Mantra has been a principal aspect of many spiritual traditions for thousands of years and is widely practiced today. A study based on the 2012 National Health Interview found that 2.6% of the U.S. population—nearly 6 million people—practiced mantra meditation in their lifetime.1

In The Yoga Tradition, Georg Feuerstein defines mantra as follows:

“A mantra is sacred utterance, numinous sound, or sound that is charged with psychospiritual power. A mantra is a sound that empowers the mind, or that is empowered by the mind.”

Research studies on mantra have provided insight into how mantra may work to “empower the mind” and benefit physical and mental health.

Mantra is thought to have its effects through the vibrations of the sounds. One way this may happen is by stimulating the meridian points located on the roof of the mouth. Thirty-two pairs of points are located along the inside of the teeth, and 20 more points are located in a U shape on the central part of the palate. He explained that as we chant mantras the movement of the tongue stimulates these meridian points and directly affects the hypothalamus.2 Meridian points on the roof of the mouth are also recognized in Chinese medicine.

Research has not yet been done on the stimulation of these points using mantra. However, studies have demonstrated the effects of mantra on the cardiovascular system, the brain, and factors that control gene expression. Mantra recitation has been shown to have beneficial effects for posttraumatic stress disorder (PTSD), depression, insomnia, and cognition. Mantra also decreases stress and anxiety, improves mood, and enhances spiritual connectedness. This research is reviewed below.

Mantra’s Effects

Breath Rate
A study published nearly 20 years ago in the British Medical Journal compared the effects on respiratory and cardiovascular rhythms when participants recited either the mantra “om-manj-padm-om” or the Ave Maria (Hail Mary) in Latin.3 Reciting either slowed respiration to 6 breaths/minute. Electrocardiogram, blood pressure, and brain circulation measurements from the people chanting the mantra or reciting the Ave Maria looked the same. These outputs were very different than those from spontaneous breathing. The authors concluded that mantras may have beneficial effects on the cardiovascular rhythms simply because they slow the breath down.

To investigate whether the effects of mantra were due to slower breathing alone, Bernardi et al.4 performed another study examining differences in cardiorespiratory functions during a meditation using a silent mantra compared to slow breathing. One of the measures in this study was chemoreflex sensitivity. (Chemoreceptors in the brain are responsible for triggering breathing via the chemoreflex response. When this response is too sensitive, shortness of breath and difficulty with exercise result, as is often seen in patients with chronic heart disease.) The results of this study showed decreases in chemoreflex sensitivity during the mantra meditation and strongly suggest that this benefit was due to the mantra meditation rather than slow breathing alone. In addition, participants with a long-term mantra meditation practice experienced other benefits including lower blood pressure, slower baseline breathing, and higher brain oxygen saturation. This research demonstrates that mantra has physiological benefits beyond just slowing the breath. But what do we know about its vibrational effects?

Mantra may work on a variety of levels including physical, cognitive, emotional, and spiritual.

Does Meaning Matter?

One study looked at the effects of chanting a real mantra compared to a “fake” mantra on the balance of the three gunas, the forces or qualities of nature: sattva (enlightenment), rajas (passion) and tamas (inertia).4 They also measured stress and depression. The “real” mantra was the maha mantra: “Hare krishna hare krishna krishna hare hare. Hare rama hare rama rama hare hare.” The “fake,” or alternate, mantra was made up by the researcher and consisted of a theoretically meaningless combination of Sanskrit syllables having the same syllabic pattern: “Sarva dasa sarva dasa dasa sarva sarva. Sarva jana sarva jana jana sarva sarva.” Participants were given japa beads and instructed to chant 3 x 108 rounds of the meditation daily (about 20–25 minutes of meditation total) for 4 weeks. To measure the balance of the three gunas, the researchers developed a Vedic Personality Inventory (VPI).4 The lead investigator generated 150 statements for each guna. These statements were designed so that someone dominated by that guna would be likely to agree with the statement. With the help of Vedic experts, these statements were narrowed to 30 for each guna. The final VPI had good internal consistency (a measure of reliability). There was also “encouraging evidence” for construct validity because there were correlations between individual gunas and standardized questionnaires expected to reflect the characteristics of the gunas.

The VPI was administered following the 4-week meditation practice. Those practicing the maha mantra had significantly higher scores for sattva and lower scores for tamas compared to those chanting the alternate (i.e., fake) mantra. Rajas scores were not significantly different between the groups. The researchers conjectured that because rajas may be considered an intermediate mode between tamas and sattva, some tamas transformed into rajas and some rajas transformed into sattva, resulting in a decrease in tamas and an increase in sattva while leaving level of rajas unchanged overall. It is difficult to accurately measure change in qualities as subtle as the gunas because the measurement is only as valid as the VPI;
mantra brings the brain to a more “aware” state compared to repeating a routine phrase.

Specific Benefits

Mantras have been studied in various populations including military veterans. Many studies have been published on the use of a group-based mantra repetition program (MRP) in the Veterans Administration (VA) Healthcare System. The MRP allows participants to choose their own mantra, preferably one from a spiritual tradition. When MRP was included with usual treatment for PTSD, veterans experienced significant improvement in PTSD hyperarousal symptoms, depression, mental health status, and spiritual well-being compared to usual treatment alone. Veterans participating in the MRP also had significant improvements in insomnia. The MRP helped VA staff as well. Staff members reported a significant reduction in burnout-related exhaustion and troubled consciences about stressful events.

A study with healthy individuals at Duke University found that a 4-week daily practice of a mantra meditation resulted in significantly decreased stress, anxiety, and symptoms of psychological distress while improving mood. Mantra research has also been done with individuals experiencing cognitive decline and family caregivers of relatives with dementia. These studies examined the effects of Kirtan Kriya, a mantra-based Kundalini meditation. Kirtan Kriya includes recitation of a mantra, dynamic repetitive mudras (i.e., touching the thumb to each of the fingers), and a visualization. After practicing Kirtan Kriya for 8 weeks, family caregivers of relatives with dementia had significantly decreased depression symptoms and improved mental health and cognitive functioning compared to those listening to relaxing music.

Another study found effects of Kirtan Kriya at the level of gene expression. Family caregivers of relatives with dementia practicing Kirtan Kriya versus listening to relaxing music had decreased activity of factors that control proinflammatory gene expression and increased activity of factors that control gene expression related to antiviral function. These results suggest that the practice of this mantra-based meditation results in healthier immune function. To assess the effects of cognitive function in individuals with subjective cognitive decline, Kirtan Kriya was compared to a standard memory-enhancement training program. Significant improvement in memory was seen with both interventions, but only Kirtan Kriya showed significant improvement in executive function (mental processes for the control of behavior). Therefore, a mantra-based meditation may be at least as effective as standard treatment for cognitive decline.
Mantra may work on a variety of levels including physical, cognitive, emotional, and spiritual. Physically, brain changes have been measured during mantra recitation. Combined data from eight fMRI studies showed that mantra activates the regions of the brain responsible for generating and staying focused on a phrase. These regions include the motor control network and the pre-motor and supplementary motor cortices, as well as the putamen. Mantra also activates an area related to speech, while areas involved in the processing and comprehension of sounds and language are deactivated. This deactivation is consistent with the idea that mantra is a tool for focusing attention but that the meaning does not have to be understood in order to have an effect, as illustrated in the study above with the Bhagavad Gita.

Cognitively, mantra can interrupt negative, anxious, or irrational thoughts. Adults with HIV who participated in the MR described above reported significant increases in a positive reappraisal coping mechanism related to living with HIV while those who were not in the mantra group (the control group) reported decreases in positive reappraisal. In addition, increased positive reappraisal significantly accounted for (i.e., mediated) decreased anger.

Emotionally, mantra may work by the associative network theory based on the idea that words generate either positive or negative feelings. When mantra is paired with calm and peacefulness it becomes associated with positive memories that are more easily accessed when the mantra is repeated during stressful moments.

Mantra may also connect us to our inner spiritual resources. HIV-positive participants of a mantra program reported significantly increased spiritual faith and connectedness, which is positively associated with quality of life and can be a valuable coping resource. The above studies demonstrate ways Western science has begun shedding its own light on what has likely been a core component of spiritual practice from humankind’s earliest origins. Research supports the idea that mantra may have benefits through the sound vibration and meaning of the words and plays a role in improving cognitive function, depression, PTSD symptoms, cognitive function, mood, and spiritual well-being. As our understanding of this powerful modality deepens and grows, we may well find additional clinical applications—further ways in which this ancient practice can strengthen and heal the human body and mind.

References

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