

# Effect of Shiv Panchakshri Mantra on Adjustment Level

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## Abstract

The investigation was undertaken to study the effect of Shiv Panchakshri mantra on Adjustment Level. The study was conducted at DSVV Shantikunj Haridwar. The total sample consisted of 40 (male) participants in the age group of 19 to 26 yrs & This sample was collected using Quota sampling. The practice time was 25 minutes each day and the total duration was 30 days. The 'Bell Adjustment Inventory' developed by S. M. Mohsin and Shamshad Hussain was used. The result shows that Shiv Panchakshri mantra significantly improves the Adjustment Level.

**Key words :** Adjustment Level, Shiv Panchakshri mantra

## Introduction

In modern time, adjustment problem is common among people. People have no feeling of adjustment due to their wrong thinking & attitude. They have no feeling of sympathy and empathy due to their pessimistic attitude. As well as India is a religious country.

India has been land of diversity. As regards the tremendous diversity of India, **Jawahar Lal Nehru** has said, *'The diversity of India is tremendous, it is obvious, it lies on the surface and anybody can see it.'* The Indian social life is dominated by religion that has played an important role in society. Almost people belong Indian religion that is why they believe in God and the power of God. They worship God outwardly but in Arvind's words **"In their heart chamber lives un worshipped God."** The people are divided on the basis of region, religion, cast and language. Social and culture life is marked by stagnation and decay. Culturally, the vitality and creativeness of Indian spirit has degenerated to a greater extent. Due to the

decay of knowledge and learning and social degradation, the people have forgotten the sublime truths of Upanishads and Vedanta.

It's mean they are not aware of the divine presence that is why on the one hand, new kinds of diseases are largely coming on account of physical distress, on the other hand, the number of mental patients has gravely been growing on a large scale. The new dimensions of mental disorders are getting new aspects every day. Modern life places a variety of stresses on the institution of family that constantly challenge its survival and its adaptive mechanism. An impaired person's presence in a family necessitates adjustment and accommodation on the part of all its members. But parents do not exist in an emotional vacuum and several pre existing factors shape their attitude towards disability and task for children. Parents thus often have to foster social relationships and emotional adjustment. If we cast a serious view upon the early period of 21<sup>st</sup> century, we find that the man of 20<sup>th</sup> century has entered into 21<sup>st</sup> century along with innumerable mental

problems such as – tension, adjustment, frustration etc.

According to **Agrawal, Rita (2001)**, today the tension & stress, which eventuates into anxiety & pessimism, has become an integral part of human life and has become a major problem. These days when we analyse the counseling conducted between the doctors and patients, we find that from 75 to 90 percent of cases are related to the problem of tension specially adjustment. These days we can see stress of various kinds, e.g. adjustment stress, administrative stress, unemployment stress or stress among teenagers and adults, marital stress, job stress and stress of retirement. Now a days in order to get rid of this stress along with anxiety and depression caused by it, people take various medicines which result in medical addiction disorders. In recent days, scientists and doctors have found the music to be very effective to cure the physical and mental illness of man. They have studied the power of the word hidden behind the base of music. One more technique revealing the power of word has been left more or less untouched and that is the mantra chanting described in Vedas, upnishad and puran.

Just as eating of ‘Harr’, make the digestive system active, in the same way by strong feeling the words of parnava mantra affect the body. Scientists have found out that the mantra chanted in a balanced vibration reflects on the Shumen’s Razonances –a high earth magnetic flow and influences air sphere. It is found out that under the Shumen’s reasonanca, the speed of the alpha waves (7 to 30 cycle per second)in the brain of mediators (at the time of meditation) is the same, as that the waves. What an amazing harmony between individual consciousness and the world consciousness is proved by this scientific achievement. The above refered

description brings about the necessity of research on mantra reciting with regard to the physical and mental condition of the people. In Vedas and purans we find different types of mantra on of them, is Shiva Panchakshari Mantra. The effect of the Shiva Panchakshari Mantra on mental condition of the individual must be studied because the psychological well-being is essential for every individual. It has been mentioned in Vedas that Shiva Panchakshari mantra is powerful enough to relieve on self form all sorts of mental & physical problems. Over all healthy life but the irony is that mental diseases are on increase, under such gloomy condition. It is powerful enough to face even the death. (Rigved 7/59/12, Yajurved 3/60)

Human beings are always immersed in a social environment, which not only changes the very structure of the individual but gives a direction to growth. The home is the person primary environment from the time he is born until the day he dies. While it may change over the years, owing to relocation, marriage, divorce, death & birth of new members. To be happy & secure a person must feel that he has an anchored ground a place to which he can go with his sorrows & defeats.

According to **Shir Ram Sharma Acharya**, word element, indeed, has enormous life giving power, if they are used in a proper way. By according to Vedas the Mantra recitation is a useful source of power, which can churn human consciousness. By adopting this centuries –old but scientific method, we can cultivate the new possibilities of bright- future (Vangmay Page -1.36 -1.37)

Considering the importance of mantra is to cure adjustment related psychological problems, social scientists have made attempts to assess their utility in the enhancement of

psychological well being. It will be appropriate to review their work before statement of the present research problem. The researcher has also review the researches concerning the dependent variables of the present study.

This Shiva Panchakshari Mantra is a life-giving Mantra. In these days, it has a great curative power. Diseases that are pronounced incurable by doctors are cured by this Mantra, when chanted with sincerity, faith and devotion. It is a Mantra too conquers death. It is a Moksha Mantra as well; it is LordShiva's Mantra. It gives long life, health, prosperity, peace, satisfaction and immortality. The Shiva Panchakshari is a mantra that is said to rejuvenate, bestow health, wealth, a long life, peace, prosperity and contentment. The Mantra is a centuries old technique of connecting one to pure consciousness and bliss.

The prayer is addressed to **LORD SHIVA**. By chanting this Mantra, divine vibrations are generated which ward off all the negative and evil forces and create a powerful protective shield. And it is said to protect the one who chants against accidents and misfortunes of every kind. It is a vibration that pulsates through every cell, every molecule of our body and tears away the veil of ignorance. It ignites a fire within us that consumes all our negativity and purifies our entire system. It is also said to have a powerful healing of diseases declared incurable even by the doctors. It is a Mantra to conquer death and connects us to our own inner divinity.

Therefore, there is a great need of scientific research to establish the effect of Shiva Panchakshari Mantra japa on mental condition of adjustment. If the researches have the positive results, it will be a milestone to cure

the mental problem and to bring mental stability

Modern era is the age of competition, specialization and research. There is rapid progress in every field. In this era, every body wants to excel in their performance so that he or she could achieve success. As it is well known fact that every human being has its own limits, when he or she tries to across this limit, he or she has to suffer from endless miseries. Today man is not living in a happy state of mind. Most of men run after money. Money is all in all for them, it is mother, it is father and it is also God. Some people keep themselves busy in unhealthy conditions that are why they are suffering more and more in their life. Their life becomes just like 'Hell'. Life appears them only the path of shadow, which is full of darkness and hurdles. In fact, they are not trying to understand their inner-self so they are unaware to their potentials; because they often suppress their inner voice. This is the main cause that they have no feeling of cooperation and Adjustment for themselves and others.

With this background, the present research is being carried out to explore the impact of "Shiva Panchakshari Mantra on Adjustment Level". Researcher is hopeful that this research will prove a 'small step' for reforming social and behavioral condition of modern people.

### **Research Methodology**

**Sample & Sampling** - The present study was conducted on 40 Boys students pursuing the Certificate course in Dev Sanskrit Vishwavidyalaya, Haridwar. The age ranged from 19 to 26 years. As a sampling method Quota Sampling was adopted for the selection of the subjects.

Research Design - In the present research, in order to obtain the findings the “Pre test- Post test single group Design.” was designed.

**Tools :** In this research, as the apparatus of collecting data ‘**Bell Adjustment Inventory**’ was used. It was developed by S. M. Mohsin and Shamshad Hussain in 1934.

Procedure - The experiment was conducted on the sample of 40 subjects. This sample was collected using Quota sampling. The group was made to practice Shiv Panchakshri Mantra Jap for a period of one month. The experiment involved sample selection (using Quota sampling) pre testing, practice of Shiv Panchakshri Mantra japa, post testing and data analysis. The complete experiment was carried out over four-month period.

**The experiment involved following five steps -**

Selection of Sample- Sample was selected using quota sampling. The emphasis was given to develop a representative sample of the population. As the sample developed from Dev Sanskriti Vishwavidyalaya in Haridwar. Total sample size was 40 subjects (all were male students.)

**Pre Test-** Before starting the Shiv Panchakshri Mantra on subjects, a pre test was conducted to identify the existing level of Adjustment.

**Results**

**Table - 1**

Test	N	M	SD	SE <sub>D</sub>	df	t-value	Level of Significance
Pre	40	40.1	11.4	1.01	39	18.04	P<0.01
Post	40	20.2	4.78				

**Shiv Panchakshri Mantra Practice-**

Subjects were educated regarding objective and general benefits of Shiv Panchakshri Mantra japa; this motivated them to actively participate in the research experiment. Research objective and the importance of the research was elucidated to the subjects to ensure that research goals are accomplished.

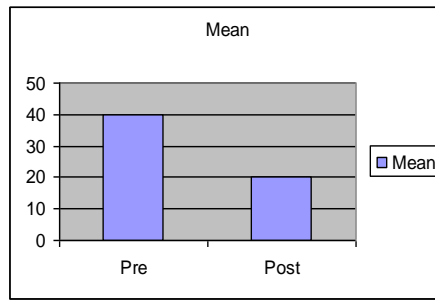
**Duration-** Duration of mantra japa practice on each subject’s period was one month. **Mantra japa Location-**

For conducting the experiment the suitable environment was created. Japa location was clean, and was peaceful by ensuing very less interference from external environment, location was aerated. **Posture-** Subjects were made to sit in the comfortable, yet steady Sukhasan position. Attention was paid to ensure that spine and neck are straight.

**Post- test-** Finally, after one month of mantra japa practice subjects were tested again. The testing procedure as used in pre test was followed for posttest and the observation from posttest was recorded.

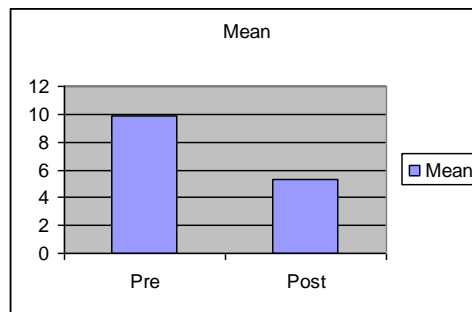
**Statistical analyses of data by applying T-**

**test-** Data captured during the experiment was analyzed and t-test was used to validate the hypothesis. Findings are summarized in the results section



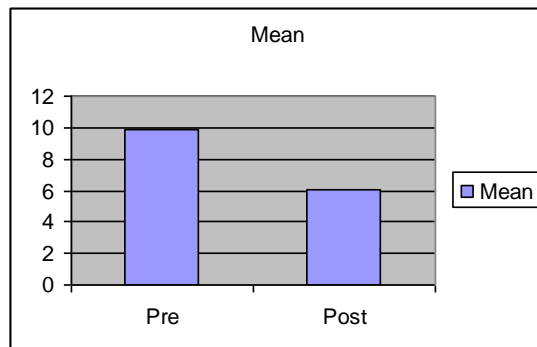
**Table – 2**

Test	N	M	SD	SE <sub>D</sub>	df	t-value	Level of Significance
Pre	40	9.83	4.15	0.81	39	5.52	P<0.01
Post	40	5.3	2.96				



**Table – 3**

Test	N	M	SD	SE <sub>D</sub>	df	t-value	Level of Significance
Pre	40	9.83	3.81	0.74	39	4.79	P<0.01
Post	40	6.08	2.74				



## Interpretation/Discussion

The findings obtained in this study is not surprising from what our Rishi's said hundred of years ago, based on their knowledge and experience. Today, these sayings can be proved by science; this research on mantra sadhna is small step in this direction. Mantra chanting has an impact on brain, mind, body and soul. Consistent practice of mantra chanting for long duration makes mind clear, concentrated, aware yet calm. There is no limit as to how deep one can go in Mantra Sadhna. As one goes deeper, one explores the diversity of inner spiritual world, which unfolds the hidden truth of Brahmand and allows the mind to float freely, thus knowing the truth and wisdom. It is evident that Mahamritunjaya Mantra significantly reduces the level of adjustment problem of students who recite it. A research finding reported by **Sharma Indu, (2006)** is consistent to this finding. The finding has exhibited that chanting the Mahamrityunjay Mantra causes experienced improvment in the level of adjustment. The reduced level of adjustment is the result of change in the physical and psychological state of the subjects through this mantra. It directly indicates the transformation in the level of adjustment.

A study conduct *Khan, 2006*, presents that meditation helps in decreasing the level of lactate in blood, which is four times better than the normal state. Thus, it is clear that the mantra recitation decreases the saturation of lactate in blood, which represents the reduction of adjustment of the subjects.

*Dr. Pranav Pandya (2006)* also asserts on the Gayatri Mantra recitation, the word "OM" vibrates the whole bone structure of thoracic cage and that the vibration reaches down the lungs. This vibration also produces very significant effects upon the endocrine glands. These vibrations reach the deep lying tissues and never cells. It increases the circulation of blood. The

vibrations, which multiply all through the body produce electro genetic waves. The entire body relaxes under the influence of this internal vibro message, which increases energy and concentration and reduces depression & anxiety.

According to **Shirley Telle et. al. (1998)** found that 'OM' meditation compared to non targeted thinking caused a significant caused increased mental alertness. Mental repetition of 'OM' caused a significant decrease in skin resistance and heart rate.

The finding has exhibited that chanting the Shiv panchakshari Mantra significantly reduces the level of anxiety of persons who recite it. The mantra is a combination of alphabets in Sanskrit. The consistent recitation of the mantra creates energetic vibrations which directly affects the consciousness and surroundings of a person. The above findings represent that vitality is also optimized through Shiv Panchakshri Mantra japa. The mantra recitation contains the rhythmic repetition creates a dynamic system around the man which has great impact on his adjustment behavior. Thus, above mentioned description demonstrates that Shiv Panchakshri mantra japa is significantly contribute in reducing the behavior of non adjustment.

## Conclusion

Results met after data analysis concluded that practice of Shiv Panchakshri Mantra japa is quite effective to enhance adjustment level. The preceding chapters can be summed up by saying that the insight and bills one will experience during mantra chanting will effect ones mental and physical state. With constant practice ones memory, whole personality and behavior will undergo an almost miraculous change in positive direction. Ones whole existence will turn over a new leaf. Mantra is 'Atam-Sakti' and by practice like Panchakshari japa it is definitely possible to

change entire personality. Our ancient Rishis the perfect scientists of Vedic times had been comprehensive in understanding and using the majestic potential of human beings. Rishi knew that in 21<sup>st</sup> century men will have to face adjustment behavior related problems. So they formed mantra, as it is a well known fact that mantra is energy based sound. Mantra is a grouping of sound vibration which has a positive effect on mental and physical consciousness. The Shiv Panchakshri Mantra is a mantra that is attributed to rejuvenate, bestow, health, wealth, a large life, peace, prosperity and contentment. Its chanting creates an atmosphere woven with powerful currents. It brings the hidden, subconscious elements fears and desires of mind to the surface in the form of images and thoughts.

When these come into ones mind watch them as an unaffected spectator. Japa repetition brings about mental adjustment in which past impressions (sanskars) future desires (vasanas) are naturally eliminates.

The three great obstacles to meditation impurity ignorance and distracted state of mind can easily be removed thought mantra chanting, by constant and unbroken awareness of mantra. Mantra therapy is very powerful technique in present scenario. Mantra chanting can applied in different field of researches such as – biophysical, psychological and also in the realm of psychodynamic. The problem of every prospective can be solved through Mantra therapy. So Mantra therapy should apply in a broad level for curing all mental and physical both types of diseases.

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