

## Effect of chanting Vitthal on heart: a clinical study

Prasad Joshi<sup>1</sup>, Jyuthica K Laghate<sup>2</sup>, Avinash Inamdar<sup>3</sup> and Sanjeevani Inamdar<sup>3</sup>

<sup>1</sup>Ved-vidnyan Research Centre, India

<sup>2</sup>Vishwanand Kendra - Center for Integrative Medicine and Research, India

<sup>3</sup>The Inamdar Heart Clinic, India

The present study aims to explore the effect of chanting vitthal on various heart parameters and energy of Heart Chakra. According to ancient Sanskrit language science, Yogic chakra concept and Ayurveda, Vitthal has connection with heart chakra. The study was conducted on 30 healthy volunteers and baseline screening was done using parameters like blood pressure, pulse rate, pulse pressure product, heart rate, and left ventricular

ejection fraction. Energy profiling of Heart Chakra was done using Biofield viewer and Electro scanning method. The results showed statistically significant differences at 5% significance in heart rate, blood pressure, pulse rate, pulse pressure product, ejection fraction as well as energy values before and after chanting vitthal for 9 minutes once as a part of study intervention. There was statistically significant increase in green pixel parameter which is the colour energy of Heart chakra. As far as the cardiac parameters, the study revealed that the chanting helped in improving the pumping action of the heart as suggestive of ejection fraction as well as regulating the blood pressure, pulse heart rate and pulse pressure product. It can be concluded, that chanting Vitthal has beneficial action on physiologic activity and energy of Heart and Heart Chakra.

prasadjosshi038@gmail.com