

## Application of Indian Knowledge Systems: A Comprehensive Review of Gayatri Mantra Meditation and Mental Health

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### ABSTRACT

**Background:** This article aims to weave together our Indian heritage and modernism. One of the most universally adopted and practised areas of the Indian Knowledge Systems is the vast field of Gayatri mantra-based meditation and ritual repetition of mantras, which richly amalgamates our past and present to shape a beautiful future. **Objectives:** This research aims to contribute to a deeper understanding of existing Indian Knowledge Systems, such as the Yoga of devotion (Bhakti Yoga) and mantra-based meditation, and their manifestations and applications. Specifically, it focuses on the Gayatri Mantra Meditation, which leads to emotional regulation, serving as a foundation for emotional management and stress management. **Materials and Methods:** For this purpose, the Google Scholar database was explored for research over the last 15 years on Gayatri mantra meditation, to keep up with the current context. **Results:** Thus, the review of research in this article indicates that the ancient practice of Gayatri Mantra as a meditation technique and non-pharmacological intervention is still relevant, applicable and successful in coping with daily stressors and facilitates a life full of positivity. **Conclusion:** This study noted that Gayatri Mantra meditation displays reduced anxiety, better well-being and enhanced attention in cognitive and academic domains. The scope of this research could be exploring the Gayatri Mantra meditation among healthcare professionals, workplaces, longitudinal studies and extending to gender and age differences.

**Keywords:** *Gayatri Mantra, Mantra meditation, Mental health, Well-being, Stress management*

Mantra-based meditation is deeply embedded and implanted in the Indian Knowledge Systems of Hinduism. Today, the trend is seen towards an upswing in the emphasis on holistic paradigms rooted in Indian Knowledge Systems that contribute to increased well-being. One such practice that has received immense significance is Mantra-based meditation to promote overall positive development and existence of the individual.

### **Mantra-based meditation**

“*Mananāt trāyatē iti mantrah*” means mantra for protection or liberation by repetition. It reflects the fundamental nature of the word “mantra” and the ancient wisdom that encapsulates healing the individual from daily emotional turmoil and ups and downs. Performing the practice of repetition of a mantra exhibits two major functions: reducing

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stress and increasing resilience (Raval, 2024). The regular practice of Jap Yoga Sadhana brings about positive soothing changes in the brain and behaviour, and this rhythmic repetition of sacred mantras contributes to better cognitive mental health and internal happiness (Tripathi, 2024). Thus, Mantra Sadhana has evolved as a comprehensive approach today, leading to the attainment of the path towards happiness and satisfaction.

Further, neuroscientific research has unravelled that the foundation pillars of the healing effects of mantra meditation lie in the neurobiological workings. The research in this area reveals that mantra-based ritual repetitive meditation brings about positive synergy, spiritual advancement, and inner experience with the atman. These are then manifested towards a holistic approach to experiencing lasting effects of personal transformation, wellness and mental well-being (Raval, 2024).

Since its inception, meditation has been applied as a technique for emotional and stress management, and modern times have witnessed the rejuvenation of these strategies. This comprehensive review explores the composite advantages of mantra meditation as an integral meditation towards positive, emotional and stress regulation. Table 1 will draw upon the harmony of insights from the ancient Indian Knowledge Systems and empirical research findings evidenced today, especially rooted in the Indian context. Altogether, this review sheds light on the promising part played by mantra-based meditation as a transformative practice for positive well-being and spiritual growth. To summarise, this literature review attempts to integrate timeless wisdom with contemporary knowledge to uncover the composite benefits of mantra-based meditation that may be adopted in dealing with the complexities of modern life.

### *Several forms of Indian Knowledge Systems*

Gayatri Mantra is a prayer to the Almighty to bless us with wisdom, that She may enlighten our minds to move towards the path of righteousness, so that we can navigate our daily life better. This mantra has an in-depth positive meaning stated as under –

- “*Om Bhur Bhuvah Svah*” refers to the physical, mental and spiritual realms.
- “*Tat Savitur Varenyam*” addresses admiring the Sun God, the source of all illumination of life and knowledge.
- “*Bhargo Devasya Dhimahi*” part connects to meditating upon the Supreme Lord.
- “*Dhiyo Yo Nah Prachodayat*” is a request for guiding our thoughts and actions on the correct path.



*Figure 1: Gayatri Mantra*

Researchers have noted that regular practice of mantra meditation has positively affected both physical health and spiritual well-being (Kundu and Kumar, 2024). Further, this study specifically focused on the Gayatri Mantra meditation and observed varied significant effects

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such as reduced anger and enhanced cognitive functions. Similar observations by other researchers noted the beneficial impact of Gayatri Mantra meditation on the individual's physiological, cognitive, and mental health parameters, and increased attention and quality of life (Sharma and Soni, 2022).

Mantra-based meditation is an efficient technique for augmenting emotional regulation by inculcating mindfulness and coping techniques for adaptation (Raval, 2024). When a sacred verse or mantra is repetitively ritually recited, the individual can independently covertly witness, know and observe one's emotions in an unprejudiced and unbiased way. This experience helps further build resilience and face adversity calmly and with relaxation. Some neural pathways in major brain areas facilitate this process, such as the prefrontal cortex and anterior cortex, which are the centres responsible for regulating emotional states and related parameters (Dixon et al., 2017). Hence, Indian Knowledge Systems have focused on magnificently integrating the mind and body, leading to better-adapted individuals and society.

Thus, the balanced consonance between body, mind and consciousness is the supernova to tranquillity and positive mental health, and one way to achieve it is through ritual, mantra-based meditation. Various kinds of research have been initiated in recent times to decipher the effects of Indian classical music on the primary cognitive functions of the brain, the most prominent being emotional regulation and management. This ageless practice is promising in amalgamating learnings from classical knowledge systems with modern life to offer peace to the inner self in individuals amidst the daily stresses they encounter.

The education system in ancient India drew from various Indian Knowledge Systems. These systems focused on shaping students' personas by extending beyond physical parameters to developing cognitive and mental aspects. This approach gave them a holistic and comprehensive perspective on their lives. The learnings have been absorbed from our various Indian scriptures, one of the prominent ones being the Vedas. The Vedas depict Hindu religious handbooks containing hymns, citations and spiritual rituals. There are four Vedas: Rig, Yajur, Sama and Atharva Veda. Bhagavad Gita – often called the Gita – dates to the second or first century BCE and is an important part of the ancient Mahabharata epic. Bhagavad Gita is symbolised as the song of God and illustrates the teachings of Lord Krishna to Arjuna on the battlefield. The Bhagavad Gita is an extract of the four Vedas, with its teachings applied to real life (Robinson, 2014). In the Bhagavad Gita, the interaction between Lord Krishna and Arjuna implies the significance of bhakti/devotion, knowledge and selfless action in our life. Moreover, this life philosophy may be well followed by laymen as well as those from formal educational backgrounds (Gayathri and Meenakshi, 2013). The concept of emotions, emotional regulation and management has always been rooted in the Indian Knowledge Systems, such as the Bhagavad Gita. Lord Krishna's conceptualisation of an emotionally stable individual (*Sthithapragnya*) emphasises that a person controls and manages their emotions effectively. Moreover, the Bhagavad Gita viewed Arjuna as having qualified as an emotionally intelligent person with a special depiction of Emotional Perception and Emotional Assimilation in his actions. The Bhagavad Gita teachings denote an emotionally intelligent and stable person as the term "*Sthithapragnya*," and Lord Krishna defines an emotionally intelligent person in Bhagavad Gita's Chapter II, Slokas 56, 57, and 58. A "*Sthithapragnya*", as per Lord Krishna, is a person who depicts resilience in the event of calamity, keeps his emotions under control in extreme states of happiness or sadness, and

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has the potential to manage his emotions well as per the requirements of the environment (Swami Swarupananda, 1996).

Yoga is another arena of Indian Knowledge Systems implemented globally at wellness centres through asanas, pranayama, mantra-based meditation and mindfulness. The current research tries to draw an in-depth understanding of the dynamics of mantra-based meditation. The origin of Yoga is traced back to the Indus Valley Civilisation, and the excavation of prehistoric sites like those of Harappa and Mohenjo-Daro reveals artefacts in yogic postures, thus providing evidence of the prevalence of Yoga even in ancient Indian times. The genesis of Yoga in the Indian roots has also been mentioned in the Vedas, especially in the Rigveda and the Upanishads. The Yoga Sutras of Patanjali provided a structured framework for Yoga, describing eight limbs, with one of the prominent limbs being meditation (*Dhyana*) (Chauhan and Bansal, 2024). Smt. Indra Devi is also known as the “First Lady of Yoga” for her contributions to the field and Sh. B.K.S. Iyengar is credited with propagating Yoga in Western countries by applying Yoga practices to the Western world and shedding light on the physical advantages of Yoga (Devi, 2015). To begin with, the term “mantram” was popularised, and the Mantram-Repetition Program was developed, which was later utilised in various research studies in India and abroad (Easwaran, 2013).

### ***Benefits of meditation***

Meditation, once noted as a historical practice, has witnessed a reappearance in modern times. Its application brings inner peace, clarity of mind, growth of the spiritual self, harmony and well-being of the individual. Mantra-based meditation, or Japa meditation, involves constantly humming sacred words and sounds known as mantras. The word “mantra” is made up of two Sanskrit words – man (mind) and tra (tool) – implying the mantra harnesses and channels our mental energies.<sup>[1]</sup> Scientific evidence has been displayed about the **psychological benefits of meditation**, such as an intense relaxation response experienced because of repetitive mantra recitation (Dusek et al., 2008). Repetitive mantra meditation activates the parasympathetic nervous system, bringing down physiological body rhythms like heart rate, blood pressure and cortisol levels. This reduces the negative effects of stress and enhances a balanced way of life ahead. **Cognitive enhancement** has also been witnessed resulting from repetitive mantra meditation in the form of building emotional resilience and cognitive control. Another pioneering work depicted a positive correlation between continual attentiveness, watchfulness and better cognitive potential demonstrated by individuals practising repetitive mantra meditation (Travis and Shear, 2010). The third parameter of **emotional regulation** has also been found to be enhanced by repetitive mantra meditation. The effect of mantra meditation was analysed on the brain via neuroimaging techniques and confirmed an increase in emotional resilience, emotional well-being and emotional processing due to the activation of key brain areas of the anterior and prefrontal cortex (Taylor et al., 2013). In short, repetitive mantra meditation is a holistic approach towards stress management, positive mental health, well-being, emotional regulation and cognitive clarity. The above-stated set of research further affirms the benefit of the timeless practice of repetitive mantra meditation even today. It has been further substantiated by evidence from a non-Indian sample as well (Leary et al., 2018). This research embodied the impact of a Mantram-Repetition Program conducted in a structured way via internet delivery on burnout and stress among healthcare workers of the Veterans Affairs Healthcare System. Thirty-nine volunteers participated in this study, and they were required to attend six classes of fifty minutes duration every alternate week for a three-month duration. Then, a follow-up post-intervention was carried out to see the impact of the intervention after three months. Hence,

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this research study was conducted over six months. This Mantram-Repetition Program is a form of a mindful intervention technique operational through three executions, namely repetition of the mantra, lowering one's speed and focusing on one point. It has depicted some very promising results like a decrease in stress, enhancement in quality of life and an uplift in one's spiritual well-being. The findings of this study revealed a positive effect of the intervention program on its attendees in bringing down their burnout levels as well.

Mantra meditation and specifically Gayatri Mantra meditation in terms of its meaning, significance, advantages and applicability to recent times has been studied. This work stated the wisdom from the Upanishads and the Gayatri Mantra, which embraces the usage of the human cognitive model to formulate a software that would carry out the functions of the mind, thus applying ancient systems to refine artificial intelligence today (Ramabrahmam, 2006).

### *The role of music as therapy*

Music is a form of art that acts as a great connector between oneself and the outside world. It displays a positive impact on the mind, body, and soul of human beings. Certain sounds and rhythms work as a tool for communicating with the self, leading to positive hormonal, neurological, and psychological reactions in the body, thereby facilitating healing.

The linkage between music and the human body goes back to the 5<sup>th</sup> century BCE, when the Greek philosopher Plato worked on music generating positive emotions to soothe and relax the human body. Moreover, since time immemorial, music has been used as a healing mechanism in the traditional Indian Knowledge Systems.

There are usually two ways of conducting music therapy – receptive music therapy and active music therapy. The former (also called expressive music therapy) is carried out by making the respondent attend to listening to music that is either played live or is previously recorded. The latter makes the respondents create their musical rhythms by singing, making their compositions or playing a musical instrument of their choice. Both these ways of music therapy have proved to be fruitful and promising in yielding successful results of stress and anxiety reduction and enhancing good mood and relaxation. Moreover, the latter therapy activates greater areas in the brain than the former.

Music therapy has been found to reduce the effects of various chronic illnesses such as hypertension, diabetes, cancer, and arthritis (Mukherjee and Mutnury, 2021).

Repetitive mantra meditation may be considered a type of music therapy, as it utilises a combination of sound and rhythm to generate relaxation, focus and positive mental health. This meditative state brings about positive physical, emotional and cognitive benefits and helps in decreasing stress. It also leads to positive mood changes among its practitioners. If practised in a group, it fulfils the social needs of humans. It has healing effects on individuals facing mental health challenges, depression, anxiety and the like.

## **METHODOLOGY**

To review the existing research on Gayatri Mantra-based meditation and its impact on mental health, stress management and emotional regulation, a systematic review of the literature was done. To begin with, the in-depth database of GOOGLE SCHOLAR was investigated. Several keywords were used in the process, like Gayatri mantra/impact/ mental health/stress/

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emotional regulation, to derive relevant research works (Figure 2). Non-English language articles were excluded; inclusion criteria included only peer-reviewed journals-published research articles. The relevance of mantra-based meditation is especially significant in recent times with stressful lifestyles; hence, those studies have been included that are from 2010 onwards till date (last 15 years) to retain the contemporary relevance of the work. The template methodology (Brooks et al., 2015) has been followed.



*Figure 2: Search words and phrases*

### RESULTS & DISCUSSION

#### *Mantra Meditation – Its Benefits in the Indian Perspective*

Several efficacies of mantra-based meditation have been highlighted, including its ability to increase concentration, bring calmness in a wavering mind, instil inner peace, cleanse negative thoughts, and drift towards spiritual enlightenment (Deshpande, 2014). These efficacies have been validated in the holy texts of the Bhagavad Gita and the Upanishads. Additionally, mantra meditation lessens the effects of anxiety and stress and brings about composure, patience and a positive attitude among its practitioners. The practice of mantra meditation nurtures the individual during stress and during times of peace by building resilience towards stress.

Chronic ailments and the role of music as an intervention therapy to manage long-standing illnesses have been supported by the biopsychosocial model (Mukherjee and Mutnury, 2021). They observed that active and receptive types of music therapy generated favourable results in patients with chronic diseases in several psychological, physical and physiological dimensions. Further, the findings of their study indicated that the efficiency of music therapy was accentuated if it was administered along with certain other non-medicinal techniques, such as the practice of muscular relaxation simultaneously with listening to music. This implies following a holistic approach to wellness and happiness.

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In a composite review work, the heterogeneous advantages of indulging in mantra-based meditation were the focus, and how it has increased young adult females' positive health and wellness (Tripathi, 2024). This literature review highlighted several challenges young adult females encounter, like doing well in academics and building successful careers, living up to the societal expectations of body image, navigating relationships (romantic, friendship and familial), social media and facing student life pressures. The study suggested certain interventions, such as Cognitive Behaviour Therapy (CBT) and mindful, mantra-based meditation, to improve the quality of life of young women. Based on affirmations, multiple benefits of mantra meditation have been noted, such as improved mental health, cognitive performance, emotional resilience, internal peace, positive effects on the human brain, and decreased stress levels. Through continuous meditation, called *Manana*, the mantras' recitation facilitates the soul's liberation from miseries and moves towards attaining peace and nirvana. This indulgence in meditative peace also contributes to harnessing profits such as *Dharma* (righteousness), *Artha* (prosperity), *Kama* (desire) and *Moksha* (liberation). Thus, because of the repetitive mantra recitation, young women ventured into an inward exploratory expedition of self-discovery and introspection, along with enhancing overall life satisfaction.

Out of the several mantras in the Vedas, the Gayatri Mantra is one of the admired and famous ways of worshipping and has been demonstrated to enhance mental health and decrease stress levels. This mantra immensely recuperates physical, emotional, spiritual and mental energies. It facilitates healing in clinical patients as a non-medical intervention. Gayatri Mantra is written in the third chapter, sixty-second verse and line ten of the Rig Veda (3.62.10). The meaning of the Gayatri Mantra is that we reflect within and pray to the Ultimate Divine Lord to be our guiding light to better our physical, mental and spiritual self. It has depicted profound positive influences, especially in the Indian context, as discussed in the table below-

**Table 1: Studies on keywords related to “Gayatri Mantra/ sadhna/ meditation” PLUS “Mental health/ wellness/ stress/ emotional regulation/ cognition/ psychological well-being”**

Study	Sample size	Observation	Remarks
Reducing anxiety through yogic practices. Singh and Sia (2010)	38 undergraduate and postgraduate students (26 boys and 12 girls) from Punjabi University, Patiala.	Before-and-after intervention design for 3 months, comprising regular warm-up exercises followed by rigorous yogic practices.	The trait anxiety scores after post-intervention were significantly reduced, indicating the effectiveness of yogic practices.
Impact of pranakarshan pranayam on anxiety. Sao et al. (2011)	68 devotees within the 40-60 age group in Shantikunj, Haridwar.	Both the experimental and control groups had 34 participants each. The former group was exposed to a routine half an hour pranayama schedule for 3 months.	Anxiety, Galvanic Skin Resistance (GSR) and alpha EEG were measured, and it was noted that pranakarshan pranayam was efficient in healing anxiety symptoms among the participants. The Pranakarshan pranayam intervention strategy has proved to be successful in managing anxiety, as this technique works on the principle of improving willpower and controlling

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			the individual's respiration rate.
Comparison of the effect of Gayatri Mantra and poem chanting on the digit letter substitution task.  Pradhan and Derle (2012)	12-14-year-old 30 boys and 30 girls belonging to a school in Nasik, Maharashtra.	Using a crossover study design, one group was made to recite the Gayatri Mantra, and the other group was given a poem recitation task.	Both groups demonstrated an increase in the performance of the academic task, but the Gayatri Mantra recitation group showed a significant rise in performance, and this was prominently higher for the girls' group.
The miraculous role of chanting mantras in combating educational stress in adolescents.  Sharma and Singh (2014)	The adolescent sample consisted of 100 boys and 100 girls from Shimla, Himachal Pradesh, senior secondary schools of the 14-17-year age group.	Educational and academic stress was studied in the light of the tension created by this stress on school students. The students in the experimental condition were made to recite "Om" and the Gayatri Mantra for three months.	Mantra recitation was positive for adolescents' coping with stress. Thus, it is evident that mantras enlighten our consciousness and subconscious mind. They soothe and calm one's mind and bring about peace and happiness.
Effect of Gayatre Mantra based on lifestyle on cognitive task.  Vijayvergiya and Naruka (2016)	Thirty students (undergraduate and postgraduate) in the age range of 18 to 32 years, residing in Bangalore.	Participants were divided into experimental and control groups and attended either a 10-minute Gayatri Mantra recitation session or a 10-minute simple sitting session.	The former group, who attended the Gayatri Mantra recitation session, demonstrated improved attention in cognitive tasks. This implies the positive impact of meditation on lifestyle.
Effect of Gayatri Mantra chanting on attention, memory, anxiety and mental state in young athletes.  Samajdar et al. (2020)	45 young athletes from Kolkata.	All the participants were randomly divided into three groups of 15 each – a control group with no meditation, meditation with no mantra recitation and meditation with Gayatri Mantra recitation.	The statistical analyses state that the recitation of the Gayatri Mantra regularly shows positive effects on mental well-being, attention, memory, state and trait anxiety, concentration and quality of life.
Effectiveness of Vedic chanting on cognitive impairments in an ADHD child.  Krishnapriya and Chaube (2021)	Case study of a 6-year-old male child with ADHD, studying in grade 1, having both working parents in the South Indian region.	A computerised training program served as the control condition, while exposure to Gayatri Mantra Meditation was an experimental condition.	The recitation of the mantra was found to improve the cognitive impairments of this child in terms of building attention, concentration and working memory.
Kirlian Experimental Analysis and IoT.  Rastogi et al. (2021)	Two males from North India, in their 30s.	The experiment lasted for half an hour every day for fifteen days, wherein they had to recite "Om" and the Gayatri Mantra 11 times daily.	Reduced stress, anxiety, fear and anger were noted along with calming of the mind and regulation of the hypothalamus (the brain's centre responsible for emotions).
Impact of Gayatri Mantra meditation on urticaria patients.	119 patients in Kolkata who were suffering from Chronic Spontaneous Urticaria (CSU).	In this observational study, both groups A and B were administered routine	A marked significant difference in improvement was noted in group B, indicating the efficacy of

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Samajdar et al. (2024)		medicinal therapy, except that group B was additionally exposed to daily Gayatri Mantra Meditation. Group B was made to recite the Gayatri Mantra 108 times every early morning, followed by half an hour of meditation.	an integrative treatment approach.
The impact of Gayatri Sadhana camps on stress and well-being parameters.  Sharma et al. (2024)	32 respondents (18 men and 14 women) attended a 9-day Gayatri Sadhana residential camp in Rajasthan.	A mixed-method study was conducted with semi-structured interviews and quantitative assessments.	The meditation program revealed an enhancement in positive emotions and well-being, decreased negative emotions and stress in all the participants of this study.
The potential of Gayatri Mantra meditation on psychological distress and mindfulness of young adults.  Tripathi et al. (2024)	101 participants (50 males and 51 females) were young adults aged 22-28 years for 40 days. The participants belonged to rural and semi-urban areas in Patna.	This longitudinal study used a single-group pre- and post-design, with Gayatri Mantra Meditation as the intervention. The results indicated that post-sadhana, a remarkable decrease was found in stress, anxiety and depression levels of these young adults. Moreover, a prominent increase was observed in their mindfulness because of the intervention.	Gayatri Mantra Meditation shows promising prospects in reducing stress in contemporary times and increasing mindfulness for the well-being of individuals.
Gayatri Mantra meditation for enhancing psychological capital and alleviating psychological distress.  Tripathi and Vishvakarma (2024)	101 young adults, out of whom 50 were men and 51 were women. They were between 22-28 years of age – graduates to postgraduates from rural and semi-urban areas. They practised Gayatri Mantra Meditation for a continuous period of 40 days at Gayatri Shaktipeeth, Kankarbagh, Patna.	The methodology used in this single-group longitudinal study was pre- and post-design based on convenience sampling. The intervention aimed at studying ways to increase efficiency and output at work while decreasing stress at the same time.	The results showed a prominent improvement in psychological capital and a decline in anxiety, depression and stress of the participants after the intervention. Hence, Gayatri Mantra Meditation proved to be an effective way in building mental resource potential among employees.
Impact of Gayatri Mantra chanting and silence practice on the quality of life of university students.  Vidya et al. (2024)	60 university students in the control group and 60 in the experimental group, thereby a total of 120 university students from Soban Singh Jeena University, Almora, Uttarakhand, between 17-25 years.	The study went on for 60 days, with 30 to 45 minutes of Gayatri Mantra and silent recitation to be performed every day by the experimental group. Quality of life was studied as the primary variable.	A strong positive correlation was noted between experimental group participants and quality of life, implying mantra recitation to have found to have a positive influence on one's life.

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In significant research on a non-Indian sample, the positive impact of the Gayatri Mantra recitation on the quality of life of 46 post-stroke patients in Indonesia was confirmed (Thrisna Dewi et al., 2020). This study employed a quasi-experimental design involving both control and experimental groups of 23 patients each. The results depicted mantra meditation to be a successful healing technique. Hence, this non-medicinal approach may be followed outside the Indian community as well.

The process of Gayatri *Sadhana* (Sharma et al., 2024) is as under –

- a. *Atma Shodhan* / Purifying the self – cleansing one’s mind and body before starting the sadhana
- b. *Dev Poojan* / Worshipping – praying to Goddess Gayatri and establishing a connection with Her
- c. *Japa and Dhyana* / Quiet meditation – focusing one’s energy within and on the Goddess Gayatri for Her to show the path to self-enlightenment
- d. *Surya Arghyadanam* / Praying to Lord Sun – presenting water to Lord Sun after Japa
- e. *Gayatri Yajna* / Gayatri Mantra recitation – performing *aahuti* for peace.

During this whole process, it is pertinent to practice certain disciplines and restraints in oneself in terms of time, thoughts and senses. This increases the effectiveness of this meditation program.

### CONCLUSION

The current study reviewed research on the practice of Gayatri Mantra Meditation, particularly in India, over the past one and a half decades. The main observations were its beneficial impact on the individual’s quality of life, mental health, mindfulness, well-being, experiencing positive emotions, calming effect on conscious and subconscious mind, quicker recovery from medical illnesses, controlled physiological rhythms, building willpower, academic score betterment, and improved cognitive parameters of attention, concentration, memory and decreased stress, anxiety, fear, anger and depression. Thus, mantra-based meditation today has surpassed geographical, cultural and linguistic boundaries and applies the traditional treasures to coping with the entanglements of modern life.

Amidst ethnic interchange, discourse, and readjustment, Indian traditions have benefited various other cultures regarding emotional and stress management. This created a niche for the Indian ethnic mosaic on the global map. Our rich tapestry towards emotional and stress regulation has generated greater understanding and applause from practitioners worldwide. Hence, mantra meditation offers a promising role and treasured comprehension as a transformative practice towards imbibing spiritual enlightenment, holistic potential and positive well-being across populations.

This article focused on the significance of reciting mantras in daily life and Hindu customs, traditions, and devotional engagements such as the Gayatri Mantra. It also sheds light on recent scientific research, especially in the Indian context. The article further discussed the implications of mantra-based meditation for enhancing personal development, holistic well-being, inner peace, self-discovery, and spiritual enlightenment. It focused on the diverse forms, pathways, and techniques involved in Mantra-based meditation, the ritual recitation of mantras, and Japa meditation, particularly the repetitive recitation of sacred verses.

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The practice of various mindfulness interventions and the implementation of Mantram Repetition Programs is highly recommended, especially in the context of healthcare workers. The resultant effects may greatly reduce burnout and stress in these workers. This may further lead to an improvement in their physical and mental health.

The Indian Knowledge Systems in the form of mantra-based meditation may be studied in-depth further in workplace environments to help employees cope with both work-related stressors and personal stresses. It may also be researched ahead in the case of clinical patients suffering from acute or chronic ailments to see if these techniques bring about some kind of relief for them. The positive effect of the Gayatri Mantra may be studied further at length on different age groups of adults over a larger sample size, thereby incorporating gender differences, if any. Moreover, a longitudinal perspective needs to be added in this context. The influence of the Gayatri Mantra may also be explored among school children at various age levels and across different genders, thereby assisting school students in improving their academic concentration and performance with regular practice of this mantra.

Nowadays, social media platforms such as Instagram, YouTube and Facebook have immensely facilitated the spread of mantra-based meditation globally. Expand their global reach, which is attained via hashtags, instructional videos, and inspirational content posted and shared by meditation trainers. Once virtual communities are formed, people join meditation groups and wellness centres are established, and mantra-based meditation transforms into an international culture practised worldwide. People recite sacred mantras together, leading to spiritual upliftment and communal connection. The mindful, repetitive, rhythmic recitation of mantras beholds a positive and harmonious future not only in the Indian context but also far and wide. Thus, these mantra repetitions and meditative interventions can be implemented in a secular manner across diverse faith traditions, not just restricted to the Gayatri Mantra. Such secularised mindful programs are a symbol of cross-cultural solidarity, respect and a healthy collective society...

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