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Review Article

Om Chanting

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Exploring the Effects of Om Chanting on Cognitive Functions of Individuals: A Narrative Review

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Om chanting is a fundamental practice in yoga and meditation, known for its potential cognitive and physiological benefits. This review aims to explore the effects of Om chanting on cognitive functions, particularly memory, attention, and executive function, among healthy individuals. Several studies indicate that Om chanting modulates brain activity, enhances neural connectivity, and improves psychological well-being.[1,2] By examining existing literature, we highlight the mechanisms through which Om chanting influences cognitive processes, including autonomic nervous system regulation, cerebral blood flow enhancement, and neurochemical modulation.[3,4] This review provides insights into the therapeutic applications of Om chanting in cognitive health and suggests directions for future research.

Keywords: Cognitive function, Memory, Meditation, Om chanting, Yoga, Brain activity

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Introduction

Cognitive functions, including memory, attention, and executive processing, play a crucial role in daily activities and overall well-being. In recent years, *Yoga* and meditation practices have gained attention for their ability to enhance cognitive performance. Among these practices, *Om* chanting, a form of mantra meditation, has been reported to influence brain activity, autonomic nervous system responses, and cognitive performance.**[5,6]**

This review aims to consolidate existing research on effe. of *Om* chanting on cognitive function, exploring its underlying mechanisms & potential applications.

Aim and Objectives

1. To evaluate the impact of *Om* chanting on cognitive functions such as memory, attention, and executive function.
2. To explore the neurophysiological mechanisms underlying the cognitive benefits of *Om*
3. To assess the therapeutic potential of *Om* chanting in cognitive enhancement and stress management.

Methodology

A literature search was conducted using databases such as PubMed, Scopus, and Google Scholar. Keywords included "*Om* chanting," "cognitive function," "memory enhancement," and "brain activity." Studies involving healthy individuals practicing *Om* chanting were included, with a focus on randomized controlled trials, observational studies, and neurophysiological research.**[7]**

Discussion

1. Mechanisms of *Om* Chanting on Cognitive Function

OM chanting influences cognitive functions through several physiological and neural mechanisms:

- **Neurophysiological Effects:** Research using EEG and fMRI scans indicates that *Om* chanting stimulates the prefrontal cortex, hippocampus, and thalamus—key areas involved in attention, memory, and executive function.**[8,9]** The rhythmic vocalization of *Om* creates vibratory effects that synchronize neural oscillations, promoting mental clarity and cognitive focus.
- **Autonomic Nervous System Regulation:** *Om* chanting activates the parasympathetic nervous system, helping to shift the body from a state of stress (sympathetic dominance) to a state of relaxation. This regulation reduces cortisol levels, lowers heart rate, and enhances cognitive clarity and emotional stability.**[10]**
- **Cerebral Blood Flow Enhancement:** Studies suggest that the rhythmic breathing and vocalization involved in *Om* chanting increase blood flow to critical brain regions. This improved circulation enhances oxygenation and nutrient delivery, essential for optimal cognitive function and neural efficiency.**[11]**
- **Neurochemical Modulation:** *Om* chanting has been linked to an increase in serotonin & dopamine levels, neurotransmitters responsible for mood regulation, memory processing & cognitive performance. Practice also reduces amygdala activity, minimizing stress responses and promoting balanced emotional state.**[12]**

2. Empirical Evidence Supporting Cognitive Benefits

- **Memory Enhancement:** A study by Naidu et al. (2014) demonstrated that 12 weeks of OM chanting significantly improved memory retention in school children. Participants exhibited enhanced verbal and spatial memory, likely due to improved neural connectivity in memory-related brain regions.**[13]**
- **Attention and Reaction Time:** A randomized controlled trial by Naveen et al. (2022) found that OM chanting improved attention span and reaction time in healthy adults. The study concluded that the vibratory and rhythmic effects of chanting enhance cognitive processing speed and focus.**[14]**
- **Psychological Well-being:** Research suggests that OM chanting reduces symptoms of anxiety and depression, indirectly improving cognitive function. A calmer mental state allows for better concentration, decision-making, and overall cognitive efficiency.**[15]**

3. Comparison with Other Meditation Techniques

Unlike silent meditation or mindfulness-based practices, *Om* chanting involves auditory stimulation and vibratory effects.

These unique characteristics may provide additional neural benefits, such as increased sensory processing efficiency and enhanced cognitive synchronization. The sound vibrations of *Om* chanting resonate throughout the body, potentially influencing brainwave activity and facilitating deeper cognitive engagement.**[16]**

Conclusion

Existing research supports cognitive benefits of *Om* chanting, particularly in enhancing memory, attention & stress regulation. However, further large-scale studies with rigorous methodologies are needed to validate these findings & explore clinical applications. Integrating *Om* chanting into daily practice may serve as cost-effective & accessible tool for cognitive enhancement & mental well-being.

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