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Nada Yoga: An ancient sound therapy for health management

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Abstract:

Now a days we are in such an extraordinary time of planetary turbulence, so it is necessary for us to find a solution for our mental piece. Nada Yoga is an ancient Indian healing therapy. In ancient India, People used it as meditative technique to get physical, psychological and spiritual benefits as well. This practice involves listening and becoming more sensitive to the subtle sound that affect our feelings, emotions and the physical body. Then that sound used to create the positive change that is needed to rectify the balance towards health. According to the law of nature, everything that present in the universe vibrates. All living and non-living things have their own vibrational energies. The concept holds that, the building elements of the universe are vibrational energy rather than matter and particles. To establish a deeper unity with both the outer and interior cosmos, nada is plays a major role. This article is focusing on different technique of Nada Yoga and how it affect the practitioner's overall health.

Keywords: Nada Yoga, Yoga of sound, Sound therapy, Nada.

Introduction:

Now a days we are in such an extraordinary time of planetary turbulence, so it is necessary for us to find a solution for our mental piece. For this situation we have a tool that can help us to reach our next level of quantum evolution. The goal of using this tool is to experience a super-natural state beyond the human's levels of thinking. This tool is called the Yoga. The word Yoga comes from the Sanskrit root Yuj which means - to unite or to join. Also the word Nada comes from the Sanskrit word, 'Nad', which essentially signifies sound. It also means 'flow' and in this context would relate to the flow of consciousness. Nada Yoga is process of immersing the individual's mind with cosmic consciousness with the flow of sounds [1]. Nada yoga is an exercise invoking a union with God, through sound or music. In Nada yoga, the aspirant focuses his attention on the inner sound. The focus should be

on the sound produced within the human body. Semantically “Na” means breath and “Da” means energy. According to Modern psychology and yogic philosophy, there are three kinds of tension- muscular tensions, mental tensions and emotional tensions which can be gradually released by the systematic and continuous practice of Yoga and Meditation [2]. Muscular tension results from endocrinal and nervous disproportion. In the practice of Yoga the body become relaxed, which sequentially releases the muscular tensions. Psychologists tell that music works on a very subtle subconscious level. Especially they refer to the rhythm or beat of sound.

Practices performed under Nada Yoga Therapy

Chanting has always been a huge aspect of the spiritual life in India. Chanting Mantras, performing Japa, singing Bhajans and the use of Nada Pranayamas such as the Bhramari and the Pranava are important parts of the Yogic life.

Bhramari Pranayama:

The Bhramari Pranayama finds its name from the word Bhramari which means the Black Indian Bee female. Bhramari is one of the Swara Pranayamas and helps tone up the nervous system thus producing a state of extreme calmness and bliss. Sit on your heels in the Vajrasana with your spine erect. Perform Shanmuki Mudra with your thumbs closing the external auditory canals. The first two fingers are then placed over the closed eyelids while the ring fingers regulate the flow of air through the nostrils. The little fingers are placed over the closed lips. This Mudra helps in uniting the energies of the nerves of the hands with the facial and trigeminal nerves of the face. Inhale slowly through your nostrils, then let out the breath very slowly while passing a sound in the nasal passages low-pitched ‘hmmm’ as a female black bee produced from back of your throat. Perform seven rounds of this practice and then release your hands back to your thighs and enjoy a few minutes of deep contemplation. Listen to your body and your emotions. You will feel a shift in your energy and silence within. Try to keep your attention to that parts where you can feel the vibration like throat, nasal passage and brain.

Udgeeth Pranayama:

AUM, known as the Mantra of all Mantras. This practice can be perform in any of the sitting postures with straight back. Pranava Dhyana harmonizes the mind, body and emotions. This is followed by the performance of the practice mentally without the audible sound. A performance of three to nine rounds of the Pranava Dharana when done daily helps to relax the Body-Emotion-Mind complex and provides complete healing through the production of healing vibrations at all levels of our existence. Breathe deeply through your nose till diaphragm is full with air, and exhale slowly while chanting Om. Keep the sound of “O” long and the “M” little short. Udgeeth Pranayama is very simplest and best pranayama among to all pranayama. This Yogic breath therapy can produce health and wellbeing for all.

Mantra yoga:

The word mantra comes from the Sanskrit language. Man means mind, and Tra means release. So a Mantra is a combination of supernatural sounds used to release the mind from all the stressors of material world. Mantra yoga

is the process of repeating and focusing the mind using a sound, word or phrase recited either aloud or silently. The purpose of mantra meditation is for spiritual and psychological growth, or for relaxation of mind. Studies shown that the Mantra Yoga practice is helpful to balance in heart rate, blood pressure, respiration rate, fasting blood glucose (Type II diabetes mellitus), auditory and visible response instances [3].

A-U-M Pranav chanting:

The difference between the udgeeth pranayama and this practice is that the syllable Om is divided in three parts that is Aaa, Uuu and Mmm. In this practice when one chant Aaa, vibration occur in abdominal area, During the chant Uuu vibration felt in the throat and when pronounced Mmm, it feels on the head region, for performing this practice take up any comfortable sitting position such as Vajrasana with your spine as erect as possible. Rest your hands on your lap while performing the Gyan Mudra. Close your eyes and concentrate on this valuable practice that combines the use of physical movement synchronized with deep breathing and the usage of Nada or vibrational sounds involving utterance of the beeja sounds of AAA, UUU and MMM separately with three rounds of each . This is an excellent practice to prevent as well as relieve disorders of the head, neck and upper shoulder areas. It is important to concentrate on the area to be relieved, repaired, or rejuvenated while sounding the beeja mantras. A-U-M chanting influences all chakras, plexuses in the subtle human body, and activates prana, the life-force. The vibratory seat of AUM is Vishuddha chakra or the throat center, which it purifies, restraining negative thought-currents [4].

Chakra Mantra:

Chakra is a Sanskrit word which means wheel. In ancient India chakras are used as forms of energy centres. It is the focal centre of energy in human body used in meditation practice. The human body consists seven main chakras and it can be activated by mantra. Each chakra has a specific mantra called beeja mantra. In Sanskrit, “beeja” translates to “seed.” So when one chant and meditating using beeja mantras, it is like showering water to the seeds of our highest goal to keep mental, emotional, physical, and spiritual balance and to create harmony with mind and body which activates its vitality and dormant potential. Intoning the mantra can speed up or slow down the potential energy associated with each chakra to amplify and purify it. Seven chakras are placed between the roots of the spine to top of the head. Each chakra is connected with the different system of the body. So if the chakras is activated with its beeja mantra it will also keep the body physically and mentally good.

Conclusion:

Everything is in the world have its own vibration and when we are in a natural resonant vibration, we are in a state of good health. But if some part of the body start vibrating at abnormal frequency, the energy got stuck and disease developed. Therefore, through chanting, one can release the stuck energy and can return to the normal state of resonance, thus influencing a cure. It has been found that the sounds of specific mantras chanting will cause the left and right hemispheres of the brain to synchronize. Such chanting will also help oxygenate the brain,

reduce our heart rate, blood pressure and assist in creating calm brainwave activity [5]. There is a reason why most of the prayer/meditation on the planet is vocalized.

Nada Yoga is the unique application of sound vibrations to enhance people's quality of life by creating a positive change in human behavior. It is the use of nada to improve and balance physical, mental and psychological health and wellbeing. It also provided with valuable results concluded that sound therapy is an effective treatment which help to cure psychotic and non-psychotic severe mental disorders to enhance global health and wellbeing. The regular practitioner of nada yoga create the journey towards peace, happiness, bliss, and self-realization.

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