

Indian Sounds & Healing



By Maria Vinu, Mahima Anna Varghese, Mahima Jha,
Kalai Rasi & Manish



Mantra-Based Meditation

- Japa meditation
- Process of quieting and focusing the mind using a sound, word or phrase recited either aloud or silently.
- Effects:
 - Spiritual growth, or for relaxation of mind.
 - Synchronise the left and right hemispheres
 - Such chanting will also help oxygenate the brain, reduce our heart rate, blood pressure and assist in creating calm brainwave activity.





Type of Mantras



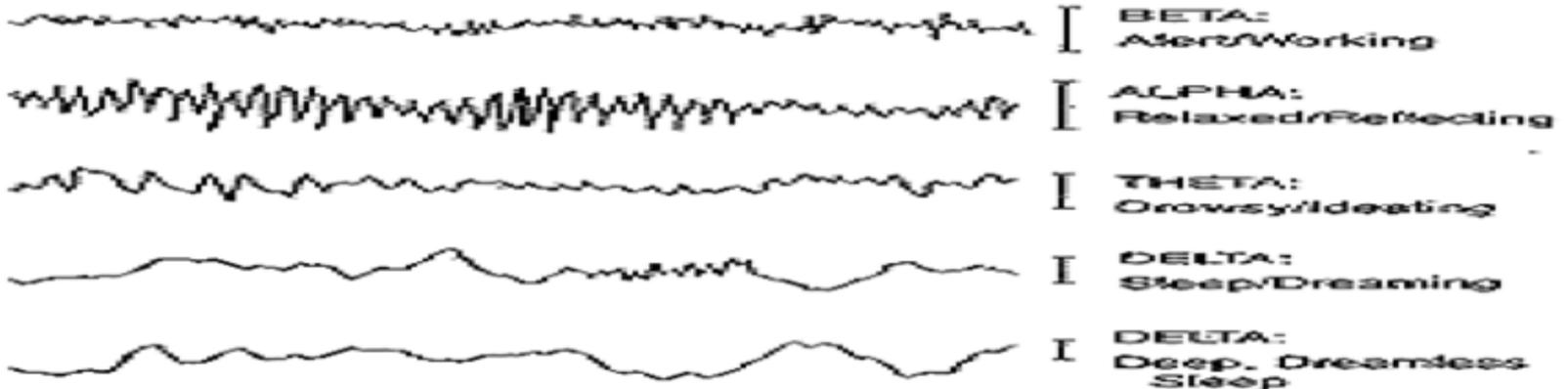
1. The 'Om' mantra
2. The Gayatri Mantra
3. Anuswaram (Nasal Sound)
4. Kundalini, Seven Chakras and Beej Mantras



Chakra No.	1	2	3	4	5	6	7
Chakra Type	Muladhara (मूलाधार)	Svadhishthana (स्वाधिष्ठान)	Manipura (मणिपूर)	Anahata (अनाहत)	Vishuddha (विशुद्ध)	Ajna (अज्ञा) Beej	Sahasrara (सहस्रार)
Symbol							
Chakra Location	Cervix/Perineum	Last bone in spinal cord	Navel area	Heart area	Throat & neck area	Pituitary gland or third eye	Top of the head, 'Soft spot' of a newborn
Name of Chakra	Base or Root Chakra	Sacral Chakra	Solar Plexus Chakra	Heart Chakra	Throat Chakra	Third Eye Chakra	Crown Chakra
Element	Earth	Water	Fire	Wind	Sky	Body	No Element
Specific Mantra	Lam	Vam	Rum	Yam	Hum	Oum	No Sound
Frequency of Mantra (Hz)	261.6, 523.3, 1046.5, 2093, 4186	293.7, 587.3, 1174.7, 2349.3, 4698.7	329.6, 659.3, 1318.5, 2637.1, 5274.1	349.2, 698.5, 1396.9, 2793.9, 5587.7	196, 392, 784, 1568, 3136	110, 220, 440, 880, 1760, 3520, 136.1	123.5, 246.9, 493.9, 987.8, 1975.5, 3951.1
Role of Healthy Chakra	Keeps you grounded. Connects your feet to the Earth.	Emotions, Passion, intuition and creativity.	Confidence, Assertiveness, Will Power.	Love, Kindness, Compassion, Harmonious relationships	Self-Expression and Open communication.	Insight and visualization. Opens up perceptive ability.	Wisdom. Connecting you to your higher Self and spirituality, timelessness, language of light

Brainwaves associated with different bodily functions

- (i) Gamma waves: for inspiration, higher learning and focus. Their frequencies are > 40 Hz.
- (ii) Beta waves: for alertness, concentration, and cognition. Their frequencies are in the range of $13 - 40$ Hz.
- (iii) Alpha waves: for visualization, relaxation, and creativity. Their frequencies are in the range of $7 - 13$ Hz.
- (iv) Theta waves: for meditation, intuition, and memory. Their frequencies are in the range of $4-7$ Hz, and finally,
- (v) Delta waves: detached awareness, healing and sleep. Their frequencies are < 4 Hz.



Healing with Ancient Indian Instruments

- **Sound Therapy:** The practice of using sound vibrations for healing, widely recognized in Indian culture.
- **Instruments:** Ancient Indian instruments like the **sitar**, **tabla**, **tanpura**, and **Tibetan singing bowls** have therapeutic properties.
- **Concept of Nada Brahma:** The idea that the universe is sound, and music can heal the mind, body, and spirit.



Therapeutic Qualities of Indian Instruments



- **Sitar:** Produces deep, resonant sounds that reduce stress and promote meditation.
- **Tabla:** Rhythmic patterns connect with the heartbeat, providing grounding and emotional release.
- **Tanpura:** Continuous drone helps in calming the mind and maintaining a stable focus during meditation.
- **Tibetan Singing Bowls:** Vibrational healing, especially for chakra balancing and deep relaxation.

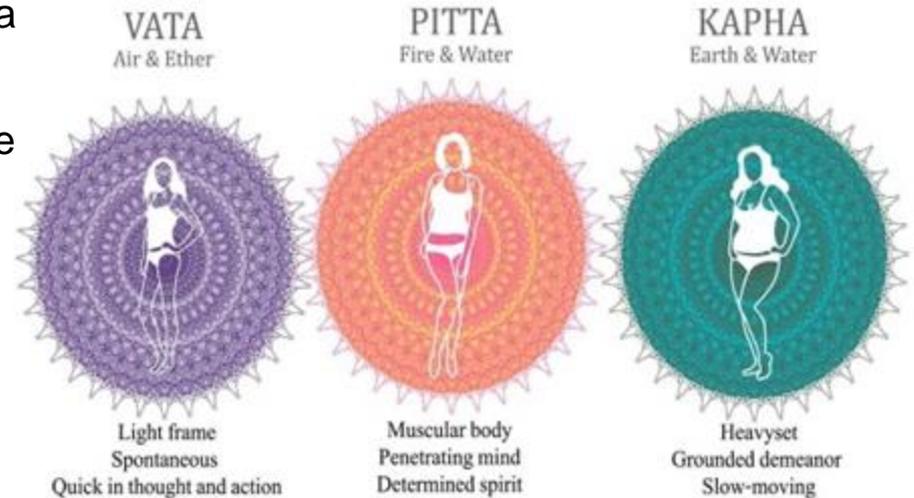
Raga Chikitsa (Therapy)

SA	RE	GA	MA	PA	DHA	NI
सा	रे	ग	म	प	ध	नि
DO	RI	MI	FA	SO	LA	TI

- A raga is a sequence of selected notes, also known as swaras. These notes lend a particular 'mood' or emotion in a selective combination.
- Raga Chikitsa is more than 300 years old, an ancient manuscript in Tanjore's Saraswati Mahal Library built by Raja Serfoji, is a treasure house of ragas and defines their applications in fighting common ailments of mind and body.

Ayurveda & Raga Therapy

- Ayurveda categorizes individuals into three doshas—Vata, Pitta, and Kapha—based on their unique physical and mental characteristics.
- To be rendered effective, ragas are used in a combination with Ayurveda. A raga must be played or sung to a patient keeping in mind his/her physical nature of vata, pitta or kapha.
 - ❖ Vata - Pooriya Dhanashri
 - ❖ Pitta - Bilawal
 - ❖ Kapha - Bhairav



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