

## Effect of Maha Mrityunjaya Mantra on Self Inferiority & Depression

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### Abstract :

The present investigation was undertaken to study the effect of Maha Mrityunjaya Mantra on adjustment neuroticism practice time was 30 minutes daily. For a total duration of 40 days. 40 subject were taken from Darshan Mahavidhyalaya. Muni ki reti Shivanand nagar and Punjab Shindh kshatra Dharamshala, Rishikesh Uttranchal (Age 18-40) selected by accidental observed that there is a significant effect of maha Mrityunjaya Mantra on self inferiority & depression.

Key words : Maha Mrityunjaya Mantra, Self Inferiority, Depression

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### Introduction :

In the present scenario we have reached in the age of computerized mechanization. Almost all types of facilities we have today. All the mechanization and materialism of course is beneficial but in the second hand we have invited several problems like mental disorders.

Environmental pollution leading us towards thought pollution and ultimately towards mental disease like depression and self inferiority etc. Hindustan Times, Patna (10, Oct,2000) states that the patient coming for the treatment are suffering with mental problems and they are 6-40% in number. All the mental disorder is due to the feeling of insecurity.

Prof. Haind (1951) has observed at a study there is a deep relationship between the addiction and mental disease caused by self inferiority. It has been observed that during the state of depression the feelings of negatively are maximum and the person feeling loneliness. The dullness shows thoughtlessness and feeling of insecurity or regression. The person who does not take interest in action or he becomes tied in less activities. In the words of Kaimeron the neuroticism depression are such a problem, which leads a person towards self-inferiority. It has been observed that feelings of guilt are the main cause behind it.

Thus to combat these problems we need to go into the search of yogic management and observe the effect of yogic practices. In the present study of Maha Mrityunjaya Mantra has been taken as independent variable. It has written in the yogic scriptures that with the practices of Maha Mrityunjaya Mantra japa, Lord Shiva gives a blessing of piece in harmony to the suffer. The practioner can attain the immortality even.

**“Ohm trayambakam yajamahe  
sugandhim purstivardhanam**

**Urwarukmiva bandhanan  
mrityormukshiya mamritat”**

(Shukla Yajurved 3/60), Rignved  
7/59/12)

Meaning – We pray Lord Shiva who have three eyes and who is beyond death having divine smell and who fulfills all the worldly objects to the devotees may he liberate from bondage as the dead wooden becomes apart from the tree.

The mantra having 33 letters which represents 33 devatas who lives in different part of our body. During health they protect our organs. We are alive due to their presence, without them we are dead. These protective power activates through mantra japa and destroys the obstacles like depression and self inferiority etc. Various research in the field

of mental health and Mantra practice also proves the importance of this study.

S.Mukhopadadyay U.S. Rai, R.Prasad (2001) have observed during a study that, practices of yoga (assans, pranayam, shaktkarma, as well as Ohm chanting) can eliminate several psychological problems like anxiety and depression and practitioners feels a sense of contentment and happiness.

The study done in Brahmavarchas Shodh Sansthan, Shantikunj Hardwar (July,2002) shows that the practices of Ohm chanting have a positive impact on anxiety and stress.

Dr. R.S.Sharma (2002) has observed in Jabalpur Hospital that the Gayatri Mantra Japa and few herbal medicines have a positive impact on heart disease and hypertension.

R.S.Bhogal, J.P.Oak & T.K.Bira (2002) have observed the effect of Yogic practices over 25 students that neuroticism attitude towards yoga has been increased positively. Which published in the research paper entitled “Effect of nine month yoga training program on measures of neuroticism attitude towards yoga”.

The present study has been designed to observe the effect of Maha Mrintyunjaya

Mantra japa having following aims and objectives.

**Objective :-**

- 1) To assess the effect of Maha Mrintyunjaya Mantra japa on the feelings of self inferiority of the subjects.
- 2) To assess the effect of Maha Mrintyunjaya Mantra japa on depression level of the subject.

**Material and Method :-**

In this study through the accidental sampling 40 subject of 18-40 age group has been taken as practice group. After a 40 days practice of Maha Mrintyunjaya Mantra through pre-post research design the data has been analysis through T-test. During the daily practice of Maha Mrintyunjaya Mantra japa the practitioner practice three mala in upanshu way of practice.

**Tools :-**

For the measurement of depression and self inferiority the adjustment neuroticism dimensional Inventory Questionnaire (Prepared by Dr.Ram Narayan Singh, retired Reader and H.O.D. of physiology Post Graduate College Gazipur & Mahesh Bhargav president Prachi Psycho-cultural Research Association Meerut-1983).

**Result :-**

**[1] Self Inferiority :**

Group	N	Mean	R	S.D.	T	Significant Level
Pre	40	7.15	0.67	1.54	4.80	0.01
Post	40	5.9		2.29		

It is clear from the above table that there is positive effects of Maha Mrintyunjaya Mantra japa on the depression level. In the table, T value is higher than 2.42 thus it show which is significant in 1% level.

**[2] Depression :**

Group	N	Mean	R	S.D.	T	Significant Level
Pre	40	7.68	0.6	1.47	5.9	0.01
Post	40	6.5		1.64		

It is clear from the above table that there is positive effects of Maha Mrityunjaya Mantra japa on the depression level. In the table, T value is higher than 2.42 thus it shows which is significant in 1% level.

#### **Discussion & Conclusion :**

During the practice of mantra japa the hundred eight beads of Mala needs a gesture of the hand (mudra) and this mudra makes a circle of brain waves in the neurological cycle which brings the mind in alert and active form. The science behind the mantra chanting is like sound energy. Which is being created and harmonized by different syllables of mantra regularly creates an energy which can be understood as the power of mantra. Through the power of sound not only the

gross world gets affected but also the subtle energy channels can be activated. The subtle energy from the different planets can be received through it. A systematic rhythm of mantra chanting activates the thinking pattern of the practitioner and a flow of good thoughts starts in the mind. Thus it is clear that through the practice of mantra thinking pattern, the behavior and ultimately practices. The Maha Mrityunjaya Mantra practice can be applied for mental disease.

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