

Exploring the Effects of Chanting and Meditation on Mental Health: a Comprehensive Review of Neuroscientific and Traditional Perspectives Insights

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Abstract: *This study examines neuroscientific research and traditional practices to investigate the therapeutic and cognitive effects of meditation and chanting on mental health. It has been demonstrated that meditation and mantra chanting boost cognitive and physiological processes, lower stress levels, and increase emotional resilience. Reduced cortisol levels and improvements in cardiovascular health are seen, while EEG and fMRI studies show enhanced alpha and theta brainwave activity, which indicates relaxation and emotional regulation. Their effects are further validated by improved brain connection, memory, and focus. Notwithstanding encouraging results, methodological irregularities and small sample numbers underscore the necessity of standardized procedures and thorough longitudinal studies.*

Keywords: Cognitive Functions, Physiological Functions, EEG, Brain Waves, Meditation, Cardiovascular And Immunological Function, Chanting and Mantra, MRI Scan

