

ABSTRACT

BACKGROUND

Chants (Mantra) helps in bringing the body, mind and soul in tune with each other. Compassion is an inherent human capacity which is invoked by chanting and meditation. Arutperunjothi Maha Mantra is the Mantra which helps to bring the inherent nature (Compassion) and positive health. This study has been conducted to evaluate the effect of this mantra on human subtle energy variables, measured using Electro Photonic Imaging technique.

MATERIALS AND METHODS

In this study 90 participants of both gender, mean age 46.69 ± 13.43 had participated. 47 were analysed after the study. Chanting group chanted Arutperunjothi Maha Mantra 108 times and meditation group meditated on Arutperunjothi Maha Mantra, for 48 days (45 min/day). Assessments for Subtle Energy were done 1st day prior to intervention, after immediate intervention and on the last day after intervention by using Electro photonic Imaging Technique.

RESULTS

Result showed that Chanting influenced the bio-energy pattern immediately than Meditation. Meditation more influenced the Anja Chakra than Chanting. Long-term interventions of both chanting and meditation influenced the bio-energy level includes Organs System and Chakra which showed the power around 90-100%. Even though it was, Meditative people get more benefited than chanting people.

CONCLUSION

Findings show that Chanting as well as Meditation on Arutperunjothi Maha Mantra may play a significant role on modifying the Bio-energy pattern along with other psycho-physiological parameters and Organs System including Chakras that in turn help in better improvement in health and lifestyle management.

KEYWORDS

Compassion, Electro photonic Imaging, Arutperunjothi Maha Mantra, Chanting, Meditation