., 2008, 8(8),170-175.
11. Ajay Anil Gurjar, Siddharth A. Ladhake, Ajay P. Thakare. Analysis of Acoustic of “OM” Chant to Study Its Effect on Nervous System. IJCSNS International Journal of Computer Science and Network Security., 2009,9(1), 363-367.
12. Sean Clarke. Chanting of Om- effects on the person chanting. Available at <http://www.spiritualresearchfoundation.org/spiritual-practice/mantra/om-chanting/>. Accessed on 24/9/2016 at 7:03 pm.
13. Alpha Agarwal, Anshu Agarwal. Impact of mantra chanting on stress coping. Indian Journal of Positive Psychology. 2013, 4(1), 96-98.
14. Mehta, S., Mehta, M., & Mehta, S. Yoga the iyenkar way. New York: Alfred A. Knoff Company.1995.
15. Khurana, A., & Dhar, P.L. Effect of vipassana meditation on quality of life, subjective well-being, and criminal propensity among inmates of tihar jail, Delhi, Final Report Submitted to Vipassana Research Institute. Research Paper on Tihar Jail Inmates. 2000.
16. Molly Kenny, M.S., Raphael Bernier, Ph.C., and Carey DeMartini, M.A. The Effects of Chanting on Respiratory Function and General Well Being in Individuals Diagnosed with Depression. International Journal of Yoga Therapy., 2005, 15.

How to cite this article:

Roy PP, Sailesh KS, Archana R, Mishra S, Amin A, Thomas S, Reddy UK and Rajan S: Om Namah Shivaya chanting for management of stress in elderly women with hypertension. *Int J Pharm Sci Res* 2016; 7(11): 4693-96. doi: 10.13040/IJPSR.0975-8232.7(11).4693-96.

All © 2013 are reserved by International Journal of Pharmaceutical Sciences and Research. This Journal licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License.

This article can be downloaded to **ANDROID OS** based mobile. Scan QR Code using Code/Bar Scanner from your mobile. (Scanners are available on Google Playstore)