ABSTRACT

Background

Yogasanas, Pranayamas and Meditation techniques improves cognitive abilities of brain. This fact was proved by many researches, but there is limited number of research papers on Vedic mantras. Present study was done to evaluate the effects of Mrityunjaya mantra chanting on memory and visual and auditory reaction time of school students. Maha Mrityunjaya Mantra is a great death-conquering mantra, it is a verse of the Rig veda-7.59.12. It is also called the Rudra mantra.

Aim

To assess the effects of Mrityunjaya mantra on memory and Visual and Auditory Reaction time of school students aged between 11-13 years.

Materials and Methods

A total number of 40 school students aged between 11-13-years were selected after obtaining written consent from the Principal. After the selection of participants baseline and post intervention values for Memory and Reaction time were recorded. Mrityunjaya mantra chanting given for weekly three days-Monday, Wednesday, Friday for one month duration under the supervision of yoga teacher.

Results

Results are presented in tables. After twelve sessions of Mrityunjaya mantra chanting the Memory scores for delayed recall test were increased and the Auditory Reaction Time and the Visual Reaction time were reduced when compared to the pretest.
Conclusion

The practice of Mrityunjaya mantra chanting can be used as one of the powerful means enhancing Memory and Reaction time of school students. We recommend further detailed studies for further supporting traditional Vedic chanting and to recommend it to include in our daily life style.