

Potency of mantra (incantation) in ayurveda - A conceptual study

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Ayurveda supports the health care in three ways of treatment modalities. i.e. daivavyapashraya, yuktivyapashraya and satwavajaya. Among the trividha chikitsa, the concept of daivavyapashraya is the most neglected and misunderstood concept. Though being carried out in different parts of nation, as a religious belief, the scientific principles are unexplored. Daivavyapashraya chikitsa involves mantra, aushadhi, mani, mangal, bali, upahar, homa, niyam upawas, swastyam, pranipat, gyanam etc. Among all of the above, mantra (incantation) is the most commonly used modality since ages. Mantra has been explained in both swasthya and atura in the classics. From the collection of medicine to preparation and management reciting mantra has been highlighted. Mantras are the sacred words having spiritual potency, i.e. the sound, a combination or a sequence of sound develop spontaneously. Their power is not in the word themselves, but in the sound, vibration created when they are uttered verbally. Mantra-

the sound therapy, of healing effect on body mind and soul through the movement of tongue, the mouth and it changes the chemical in brain that releases the brain wave, detoxify the mind, and cleanse the cellular toxins. Mantra instills confidence, improve concentration and sound therapy is the medicine of future, Sound as a carrier wave of consciousness protects us from several diseases and reforms the future. Though this therapy is not practiced routinely it is a potential area of Ayurveda which can be applied. So it is a need of hour to explore the fundamental principles of mantra chanting.

Biography

Aarti Chande has completed her post-graduation from Muniyal Institute of Ayurveda Medical sciences, Manipal, Karnataka, India in the branch of Kaya Chikitsa. She has completed her dissertation work on "clinical evaluation of Vartaku gutika and Chitrakadi vati in the management of Grahani (IBS)" and has published two articles, various paper presentation in conferences.

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