

Healthcare and Chanting of Hare Krishna Mahamantra

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Abstract: *The birth, death, old age and diseases are four fundamental characteristics of the living world in this universe. Human being is the most precious creation of this living world. Human beings are suffering from different kinds of diseases. Modern medical science developed technological curing for all type of diseases. So, people are living their life without any caring. That is why there are big line of patients in front of every hospital throughout the year. Caring is better than cure. In Bhagabat Gita it is given that people are suffering because of their past activities. Newton's third law says every action has equal and opposite reaction. Therefore, if action is suffering, then reaction is also suffering. Suffering can be avoided by taking care of our activities. Iskcon trains the devotees to follow some principles by which they can keep themselves away from sinful activities. Rectification of activities from sinful to sinless is true health care by which one can be disease free. In this article some scientific discussion has been made in this matter.*

Keywords: Disease, Scientific, sinful activities, principles, Newton's third law, human being, Mahamantra, Bhagabat Gita.

1. Introduction

Living body is made up of five gross materials earth, air, water, fire and ether [1]. The gross sufferings by human beings are birth, death, disease and old age [2]. This universe created by God which is regulated by natural laws. One of such laws is Newton's third law [3]. So doing anything against natural law is a sinful activity [5]. Iskcon, International society for Krishna consciousness tries to educate the world people about the sinful activities and their consequences through the teachings of bhagabat Gita and scriptures [4][1]. For the universal caring of human beings, Iskcon has been telling every human being to follow four regulative principles [5][6] which are pillars of peaceful and healthy human society [7].

The chanting of Hare Krishna mahamantra is the goal of Hare Krishna movement. The vibration caused by chanting mahamantra has unexpected positive effect on the processes carry on inside our body which regulates blood circulation and air circulation etc. It has high effect no way comparable to yoga [12]. Because of its transcendental vibration human body is purified from all contamination. Human body will be disease free only by chanting Mahamantra.

ISKCON

The full form of Iskcon is International society for Krishna consciousness. Its beginning was Hare Krishna movement. This movement went to western countries by Bhaktivedanta swami prabhupad in 1960s [8]. His spiritual master was Bhakti Sidhanta Saraswati Thakur. He inspired Bhaktivedanta swami to spread Hare Krishna movement throughout the western countries. The movement's goal is to spread "Mahamantra" and make everyone to chant this mantra. By chanting mahamantra every human being capable of feeding the soul exists inside a human body to develop in right direction towards liberation. This Mahamantra is as follow.

"Hare Krishna Hare Krishna
Krishna Krishna Hare Hare,

Hare Rama Hare Rama Rama Rama Hare Hare"

This mantra consists of sixteen words. Chanting of this Mahamantra is one of the most imminent practices among the Hare Krishna followers. This sixteen words mantra believes to have unique transcendental sound vibrations which have ability to revive our transcendental consciousness [10]. In 1965 Bhaktivedanta Swami Prabhupad went to New York with a trunk full of translated scriptures, barely any dollar [10] in order to fulfill his spiritual master's will to spread this mahamantra worldwide. This was what chaitanya Mahaprabhu wanted. He faced various hardships and difficulties in order to spread the teachings of Lord Krishna. Even he suffered from two heart attacks in abroad during his journey. However, he did not setback from his mission. He started this Hare Krishna movement by disseminating Krishna's teachings in the lofts of Brooklyn and promoted sankirtana practice started by Chaitanya Mahaprabhu which became trademark of Hare Krishna Movement. In Sankirtan, the devotees of Lord Krishna have to go to the streets and dance and sing holy name and glories of Lord Krishna [10][11]. From 1965 to 1975, within 20 years Swami Prabhupad made large followers from all walks of life. Fighting with many challenges, Iskcon is struggling a lot for human resource development throughout the world [13][14].

HealthCare propaganda of Iskcon

For every Iskcon devotee, the primary task is to obey four regulative principles, that is "NO" to 1) intoxication, 2) illicit sex, 3) meat eating, and 4) gambling [8]. Those who are involved directly or indirectly in these four activities are sinful. These are measure platform for sinful activities. So, saying 'NO' to these four categories of activities, one makes him or her free from sinful activities. Committing these activities is against the various universal laws governing this universe. So, reactions of these activities are mainly diseases suffered by human being.

To register oneself into Iskcon family, these four principles are like four pillars to cross for a starting entry. Without which no entry is possible. These are not mere rules; these

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are backbones of devotional life. A sinless person can able to know who Krishna is, of course in truth (principles). By observing these four principles not only they progress in devotional life, but also free themselves from sinful reactions. Newton's third law is no more applicable to them for suffering diseases. So Iskcon is providing best healthcare treatment to this world population. Along with this chanting Mahamantra provides ultimate destination to every human being. In this article discussion about the mahamantra as well as sinful activities are well discussed. No one can chant mahamantra without freeing oneself from sinful activities. A sinless person enjoys the chanting of Mahamantra. Healthcare is one of the outputs of the two. A sinless person who is chanting mahamantra is always free from all contamination. Such person's body never shelter of disease carriers. So body remains disease free.

Sinful activities and diseases

From above discussion it concludes that diseases are functional reaction of sinful activities.

$DISEASE = f(SINFUL\ ACTIVITY)$

$f: \{sinful\ activities\} \rightarrow \{diseases\}$

Newton's third law is a universal law. It says that every action has equal and opposite reaction. Killing any living being is an action of giving suffering to that living being. Suppose someone is cutting the throat of a goat. Think how much pain that goat will suffer before dying. Then according to Newton's third law reaction is also suffering. Therefore, the person who killed the goat must suffer and suffering must be painful. Now the question is, this suffering is immediate or takes some time. Let us discuss about a student's action. Time span for getting a job as a reaction of his studies (action) is so to say at least 10 years or more than that. It is not immediate. So, if Newton's third law is true, then suffering given to others must be a suffering (reaction) to the person who caused the suffering. Only the time taking place of such reactions may be immediate or take some time.

So, conclusion is suffering is there. It is sure. As discussed in Bhagavat Gita [1] people are suffering because of their past activities. If we will be agreed to Bhagavat Gita and Newton's third law, then disease is a suffering. It is not at all a happy reaction must be a reaction of some of the wrong past activities (sinful acts). Though it is not practical, but can be practically realized. So, conclusion is our sufferings are due to our past wrong deeds. Wrong deeds are sinful activities that are deeds against the natural laws. An animal has got his life according to God's grace. Killing it, is against natural law. Who am I to take its life? Liquor is injurious to health. If we take it, we may cause liver damage, lead to cancer. Avoidance of sinful activities leads to decline of sufferings.

Avoidance of Sinful Activities and Health Care

Sinful activities mean actions against (violating) natural laws. If we obey all the natural laws, life will be very tough. One has to take renunciation (sanyas). In Bhagabatam, it is told that even a sanyasi commits six types of sinful activities. Complete avoidance of sinful activities is impossible. That is why Iskcon ask everyone to chant Hare Krishna mahamantra in order to counteract the sinful activities. Who can chant mantra successfully? Those who

have stopped doing sinful activities can chant mahamantra successfully. So avoidance of sinful activities is a primary need for a pure human body. A pure human body has no suffering, so to say rarely any sufferings. A pure human body means following of four regulative principles. Following four regulative principles, taking prasadam and chanting Hare Krishna mahamantra makes one pure.

A place is contaminated. Then we are using some chemicals to make it clean. Is it good or keep the place clean from the very beginning is good? Care is better than cure. A clean place is never a hub of harmful insects. A good environment is never the shelter of devils. When body is pure; germs, virus etc. couldn't reside inside the body. Then how does this body become home of diseases. No disease means, no medical treatment or rarely any medical treatment required. So, the best health care is to free oneself from sinful activities. Body free from sinful activities means body free from diseases.

So, the best health care is to free oneself from sinful activities. People should be well educated about sinful activities. Caring is always better than cure. Instead of Opening so many hospitals, medical institutes, if Government of every country comes hand to hand with Iskcon and try their best to make every human being sin free, then long lines before every hospital everyday can be minimized or completely abolished. Human being becomes disease free.

Mahamantra and Healthcare

As already discussed, Mahamantra is composed of 16 words. These words are transcendental names of Lord. In Bramha Samhita It is told that God is "Sat, Chit and Ananda Vighraha". Chanting His name means association with truth. Chanter purifies its body from all sinful reactions. Vanquish of sinful reactions means body becomes transcendental. Therefore it will be disease free. No health care is required from hospitals. So chanting of Mahamantra is the best health care ever.

2. Conclusion

Mahamantra is the mantra of Kali Yuga. No treatment ever required if someone chant Hare Krishna Mahamantra regularly. It is more than think stone. It fulfils all the truthful desires of the chanter. It will take one to ultimate destination.

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