

Research Paper

Healing Through Sound: The Psychological Benefits of Practicing Mantra Chanting

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ABSTRACT

The human Brain which is the most complex organ has become the major focus of study in biological science. Practices like transcendental meditation and chanting mantras are gaining popularity as effective methods of coping with stress as researchers focus on the interventions related to coping with stress. Research studies have shown that mantra chanting can have positive impact on the brain and promotes self-healing. In present time where mental health and work pressures are rising, issues like anxiety, depression and stress have become very common these days. Mantra chanting is considered as holistic practice that regulates both mental and physical health. Mantra Chanting is known for its calming effects, it has the potential to influence brain wave patterns and transform the mental states. The mantra chanting has a positive influence in improving the quality of life. Chanting mantra has also been linked to improvements in attention, synchronization of cardiovascular rhythms and memory. Mantra chanting has been ventured to have an impact on cognitive functions by synchronizing the brain hemispheres. Mantra Interventions has been applied on diverse populations ranging from general public to health professionals, school teachers, medical patients, expectant couples, older adults, prisoners, employees, college students and military veterans.

Keywords: *Healing, Sound, Psychological Benefits, Mantra Chanting*

Mantra chanting is considered as holistic practice that regulates both mental and physical health. Mantra Chanting is known for its calming effects, it has the potential to influence brain wave patterns and transform the mental states. Electroencephalography (EEG) is introduced as a cost-effective and non-invasive technique to study brain signals, which makes it a valuable tool in the field of psychology, medicine and neuroscience. EEG analysis is been extensively used for the exploring the effects of practicing mantra chanting.

Recent studies have shown promising results which indicate that mantra chanting can enhance cognitive functions, improve well-being and reduce stress. Researches have also highlighted the potential of traditional practices to contribute positively to physical and mental health. (Sharma & Soni, 2022; Gaur et al., 2020). The mantra chanting has a positive

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influence in improving the quality of life (Tseng, 2022). Chanting mantra has also been linked to improvements in attention, synchronization of cardiovascular rhythms and memory (Das et al., 2022). Mantra chanting has been ventured to have an impact on cognitive functions by synchronizing the brain hemispheres (Samajdar et al., 2020). EEG analysis helps in understanding the neural mechanisms behind these effects of mantra chanting on brain activity. Mantra chanting can decrease activity in brain areas which are primarily responsible for emotions and behavioural regulations such as Para hippocampal gyri, thalami, orbitofrontal, anterior cingulate and hippocampus (Appel et al., 2019). Mantra chanting has been linked to unusual cardiovascular oscillations, adding a spiritual and aesthetic dimension to the physiological effects. Mantra chanting has a positive impact on both psychological and physiological functions of the body, potentially improving the cognitive functions (Hotho, et al., 2022; Gao et al., 2017; Behera et al., 2023).

Mantra Chanting

A mantra is a sound or a phrase that has been sanctified and repeated over a sustained period of time within a group's traditional religious or spiritual practice for the purpose of progressively aligning an individual's life with the highest reality or for invoking divinity as understood by tradition. Mantras sometimes called mantrams, prayer words or holy names, are core components of an expending body of empirically studies interventions in human services and health. Mantram Repetition Program and Transcendental Meditation are the prominently studies programmes perhaps (Hulett et al., 2023; Oman et al., 2022; Orme-Johnson, 2021; Wachholtz & Austin, 2013). Research studies have linked such mantra based interventions with psychological benefits ranging from reduced anxiety, depression, posttraumatic stress disorder symptoms and psychological distress to increased mindfulness, positive coping, spiritual well-being and self-efficacy. (Álvarez-Pérez et al., 2022; Bormann et al., 2018; Hulett et al., 2023; Lynch et al., 2018). Mantras are used in many psychotherapy tools (Plante, 2009) acknowledged as mindfulness practices (Oman et al., 2022) and it has been studies across many societies worldwide. Mantra Chanting is an ancient practice which is been used for centuries to promote spiritual healing and spiritual growth. Mantra chanting has gained popularity in recent years due to its positive effects on mental health.

Mantra Chanting is one of most pervasive meditative practice worldwide which plays a central role in many secular and religious traditions across cultures. Mantra chanting involves the repetitions of a chosen word, syllables or phrase while avoiding distractions (Bormann & Oman, 2007; Feuerstein, 2008; Lutz et al., 2008). The sound recited is considered as prayer or mantra and is considered a devotional form of meditation or music in some traditions (Beck, 2006; Harvey, 2013). Chanting can be practiced vocally, silently or in unison with others as a form of movement or synchronized vocalisation. Mantra chanting has been used throughout the world from thousands of years for ritual, worship, healing and for strengthening community (Feuerstein, 2008; Harvey, 2013, Beck, 2019). Chanting is both an ancient practice and ubiquitous with many traditions such as Hinduism, Buddhism, Sufism and Yogic traditions believing mantra chanting as a path of altering states of awareness and achieving full human potential (Feuerstein, 2008, Benson et al., 1974; Burchett, 2008; Tripath & Bhardwaj, 2021). Mantra chanting is used to communicate with spiritual beings and ancestors by indigenous Australians (Maher, 1999). The Navaho chant during scared celebration ceremonies and to prevent illness in the United States (Spilka, 2012). The chanting of ancient texts may be used to transcend awareness and as s form of spiritual worship in India (Beck, 2006; Benson et al., 1974). Jewsih cantillation is also a form chanting which is used for worship and transformation (Putzu, 2019).

Psychological Benefits

Mantra chanting has been found to reduce depressive symptoms (Bormann et al., 2006; Simpson et al., 2021; Wolf & Abell, 2003), enhance social cohesion, enhance focused attention (Bormann et al., 2014) and induce mystical experiences (Perry et al., 2021). The sound of mantra chanting can have psychological benefits. During mantra chanting certain patterns of neurological activities have been identified during the act of vocally or mentally repeating as sound. Clusters of activations are found in areas of the brain which are responsible for attention regulation and speech production, such as the motor control network (Fox et al., 2016). During mantra chanting a significant cluster deactivation may occur in areas related to awareness of body sensations such as the anterior insula (Fox et al., 2016). Therefore, mantra chanting can enhance focused attention while reducing awareness of bodily sensations. Vocal mantra chanting may activate the parasympathetic nervous system by slowed breathing (Bernardi et al., 2001). It suggests that vocal mantra chanting can bring positive respiratory and hormonal changes that may lead towards positive mood and the feelings of relaxation even if one is distracted (Kang et al., 2018).

Due to accelerating pace and rapid changes of modern life, stress is more persistent than ever. There are many causes which lead towards the stress, including the economic conditions, family issues or inability to cope with work pressure and adverse conditions may turn stress into fear, anxiety, anger or depression. Chronic stress may affect the brain and heart functions (Chandra et al., 2017). Research studies have shown that Mantra chanting can reduce anxiety (Pearl & Carrozzi, 1994; Carrington, 1998). Infante et al., (2014) studied the effect of Transcendental meditation on immunity by comparing the immune cells between experimental and control group. In the study it was found that Transcendental meditation group had higher values than the control group in Killer cells (68% higher), B-lymphocytes (52% higher) and CD3+CD4-CD8+lymphocytes (20% higher) whereas CD3+CD4+CD8-lymphocytes found to be lower levels in the Transcendental meditation group (20% lower).

Studies have found a significant correlation between mantra chanting and decreased blood pressure in individuals whether they are treated with medication or not. On the basis of previous researches, we can say that mantra chanting may offer a complementary approach for managing hypertension (Bleich & Boro, 1977; Alexander et al., 1996; Verma, 2021). According to the study by Brook et al. (2013), Transcendental meditation (related to Mantra chanting) was recommended to American Heart Association (AHA) in 2013 for individuals with high blood pressure in its scientific statement as Class IIb (Benefit > Risk, more data and studies are required) and Level of Evidence B (treatment or procedure is useful and evidence from nonrandomized studies or single randomized trial).

Research findings suggest that spiritually meaningful phrases are more important (Wolf & Abell, 2003; Wachholtz & Paragament, 2005; Wachholtz & Paragament, 2008). Wachholtz & Paragament (2005) found that spiritually meaningful phrases had a greater impact on spiritual, psychological and pain tolerance variables when compared to secular phrases. Assuming that feeling associated with meaningful sound may enhance the benefits of mantra chanting. One of the outcomes of mantra chanting is the experience of altered state of consciousness. Research findings suggest that mantra chanting is associated with alteration in consciousness such as mystical state (Perry et al., 2021). Mystical states are reported as extreme positive alterations of consciousness and often occur in contemplative practices (Vieten et al., 2018), during engagement with dance and music (Hubner, 2007) and group rituals (Newson et al., 2021). Mantra chanting can increase endorphin production which

might be related to the feeling of flow (Hobson et al., 2018; Launay et al., 2016). Flow state has been found to occur during intense focus (Jackson et al., 2008). Mantra chanting may induce flow state through focused attention, biochemical changes and challenging rhythmic patterns.

Research studies have found that mantra chanting enhance the focus attention which should decrease mind wandering (Bormann et al., 2014; Perry et al., 2016). Aspects of mantra chanting may be associated with mind wandering and mindfulness. Mantra chanting is performed silently as in the form of mentally repeating a phrase, sound or prayer which could give rise to mindfulness and lower mind wandering compared to vocalised mantra chanting in a group conversational style. Mental mantra chanting of a sound without vocalising may require higher levels of concentration and discipline which may lead toward higher mindfulness and reduced mind wandering (Davidson et al., 2003). Mantra chanting may impact quality of life through social implications of group chanting, physiological benefits of mantra chanting practices like enhanced cognitive skills and reduced stress. Mantra chanting may indirectly effect quality of life by acting as catalyst for altered state and cognitive benefits such as increasing mindfulness and reducing mind wandering.

LITERATURE REVIEW

Following researchers help in understanding the concept of Mantra, Mantra chanting and psychological effect of mantra chanting.

Bayan and Deb (2025) studied the effect of Mantra chanting on power spectral density and evaluate EEG data using a paired t-test before and during chanting. Result show that there are significant increases in brainwave frequencies during chanting. Gamma (13%), delta (16%), Alpha (10%) and Beta (23%) which indicates a deeper focus and state of relaxation. This study highlighted the impact of Mantra chanting on brain activity and cognitive processes.

Mohanty (2024) studied the impact of Maha Mantra chanting on anxiety and depression. 40 participants were selected for the study (20 females and 20 males) and assigned randomly in pre and post groups. The study found that Mantra chanting increased Alpha brain wave activity in the central and parietal regions which is associated with well-being and feeling of relieved and relaxed. Study provides evidence for the impact of Maha Mantra chanting on mental elevation and well-being.

Panda (2023) highlighted that Mantra chanting can rejuvenate the mind and activate brain cells by tranquillity of the mind can be attained. Paper also highlighted the meaning and significance of the chanting mantras along with the impact of chanting mantras on the mind, body and soul.

Pundir and Chauhan (2023) studied the positive effects of Aum chanting on mental health well-being. Study highlighted the importance of Aum Mantra chanting as a tool for anxiety, depression, stress and improving overall mental health. Finding of the study conclude the Aum chanting proved to be effective in managing stress and reducing distressing emotions which make Mantra chanting an ideal tool for mental health management. Aum Mantra chanting can also change the brain chemistry and create new neural pathways to create better wisdom, peace, equanimity and mental health.

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Sanju (2023) study the effect of mantras and music on mental and physical health. Research paper highlighted the mantras and music is efficient tools for maintaining mental well-being. Mantras have great significance in life. Mantra chanting with focus can awake our inner powers. A mantra is more than just words; it is a source of power as mentioned by ancient sages.

Bongarge et al., (2022) studied the effect of Omkar Mantra chanting on the nervous system and its benefits. This research paper highlighted the significance of Mantra chanting for tackling the abstract obstacles of the mind before performing yoga and turning inward consciousness. Research shows that the Om Mantra chanting stimulates vague nerve through its auricular branches which result in sharpening the brain. The study also highlighted that chanting of the Om Mantra can reduce activities of amygdala, limbic brain regions, hippocampus, insula, parahippocampal gyrus, thalamus, orbitofrontal and anterior cingulate cortices. These reasons of the brain are associated with stress and emotions. Om Mantra chanting also strengthens the spinal cord.

Perry et al., (2022) study explored how chanting relates to Cognitive function altered states and quality of life across different traditions. Data was collected from 456 participants across 32 countries and various traditions. The result of the study showed that various aspects of Mantra chanting were associated with distinctive experiential outcomes. Higher chanting engagement (regularity, practice duration, experience) and stronger intentionality (Sound, intention, devotion) were associated with cognitive benefits and altered States. Individual who practiced prayer experienced less mind wandering whereas individuals who main practice was call and response chanting reported higher score of mystical experience. Through cognitive benefits and altered state, engagement and intentionality are related with quality of life. This study provides new insights intro psychological effects of mantra chanting across wide range of practices and traditions.

Tseng (2022) review article focuses on the examination of the health benefits of practicing mantra chanting. Study reviewed numerous studies related to mantra chanting for understanding the mechanisms which result in medical benefits and for analysis quantitative evidence of the trail outcomes. The Findings of the review paper highlighted various degrees of beneficial effect of the mantras on the stress, anxiety, immunity and hypertension.

Bajappanavar and Upadhyay (2021) studied the effect of Om chanting during examination stress in students. 80 participants were selected for the study finding of the study demonstrated that there is significant difference in the stress level of students who practice Om Mantra chanting.

Rankhambe and Pande (2020) studied the influence of Om Mantra meditation on the anxiety levels. 100 bus drivers who were randomly divided into two groups. The experimental group practiced Om Mantra meditation for 20 minutes daily for 6 days/week for 4 week. Findings of the study demonstrated that anxiety level were significantly reduced after practicing Om Mantra meditation for 4 weeks, while there were insignificant difference in the scores of participants belonging to control group.

Samajdar et al., (2020) studied the effect of Gayatri Mantra chanting on attention, memory, anxiety and mental state. 45 athletes were selected for the study into three different groups. Finding of the study demonstrated that participants who were practiced Gayatri Mantra chanting showed significant improvement in memory domain and attention. Gayatri Mantra

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chanting reduces the state and trait anxiety. Meditating groups showed better mental state compared with the control group. Gayatri Mantra chanting plays a crucial role in the well-being of the people. Gayatri Mantra chanting has significant effects on memory, attention, mental state and anxiety. Regular chanting of Gayatri Mantra shall improve concentration, improve learning power, prosperity, peace, eternal power and improves the quality of life.

Gao et al., (2019) highlighted that researches are in their early stage on the topic related to brain's response to religious chanting (Mantra chanting). They used advanced electrical measurements and brain imaging. In the study they found that during chanting there is significant decrease in the activity of posterior cingulate cortex which is maybe due to natural delta brain waves. Findings also suggest that Mantra chanting is different from the meditation and prayer. Mantra chanting can also have unique therapeutic effects.

Kumar (2019) studied the effect of Mantra chanting on the selective attention in undergraduate students by using the Color Stroop test. 30 male participants were selected for the study aged between 18 to 30 years. Participants were trained in reciting the Gayatri mantra for 3 days and then participated in 15 minutes session of Om recitation or Gayatri Mantra for two consecutive days in a random order. The attention was assessed before and immediately after each session using Color Stroop Test. Results of the study show that both type of recitation led towards the improvements in two Stroop test score. Om recitation leads towards the 9.26% improvement whereas the Gayatri mantra leads toward the 16.16% improvement. Findings of the study show that both practices may improve the attention whereas Gayatri Mantra having a stronger effect.

Nalluri et al., (2019) studied the impact of single energy from Vedic chanting of human neurology system. Study highlighted that Mantra therapy, raga therapy, meditation and Vedic chanting all have positive effect on the human nervous system. Study focuses on calculation of special acoustic signals generated from Vedic chanting. Classify those signals according to their level of amplitude and frequency. This paper provides evidence for the impact of Vedic chanting signal positive vibration on the nervous system and brain.

Travis et al., (2019) study the effect of transcendental meditation (TM) on brain functioning by using EEG. Findings of the study demonstrated that transcendental meditation practice reduce the effects of previous stressful events and made an individual work better in stressful situation. They also observed that faster adaptation and lower sleepiness were link to higher scores on the brain integration scale which is negatively correlated with anxiety. TM is on the most popular Mantra meditation techniques used in present time which involves silent Mantra repetition with passive breathing without much effort.

Thonab & Rao (2016) study the effect of listening to Gayatri Mantra on the brain by using functional Magnetic Resonance Imaging and Electroencephalograph. Findings of the study showed that the areas that had maximum activation were right temporal lobe, bilateral superior temporal gyri, left inferior parietal lobule, right insula, culmen of the cerebellum and lateral globus pallidus. Some Electroencephalograph changes were also observed before and after listening to Gayatri mantra but due to inadequate sample reliable analysis could not be carried. Findings of the study show that mantra meditation can result in changes in the brain.

Elder et al., (2010) studied the effects of transcendental meditation on stress, burnout and depression. Participants were 40 school teachers and support staff at a therapeutic school in

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Vermont. The TM practicing group practiced twice daily for approximately 20 minutes for 4 months. The findings of the study demonstrated significant improvement in the stress, burnout and depression. Study further concludes that the TM was effective in reduction of psychological distress in teachers and support staff.

Mantras are used in many psychotherapy tools (Plante, 2009) acknowledged as mindfulness practices (Oman et al., 2022) and it has been studied across many societies worldwide. Mantra Chanting is an ancient practice which is been used for centuries to promote spiritual healing and spiritual growth. Mantra chanting has gained popularity in recent years due to its positive effects on mental health. Mantra chanting has been found to reduce depressive symptoms (Bormann et al., 2006; Simpson et al., 2021; Wolf & Abell, 2003), enhance social cohesion, enhance focused attention (Bormann et al., 2014) and induce mystical experiences (Perry et al., 2021). The sound of mantra chanting can have psychological benefits. Research studies have shown that Mantra chanting can reduce anxiety (Pearl & Carrozzi., 1994; Carrington, 1998). Om mantra chanting can promote relaxation and reduce stress. During stress body release cortisol which can have negative effects on our mental and physical health. Om mantra chanting has been found to reduce stress and promote relaxation (Pundir et al., 2023). Previous studies have shown Transcendental Meditation (Mantra chanting) had beneficial effects on both perceived stress and anxiety (Lehrer et al., 1980; Avvenuti et al., 2020). Mantra chanting is also effective for hypertension (Alexander et al., 1996; Nidich et al., 2009; Brook et al., 2013).

Mantra chanting is different from the meditation and prayer. Mantra chanting can also have unique therapeutic effects (Gao et al., 2019). Mantra chanting practices may improve the attention whereas Gayatri Mantra having a stronger effect (Kumar (2019). Mantra chanting can rejuvenate the mind and activate brain cells by tranquillity of the mind can be attained (Panda, 2023). There are significant increases in brainwave frequencies during chanting. Gamma (13%), delta (16%), Alpha (10%) and Beta (23%) which indicates a deeper focus and state of relaxation (Bayan & Deb 2025). Mantra meditation can result in changes in the brain (Thonab & Rao, 2016). Mantras have great significance in life. Mantra chanting with focus can awake our inner powers. A mantra is more than just words; it is a source of power as mentioned by ancient sages (Sanju, 2023).

Mantra chanting increases Alpha brain wave activity in the central and parietal regions which are associated with well-being, feeling of relieved and relaxed. Researcher also provides evidence for the impact of Maha Mantra chanting on mental elevation and well-being (Mohanty, 2024). Mantra chanting is an ideal tool for mental health management. Om mantra chanting can also change the brain chemistry and create new neural pathways to create better wisdom, peace, equanimity and mental health (Pundir & Chauhan, 2023). Gayatri Mantra chanting showed significant improvement in memory domain and attention. Gayatri Mantra chanting reduces the state and trait anxiety (Samajdar et al., 2020). Gayatri Mantra chanting plays a crucial role in the well-being of the people. Gayatri Mantra chanting has significant effects on memory, attention, mental state and anxiety. Regular chanting of Gayatri Mantra shall improve concentration, improve learning power, prosperity, peace, eternal power and improves the quality of life. Transcendental meditation is effective in reduction of psychological distress (Elder et al., 2010). Anxiety level significantly reduced after practicing Om Mantra meditation (Rankhambe & Pande, 2020).

Research studies have found that mantra chanting enhance the focus attention which should decrease mind wandering (Bormann et al., 2014; Perry et al., 2016). Aspects of mantra

chanting may be associated with mind wandering and mindfulness. Mantra chanting is performed silently as in the form of mentally repeating a phrase, sound or prayer which could give rise to mindfulness and lower mind wandering compared to vocalised mantra chanting in a group conversational style. Wachholtz & Paragament (2008) found that spiritually meaningful phrases had a greater impact on spiritual, psychological and pain tolerance variables when compared to secular phrases. Assuming that feeling associated with meaningful sound may enhance the benefits of mantra chanting. Mantra chanting may impact quality of life through social implications of group chanting, physiological benefits of mantra chanting practices like enhanced cognitive skills and reduced stress. Mantra chanting may indirectly effect quality of life by acting as catalyst for altered state and cognitive benefits such as increasing mindfulness and reducing mind wandering.

The research methodologies used in studies on the psychological benefits of practicing mantra chanting differ in their approaches, but previous studies support that mantra chanting can have positive psychological effects, such as reducing anxiety, stress and depressive symptoms, enhancing attention, focus, reducing mind wandering, enhancing mindfulness and enhance overall wellbeing etc. However there are limitations in existing studies like small sample size, lack of standardized protocols, and dependence on self-report inventories highlighted the importance of further researches on this topic to refine the methodology and establish significant causal relationship. Further studies could include larger and more diverse sample size and include long term follow up assessments for exploring the psychological benefits of mantra chanting. Along with it researchers may incorporate more physiological measures like CT scan, EEG, ECG or biometric data.

Qualitative assessments could provide more diverse and in-depth understanding on the psychological benefits of practicing mantra chanting. Small sample size is one of the major issues as only in one study the sample size was 456 across 32 countries (Perry et al., 2022) and 80 (Bajappanavar & upadhye, 2021) otherwise in most studies sample size was less than 50 participants. Nomenclature differences are there on the topic of mantra chanting as in some researches mantra chanting is also labeled as mantra meditation or Transcendental meditation although mantra chanting, mantra meditation or transcendental meditation all are same thing. Oman (2024) in his paper highlighted the concept of mantras and provides the guidance for practitioners, researchers and editors. There are certain research paper who only focused on the one specific mantra like om mantra chanting, Gayatri mantra chanting or Maha Mantra chanting (Thomas & Rao, 2016; Kumar, 2019; Bajappanavar & Upadhye, 2021; Mohanty, 2024, Pundir & Chauhan, 2023; Samajdar et al., 2020, Rankhambe & Pande, 2020).

There also a lack of standardized protocol regarding the intervention related to mantra chanting regarding the duration like Elder et al., (2010) gave mantra chanting intervention for 4 months where Rankhambe & Pande (2020) gave intervention on mantra chanting for 4 weeks. Kumar (2019) trained participants for 3 days and then there was 15min Gayatri mantra recitation for 2 days. There are methodological inconsistencies, insufficient exploration of underlying mechanisms, and over-reliance of self-report measure, lack of researches on this topic, lack of cross –cultural researches, and lack of diverse sample. Other psychological construct must be explored with mantra chanting like emotional regulation, resilience, mental toughness, cognitive factors etc. along with social factors. Future researches should incorporate diverse population, adopt standardized protocols, include mix-method research, adopt qualitative methods, include physiological factors, social factors and explore a wide range of psychological outcomes.

There are numerous researches that talked about the relationship between mantra and stress or anxiety but there is scarcity of researches that highlighted the mechanisms that explain how mantra chanting reduces stress/anxiety and induces relaxation. Many questions remain unanswered like whether focused attention on the mantra lead towards the changes in cognitive processing or is it emotional or spiritual connection to the mantra that lead towards the improved mental health. Physiological measures are not been extensively used which may be due to their high cost and lack of accessibility. Many studies either focus on the psychological parameters or biological parameters without incorporating the social factors which may influence or mediate the outcomes. Social and environmental factors like cultural support, group chanting and religious background may also play a crucial role in the effectiveness of mantra chanting.

While previous researches on the psychological benefits of practicing mantra chanting provide promising results. Several significant research gaps remain that need to be highlighted in this field despite the growing interest which hinder the deeper understanding of the psychological benefits of mantra chanting and underlying mechanism of it. These gaps include a lack of long –term studies, methodological inconsistencies, insufficient exploration of underlying mechanisms, over-reliance of self-report measure, lack of researches on this topic, lack of cross –cultural researches, and lack of diverse sample. Future researches should incorporate diverse population, adopt standardized protocols, include mix-method research, adopt qualitative methods, include physiological factors, social factors and explore a wide range of psychological outcomes. Addressing these research gaps will provide a more comprehensive understanding of the psychological benefits of practicing mantra chanting and its future utilisation as a therapeutic tool for mental health.

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Conflict of Interest

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