

(54) Title of the invention : A STUDY ON ANTI ANXIETIC EFFECT OF GAYATRI MANTRA IN HUMAN-A CRITICAL ANALYSIS

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## (57) Abstract :

Mantra is believed to possess its effects through the vibrations of the sounds. a method this could happen is by stimulating the meridian points on the roof of the mouth. the vibrations created by the gayatri mantra and have found that once this mantra is recited with correct pronunciation, as set down within the Vedas, the atmosphere around becomes visibly illumined. once this mantra is musical, its a fore said that Brahma-prakasha, the Divine radiance, can descend on you, illuminate your intellect and light your path. sadditionally continuance shanti, thrice at the end, of the repetition can provide shanti or peace to the 3 entities in you viz body, mind, and soul and even facilitate in activating the chakras of your body the effects of mantra on the circulatory system, the brain, and factors that management organic phenomenon. Mantra recitation has been shown to possess helpful effects for posttraumatic stress disorder (PTSD), depression, insomnia, and psychological feature. Mantra additionally decreases stress and anxiety, improves mood, and enhances spriritual connectedness.

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