

**Effect of Om Carol on Certain Diseases: Analytical & Comparative
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ABSTRACT

OM doesn't have an interpretation. In this way, the Hindus think about it as the very name of the Absolute, it is collection of sound. In the sacred writings of antiquated India, the OM is considered as the most dominant of the considerable number of mantras. The others are viewed as parts of the OM, and the OM is the network of every single other mantra. It has been perceived that the Mantras effectsly affect people and even plants. The syllable OM is very well-known to a Hindu. It happens in each petition. Conjuring to most divine beings starts with this syllable. OM is additionally articulated as AUM. The syllable OM isn't explicit to Indian culture. It has strict noteworthiness in different religions too. In spite of the fact that OM isn't given a particular definition and is viewed as an enormous sound, an early stage sound, the totality of all sounds and so forth. The whole mental weight and common musings are evacuated by reciting OM Mantra. To deliberately comprehend the sound 'OM' and its impact on sensory system is the undertaking of this examination work. With proposed calculation investigation has been completed for the celestial sound OM. By this investigation we could finish up OM is in this manner fills in as a cerebrum stabilizer, which is additionally a vitality prescription for person under pressure.

To deliberately comprehend the sound 'OM' and its impact on different human maladies is the primary object of this examination work

By this investigation we could have an end that OM is accordingly fills in as a cerebrum stabilizer, which is an extraordinary prescription for person under pressure, epilepsy, seizure, thyroid and so forth. EEG (Electroencephalogram) is regularly used to analyze epilepsy, seizure it is additionally used to analyze rest issue, profundity of sedation, trance like state, and cerebrum demise. The paper is applied and elucidating in nature in which various elements of importance of AUM has been investigated. It has been realized that reciting AUM mantra on normal premise re-establishes the parity of the body at physical, mental, passionate and otherworldly level.

Keywords:— OM, EEG, stress, thyroid, brain stabilizer, epilepsy, seizure.

I. INTRODUCTION

OM Mantra itself is definitely not an insignificant human creation, going long with specific societies or gatherings. Or maybe, the OM Mantra (or AUM Mantra) is an image of profound real factors that as of now exist. The degrees of gross (An), unobtrusive (U), and causal (M), and the conditions of waking (A), dreaming (U), and profound rest (M) are unquestionably

there, paying little mind to the imagery caught in the mantra when expressed as AUM Mantra [1][2]. It is these real factors that are generally helpful in our profound practices. On the off chance that the OM mantra is rehashed only for the inclination, having no feeling of significance by any means, the experience can be very wonderful, quieting, and adjusting [2]. Notwithstanding, in the event that one has a feeling of the more profound implications of the mantra, and various strategies for utilizing it, at that point the experience can be considerably more extravagant and all the more noteworthy as one advancement in yoga contemplation. By exploring different avenues regarding the different strategies, one of them may rise that feels most by and by in order. The utilization of this mantra can be significant. From the outset, it is ideal to utilize the mantra delicately and for brief timeframes. The bits of knowledge from the OM mantra can be huge, and it is a great idea to incorporate the experiences slowly with everyday life. The reciting of 'OM' mantra drives away all common musings and evacuates interruption and rouses new vitality in the body. OM reciting permits our psyche to canter and gather up pointless contemplations, sensations and interruptions which occupy our energies. A couple of years back researchers has affirmed the advantages of mantra, that over and over rehearsing OM mantra lessens pressure and improves the high and low pulse. OM reciting functions as cerebrum stabilizer so it is likewise helpful in epilepsy and seizure, in light of the fact that a feeling of vibration is experienced during perceptible 'OM' reciting. This has the potential for vagus nerve incitement through its auricular branches and the impact on the brain thereof. An electroencephalogram (EEG) is a test used to assess the electrical movement in the cerebrum. Synapses speak with one another through electrical driving forces. An EEG

can be utilized to help identify potential issues related with this activity. MRI (magnetic resonance imaging) and blood reports are some test which are used to analyze these ailments. Right now, using signal handling methods OM serenade signal is examined to embrace its consequences for cognizance and relentlessness of psyche. Om acts a cerebrum stabilizer which recuperates the body without drug.

Medical Problems:

Health problems such as thyroid, stress, epilepsy, seizure, sleep disorder. These problems can be diagnosed by EEG and can be reduced or cured by chanting OM mantra simultaneously.

Thyroid:

Thyroid disorders impair normal working of the thyroid gland affecting anomalous production of hormones leading to hyperthyroidism. If left undiagnosed, hypothyroidism can cause raised cholesterol levels, an increase in blood pressure, cardiovascular complications, decreased fertility, and depression. Anti-thyroid medication does exist on the market today but the treatment and harmful side effects associated with it are severe. According to Thyroid Epidemiological (EPI) Study conducted across metro cities in India, 10% adults in India are suffering from thyroid disorder and women are three times more likely to be affected than men. There are many medication procedures to cure this disorder, but owing to the harmful side effects there is need to find an alternative soothing treatment. chanting OM has an effect on our hormonal system as the thyroid gland respond to the vibrations while chanting. Vibrational frequency plays an important role in the enhancing of our physical health.

Stress:

Stress is your body's way of responding to any kind of demand or threat. Stress creates adverse effect on physical as well as mental health. Stress can also help you rise to meet challenges. Our first reaction to stressful situation is rapid pulse rate. Short term stress is easy to control. But long term stress may lead us to mental illness like anxiety, depression, breathlessness, sleep disorders, eating disorders etc. So it is very important that we use techniques to lessen the adverse effect of stress at right time. Studies have shown that techniques like meditation, mantra therapy, music therapy or Raga therapy can help us in this matter. From ancient times yogis and saints of India were using mantra therapy for maintenance and improvement of mental, physical as well as spiritual health.

II. EFFECTS OF OM CAROL

Chanting works at our subconscious level to destroy the incorrect impressions and transform into the correct or positive ones. The method is known as deflection method. We all know the power of this sacred word "OM". Since ages, the word has been using by our sages, yoga practioners during their divine meditation practice. Even science has agreed with the therapeutic, psychological and spiritual benefits that you derive from chanting OM. Over the time, the chanting of Om has gained worldwide popularization and has become an integral part of meditation. The sacred word has been not only spiritually but scientifically proven to provide peace and purification to the mind, body and soul. The OM mantra has a benefit that can heal the stress accumulation in the minds of people living in this ultra-modern and busy life. It helps reduces stress - Medical studies have found that chanting OM with concentration enables you to reduce the adrenaline levels

that in turn helps in reducing the stress levels :-

- It Improves concentration
- It sets your mood right
- It strengthen Spinal Cord
- It helps in detoxifying your body
- It takes care of your digestive system & heart
- It helps you sleep well
- It enables to have control over the feelings and emotions
- It helps us get rid of negativity

III. METHODS OF MEASUREMENT

EEG(Electroencephalography)

EEG is a electrophysiological monitoring method to record electrical activity of the brain. It is typically non-invasive, with electrode placed along the scalp. EEG measures voltage fluctuation resulting from ionic current within the neurons of the brains. In clinical contexts, EEG refers to the recording of the brain's spontaneous electrical activity over a period of time. This technique is used in cognitive science, cognitive psychology, and psycho physiological research.

An EEG tracks and records brain wave patterns. Small flat metal discs called electrodes are attached to the scalp with wires. The electrodes analyze the electrical impulses in the brain and send signals to a computer that records the results.

The electrical impulses in an EEG recording look like wavy lines with peaks and valleys. These lines allow doctors to quickly assess whether there are abnormal patterns. Any irregularities may be a sign of attacks or other brain disorders.

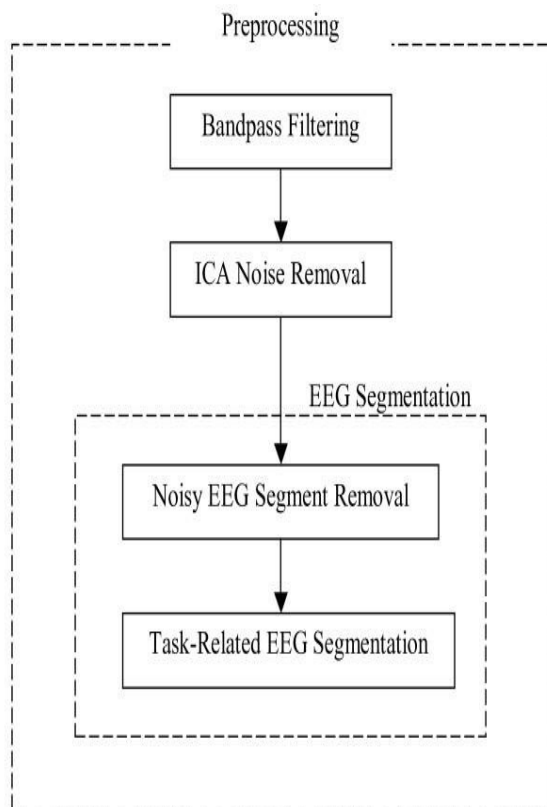


Figure 1. Flowchart Diagram of the Steps of EEG Pre-Processing.

Blood reports:

Blood test helps doctor's check for certain diseases and conditions. They also help check the function of organs and show how well treatment are working.

Specifically, blood test can help doctors:

Evaluate how well organs – such as the kidney, liver, thyroid and heart are working.

- Diagnose diseases and conditions such as cancer, HIV/AIDS, diabetes, anemia and heart diseases.
- Assess how well your blood is clotting.
- Check whether medicines you are taking are working.
- Blood tests are very common. Many blood test does not require any special preparations.

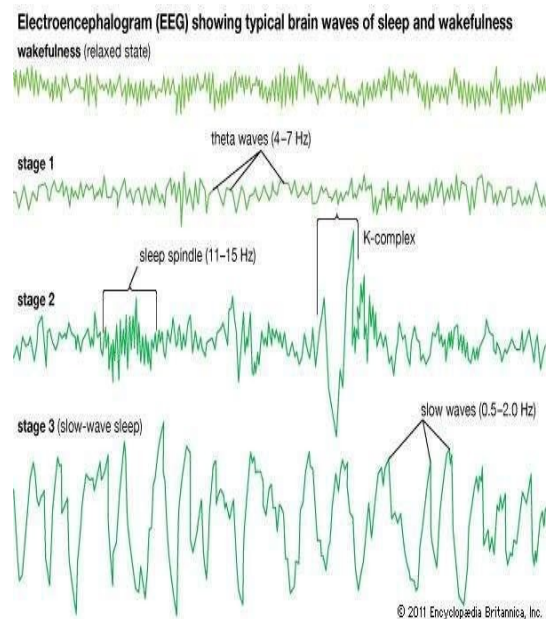


Figure 2. EEG showing typical brain waves.

Thyroid function test is a series of blood test used to measure how well your thyroid gland is working. Available test include the T3, T3RU, T4 and TSH.

MRI (Magnetic Resonance Imaging):

It uses computer generated radio waves and a powerful magnetic field to produce detailed images of body structure including tissues, organs, bones, and nerves. MRI can also detect and monitor injuries. MRI can be done for many reasons. It is used to find problems such as tumors, bleeding, injury, blood vessel diseases or infection. An MRI scan can be done for:-

- Head
- Chest
- Blood vessel
- Abdomen
- Bones and joints
- Spine

MRI: Basic Theoretical Working



- Like X ray, MRI is based on a discovery in the physic lab: when the nuclei of hydrogen atoms--single protons, all spinning randomly--are caught suddenly in a strong magnetic field, they tend to line up like so many compass needles.
- If the protons are then hit with a short, precisely tuned burst of radio waves, they will momentarily flip around.
- Then, in the process of returning to their original orientation, they resound with a brief radio signal of their own.
- The intensity of this emission reflects the number of protons in a particular "slice" of matter.

Figure 3. Basic working of MRI

A MRI sweep can be utilized as a very exact technique for illness identification all through the body and is regularly utilized after the other testing neglects to give adequate data to affirm a patient's analysis. In the head, injury to the cerebrum can be viewed as draining or swelling. Different anomalies frequently discovered incorporate mind aneurysms, stroke, tumors of the cerebrum, just as tumors or aggravation of the spine.

Neurosurgeons utilize a MRI check in characterizing cerebrum life systems, yet in addition in assessing the respectability of the spinal line after injury. It is additionally utilized when considering issues related with the vertebrae or inter vertebral plates of the spine. A MRI output can assess the structure of the heart and aorta, where it can identify aneurysms or tears. X-ray outputs are not the main line of imaging test for these issues or in instances of injury.

IV. CONCLUSION

OM (AUM) Mantra itself is surely not an entire human progression, obliging explicit social orders or get-togethers. Or on the other hand perhaps, the OM Mantra (or AUM Mantra) is a picture of significant substances that starting at now exist, paying little respect to the imagery got in the mantra when conveyed as AUM Mantra. It is these substances that are most productive

in our incredible practices. On the off chance that the OM (AUM) mantra is repeated unmistakably for the propensity, having no conclusion of noteworthiness utilizing any methods, the experience can be incredibly captivating, quieting, and evolving. Regardless, in the event that one has a slant of the more critical repercussions of the mantra, and contrasting systems for utilizing it, by then the experience can be in a general sense logically sumptuous and in addition uncovering as one progress in yoga assessment. By exploring different streets regarding the different strategies, one of them may develop that feels most inevitably all together. The utilization of this mantra can be essential. From the start, it is perfect to utilize the mantra delicately and for brief time ranges. The experiences from the OM mantra can be gigantic, and it is a decent idea to encourage the bits of data tenaciously with reliably life, the OM Mantra (or AUM Mantra) is an image of critical substances that beginning at now exist, paying little respect to the imagery got in the mantra when conveyed as AUM Mantra. It is these substances that are most gainful in our noteworthy practices. On the off chance that the OM mantra is rehashed remarkably for the propensity, having no estimation of noteworthiness utilizing any methods, the experience can be captivating, quieting, and evolving. Regardless, on the off chance that one has an assessment of the more huge consequences of the mantra, and specific techniques for utilizing it, by then the experience can be amazingly continuously over the top and besides uncovering as one progress in yoga reflection. By endeavouring different things with the different methodology, one of them may develop that feels most totally demand. The use of this mantra can be colossal. From the begin, it is perfect to utilize the mantra tenderly and for brief time ranges. The bits of data from the OM mantra can be

fundamental, and it is an unprecedented idea to unite the bits of adapting bit by bit with well ordered life. As we continue reciting OM mantra, the psyche gets quiet. At the point when the brain gets quiet, the body unwinds, and the breath turns out to be even soother and slower. Inside minutes your psyche and body start to unwind, adverse considerations wipe away that mends an individual with more vitality, quality and core interest. The electrical action introduces all through the body and is a result of the movement inside each living cell changes. It is all because of biofeedback. This impact is indicated graphically by conclusive piece of OM serenade, for this transporter swing is less and uniform. From this we could reason that reciting OM mantra brings about adjustment of cerebrum, evacuation of common contemplations and increment of vitality. It implies that focusing on OM mantra and constantly doing it gradually moves our consideration. Right now, mantra is a cerebrum stabilizer, by rehearsing it one can enter further and more profound into the possess normal state, which is additionally a vitality drug for person under pressure.

Different issues have been looked by the people because of their expert exercises. Contemplation is basic for the individuals to leave these issues. OM is a profound mantra, critical to get harmony and quiet. The whole mental weight has been removed by reciting OM mantra. Cognizance has been improved by the redundancy of OM mantra. Right now, have affirmed the essentialness of OM reciting. We have reasoned that OM reciting bears dauntlessness in the psyche deductively. This gives quiet and harmony too to the focused-on mind. The psychological worry of an individual gets decreased while the mind arrives at unfaltering quality. As a last point, we have affirmed experimentally the

achievements of OM reciting in diminishing the pressure from the human personality.

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