

## Unlocking Inner Peace: The Psychological Benefits of Mantra Practice

Dr. Poonam Kumari 1<sup>st</sup>

Assistant Professor,

Woman's Collage, Samastipur, Bihar

[poonam82625@gmail.com](mailto:poonam82625@gmail.com)

Kajal Srivastava 2<sup>nd</sup> (Corresponding Author)

Research Scholar,

MNNIT, Allahabad, Prayagraj, Uttar Pradesh

[srikajal91@gmail.com](mailto:srikajal91@gmail.com)

### Abstract

The term meditation is derived from the Latin "meditatum," signifying "to ponder." Additionally, it encompasses methods that soothe the psyche. It fosters tranquility, contentment, joy, and self-actualization. This practice enables individuals to transcend waking, sleeping, and dreaming, achieving a state of relaxed alertness in a heightened consciousness. Meditation techniques encompass mantra-based practices known as 'japa,' a Sanskrit term signifying murmuring. It entails the repetition of a sound, word, or phrase, either vocally or mentally, to enhance concentration and achieve mental tranquility. Verbalizing or mentally reciting it thereafter aids in alleviating mental clutter. This fosters cognitive clarity and awareness. The repetition of mantras has been demonstrated to be a psychologically useful technique for alleviating stress and enhancing emotional regulation. Individuals experiencing diverse stressors have demonstrated improvements in well-being and mindfulness, accompanied by a decrease in anxiety. Research has demonstrated that techniques such as meditation and yoga can markedly diminish academic stress levels among professional students within a three-month timeframe. Mantra meditation is an effective cognitive and spiritual practice that has garnered significant scientific interest for its capacity to improve cognitive function, mood, and general physical health, particularly among students. By incessantly repeating the same mantras, we concentrate all that energy in a singular location. This results in significantly greater efficiency, as the concentration of energy inhibits the intrusion of undesirable thoughts into the mind. The utilization of mantras has persisted for millennia. This ancient technique is integral to numerous spiritual traditions and can enhance consciousness during movement. It is a simple method to incorporate into our everyday routine to alleviate tension and enhance coping mechanisms. The Mantram Repetition Program was created within the US Veterans Healthcare System as a portable mindfulness practice that does not necessitate prolonged sitting, in contrast to many other forms of meditation. The various forms and techniques of mantram practice render them adaptable tools for instant stress alleviation and recovery from highly reactive stress.

**Keywords-** Mental health, meditation, stress, emotional regulation, anxiety, mindfulness

### Introduction

Although frequently employed for prayer, mantras can additionally aid in concentration and the regulation of emotional states (Shende, 2023). Their adaptability renders them an effective stress management resource, particularly in academic environments where students frequently encounter pressure (Srivastava et al., 2025). The recitation of mantras can assist in redirecting one's focus away from intrusive ideas, as noted by Oman et al. (2020). Studies indicate that this exercise boosts cognitive performance and emotional well-being, serving as an effective strategy for students managing scholastic pressures and psychological distress (Alvarado-García et al., 2023; Roziqin et al., 2024). Garg et al. (2023) endorse the implementation of these strategies in academic institutions and healthcare facilities to enhance students' well-being at no expense. Samajdar et al. (2020) found that singing the Gayatri Mantra significantly benefits attention, memory, and the mental health of young athletes. It is highly successful in a heterogeneous population. Moreover, it has been established that daily mantra chanting and meditation might assist students preparing for competitive examinations in managing stress and suicidal ideation. This demographic typically experiences significant psychological stress. (Srivastava et al., 2025) These approaches are user-friendly and do not require medication to enhance mental resilience among individuals in academic environments.

### Comprehending a mantra and cognition

Mantras are sacred words, sounds, or phrases that possess spiritual force. They originate from ancient Indian religions such as Hinduism and Buddhism and are frequently sung or performed to facilitate meditation and spiritual growth. Kumar, 2019. Apart from their mystical significance, these mantras serve as potent vibrational tools that influence brain wave activity, emotions, and metabolism (Thakur, 2025). Vedic mantras, particularly "Om" and the Gayatri Mantra, are sound

vibrations in the Sanskrit language that produce rhythmic sounds. They possess significant neurophysiological effects that are religious and psychological, as well as physiological. (Samajdar et al., 2020; Thakur, 2025) Specific sound patterns are thought to target particular energy centers in the body, fostering mental equilibrium (Samajdar et al., 2020). Kumar (2019) asserts that the resonance pattern produced by the physical body exerts particular impacts on the brain, hence enhancing its functionality. Regular utilization of these vibrational instruments can result in enduring enhancements in our capacity to concentrate our attention and direct our actions. These skills are advantageous for navigating a demanding academic curriculum (Tripathi et al., 2024). One advantage of Om chanting is the modification of cerebral activity and neural connections, which are associated with specific cognitive tasks, including memory and attention (Singh et al., 2025). Furthermore, data indicates that the repetitive recitation of mantras facilitates the brain's capacity for neuroplasticity, or the formation of new neural connections (Thakur,2025).

### **Self-discovery: The journey toward inner tranquility**

In a swiftly evolving society filled with numerous pressures, attaining inner tranquility is essential for mental health and overall well-being. This section will analyze the diverse internal and environmental aspects that can either bolster or diminish an individual's sense of tranquility and mental fortitude. It examines how specific ancient sound and vibration techniques, such as Vedic mantras, can provide efficient methods for producing and maintaining this nutritional condition. Consequently, facilitating improved management of psychological and physiological challenges. Understanding these mechanisms is crucial for creating evidence-based therapies that integrate traditional wisdom with modern psychology insights to enhance mental health (Prakash, 2020; Srivastava et al., 2025). This publication aims to validate and showcase these methods through experimental demonstration by logically generating novel insights for future research (Raghava et al. 2019). The integration of traditional vocalic practices with contemporary scientific techniques offers novel pathways for stress management and the promotion of mental well-being, surpassing pharmacological approaches (Nalluri Et al., 2023; Srivastava et al., 2025). This technique aims to provide a comprehensive framework for understanding the practical application of ancient practices to contemporary mental health, together with their spiritual and validated physiological benefits (Srivastava et al., 2025).

### **Mantras constitute auditory expressions**

Mantras are potent psycho-spiritual instruments. They are terms, sounds, or phrases utilized as focal points in diverse meditative practices. Furthermore, they are employed in meditative techniques. This practice originates from ancient Hinduism, Buddhism, and Jainism (Srivastava et al., 2025). Raghava et al. propose that these potent sound frequencies are believed to resonate and influence brain waves, emotions, and bodily dynamics, hence facilitating relaxation, attention, concentration, and spiritually enriching experiences. The repetitive recitation of a mantra is anticipated to enhance brainwave patterns that facilitate profound meditation and cognitive restructuring, perhaps aiding in the management of anxiety and depression (Bhati et al., 2025). The Mahamrityunjaya Mantra and other specialized mantras promote emotional healing and bolster resilience to stress through non-pharmacological means (Thakur, 2025). The rhythmic and repetitive chanting, an ancient practice increasingly attracting scientific scrutiny, is thought to offer physiological and psychosocial advantages, including stress alleviation and enhanced feelings of belonging (Perry et al. 2023). The repetitive utterance of a mantra may induce a relaxation response, characterized by a decrease in physiological arousal, such as skin temperature (Jayswal et al., 2023). The physiological alterations and focus required for chanting enhance an individual's stress-coping capacity and psychological well-being (Srivastava et al. 2025).

### **The influence of sound: Impact of mantras on the brain**

The processes of mantras elucidate how an aural stimulus induces a particular brainwave pattern that facilitates the release of a specific neurochemical (Mohanty et al., 2024). Mantras confer advantages for cerebral function. The practice of chanting mantras is characterized by rhythm and repetition. Consequently, the brain regions associated with attention and emotional regulation are notably activated during chanting. Consequently, EEG frequencies and neurochemical profiles may be modified (Sanju, 2024). This interaction is believed to promote neuronal synchronization and foster a concentrated, aware state, so reducing external interruptions and enhancing cognition, thoughts, and emotions. Specific mantras can facilitate the attainment of a meditative state, enhancing alpha and theta brain waves associated with profound relaxation and heightened creativity (Mohanty et al., 2024). Kumari and Kumari (2025) assert that alterations in brain waves might modify the brain's adaptability, thus affecting the neural networks associated with mood and cognition. Neuroscientific research employing Electroencephalography (EEG) has demonstrated that chanting practices, particularly of Vedic sounds, significantly modify brainwaves, notably enhancing alpha, theta, and delta waves linked to relaxation and mental rejuvenation (Mohanty et al., 2024; Nalluri et al., 2023). The "Om" mantra has been demonstrated to enhance galvanic skin response, signifying psychophysiological relaxation and reduced stress levels (Rajput, 2023). In addition to the previously indicated direct impacts on the neurological system, the psychological impact of mantras fosters a sense of purpose and interconnectedness, which are vital for sustaining mental resilience (Simpson et al., 2021).

### **Mind Conditioning and Habit Formation by Repetition**

Systematic repetition inherent in Mantra chanting efficiently conditions the mind, thereby reinforcing positive thought patterns and gradually modifying habitual thinking (Shende, 2023). The brain's "default mode network" frequently becomes inactive when individuals are performing tasks. Repeated involvement may result in the deactivation of brain regions associated with self-referential thought, while those related to attention and motor control become engaged (Berkovich-Ohana et al., 2015; Perry et al., 2022). This persistent focus redirects your cognitive resources away from rumination and self-criticism. Your focus is anchored in the present moment, contrasting with worry and melancholy. The repetitive structure of mantras fosters the development of new brain pathways, positively influencing cognitive control and emotional regulation. This cognitive activity, akin to physical training that strengthens muscle, also cultivates our mental acuity via consistent practice. This commences the ascending cycle that maintains mental tranquility and aids in surmounting neurotic tendencies (Pv, 2017). Mantra chanting influences individuals' emotional assessments of negative stimuli, as well as the initial visual and subsequent cerebral processing of these inputs (Zhang et al. 2022). Moreover, the repetitive chanting of mantras might diminish the activity of the brain's limbic regions, leading to psycho-physiological tranquility (Mohanty et al., 2024).

### **Objective and Importance: Comprehending the Significance of Mantra**

The efficacy of mantras primarily relies on the significance attributed to them and the practitioner's intention. The significance imparts psychological and physiological effectiveness of the mantras. Conscious engagement with the mantra elevates it from mere sound to a symbol of personal importance, hence amplifying its therapeutic benefits (Oman et al., 2020). Assigning meaning to an emotion activates our reward pathways. This fosters enthusiasm that strengthens the practice. The efficacy of mantra practice may be augmented by the practitioner's beliefs and spiritual perspective. This is especially applicable to individuals who pursue comfort and meaning through spiritual practices (Srivastava et al., 2025). Studies have highlighted that faith grounded in culture and religion allows individuals to employ spiritual practices like as prayer and meditation as mechanisms to manage psychological distress during challenges like the COVID-19 pandemic (Srivastava et al., 2025). Oman et al. (2020) assert that a spiritually significant mantra yields greater enhancements in anxiety, mood, pain, and medicine consumption compared to a non-spiritual word or phrase. This indicates that the outcomes of the mantra are also shaped by the personal significance or sense of connection you obtain from it, possibly through advanced cognitive and emotional processes. According to Gao et al. (2020), the neurological underpinnings of the effect presumably entail the activation of brain areas linked to religious cognition. These cerebral regions are presumably associated with emotion, self-representation, and cognitive dissonance. This activation results in a deeper and more cohesive experience.

### **Benefits of Mantra Engage in cognitive exercises**

Engaging in mantra practice can enhance mental health through the utilization of sounds, the repetition of phrases and words, and the intentionality of their application. Engaging with nature offers numerous mental health advantages, such as alleviating stress and enhancing mood. It can additionally assist with emotional regulation and cognitive performance. The utilization of spiritual resources, such as mantra repetition, can improve the health and well-being of individuals by addressing their spiritual demands alongside their physical and mental requirements (Srivastava et al., 2025). This holistic approach will recognize the interconnection of mind, body, and spirit, hence offering more comprehensive care (Srivastava et al., 2025). The repeating quality of the mantram has demonstrated therapeutic benefits for individuals, including healthcare professionals and patients managing stress, emotions, and physical symptoms (Oman et al., 2020). Furthermore, the technique provides a portable and accessible device for cultivating mindfulness, which can assist individuals in fostering tranquility and resilience in challenging circumstances (Oman et al., 2020). The diverse applications and seamless incorporation of mantra practice indicate its potential as an effective supplemental intervention for stress management (Perry et al., 2023).

### **Mantras for Alleviating Stress: Soothing the Anxious Psyche**

Chanting mantras is regarded as an effective anxiolytic, redirecting our focus from troubling thoughts and enabling concentration on good and tranquil aspects (Oman et al., 2020). This technique can induce physiological changes in our bodies, including a decrease in heart rate and blood pressure. The continuous emphasis on mantra repetition diminishes sympathetic nervous system activity, alleviating physiological stress symptoms (Srivastava et al., 2025). Redirecting our focus from stresses to an internal rhythmic anchor through mantra practice may suffice to disrupt the cycle of worry (Ferkul et al., 2024). Stress-related illnesses may be mitigated, leading to an improved mental state (Srivastava et al., 2025).

Integrating spiritual approaches, such as mantra chanting, into mental health initiatives might provide individuals with essential abilities to manage stress, so alleviating the consequences of maladaptive coping and improving overall mental health (Srivastava et al. 2025). Srivastava and colleagues (2025) assert that such activities augment optimism and confidence while diminishing distress and suicide ideation, particularly in high-stress circumstances such as unemployment, poverty, and economic recessions. Effective stress management enhances well-being and mitigates detrimental stressors that could negatively impact an individual's life (Srivastava et al., 2025).

#### **Scripts for Emotional Regulation: Mastering Your Internal Landscape**

The recitation of the mantra offers a structured method to manage emotions by serving as a repeating focus point that disrupts maladaptive thought patterns and reinstates emotional balance (Perry et al., 2023). Redirecting attention can enhance emotional regulation (Srivastava et al., 2025). Continuous repetition of a mantra may foster metacognitive awareness of one's emotions, enabling an individual to notice these sentiments, thereby rendering them less entangled and more manageable (Srivastava et al., 2025). Consequently, the unpleasant feelings encountered will intensify alongside inner tranquility and serenity. Furthermore, spiritual practices often connect with pleasant emotions and life satisfaction, which may facilitate emotional regulation by counteracting negative emotions and perceived stress (Srivastava et al., 2025). Indeed! Integrating spirituality into the mental health paradigm has been shown to alleviate acute anxiety and despair while fostering inner peace and tranquility through mantra-based meditation (Álvarez-Pérez et al., 2022; Srivastava et al., 2023). This form of religious involvement enables individuals to connect with a higher power and provides solace during challenging periods. It provides protection against mental health disorders such as depression and anxiety (Çınaroğlu, 2023; Srivastava et al., 2025).

#### **Affirmations for Self-Esteem and Confidence: Cultivating a Positive Self-Perception**

Regular engagement in mantra practice enhances an individual's self-worth and confidence. By consistently repeating affirmations or sacred sounds, individuals can transcend negative self-talk and enhance their self-esteem and autonomy. Negative thoughts can be diminished, and an internal locus of control can be developed, hence enhancing self-image (Bringmann et al., 2020). The practice of mantra repetition facilitates the internalization of empowering belief systems. This augments an individual's sense of agency and capacity to confront life's obstacles (Ferkul et al., 2024). Moreover, the consistent application of significant mantras might assist individuals in re-contextualizing their responses to personal challenges, resulting in a sense of empowerment and capability from this practice (Hassan et al., 2023). Negative emotions can significantly impact an individual's mental health, as self-esteem and confidence are vital determinants of mental well-being and resilience in the face of adversity (Srivastava et al., 2025). Regularly practicing mantram repetition can augment your internal landscape, fostering a robust sense of self that is less dependent on external validation and more grounded in your intrinsic value (Sanju, 2024). Cognitive reframing, a benefit of mantra practice, mitigates ruminations on previous failures and anxieties regarding the future, both of which significantly contribute to low self-esteem (Oman et al., 2020).

#### **Expressions to enhance your focus and concentration**

Reciting a slogan necessitates our unwavering focus. Consequently, it will enhance cognitive abilities and fortify the brain pathways linking concentrated attention and executive function. This ongoing involvement mitigates distractions, enhancing focus and cognitive processes. Consistent utilization of a mantram, defined as a significant word, phrase, or sound, aids in concentrating on an internal auditory experience or external stimuli. Awareness broadens (Bormann et al., 2020; Mohanty et al., 2024). The repetitive repeating of mantras synchronizes brainwave activity, resulting in states of relaxed alertness conducive to excellent cognitive performance (Bormann et al., 2020). When individuals focus on a specific feature during periods of agitation, they establish a stronger connection with their surroundings, enhancing their mental grounding and awareness of their identity and environment (Hassan et al., 2023). As per Vajpayee (2023). Significant enhancements in cognitive capacities have been documented in numerous intervention programs, particularly among individuals with cognitive deficits. Chanting stimulates certain brain regions associated with cognitive concentration and visuospatial awareness. This observation by Narayanan and Venugopalan (2018) enhances our comprehension of the characteristics of chanting.

#### **Fostering Present Moment Awareness using Mindfulness Mantras**

The repetition of a mantra can enhance mindfulness by anchoring attention and minimizing distractions, so facilitating a focus on the present moment (Oman et al. 2020). This approach allows individuals to cease concerns regarding the past or future, so optimizing their capacity to be present (Oman et al., 2020). The mantram can assist individuals in maintaining awareness of their surroundings and their internal states without succumbing to a distracted, unfocused mind (Bormann et

al. 2020). The consistent return to the present moment is a fundamental aspect of the mindfulness-based approach, which promotes active engagement in one's current experience and the acknowledgment of a condition of inner tranquility (Bormann et al., 2020; Oman et al., 2020). The deliberate return of the mind to the mantram enhances one's ability for prolonged attention and mindfulness, which is beneficial for engaging in complex reasoning and processing emotional emotions (Oman et al., 2020; Perry et al., 2022). Previous studies demonstrate that mantra chanting diminishes mind wandering, hence improving the focus of attention on the current time (Perry et al., 2022).

### **Integrating Mantra Practice into Daily Life**

To incorporate mantra practice into daily life, individuals should regard it as a readily portable mindfulness instrument. For instance, reciting mantras during monotonous tasks (Bormann et al., 2020). This is the utilization of mantras throughout routine daily activities, such as walking, cleaning, and driving (Pv, 2017). According to Oman et al. (2020), this technique enables the cultivation of a consistent practice without the necessity of allocating distinct time for meditation, hence making it more accessible for individuals with demanding schedules. Mantras function as a mental "pause button," enabling us to detach from external events, reorganize our ideas, and proceed with enhanced clarity and intuition (Bormann et al., 2020; Oman et al., 2020). Numerous opportunities exist throughout the day to recite the mantram for both leisure and solemn prayer. This can be accomplished at any location and at any moment. (Oman et al., 2020) This mobility allows practitioners to alleviate stress and enhance consciousness immediately in diverse real-life situations (Oman et al, 2020).

### **Selecting a Mantra: Discover What Resonates with You**

Numerous mantras are available, although one must choose a mantra that aligns with their unique predisposition. Moreover, the mantra must align with the individual's spiritual disposition. Ultimately, a mantra that induces mental distraction will not facilitate mental clarity (Mohanty et al., 2024). The selected mantra should be personally significant and act as a focal point for your inner consciousness, aligning with your specific practice objectives (Oman et al., 2020). As stated by P. & Sandhya (2025), the practitioner's selection enhances involvement, intensifies the meditative experience, and optimizes therapeutic and cognitive advantages. According to Shende (2023), the mantram is a vibration that can influence human beings in various ways. For instance, specific mantras may denote concepts that embody benevolent intentions like as compassion, courage, cognitive abilities, and various other functions and uses (P. & Sandhya, 2025). While some individuals may construct their own affirmations or slogans, it is advisable to utilize established mantras instead. These are frequently associated with ancient spiritual traditions, enhancing their reliability due to their potency (Bormann et al., 2020) Mohanty et al. (2024) assert that these established mantras possess energetic imprints resulting from decades of repetition. Consequently, the effectiveness for psychological and physiological improvement is substantial.

### **Establishing a Mantra Practice: Pragmatic Guidance and Methodologies**

To commence mantra practice, one must select a personally resonant mantram and explicitly articulate their aim for the practice. Commence with brief, consistent, yet frequent sessions lasting several minutes each day, which aids in establishing a pattern and acclimating the mind to repetition (Oman et al., 2020). Practitioners may progressively extend the duration and frequency of their mantram sessions as they grow acquainted with the practice. They may also utilize the mantram during daily tasks to foster ongoing attentive awareness (Pv, 2017). The mantra should be melodious, easily memorable, and aligned with individual belief systems (Bringmann et al., 2020). Moreover, mantra meditation induces a state of tranquil vigilance, enhancing cognitive processing and emotional regulation (Dudeja, 2017). Randomized controlled experiments (Oman et al., 2020) indicate that this enduring practice can significantly decrease the diagnostic prevalence and symptom severity of PTSD, while with enhancing self-efficacy in its management. Studies indicate that employing mantras to alleviate symptoms of PTSD, sleeplessness, hyperarousal, and depression is efficacious (Oman et al., 2020). This technique may yield benefits by reducing heart rate and blood pressure, so alleviating the stress response in both mind and body.

### **Obstacles Faced: The impediments to realizing Mantras**

Despite the numerous advantages of a mantra, a practitioner may encounter various problems that could undermine the efficacy of their practice. For instance, you may experience your thoughts drifting, feeling disinterested, or questioning its efficacy. These challenges necessitate a conscious recognition of distractions, devoid of judgment, and instead of fixation, a redirection of attention to the selected mantram (Acharya et al, 2025). Establishing a designated period reduces distractions, while controlled monotony can be attained by altering the recitation technique, including quiet repetition, whispering, or vocalizing (Bormann et al. 2020). Consistency and patience are essential, as the advantages of mantra

practice require time to manifest. It also assists individuals in navigating the intricacies of the mind. A sensation of tranquility ultimately arises (Oman et al 2020). The consistent and concentrated repetition of a mantra may serve as a form of cognitive training that aids practitioners in regulating attention and emotions (Álvarez-Pérez et al., 2022). Srivastava et al. (2025) assert that this exercise improves sustained attention. In other terms, it facilitates the development of emotional resilience. Consequently, individuals can regulate stress or anxiety with greater efficacy. Studies indicate that the repetition of mantram (a sacred word) significantly alleviates stress and improves coping mechanisms in combat veterans with PTSD (Oman et al., 2020).

### **Mantras and Their Applications: Optimal Usage of a Mantra in Meditation, Yoga, and Mindfulness Practices**

The repetition of mantras yields therapeutic benefits. Incorporating more ANW may enhance therapy outcomes and provide a comprehensive approach to holistic well-being. Reciting mantras during meditation can enhance the depth of the meditative state, promote relaxation of both body and mind, and improve concentration (Bomyea & Lang, 2011). Furthermore, the incorporation of mantram repetition within a generalized mindfulness practice may foster a sustained feeling of presence, enhancing self-awareness and mitigating adverse effects such as anxiety and neuroticism (Bringmann et al., 2020). The integration of these disciplines amplifies the cognitive and emotional regulation advantages of each individually, providing a more comprehensive approach to attaining mental health and self-discipline. The mobility and versatility of mantra repetition render it an exceptional skill applicable in various contexts. For instance, it is efficacious for stress, addictions, and PTSD, but most meditation techniques lack portability and cannot be readily and conveniently utilized (Hassan et al, 2023; Oman et al, 2020). Indeed, the repetition of mantras can be freely employed in daily life and acts as an effective reminder of focused concentration. It aids in managing the influx of thoughts, a task that is becoming progressively challenging in contemporary society (Hassan et al., 2024; Oman et al., 2020). Its accessibility renders it a valuable commodity. It allows individuals to regulate stress and maybe improve wellbeing (Ferkul et al., 2024). It has been observed that any individual can recite a mantra regardless of posture, location, or belief system, in contrast to certain other forms of meditation (Bormann et al., 2008). The mindfulness-oriented Mantram Repetition Program, with a spiritual element, exemplifies this adaptability. This program improves concentration and attention by the silent, deliberate repetition of a self-chosen mantra, which decelerates cognitive processes and fosters focused attention (Ferkul et al., 2024).

### **Attaining inner tranquility using mantras: conclusion**

This review illustrates the adaptability and availability of mantram repetition in improving mental resilience and emotional equilibrium. It has been demonstrated to be useful in alleviating stress and improving cognitive abilities. Moreover, it is frequently employed to address many psychological disorders. Consequently, it serves as an exceptional adjunct to traditional therapies and a formidable instrument for personal enhancement. Bormann and Carrico (2009); Oman et al. (2020); Thakur (2025) Spirituality, often integrated into these activities, has been identified as a significant component of mental health treatment, particularly for depression and stress (Srivastava et al., 2025). Furthermore, spiritual practices like meditation and prayer can effectively regulate stress and emotions to attain a fulfilling existence (Srivastava, Mandal, et al., 2025; Srivastava, Verma, et al., 2025). The integration of spiritual and contemplative activities, such as mantram repetition, is suggested as a comprehensive method for mental health that tackles both psychiatric symptoms and the sense of purpose and connection (Ferkul et al., 2024). This methodology is particularly pertinent in contemporary society, given the rising population seeking a holistic strategy to alleviate chronic stress and psychological suffering (Srivastava et al., 2025). A straightforward yet extremely efficacious self-empowerment strategy for fostering mental tranquility and robust coping, mantram repetition enables users to readily access and customizes mantrams due to their diversity. (Srivastava et al., 2025) The repetition of mantras is a significant practice for enhancing mental health and managing the prevalent stressors of contemporary life (Bringmann et al., 2020; Oman et al., 2020). It alleviates psychological distress and improves quality of life, while also positively influencing spiritual well-being (Bormann et al., 2008; Schneider et al., 2022). Srivastava et al. (2025) demonstrate that the advantages of emotional connection are evidenced by enhanced mood, less anxiety, and an increased sense of life satisfaction. Practices such as chanting the Gayatri Mantra or reciting other mantras have demonstrated the ability to improve attention, memory, and alleviate anxiety to some degree (Samajdar et al., 2020).

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