

Study Protocol of “*Vishwa Prarthana Chanting*” for Mental Wellbeing in General Population

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Abstract: Pursuit of happiness (*Sukha*) has been the universal endeavor of mankind which is rooted in the state of mental well-being. Common mental health conditions like anxiety, fear, obsession, irrational behavior, depression, hostility are stumbling blocks in achieving mental well-being and are commonly neglected. India stands at low rank in global happiness index in spite of having a rich heritage of religion, tradition and culture. The common people widely practice multiple modalities like Mantra, Meditation, Prayer, Guided Imagery, listening spiritual discourse, reading religious texts to achieve mental well-being, although having its limited scientific evidence. Pilot study of “*Vishwa Prarthana chanting*” propounded by Satguru Shri. Wamanrao Pai, showed its popularity in masses and empirical positive effects to achieve mental well-being and to become happy. It has to be scientifically evaluated by method of structured trials and need peer reviewed publication for greater acceptance in scientific fraternity. We have initiated a registered trial to evaluate the practice of *Vishwa Prarthana chanting* for mental wellbeing and intend to present the study protocol for the same with its rationale, study design, methodology, follow up, statistical tests to be applied, therapeutic aspect of chanting described in Ayurveda and expected outcome.

Keywords: Prayer Meditation, Universal Prayer, Satguru Shri Wamanrao Pai, Jeevan Vidya Mission, Achar Rasayan, Swasthya

Approvals:

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1. Introduction

Concept of Mental Health - Global Scenario:

Knowingly or unknowingly, every individual strives to be happy (*Sukhi*) in his life. The happy state can be achieved when the person is mentally healthy. The state of mental well-being enables people to cope with the stresses of life, to realize their abilities, to learn well and work well, to contribute to their communities and thrive. Mental health is an integral part of human positive health and wellbeing and has much higher value than only absence of mental disorder. It is a basic human right. [1]

Common mental health issues include anxiety, fear, sleeplessness, anger, depression, eating disorders, obsessive-compulsive and disruptive behavior are commonly neglected by most of the healthcare and social systems all over the world. Most of the societies do not provide the care and support to such individuals who need and deserve it. The result is that millions of people around the world suffer in silence, experience human rights violation or are negatively affected in their daily lives. [2]

As stated in United Nation's World Happiness Report - 2023; the success and the progress of any country should be judged by the level of happiness of its citizens and not merely by per capita income and GDP. There is also the growing consensus across the globe about measuring of national happiness and the happiness index should become

an operational objective for the governments. Finland is on 1st rank with happiness index of 7.804, Israel on 4th, U. S. 15th, U. K. 19th, U. A. E. 26th, Saudi Arabia 30th, China 64th, Russian Federation 70th, Nepal 78th, Pakistan 108th, whereas India stands on the 126th rank with happiness index of 4.036 out of 137 countries measured. [3]

Over the recent years, common mental health issues have seen a steady rise globally, accentuated further by the onset of COVID - 19. The scale of mental disorders in India accounts for nearly 15 percent of the global mental health burden. [4]

Definition of Swastha (Healthy Person) as per Ayurved:

The person having equilibrium of *Dosha* (Functional Units), *Agni* (Digestive Fire), *Dhatu* (Body Tissues), Functions of *Mala* (Excreta) along with Peaceful, Delighted - *Atma* (Soul or Life Force), *Indriya* (Sensory Organs) and *Mana* (Mind) is called healthy. [5]

Ayurvedic concept to Achieve Swasthya (Positive Health and Wellbeing): Ayurved science vividly describes curative as well as prophylactic treatments for the diseased and has advocated *Rasayan Chikitsa* (Rejuvenation Treatment) to achieve longevity of life, strength of body and organs, reverence, happy soul and mental wellbeing. *Achar Rasayan* is a type of *Rasayan chikitsa*, and an abstract intervention which brings the similar results without consuming actual

medication but by practicing code of conduct and virtues of life. [6]

Concept of Achar Rasayan and Practice of Chanting:

Achar Rasayan is the ideal code of conduct or virtues of life to rejuvenate human being with positive health without administering actual drugs (abstract intervention) [7]. Practice of *Chanting* is one of the modalities of *Achar Rasayan* in which chanting of particular *Mantra* or *Naam* is repetitively done for certain times and for certain period. [8] It is the single modality by practice of which, most of the other code of conduct mentioned in *Achar Rasayan* can be achieved [9].

Repetition of any act gets converted into habit as per law of mind. Habit is the function of deeper level (subconscious) of mind. The longer the *Chanting* is practiced, the meaning, the thought, the imagination, the emotion and the notion behind the *mantra* or *naam* gets rooted in the subconscious mind. The subconscious mind creates the similar opportunities, situations around the person as per the rooted thoughts, emotions, imaginations and notions of the person [10]

Usually *mantra* or *naam* chanted are relatively short in length as “*Om Namah Shivay*”, or can be only one syllable, such as “*Ram*” or “*Om*” or “*Ham*,” known as seed syllables. Certain conventional *mantras* are in *Sanskrit* language and contain more words or complete verse. In *Chanting* practice, *mantras* can be chanted silently, like whisper, or loudly with active or passive breathing. [11]

The mind which usually gets engaged to multiple subjects through the thoughts, can be concentrated to one subject or single thought by the practice of *Chanting*. That concentrates the energy associated with mind and the thought giving rise to peace of mind, mindfulness, confidence and bliss. Thus, it improves the concentration of mind. Practice of chanting enhances *Anutva* (Subtleness) and *Ekatva* (perception of only one subject at a time) qualities of mind [12].

2. Previous Work Done

Compilation and literary study have been done previously in different universities to establish the relation between *Achar*

Rasayan and health promotion, happiness and longevity with very less emphasis on *Chanting Chikitsa*. [13, 14]

Scientific Analysis of Mantra - Based Meditation like *Mool mantra* or *Gayatri mantra* and its beneficial effects has been done as an overview in India. [15]

Studies have revealed that *OM* chanting enhances parasympathetic nervous system activity (high frequency power), promoting relaxation and calmness causing mental wellbeing. [16]

Clinical studies of correlation between Mantra chanting and health benefits have revealed that biochemical investigations like CD3, CD4, CD8 count for immunity assessment; serotonin, oxytocin, dopamine, endorphins for happiness assessment and EEG, fMRI techniques for positive brain activity assessment can be used. [17, 18]

Vishwa Prarthana and It's Rationale to Achieve Wellbeing:

“*Vishwa Prarthana* (Universal Prayer)” is written by Satguru Shri Wamanrao Pai (The Social Reformer and Spiritual Leader from Maharashtra and founder member of nonprofit trust - Jeevan Vidya Mission) for wellbeing, happiness and thriving of mankind. It is as follows,”

हे ईश्वरा सर्वाना,
चांगली बुद्धी दे, आरोग्य दे,
सर्वाना सुखात, आनंदात, ऐश्वर्यात ठेव,
सर्वांचे भलं कर, कल्याण कर, रक्षण कर.
आणि तुझे गोड नाम मुखात अखंड राहू दे....!”.....
सद्गुरू श्री वामनराव पै

Its literal meaning is,

Oh almighty, bless all with wisdom, good health, happiness, bliss, wealth, material progress, wellbeing, your guardianship and may your sweet name remain eternal in our mouth.

It is easily available in public domain on internet. It has been translated in 12 Indian regional languages, English and 5 international languages. It is having incorporation of harmonious, super positive thoughts and affirmations for everybody in the universe.

विश्वप्रार्थना	विश्वप्रार्थना	UNIVERSAL PRAYER
“ हे ईश्वरा, सर्वाना चांगली बुद्धी दे, आरोग्य दे, सर्वाना सुखात, आनंदात, ऐश्वर्यात ठेव, सर्वांचे भलं कर, कल्याण कर, रक्षण कर, आणि तुझे गोड नाम मुखात अखंड राहू दे ”	“ हे ईश्वर... सबको सन्मति दे, आरोग्य दे, सबको सुख दे, आनंद और ऐश्वर्य दे, सबका भला कर, कल्याण कर, रक्षण कर, और तेरा मीठा नाम, मुख में निरंतर रहने दे ”	“ O God! Bless all with Health and Wealth, Bless all with Money and Harmony, Bless all with Peace and Bliss, Bless all with Wisdom and your Devotion.”

It is in line with the concept of *Pasaydan* of Saint *Dnyaneshwar Maharaj* from Maharashtra, India, which prays to almighty for wellbeing of everybody in the world [19]. It is in line with the *Mahaupanishada* phrase, वसुधैव कुटुम्बकम् [20], engraved in the entrance hall of the Parliament Of India; meaning “World Is a Family”.

3. Significance and Need of Prayer Meditation Study

The pilot study showed that, the practice of *Vishwa Prarthana* chanting for 1000 times a day, improves the state of physical and mental wellbeing of the chanter, giving rise to prosperity and happiness in life early, in comparison with practice of conventional chanting [21]. *Vishwa Prarthana* chanting can be considered as prayer meditation [22]. It can improve in all quality of life of the chanter. [23]

- 1) In comparison with the global burden of mental health, the studies on *Mantra Chanting* are insufficient.
- 2) Almost all *Mantras* and verses are associated with particular religion. There is need of *Chanting* practice which is secular, for better acceptance and compliance.
- 3) Conventional *Chanting* and *Mantras* are in *Sanskrit* language or require knowledge of particular language which can be difficult to understand by mass population.
- 4) *Vishwa Prarthana* is universal, easy to understand as it is available in multiple languages and can be practiced by person of any age group – strata – race and religion [24].
- 5) Most of the *Mantras* or *Chanting* practices are based on pronunciation and their talismanic effect with very less emphasis on meaning and the thought unlike *Vishwa Prarthana*.
- 6) If it is included in the national and international health policies as remedial part, it can create miracles in the life of mankind and the world would become better place to live.

Hypothesis

Research Question: -

Does *Vishwa Prarthana Chanting* have any significant effect on mental wellbeing of human beings?

Aim and Objectives:

Aim

To evaluate the efficacy of *Vishwa Prarthana* Chanting on scientific parameters of mental health.

Objectives

- To correlate practice of chanting and other modalities of *Achar Rasayan* if any.
- To assess relation between *Achar Rasayan* and mental wellbeing in masses.
- To study relation between practice of chanting and levels of happiness in the community.

4. Methodology

The participants are advised to chant *Vishwa Prarthana* in whispering voice or silently for the period of 6 months. The participant chants 1000 times a day; out of which 108 times before going to bed or when he gets up from bed. Rest of the 892 times of chanting can be done at any time of the day, any place, in any position (sitting, standing or walking) without disturbing his daily routine work or studies and responsibilities. The participant is provided with chanting counter which can be wore like a ring on any finger and easily removed for daily counting. Effect of the chanting will be assessed after the period of 6 months and total chanting count of 180000 per participant.

Surveillance:

Participant's WhatsApp groups are formed. They are advised to update their daily individual chanting count on the group for surveillance. Web application is also generated for information, enrollment, updating individual *Vishwa Prarthana* count and follow up.

Grace Period:

Total 30 days, distributed over 6 months of study period are granted to every participant as grace period, if the participant fails to complete daily count.

Assessment Criteria:

The participants are evaluated at pre and post intervention stage for subjective wellbeing, quality of community life by solving questionnaires having M. C. Q. s, Ryff scale and interview.

- 1) Subjective Well - being Questionnaire (ICMR – WHO joint venture) [25]
- 2) Quality of community life questionnaire (ICMR – WHO joint venture) [26].
- 3) Ryff scale of psychological wellbeing (International questionnaire of mental wellbeing) [27].

[Questionnaires are having M. C. Q. s with marks. Higher The Score = Higher the Level of Mental Wellbeing.]

Duration:

6 months for each participant with total study completion duration of 2 years.

Method to Complete the Study in Stated Time with Accuracy and Minimum Errors:

Study 1: Mental wellbeing of *Vishwa Prarthana* chanters, 1000 times daily for the period of 6 months (**Group A**), is compared with non - chanters or who have never done any type of chanting before (**Group B**).

Study 2: Prospective study of mental wellbeing of participants from Group - B who are willing to do *Vishwa Prarthana* chanting for 6 months (Group B1) are studied from '0' day (pre intervention) to 180th day (post intervention). There is a control group (Group B2) of the participants who are not going to do *Vishwa Prarthana* chanting but willing to get evaluated at '0' and '180th day'.

There also will be assessment of Group B1 participant's mental wellbeing from impartial observer of his vicinity (family member /neighbor/colleague/ friend).

Sampling Technique Used in Study:

Random selection of participants.

Sample Size:

Study No.1: N = 500 (250 in each group)

Study No.2: N = 100 (50 in each group)

Statistical Analysis:

Study 1: Mann Whitney U Test

Study 2: Wilcoxon Rank Sum Test

Drop Out Criteria:

- Repeated consecutive gaps in reporting / no reporting of Chanting for 15 days to the investigating team.
- Participant not completing the Chanting count of 30000 within 35 days.

Visit Schedule:

Visit	I	II	III	IV	V	VI	VII	VIII
Day	0	15	30	60	90	120	150	180
Evaluation	Ayurvedic CRF Questionnaire	Follow Up	Follow Up	Follow Up	Follow Up	Follow Up	Follow Up	Ayurvedic CRF Questionnaire

Material

- Vishwa Prarthana translated in suitable regional language for participant, in printed form, sticker and softcopy format.
- Electronic Counter made of plastic material.
- Vishwa Prarthana web application for enrollment and follow up.

Study Design or Type:

Part 1: Double Arm, Observational, Cross - sectional Study.

Part 2: Double Arm, Interventional, Prospective Study.

Nature of Sample:

Healthy general population from different socioeconomic groups.

Source of Sample Collection:

- Followers of "Jeevan Vidya Mission" (Non - Profit N. G. O. s which works for psycho - spiritual uplift and empowerment of the society.) India and U. S.
- General population from society.

5. Observation and Discussion

Data obtained will be presented, analyzed and result will be disclosed through publications. Based on the outcome the relation between super positive affirmation and its effect on psychological health can be discussed further.

6. Summary and Conclusion

The study is being conducted after C. T. R. I. registration since December 2024 and can be completed by 2026. On the basis of observations and discussion the conclusion can be precisely drawn.

Nature of Study

Ph. D. Project at Dr. D. Y. College of Ayurved and Research Center, Dr. D. Y. Patil Vidyapeeth, Pune, 411018, India

Study Sites

Dr. D. Y. College of Ayurved and Research Center, Dr. D. Y. Patil Vidyapeeth, Pune, 411018, India
Jeevan Vidya Mission, Mumbai, India.

Pt. Dr. Shivshakti Lal Sharma Ayurved Medical College, Ratlam, M. P. India

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