



## Review Article

### DAIVAVYAPASRAYA (MANTRA) CHIKITSA IN AYURVEDA

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#### ABSTRACT

Ayurveda is not merely a science of therapeutics based on herbal, animal and mineral resources of medicament but deals with philosophy of life and living being. For treatment Charak classified the treatment principle in, 1. *Daivavyapasraya chikitsa*, 2. *Yuktivyapasraya chikitsa*, 3. *Sattavajaya chikitsa*. In *Daivavyapasraya chikitsa*, *Daiva* comes in relation to karma which is done in *Purvajanma*. *Daivavyapasraya* is the spiritual therapy related to blessings and influence of god and consist of *Mantra, Ausadhi, Mani dharan, Mangal, Bali, Upahar, Homa, Niyama, Prayachitta, Upavasa, Swastaayana, Pranipata* and *Yatragamana*. Here the *mantras* are the sacred words having spiritual potency. It means a sound, combination or 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 the body, mind and spirit through the movement of tongue, the mouth and it changes the chemical in brain which relaxes the brain wave, detoxify the mind, cleansing the cellular toxin. *Mantra* instil confidence, improve concentration and sound therapy in the medicine of the future, sound as a carrier wave of consciousness protects us from several diseases and reforms the future.

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#### INTRODUCTION

Long ago, when human being struggled with a strange world of ignorance, where there was no true science perhaps, in those days of gloominess, there was no true knowledge either. According to the primitive man, illness was due to the vagaries of supernatural forces like Gods, Demon etc. surrounded by elemental forces of nature where there was no modern scientific instruments which have enabled man to probe deep into the mysteries of nature. To overcome this type of mysteries people had practiced *Mantra, Japa, Homa* etc. which is mentioned in *Veda*.

Ayurveda is not only a science of medicine but also it is an art of living, i.e. a philosophy of life. It had passed through the stages of specialization and knowledge flowing from different specialized fields of medicine and allied science generalized simplified and principle enunciated. It is mentioned that "A physician should be particularly attached to the *Atharvaveda* for it as it deals with the treatment

of diseases by advising *Daana, Homa, Mantra, Japa, Niyama* etc".<sup>[1]</sup>

According to Ayurveda, treatment principle can be classified as follows.<sup>[1]</sup>

1. *Daivavyapasraya Chikitsa* (Spiritual therapy)
2. *Yuktivyapasraya Chikitsa* (Rational therapy)
3. *Sattwavajaya Chikitsa* (Psychotherapy)

There are certain challenging disorders even in modern science, which they refer as idiopathic origin. Their cause, mode of onset, symptoms, severity and management are entirely different from other disorder. In Ayurvedic science such entities are attributed to *Daivika Shakti, Poorva-janmakrita Karma, Adhibala Vyadhis, Grahadosa* etc. To pacify this entities Ayurveda mention *Daivavyapasraya chikitsa*. The term *Daivavyapasraya* consist of two words, *Daiva + Vyapasraya*. *Daiva* relates to all the unknown circumstances i.e., those cannot be explained by the existing human knowledge. *Vyapasraya* literally means taking

refugee or recourse. Thus it is related to spiritual therapies, which have empirical power to eradicate diseases caused by unknown circumstances. The term *Daiva* has been used with respect to the sense of *Karmas* which are related to our previous life. The method imbibes a sense of confidence in an individual, making his/her optimistic and positive. It is basically achieved through methods of propitiation of supernatural elements which one can maintain emotional and optimistic balance of mind. What is done in past life is *Daiva*, where the effects are predetermined.

*Daivavyapasraya* contain - *Mantra, Ausadhi* and *Mani dharan, Mangala, Bali, Upahara, Homa, Niyama, Praayachitta, Upavaasa, Swastyana, Pranipata, Yatragamana*.<sup>[2]</sup>

### Aim & objectives

1. A literary study was carried out to evaluate the concept of *Mantra chikitsa*.
2. Scientific analysis of *Mantra chikitsa* and sound therapy.

### METHODOLOGY

Manual and electronic search was done on Charak Samhita, Susruta Samhita and Astanga Hridaya. A humble effort has been made to give probable scientific explanation on *Mantra chikitsa*.

### DISCUSSION

*Daivavyapasraya chikitsa* is only for *Karmaja* diseases. According to law of *karma*, disease is a divine justice, a form of punishment to restore harmony in the most compassionate way. Among *Daivavyapasraya chikitsa* here I am discussing about *Mantra chikitsa* (sound and music therapy). The word *Mantra* is derived from *Man+Tra*, *man—mananaat---*just by chanting and *tra—trayate---*we can protect ourselves. Means, just by chanting one can save himself in the universe. i.e. it is saved from onset of disturbances. *Mantras* are the words loaded with power and sounds capable of penetrating our body into deep levels. *Mantra chikitsa* is the ancient science originated from *Vedas*, this is a parallel science to Ayurveda also called alternative medicine system.

*Mantra* treatment is based on chanting *Mantras* and awaken the body's natural healing mechanism. The right and systemic chanting *Mantra* produces positive energy in the body. Even in the present age of materialistic life *Mantra shakti* can prove to be the more powerful than *Yantra shakti* as it is generate good neurotransmitter and wave in brain. *Mantra* is a divine instrument with the rare potential of arousing our dormant consciousness. Thus it helps develop our latent powers and brings our original greatness to the

fare. *Mantra*, a word or sound repeated to aid concentration in meditation. It is a sacred utterance, a numinous sound, a syllable, a word or group of word in Sanskrit believed by practitioners to have psychological and spiritual powers. *Mantra* meditation helps to induce an altered state of consciousness.

The word *Mantra* is used to describe any thought, utterance, songs or other sequences of words or sounds that are supposed to have spiritual efficacy or magical power. A *Mantra* is defined as "a tool of the mind that has a spiritual effect on a person's will or emotional state of being." Any utterance or thought that is believed powerful enough to affect either the inward state of a person's soul or the world at large can be called a *Mantra*.

Any vibration created by the utterance of *Mantra* causes an impact on our inner self. These vibration generate some neuro-transmitter and brain wave which effect in our entire body. In Ayurveda, apart from herbal remedies for diseases, a stress is laid on *Mantra* recitation also to enhance the healing. Right from the moment man is born till he breathes his last mantra associated with him. His first connection begins with *Jatakarma*, the reciting of *Mantra* in treatment of *Jwara* as *Charak* recommends chanting *Vishnu Sahasranaam*<sup>[3]</sup>. In treatment of snake bite,<sup>[4]</sup> antidotes are prepared while chanting specific *mantra* to increase the efficacy of medicine.<sup>[5]</sup>

### Classification of Mantra

- 1.The Origin
- 2.The Purposes

Origin is of 3 types, 1. *Vedic mantra*, 2. *Tantric mantra*, 3. *Pauranic mantra*

Again *Mantra's* are- 1.*Guru mantra*

#### 2.Universal mantra

**Guru Mantra** - in Sanskrit texts millions of *Mantras* are there, so we need to choose the relevant *Mantra*. *Guru* is the best judge of the disciple inside out. so *Guru* can select a best suited *Mantra* which will help the disciple.

**Universal Mantra**- if one cannot meet his *Guru*, he can select the *Universal Mantra*.

**Vedic Mantra**- *Mantra*, which are written in the *Vedas*.

**Tantric Mantra** - this *Mantra* has origin in *Tantras*, they can be practiced for specific purposes, such as achieving wealth, health, success etc.

**Pouranic Mantra** - these are relatively simple and can be practiced by anyone, they are easy to learn and purifies the emotion of human mind.

The selection of *Mantra* is based on the nature of individual, his mind, physique and spiritual stage of development. For example *Gayatri Mantra* relates to sympathetic N.S. so, if a person is aggressive in nature and starts chanting *Gayatri mantra* triggers sympathetic activities, *Mahamrityunjay mantra* triggers para sympathetic N.S.

*Mantra* when chanted repeatedly it is called *Japa*. *Japa* is to engage or incline the mind in *Veda*, the holy books, *Puranas* and history. The *Japas* are of 2 kinds. 1. The first is made by reciting and the 2. second is made mutely in the mind.

#### Rules of Chanting *Mantra*:

1. One should have a *Maala* consisting of 108 beads as is significant in all *Tantra* and *Vedic* texts.
2. Selection of *Mantra*: *Guru mantra*, universal *Mantra* or name of deity.
3. Concentration on object of faith one should concentrate on the following object of practice.
  - ❖ Deity
  - ❖ *Yantra*
  - ❖ Purposes of *Mantra*
4. Time of practice should be either morning or evening.
5. *Japa maala* should not be worn.
6. Use middle finger and thumb only for *Maala japa*.

#### Benefits of *Mantra*

When a *Mantra* is chanted in rhythmic tone with ups and downs, they create a melodious effect in the body. *Mantra* chanting affects the subconscious mind it has different impressions on subconscious, thinking patterns are affected. Negative impressions such as fear anger jealousy etc. can be removed by the chanting of *Mantra*. Practice of *Mantra* increases concentration, memory, logical thinking. It has soothing effect on nervous system, relaxes muscle and effectively reduces stress. Chanting of *Mantra* is not beneficial to the person who chants the *Mantra* but it is also beneficial to the person who is listening. Listening to the *Mantras* directly lowers blood pressure, normalizes heart beat, brain wave pattern, adrenalin level, even cholesterol level. It reduces restlessness of the mind, brings restraint in life, and works wonders in developing the concentration and memory.

According to research, the combined effect of sound vibrations on physical plane can be observed, especially on brain or on EEG. One can see the brain wave emission patterns affected with *Omkar* chanting, *Gayatri mantra* chanting. An alpha

activity in brain can be seen during *mantra* chanting. This effect is defined as neuro linguistic effect.

In *Brihatryee* it is mentioned that

- ❖ We feel that before study our mind should be calm and quite. to avoid anxiety we have to activate parasympathetic activity. This *mantra* lowers the sympathetic activity.<sup>[6]</sup>
- ❖ After listening a spiritual music or mantra increase the concentration level of our mind. For this reason Susruta advice to practice *Mantra* before *Sastra karma* or operation.<sup>[7]</sup>
- ❖ Before delivering a baby Charak and Susruta advice to chanting '*aum*'. It is proved that the sound 'A' starts as a vibration near navel. This abdominal vibration brings energy and vitality to our reproductive organ. Sound 'U' starts as a vibration on chest. It sustains breaths. The sound 'M' roll up the throat and head. vibration in the head brings clarity and it brings dedication. So it proceeds easy delivery.<sup>[8,9]</sup>

**Sound and Music Therapy:** The practice of *Mantra* as healing energy can be directly correlated to music therapy or sound therapy in modern words. "Sound may be defined as the physical cause which enables us to have the sensation of hearing". Music therapy is an allied health science consisting of an interpersonal process in which trained music therapist uses music and all of its facet-physical, emotional, mental, social aesthetic & spiritual to help clients to improve their health. The sounds originating from different sources can be classified under two heads.

1. Musical sound
2. Noise

A sound which is pleasing effect on our ears is generally taken as "Musical Sound", while the which is unpleasant to ears is termed as "Noise". What may be musical for one may be harsh or a noise for another. Physically we term that sound as musical which is a regular, continuous, vibration with no sudden discontinuity in it. Further a musical sound must be periodic. All musical sounds have regularity and rhythm in them, while a noise does not have any of these characteristics. A noise is an abrupt, harsh, discontinuous irregular sound. It is not periodic and by common consent it is unpleasant to ears.

In human voice, the vowels are really "Musical", while the consonants which cause abrupt ending are "Noise". There are general guidelines to maximize the effectiveness of the music.

1. To wash away stress, try taking a 20 minute "Sound Bath". Put some relaxing music on stereo

then lie in a comfortable position on the floor near the seeker. For deeper experience, one can wear head phones to focus the attention and to avoid distraction.

2. Choose music with slow rhythm, focus on breathing, letting it deepen, slow and become regular. Concentrate on the silence between the notes in music, this helps analyzing the music and makes relaxation more complete.
3. If one need stimulation after a day work, faster music is preferable rather than slow calm music.
4. When going gets tough, it's preferable to go for a familiar music.
5. Take walk with favourite music playing on the walkman. Inhale and exhale in tune with the music. This is great stress reliever by combining exercise (brisk walk) and music.

Listening to the sounds of nature, such as ocean waves, flowing river, waterfalls, chirping, cool breeze flowing over the meadows etc, can reduce stress. If not possible, the tapes of these sounds can be used.

**How Dose Music Therapy Work?**

- Promote wellness
- Manage stress
- Alleviate Pain
- Express feelings
- Enhance Memory
- Improve communication
- Promote physical rehabilitation

**NLP-Neuro-Linguistic-Programming**

The word Neuro-Linguistic Programming can be broken down to 3 distinct words.

1. Neuro
2. Linguistic
3. Programming

1. Neuro refers to the brain and neural network that feeds in the brain. Neurons or nerve cells are the working units used by the nervous system to send, receive and store signals that add up to information.
2. Linguistic refer to the content, both verbal and non-verbal, that moves across and through these pathways.
3. Programming is the way the content or signal is manipulated to convert it into useful information. The brain may direct the signal, sequence it, change it based on our prior experience. We have stored in our brain to convert it into thinking patterns and behaviours that are the essence of our experience of life.

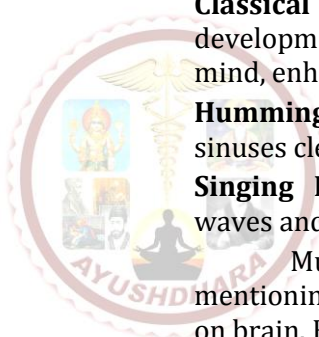
**Sounds That Heal**

**Classical music:** This increase the rate of development of synaptic connection in children's mind, enhance joy in adults.

**Humming:** It clears the head. It helps to keep the sinuses clear and healthy.

**Singing Bowls:** It slow down breathing, brain waves and heart rate.

Music is nothing but wave frequency. Here mentioning some wave frequency and their effect on brain. For e.g.



Wave frequency	Effect on brain
396 hz	Liberating fear and guilt
417hz	Undoing situations and facilitating change
528hz	Transformation
639hz	Connectivity/ relationship
741hz	Awakening
852hz	Returning to spiritual order

On listening music there is release of various neurotransmitter and brain wave. For e.g.<sup>[10]</sup>

Sounds	Brain waves	Relation	Neurotransmitter
Harsh sound	Gamma (40-100hz), beta (12-40hz)	Produces anxiety, anger, stress	Adrenaline, gaba
Soothing sound	Alpha (8-12hz), theta (4-8hz)	State of relaxation, emotional awareness, feeling of well being and happiness, increased attention & concentration, regulates blood flow.	Noradrenalin, dopamine, serotonin, acetylcholine.

**CONCLUSION**

Tongue is not steel but it cuts, thus goes old saying. But along with capacity to cut, the tongue also have tremendous capacity to stitch and unite. Words have marvellous power. Words make a great difference in our lives. Using the human voice resonate to stimulate healing.

In *Ayurveda mantra* is chanted for the sanctification and impregnation of energy in objects, nullifying the evil effect of *Graha*, before collection of *Rasayana*, before feeding the child with breast milk, for expulsion of retained fetus, before consuming *Tuvaraka* oil in *Madhumeha*, before purificatory measurements, before and after surgical operation to protect the patient.

Its changes the chemical in brain which relaxes the brain waves, detoxify the mind, cleansing the cellular toxin. *Mantra* instill confidence, improve concentration & sound is the medicine of the future, sound a carrier wave of consciousness protects us from several disease and reforms the future.

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