

## Pranav Sadhana and Dhyana in Pregnancy

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### ABSTRACT

**Pranayama** is a broad practice that combines physical positioning, breathing exercises, focus, and meditation. The ability to develop harmony between the emotional, mental, physical, and spiritual dimensions makes it so well-known.

**Chanting** is a common practice that may be seen in almost all major global religions.

Numerous disorders are treated with **yoga** and **pranayama**. Pranayama has been used for centuries to relax the body's autonomic nervous system and lessen **stress**.

Sacred sounds like "**OM**," the Gayatri Mantra, etc., have been important for maintaining mental and physical health since ancient times. It is scientifically proven based on the literature currently accessible. However, more research is required to demonstrate the impact of sacred sounds, particularly "**OM**," on our vital organs like the heart and general well-being, particularly during pregnancy.

There are many diseases, disorders, and complications in the modern world, but some complications are more prevalent, and almost every human in the modern world experiences them. These complications are stress and depression, and while many **medications** claim to treat them, doing so only **temporarily** and with **some side effects**, "**OM**" (AUM) chanting is a traditional practice that has **positive effects** beyond just reducing stress and depression.

The current study sought to determine whether practicing **PRANAV** (AUM) throughout the third trimester or **antenatal period** can lessen dyspnea, insomnia, and anxiety symptoms. These pregnancy problems can have a big impact on how well both the mother and the baby do. **Pranav helps** various associated ailments by having a relaxing impact on the **neurological system**. Sound AUM affects the neural system, which gives people under **stress** an **energy boost**. It improves **mental clarity**, self-awareness, ability to interact with the outside world, willingness to serve others, and openness to positive thoughts.

**Regular OM chanting** has been proven useful in curing several ailments, such as thyroid issues, depression, anxiety, and stress.

The goal of the study is to increase well-being by removing various disorders.

It has been discovered that regularly repeating the AUM mantra restores the body's equilibrium on all levels—physical, mental, and emotional.

**KEYWORDS:** OM, Pranav, AUM, Antenatal Period, Chanting, Anxiety, Pregnancy, neurological system

### INTRODUCTION

Yoga and pranayama are ancient terms derived from Sanskrit words that simply mean they are mind-body exercise practices. They were first practiced in India but are now being used more and more widely throughout the world. Many developed nations also use this technique to treat conditions of **immunological, neurological, and physiological** pain.

Many people in today's society are unaware of **meditation** and its benefits. Everyone desires deep sleep after a long day of work and stress. We would quickly become more focused and less stressed if we chanted Om in the same tone. **OM chanting** can help you feel less stressed and maintain mental clarity[1].

*How to cite this paper:* Dr. Shobha Nadagouda | Dr. Yatish Patil | Dr. Sharmila Sagare | Dr. Saraswati C. "Pranav Sadhana and Dhyana in Pregnancy"

Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-1, February 2023, pp.120-122, URL: www.ijtsrd.com/papers/ijtsrd52639.pdf



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Everyone today thinks that the word "OM" is a religious mantra. But this is just incorrect. It is the universe's creation. It is the collection of all sounds. It is acknowledged as the **origin** of all sounds [2]. AUM is another name for OM.

The one syllable known as **Pranav**, the **AUM**, or **Omkaara**, pronounced as "OM," is the most potent and important of all the syllables. Sacred sounds, such as "OM," have long been important for maintaining mental and physical health and culture. The initial word, Brahman, and God are all OM[3]. Because it sustains breath or life (Prana= breath) and flows with the exhaled breath, **AUM is Pranav**[4] (Prana+ Va = Life breath + Sakti or energy).

The letters A, U, and M make up the three-syllable symbol AUM, which also includes a crescent-shaped dot at the top (ॐ) when written. The letter "A" (अ-**Akara**)[5] stands for the aware state of the mind and spirit[4], the letter "U" (उ-**Ukara**)[5] for the dream state [4], and the letter "M" (म-**Makara**)[5] for the dreamless sleep state [4]. Your tummy vibrates as you say the Aaaaaa section of the AUM mantra. When you sing the uuuuu part of AUM, your chest vibrates. And you experience a vibration in your head or thoughts when you sound the mmmm part of AUM. The letters A, U, and M represent the three qualities of Sattva, Rajas, and Tamas (Gunas). As to the Mandukya Upanishad and other available ancient writings, there are many ways to chant the sound "OM." The material examined focused mostly on the fundamental understanding of sound OM and its health advantages.

**Pregnant** women experience specific physiological changes [6], stress, and demands on their physical and mental well-being. The numerous physical, emotional, mental, and pain states that manifest throughout pregnancy and **labour** must be managed. The mother's **health** and quality of life are crucial for the best pregnancy results; during this transitional and significant period, self-soothing practices, psycho-education, and relaxation are especially crucial. The spiritual chant AUM is crucial for achieving calm and peace[2]; your nervous system is also significantly affected by the sound of the OM [1]. According to the results of the time-frequency study, reciting the OM provides mental stability[7].

The study under consideration is primarily organized into some categories: fundamental knowledge of sound OM, Pranav practice, and health benefits for pregnant mothers.

## PRANAV PREPARATION-

### 1. Place And Time of Practice-

In variable weather conditions, practices are done in a room or a covered area. (rpk hosp. yogasana hall) (Practices are mostly carried out at dawn, the \* early morning hours by sunrise, or \* by sunset to avoid heat periods of the day).

### 2. Sitting principle/position-

The spinal column must be brought knowingly in an upright position while seated; this form creates a top-bottom axis to connect the cosmos (akasha) with the earth through our metaphysical body. Make yourself comfortable and sit. Sit cross-legged with an upright back for the most comfort. Use a Yoga mat or mattress for the Yoga practice.

There are some sitting modes. 1) Padmasana, 2) Swasthikasana, 3) Sukhasana, or 4) use a chair for sitting.

### 3. Food-

At least 6 hours should pass since your previous large meal, and 2 hours should pass before starting Pranav. (pranayama theory suggests moderate, natural, palatable, and acceptable vegetarian nutrition when considering the prana philosophy). Practice on an empty stomach following bowel and bladder emptying.

### 4. Preparatory exercise-

Performing Anulom Vilom in the form of Nadi Shodhan Pranayama for some minutes (should be done until the breath flows equally through both nostrils) will give an easy get into Pranav practice/chanting.

5. Always breathe via your nose when you're breathing.

## NOW, HERE ARE THE STEPS TO CORRECTLY CHANT OM:

1. Sukhasana, chin mudra.[8]
2. Prayer- ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥
3. Anulom Vilom. (should be done until the breath flows equally through both the nostrils,)
4. Omkaara mantra- ॐ कारं बिंदुसंयुक्तं नित्यं ध्यायन्ति योगिनः ।  
कामदं मोक्षदं चैव ॐकाराय नमो नमः ॥१॥
5. Close your put your eyes closed and settle into a peaceful state. Ensure that your body and mind are both at ease.

6. Inhale deeply and slowly, then chant "AAAAA" (अअअअअअ) in a low pitch as you exhale, and feel your abdomen vibrating. Do this nine times.
7. Then take a deep and slow inhalation. As you breathe out, chant "UUUUU" (उउउउउ) in a low pitch and feel your chest and neck vibrating. Do this nine times.
8. Exercise a slow and deep inhalation. As you breathe out, chant "MMMMM" (ममममम) in a low pitch and feel your head and neck vibrating. Do this nine times.
9. A slow and deep inhalation. As you breathe out, chant AAUUUMMM (अअअउउउमममम) in a low pitch. Do this nine times.
10. A slow and deep inhalation. As you breathe out, chant Omkara (ॐ) in a low pitch. Do this nine times.
11. Deep Meditation. (आज्ञा चक्र). As soon as your meditation ends, start breathing normally and spend five minutes concentrating on the breath.
12. Prayer- ॐ सहनाववतु। सह नौ भुनक्तु। सह वीर्यं करवाव है।  
तेजस्वि नावधीतमस्तु मा विद्विषाव है। ॐ शान्तिः  
शान्तिः शान्तिः।।

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