

# Mantra Chikitsa and Vision: Harnessing Sound Frequencies for Eye Health and Well Being

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## ABSTRACT:

This explores the integration of Mantra Chikitsa as part of Daiva-Vyapasraya Chikitsa in modern healthcare, emphasizing the profound role of sound frequencies in promoting mental and physical well-being. While Ayurveda stresses the importance of mental health, often neglected in conventional medicine, Mantra Chikitsa leverages sound vibrations like OM (137.1 Hz), which resonate with the natural frequencies of the universe, positively influencing the body and mind. Several studies on the Gayatri Mantra highlight its ability to bring about positive impacts on an individual and their family, contributing to overall well-being. Similarly, the Chakshuyoupanishad describes a specific mantra that enhances the eyesight of the individual and benefits the entire family, potentially indicating the role of a quantum field or a universal resonance that stimulates anyone in contact with the person or who hears the mantra. This effect may be attributed to the sound vibrations emitted by the mantra. Nikola Tesla's assertion that "everything is sound, vibration, and frequency" aligns with this concept, highlighting how vibrational energies shape health and life. In Ayurveda, which emphasizes prevention and holistic well-being, this concept holds significant promise, particularly in addressing the mental health aspect, as Manasika health is closely linked to overall physical health. As Ayurvedic physicians, our focus on preventive care aligns with future research directions, aiming to study the effects of sound frequencies on health, particularly in the context of Mantra Chikitsa, to enhance patient care through a holistic, vibrational approach.

**Keywords:** Mantra Chikitsa , sound vibrations, Daiva-Vyapasraya Chikitsa

## INTRODUCTION

Ayurveda is the Upaveda of Atharveda. It transcends mere physical healing, offering guidance on a way of living that ultimately leads to liberation or Moksha. For disease management, Charaka highlights three primary approaches: Daiva Vyapashraya Chikitsa (divine or spiritual therapy), Yukti Vyapashraya Chikitsa (rational therapy), and Sattvavajaya Chikitsa (psychotherapy). Among these, Daiva Vyapashraya Chikitsa addresses conditions influenced by divine factors, karmic imprints from past lives (Poorva Janma Krita Karma), and Graha Doshas (planetary or spiritual afflictions).

The term "Daiva" refers to the soul, while "Vyapashraya" implies taking refuge. Thus, Daiva Vyapashraya Chikitsa is essentially a soul-centered therapy that includes practices like Mantra (chanting), Oushadhi (herbs), Manidharana (wearing gemstones), Mangala (auspicious rituals), Upahara (offerings), Homa (fire rituals), Niyama (discipline), Prayaschita (atonement), Upavasa (fasting), Sastiyana (blessings), Pranipata (reverence), and Yatra (pilgrimage). Of these, Mantra Chikitsa (therapy through mantras) is particularly emphasized, exploring the profound impact of sound vibrations and their potential to harmonize mind, body, and soul.

This article delves into the significance and application of Mantra Chikitsa within the framework of Daiva Vyapashraya Chikitsa, highlighting its therapeutic essence and role in holistic healing.

### MANTRA CHIKITSA:

The word Mantra is derived from two components: Mana (Gnyanam) – meaning knowledge or wisdom, Trana (Rakshanam) – meaning protection or liberation. Thus, Mantra is defined as "Mananāt trāyate iti mantraḥ" – that which protects through contemplation. A mantra is a sacred syllable, sound, or a combination of words believed to possess spiritual or mystical power when chanted, repeated, or meditated upon. Classification of Mantras: Vachika – Verbal chanting, Upamshu – Whispered or murmured chanting, Manasika – Mental repetition<sup>(1)</sup>. Several religious scriptures, including the Bhagavad Gita, Quran, and Bible emphasize the significance of prayer, which can be considered analogous to the practice of chanting mantra.

These verses from the *Bhagavad Gita* emphasize the immense power of the mind in shaping one's life and destiny.

**Chapter 6, Verse 5** explains that the mind can either uplift or degrade an individual. It acts as a *bandhu* (friend) when disciplined and controlled, aiding in spiritual and personal growth. Conversely, it becomes a *ripu* (enemy) when left unchecked, leading to self-destruction. This highlights the necessity of training the mind to harness its power positively.

**Chapter 2, Verse 70** portrays the mind's role in achieving peace by comparing it to the ocean. Just as the ocean remains undisturbed despite rivers constantly flowing into it, a disciplined mind remains calm amidst desires and distractions. This steadiness leads to inner peace and liberation.

Together, these verses illustrate that mastery over the mind is crucial for harmony and spiritual progress.

### Quranic Insights:

*Surah Al-Rahad (13:11)* states: "Indeed, Allah will not change the condition of a people until they change what is in themselves." This emphasizes that true transformation begins within—when we change our thoughts and beliefs, our external reality follows.

*Surah Al-Baqarah (2:286)* teaches: "Allah does not burden a soul beyond that it can bear." This highlights the incredible strength and resilience of the human mind to face challenges, showing that we are equipped to overcome any hardship with faith and determination.

### Biblical Teachings:

*Proverbs 23:7* says: "For as he thinks in his heart, so is he." This reflects the profound truth that our thoughts define who we become. A mind filled with positivity creates a positive life, while negative thoughts manifest negativity.

The phrase "As above, so below; as within, so without" is often associated with the Hermetic principles, which explain that our inner world (subconscious mind) shapes our external world. When our subconscious is filled with constructive thoughts, it influences our conscious actions and ultimately transforms our reality.

*Galatians 6:7* teaches: "Whatsoever a man soweth, that shall he also reap." This reinforces that the seeds of thought we plant in our subconscious mind grow into the reality we experience, whether good or bad.

Mantra Chikitsa is integral to various aspects of health, including neonatal care, mental health, and surgical recovery. In Neonatal care, Mantras are used to sanctify food and aid lactation. In mental health, mantras are essential in treating conditions like insanity and possession. For post-surgery, mantras protect wounds through healing rituals. Mantras are also used in the treatment of fever, difficult labor, and poisoning,

including snakebites. In Ayurvedic medicine preparation, mantras enhance the potency of remedies. Overall, mantra chanting is believed to empower both physical and spiritual healing.

## REFERENCES IN BRIHAT TRAYEE :

### Mantra Chikitsa in Neonatal Care

On the day of birth, when breast milk is insufficient in the initial 3-4 days, a mixture of Madhu (honey) and Sarpi (ghee) combined with Anantabhasma should be administered to the Neonate, sanctified with the chanting of mantras, three times a day<sup>(2)</sup> In cases where Ulba Shodhana (the removal of meconium) is required, a mantra should be recited in the child's right ear once they regain consciousness. Due to lactation insufficiency, Anantachurna mixed with Madhu and Sarpi can be fed to the child, with the mantra being chanted thrice daily<sup>(3)</sup>

### Mantra Chikitsa in Mental Health and Specific Conditions

Mantras are a vital aspect of the treatment for Unmadha (insanity), forming a key part of the primary therapeutic approach<sup>(4)</sup> For Garbhaveshita Purusha (treatment of a person possessed by a fetus), practices such as Vedokta Puja, Bali, Upahara, Mantra recitation, Anjanavidhi, Shanti Karma, Ishtihoma, Japa, Swasthyayana, Vedokta Niyama, and Prayaschitta are considered highly beneficial.

### Mantra Chikitsa in Surgical and Post-Operative Care

In Pakschat Karma (post-operative care), after the wound (Vrana) is bandaged, Vrana Dhoopana (fumigation of the wound) using Vedanahara (pain-relieving) and Rakshogana (protective) herbs should be carried out. The wound is then protected by chanting Rakshogana mantras and performing Vrana Rakshakarma with Vedokta mantras<sup>(5)</sup>

### Mantra Chikitsa in Mukhamantika (Bathing and Cleansing)

The child should be bathed in water that has been sanctified by chanting the Gayatri mantra and other similar mantras<sup>(6)</sup>

### Mantra Chikitsa in Marudha Garbha (Difficult Labour)

In cases where all treatments fail to expel the fetus (Vigarbhini), chanting mantras in the mother's ear is advised<sup>(7)</sup>

### Mantra Chikitsa in Jwara (Fever)

The chanting of Vishnu Sahasranama Japa is recommended as part of the management of fever.<sup>(8)</sup>

### Mantra Chikitsa in Poisoning<sup>(8) (9) (10) (11)(12)</sup>

Mantra Chikitsa plays a significant role in treating Jangama Visha (Animal poisoning). For Visha Stana Visha Shana, Sara Visha Chikitsa, and Dhamani Bandhanam in Jangama Visha, chanting the Shankha Visha Chikitsa Mantras from the Atharva Veda is suggested. The consumption of consecrated water (Siddha Jala Pana) and its sprinkling (Jala Prokshana) is also recommended.

In cases of Sarpa Damshta Visha Chikitsa (snakebite treatment), Arishta Bandhana (protective binding) should be carried out by an expert in Mantra Chikitsa. This binding, empowered by mantra chanting, neutralizes the poison and assists in its treatment.

For alarka Visha Chikitsa, the patient should be bathed in water from a Kumbha (pot) containing Bijas (seeds), Ratnas (gems), and medicinal herbs, infused with cold water and empowered by mantra chanting at a riverbank, Nadi Thira, or Chatush Pata (crossroads). Offerings (Bali) including Pinaka, curd, garlands of different colors, and raw or cooked meat should be made while chanting the prescribed mantras.

For snakebites, Arishta Bandhana should be tied four Angulas (finger-widths) above the bite, while Siddha Mantras are recited. In cases of Sarpa Gabhihata (snakebite complications) and Shankha Visha Chikitsa,

a medicinal concoction of Sita, Vaigandika, Draksha, and Madhuka is advised. This preparation should be consecrated with Atharvavedokta Visha Nashaka Mantras before it is administered.

**For Alarka Visha Chikitsa, the following steps are recommended:**

- Siddha Mantra Prayoga (application of consecrated mantras)
- Siddha Aushadhi Prayoga (use of specific medicinal preparations)
- Ratna Dharana (wearing gems)
- Mantra Kuta Jala Sthana (ritualistic placement of consecrated water)

**Utility of Mantras in Beshaja (Medicine) Preparation**

Mantras are integral to enhancing the effectiveness and potency of certain Ayurvedic preparations. They are employed during different stages of formulation to infuse spiritual and energetic vibrations into the medicine, improving its therapeutic impact.

**MODE OF ACTION :<sup>(13)</sup>**

According to Acharya Charaka, Agni is considered the root cause (Moolakarana) of all diseases (Vyadhi), yet Daivavyapashraya Chikitsa operates independently of Jatharagni. To justify the probable mode of action of Mantra Chikitsa as a form of Daivavyapashraya Chikitsa in treating diseases, the concept of Prabhava, which is described as Achintya Shakti, must be considered. Charaka Samhita mentions this as Deva-Prabhava-Deva-Vyadhi-Raha, emphasizing that the body attains Dhatu Samya through this divine influence. The body, composed of various levels of consciousness, resonates at unique frequencies, with each cell possessing its own awareness. The chanting of Mantras generates powerful vibrations, which harmonize the body's energy by overcoming minor disturbances. As a result, regular Mantra chanting aligns the individual's internal vibrations with the energy embodied in the Mantra.

**SOUND THERAPY:**

Sound healing is indeed an ancient practice with modern-day relevance. Research has found that sound vibrations, especially from instruments like singing bowls, gongs, and chimes, can have a profound impact on the mind and body. Here's a summary of how sound healing works:

1. Brainwave Synchronization: The vibrations produced in sound healing sessions can slow down brainwave activity, encouraging a state of relaxation. This is similar to meditation or deep relaxation techniques, where the body enters a calm, restorative state.
2. Physical Benefits: The vibrations may have therapeutic effects, promoting better circulation, reducing stress levels, and improving immune function. Sound healing can also aid in reducing muscle tension and pain by promoting a sense of calm and peace.
3. Mental Health Benefits: Sound healing is often used as a tool for stress reduction, anxiety relief, and enhancing emotional well-being. It can help balance emotional states and promote mental clarity by helping the mind enter a relaxed state.
4. Chakra Alignment: In the context of Ayurveda and other spiritual practices, sound healing is believed to help align the body's energy centers or chakras, restoring balance to both physical and emotional health.

## MANTRA FROM CHAKSHUSHYUPANISHAD :

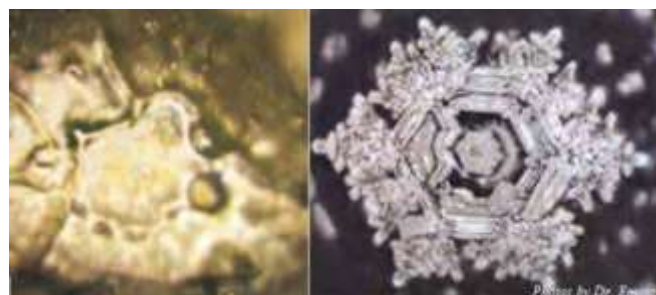
The mantra from the Chakrasopanishad prescribes chanting a specific mantra 12 times for 48 days, twice daily, while placing a vessel of water in front. This water is then used for washing the eyes and later consumed. The shloka emphasizes that this practice restores vision, enhances eye health, and benefits the entire family. Given its claims, this mantra holds significant potential for future research in understanding its impact on ocular and overall well-being.



## SCIENTIFIC PERSPECTIVES ON THE EFFICACY OF THE CHAKSHYUSHOPANISHAD MANTRA IN EYE HEALTH RESTORATION :

### EXPERIMENT SHOWS VIBRATIONS AFFECT WATER MOLECULES <sup>(14)</sup>

Dr. Masaru Emoto's experiment demonstrated how water crystals respond to different frequencies and energies. He exposed water samples to various stimuli, such as positive affirmations, prayers, and harmonious music, as well as negative words or harsh music. After freezing the water, he observed its crystals under a microscope. Water exposed to positive words and harmonious frequencies formed beautiful, symmetrical crystals, while water exposed to negative words and chaotic sounds formed distorted or irregular crystals. This experiment suggests that frequencies, including those in chanting affirmations, can influence the structure of water.



### SOUND WAVE CAN STIMULATE RETINA LIKE LIGHT !!<sup>(15)</sup>

A research team at UCLA developed an ultrasonic retinal prosthesis as a potential non-invasive solution for vision restoration in blind individuals. The study demonstrated that ultrasound waves can stimulate retinal neurons, even in eyes where photoreceptors (rods and cones) have degenerated, sending signals to the brain. Experiments on blind rats showed that ultrasound patterns projected onto the retina activated neurons in the superior colliculus, the brain's visual processing center. Researchers aim to improve resolution and frame rate to make the technology effective for human vision. With ongoing advancements, clinical trials in humans could begin within 3 to 5 years, supported by Nanoscope Technologies LLC

## POWER OF MIND IN SHAPING REALITY :

The **Law of Attraction** is based on the principle that our thoughts, emotions, and beliefs influence what



we attract into our lives. It operates on the idea that "like attracts like," meaning positive thoughts and feelings draw positive outcomes, while negative thoughts can lead to unfavorable results.

Books like *The Power of Your Subconscious Mind* by Joseph Murphy, *The Secret* by Rhonda Byrne, and *Mind Magic* emphasize the following key principles:

**The Power of Thoughts:** Our thoughts act as energy or vibrations that interact with the universe. Consistent and focused positive thoughts align us with opportunities and success.

**Visualization:** These books stress imagining your desires as already fulfilled. This creates a strong emotional connection, making the subconscious mind believe in the reality of your goals.

**Belief and Faith:** Belief in your ability to achieve something and trust in the universe's process are fundamental. Doubt disrupts the energy flow and weakens the attraction.

**Gratitude:** Acknowledging and being thankful for what you have raises your vibrations, attracting more abundance.

**Reprogramming the Subconscious Mind:** Repeated affirmations, visualization, and emotional alignment help program the subconscious mind to focus on success rather than fear or negativity.

The underlying principle across these books is that **our mindset shapes our reality**, and by aligning thoughts, emotions, and actions with our goals, we can manifest our desires effectively.

**Mantra Chikitsa** integrates the ancient science of sound vibrations with the modern understanding of the mind's power, offering a profound method to bring about healing and positive transformation.

**Impact of Sound Vibrations:** Mantras are specific sound frequencies composed of syllables that resonate at a particular vibrational level. When chanted with focus and consistency, these vibrations interact with the environment and the energy field of the body, creating harmony. Just as Dr. Masaru Emoto's experiments demonstrated how sound can influence water's structure, chanting mantras can similarly affect the 70% water composition in our bodies, promoting balance and positivity.

**Mantras and Subconscious Mind:** Repetition of a mantra (Japa) reinforces a positive affirmation that reprograms the subconscious mind. The vibrations calm mental chatter and redirect the mind toward focus, belief, and faith. For example, chanting the *Gayatri Mantra* is known to purify thoughts and increase mental clarity by stimulating positive brain activity.

**Synchronizing Sound and Mind:** The rhythmic chanting of mantras creates a meditative state, calming the mind and reducing stress. A calm mind, as highlighted in the *Bhagavad Gita* (Chapter 2, Verse 70), is essential for achieving peace and harmony. By chanting, the mind transitions from a state of restlessness to one of stillness, creating fertile ground for mental and physical healing.

**Mantras as Energy Amplifiers:** Mantras, like "Om," are believed to align an individual's energy with universal vibrations, promoting healing at both the physical and mental levels. This alignment strengthens the mind, which can act as a liberator, as described in the *Bhagavad Gita* (Chapter 6, Verse 5).

#### **Example:**

The *Mahamrityunjaya Mantra* ("Om Tryambakam Yajamahe...") is said to invoke healing and protection. When chanted with faith, the vibrations of this mantra stimulate the body's energy centers (chakras), improve oxygenation, and reduce stress hormones, thus fostering healing and positivity.

In conclusion, **Mantra Chikitsa** works by combining the power of sound vibrations and the focused intention of the mind, harmonizing the body, mind, and soul to attract positive outcomes and holistic well-being. This synergy reinforces the principle that a disciplined and empowered mind, guided by sound, can bring profound positive changes.

*Proverbs 23:7* says: “For as he thinks in his heart, so is he.” This reflects the profound truth that our thoughts define who we become. A mind filled with positivity creates a positive life, while negative thoughts manifest negativity.

The phrase “*As above, so below; as within, so without*” is often associated with the Hermetic principles, which explain that our inner world (subconscious mind) shapes our external world. When our subconscious is filled with constructive thoughts, it influences our conscious actions and ultimately transforms our reality.

*Galatians 6:7* teaches: “*Whatsoever a man soweth, that shall he also reap.*” This reinforces that the seeds of thought we plant in our subconscious mind grow into the reality we experience, whether good or bad.

**Unified Principle:** These teachings align with the idea that the subconscious mind is a fertile ground where thoughts are sown as seeds. Positive, empowering thoughts grow into success, health, and joy, while negative thoughts yield the opposite. What we think repeatedly in the subconscious emerges into our conscious actions and ultimately our lived reality.

By transforming the inner self with mantras, affirmations, and disciplined thought, we harness the power to shape a fulfilling and positive life.

There are several principles that highlight the connection between consciousness, belief, and physical outcomes. For example, subliminal messaging, often used in advertising and fashion industries, taps into subconscious influence. Similarly, the placebo effect is a well-documented phenomenon where belief alone triggers healing responses. Practices like Hooponopono prayers further demonstrate the power of faith and intention.

Even scientific concepts, such as the double-slit experiment, suggest that consciousness influences reality. Studies have repeatedly shown how belief, prayer, and mental focus can bring about significant physical and emotional healing.

Previous studies on the Gayatri Mantra have already demonstrated its profound impact on human well-being, offering scientific insights into how sound vibrations and intention affect the mind and body. The potential for further research into such practices, combining ancient wisdom with modern science, is immense and holds promise for advancing our understanding of holistic healing.

### **MANTRA THERAPY FOR VISION IMPROVEMENT:**

**Customized Mantras:** Specific mantras from the Vedas or Upanishads, such as those invoking Surya (Sun) or divine forms associated with light and healing, can be used for vision enhancement. Examples include "Gayatri Mantra" or mantras from Chakshushyupanishad.

**SOUND FREQUENCIES FOR CHAKRAS:** Identify specific sound frequencies linked to chakras associated with eye health (Ajna Chakra). Incorporate mantra vibrations to enhance ocular circulation and nerve health.

**ENERGIZED WATER THERAPY:** Encourage patients to keep water in front of them during mantra recitation. Energize this water and recommend it as a daily intake for sustained benefits. This can be combined with Ayurvedic eye drops, creating a holistic approach.

**MANTRA-INFUSED EYE EXERCISES:** Pair mantra chanting with yogic eye exercises like Trataka (candle-gazing), palming, or rotating the eyeballs. This will amplify the healing effect by combining physical and sound therapy.

**MANTRA ROOMS OR CLINICS:** Create a specialized “Mantra Healing Room” in eye clinics. The room can play pre-recorded mantras or offer guided sessions for patients to recite the mantra during treat-

ment sessions or recovery.

**MANTRA INFUSION DURING PROCEDURES** :During therapies like Netra Tarpana or Netra Basti, have specific mantras playing in the background or chanted by the therapist or patient. The vibrations can support mental relaxation and enhance the treatment's efficacy

**MANTRA WORKSHOPS FOR PREVENTIVE EYE CARE**:Conduct workshops on preventive eye care combining Ayurvedic practices (like Anjana, Nasya) with mantra chanting. Educate participants about the importance of sound vibrations in improving vision and overall health.

**TECHNOLOGY INTEGRATION**:Develop apps or devices that guide patients to chant the mantras correctly. The app can include features like frequency analysis to ensure proper sound production.Devices like water vibrators could be designed to infuse mantras' sound frequencies directly into water, replicating traditional methods with modern technology’.

**MANTRA AND LIGHT THERAPY**:Combine mantra chanting with phototherapy or light therapy. Specific light colors (like blue or green for calming the eyes) can be paired with mantra vibrations to enhance the therapeutic impact.

**RESEARCH-BASED VALIDATION**:Conduct clinical studies to measure the impact of mantra vibrations on ocular parameters such as intraocular pressure, vision clarity, and ocular circulation. This will provide scientific backing for integrating mantras into Shalakya Tantra.

**DAILY MANTRA RITUALS FOR PATIENTS**:Recommend daily rituals where patients chant mantras while performing morning eye hygiene practices, like washing the eyes with Triphala water. This creates a synergy between physical care and energetic healing.

## CONCLUSION:

The efficacy of the Chakshushyopanishad mantra in restoring vision could be attributed to multiple factors. One possibility is the impact of sound vibrations, as seen in Emoto's experiment, where sound shapes reality. Another explanation lies in the power of repetition—when the mind consistently hears and believes something, it begins to expect it, aligning perception with reality, much like the double-slit experiment in quantum physics, where consciousness influences outcomes. Additionally, the placebo effect suggests that belief itself can trigger physiological responses, potentially stimulating the production of specific hormones and molecules that aid healing. Ultimately, this mantra may work through a unified principle, integrating sound, belief, and consciousness. While its exact mechanism remains to be fully understood, its effectiveness warrants further exploration. In an era where mental and physical well-being are deeply intertwined, it is imperative to take the first step toward researching this profound healing process.

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