

A Literature Review on Mantras Mentioned in Siddha Text for Prevention and Treatment of Diseases

Divyabharathi Palanisamy^{1*}, Arthi Balakrishnan², A. S. Poonkodi Kanthimathi³

^{1,2}PG Scholar, Department of Siddhar Yoga Maruthuvam, Government Siddha Medical College & Hospital, Palayamkottai, India

³Professor & HoD, Department of Siddhar Yoga Maruthuvam, Government Siddha Medical College & Hospital, Palayamkottai, India

Abstract: Mantras are also part of Siddha medicine practices. A mantra is a sacred utterance, a numinous sound, a syllable, word or group of words in Sanskrit, Tamil and other languages, that has spiritual and healing powers. Siddha literatures mentions mantras as one of the limbs of “Kayakalpa muraigal”. A detailed search was performed in library of Government Siddha Medical College and Hospital, Palayamkottai. Practice of mantras for physical and mental well-being has a great scope in the future. Academic research has to be encouraged in this discipline to tap its hidden potential and make it available across medical facilities for the benefit of the people.

Keywords: Jeba mantras, Ajeba mantras, Beeja mantras.

1. Introduction

Mantras are unique mystical formulas of sacred syllables, which were originally revealed to the Rishis or Sages. Mantra practices are used throughout many different traditions of Buddhism, Hinduism, Jainism, Sikhism, Taoism, Shinto, and Zen Buddhism.

The Sanskrit word mantra is derived from the root man – “to think”. Scholars consider the use of mantras to have begun before 1000 BC.

Mantras are also a part of Siddha Medicine practices. Siddha literature mentions Mantras as one of the limbs of by “Kayakalpa Muraigal”. In Siddha practices mantras are chanted to cure diseases rather and not for religious purposes. The information are collected from classical textbooks of library, Government Siddha Medical College and Hospital, Palayamkottai.

Synonyms:

Marai mozhi, Vichhai, Porunmozhi, Yatcham.

Aim:

To document mantras and their effect on health for the prevention and cure of diseases by referring to various textbooks pertaining to Siddha and yoga disciplines.

2. Review of Literature

Mantras:

According to the mantra literature, the universe was created by the principles of sound. Sound exists even in silence. We live

in the world that is filled with sound vibrations. Mantras the ‘art of Siddhas’ are based on the science of sound.

Sound and its echoing principles are the basis of Mantras. The word mantra means ‘the freedom of mind’. Sound waves can travel even in vacuum. Modern science has arrived at frequency measures for all kinds of sounds. Science has discovered that even matter is composed of sound waves.

Siddhas consider that all the matters that exist are composed of and originated from sound waves. So, all the matters have their corresponding sound equivalents (forms).

Mantras are uttered by making specific sounds. Mantra chanting is used for fulfilling desires and to control certain aspects of life. It has been said that mantras can be used to control the five elements of nature, namely fire, water, earth, air and space.

In meditation, mantras help the practitioner to focus his mind to attain the state of single mindedness. The process of making the mind one pointed is called Tapas. When thoughts are focused on the mantra along with chanting or utterance, unification of the mind happens. This is also called as Mantra Yoga.

Types of mantras:

There are three types of mantra.

- Atchraanthaga Mantra
- Atchrabya Mantra
- Beeja Mantra.

1) Atchraanthaga Mantra

Mantras that do not have a written form are called as atchraanthaga mantras. They are not documented but taught in the way of oral tradition.

2) Atchrabya Mantra

These mantras have written form.

3) Beeja Mantra

These are the mantras the sounds of which, one produced in the chakras of the human body. The word Bija means “origin”.

Some types of mantras:

1. OM Chanting Mantra:

Om or Aum is one of the most important symbols of Hinduism. It is variously said to be the essence of the Brahman,

or the cosmic world, Universal sound. First, the actual vibration, representing birth, death and the process of rebirth.

Benefits:

- 1) Calms the mind.
- 2) Stimulates the chakras.
- 3) It purifies the environment and create positive vibrations.
- 4) Give strength to vocal cords.
- 5) It increases immunity and spiritual balance.

2. *Gayathri Mantra:*

“Om bhur bhuvah svah

Tat savitur varenyam

Bhargo devasya dhimahi

Dhiyoto nah pracodayat”

The Gayathri Mantra in the Rig Veda. This mantra attributed to sage Vishvamithra. It is also called Savitri Mantra.

Benefits:

- 1) Remove all the obstacles in our life.
- 2) It increases overall health and wealth.
- 3) Attain ultimate peace in our body and mind.
- 4) It protects us from any kind of danger.
- 5) Increase memory power and concentration.

1) *Surya Namaskar mantras*

The 12 mantras should be paired with the poses of Surya Namaskar, as follows:

1. Yoga posture: Pranamasana

Mantra: Om Mitraya Namaha- Anahatham

2. Yoga posture: Hastha Uttanasana

Mantra: Om Ravaye Nam- Visuthi

3. Yoga posture: Hastha Pathasana

Mantra: Om Surya Namaha- suvathithanam

4. Yoga posture: Aswha Sanchalanasana

Mantra: Om Bhanave Namaha- Ajna

5. Yoga posture: Dandasana

Mantra: Om Khagaya Namaha- Visuddhi

6. Yoga posture: Astanga Namaskara

Mantra: Om Pushne Namah- Manipuraga⁷.

7. Yoga posture: Bujangasana

Mantra: Om Hiranya Garbhaya Namaha- suvathistanam

8. Yoga posture: Parvatasana

Mantra: Om marichaye Namah- visuthi

9. Yoga posture: Aswha sanchalanasana

Mantra: Om Adithyaya Namaha- ajna

10. Yoga posture: Hastha Pathasana

Mantra: Om Savitre Namaha- suvathistanam

11. Yoga posture- Hastha Uttanasana

Mantra: Om Arkaya Namaha- Visuthi

12. Yoga posture: Pranamasana

Mantra: Om Bhaskaraya Namaha- Anahatham

Benefits:

- It provides the native with Surya Deva blessings.
- Surya namaskar creates the balanced flow of the pranci energy within the body and providing a sense of internal harmony.
- It attain ultimate balance in life.

2) *Yoga Mudra Mantras*

The siddhars are one who made us realize that this world and our human body is composed of the panjapootham. Thus, each human finger represents the five elements. These are Earth, Water, Fire, Air and Space.

The yoga mudras balanced the 5 elements in our body. Yoga mudras promote the flow of energy in the subtle body and balance the chakras.

In the functioning of the yoga Mudra, the fingers are more important. Danvantri in his book 'Danvantri Vaithiyam 1000' has wrote about the yoga Mudra in the following way.

1. Mohini mudra mantra- Om
2. Sobhini mudra mantra- Aum
3. Tiruvini mudra mantra- Vang
4. Yoni mudra mantra- Reeng
5. Abana mudra mantra- Kiki
6. Suvakarana Murda mantra- Sam

All these yoga mudras are to be done in the early morning. (Brahma murtham)

Reference: Danvantri Vaithiyam 1000.

Benefits:

- Practising mudras will balance our body's elements and increase blood circulation.
- Keep body and mind stable and increase confident.
- Strengthens immunity and boost metabolism.
- Helps with healing hormonal and nervous system disorders.

3) *Maha Mrityunjaya Mantra*

“Om Tryambakam yajamahe

Sugandhimpushti varndhanam

Uravarukamiva bandanas

Mrityormukshiiya maamrutaat”

Meaning:

We worshipped the three eyed one, who is fragrant and who is nourishing all. Like the fruit fall off from the bondage of the stem, may we liberated from the death, from mortality.

It is also called Rudra mantra or Tryambakam mantra. The mantra first appears in Rigveda which is a composed hymn attributed to Vasista. The mantra chant for the grace of Lord Shiva.

Benefits:

- The Maha mirtyunjaya mantra is a life- giving mantra.
- This mantra chanted to get rid of the fear of death and to attain moksha.

4) *CHAKRAS and Their Mantras*

1. Muladhara Chakra-

Location- Base of spine

Root Chakra mantra- **Lam**

2. Suvadhishtana Chakra – below the navels.

sacral Chakra mantra - Vam

3. Manipura chakra

Location- upper abdomen.

Solar Plexus Chakra mantra - Ramm

4. Anahata Chakra-

Location-center of the chest.

Heart Chakra mantra- Hum

5. Vishuddha Chakra –

Location: In the throat
Throat Chakra- Ham

6. Ajna Chakra –

Location: between the eyebrows
Third Eye Chakra mantra-Om

7. Sahastrara Chakra:

Location: A top of head.
Crown Chakra mantra-Ah

Benefits:

- Chakras manage our physical and mental health.
- Chakra balancing is used for the purpose of holistic and healing and self-awareness.
- Improve deeper sleep and better control over our emotions and improve patience.
- Improve overall health and well-being.

5) *Shanthy Mantras*

Om Saha Naav (au) – Avatu

Saha Nau Bhunaktu

Saha Viiryam Karavaavahai

Tejasvi Naa(au) – Adhiitam –

Astu Naa Vidvissavahai

Om Shanthih Shanthih Shanthihi!

Meanings:

May there be prosperity in all things,

Peace be with you all,

May it be fulfilled in all things,

May there be good luck in all things,

Om Peace, Peace, Peace.

This Shanthy mantra is taken from the Krishna Yajurveda Taittiriya Upanishads. It is usually in schools as prayer before the start of the classes in schools.

Specific Traditional mantras of siddhars:

The sounds of breath:

Sivayoga sara explain the sounds of breath. According to this literature are one can find out the sound of inhalation to be “SUM’ and the sound of exhalation to the sound “Hum”. Siddhars have found out the sound of raising Kundalini in Sushmuna to be “shoham”.

Agastiyar maanthiriga kaaviyam

“Thondu seithu petravargal koodiyundu

Thollaiyendru Vittavargal koodiyundu

Vindume therindhavum koodiyundu

Vittakurai pattavargal koodiyundu

Sanda maarutham Pol manthiranthai kattravar kodiyaime”

Agastiyar is first among the 18 siddhars from whom the tradition of siddhars was born. Agastiyar has written a book agastiyar maanthirika kaaviyam in which he has explain about mantras.

Some traditional mantras:

Types of fever:

Chanting Oomnamshivaya”

“Prom nirimbaum suvaha”

Infertility: “Angsivya Namaha”

Increase lifespan: ham ham sivaya namha

Poison – selanaga namasivaya

Head disorders- lungong namasivaya

These mantras have to be chanted 108 times.

Reference: 1. Manthira chakram- geruda pnatchara aarudam,
2. Gerudarudam.

Benefits of Chanting Mantra:

- Mantra practitioners believe mantra chanting has the power to heal the body.
- Mantras activate Nadi system and channels our bodies through the vital energy and flows.
- It stimulates and balance the chakras.
- Mantra develops the patience, strength, trust and love, sharpness.
- Mantra increases focus.
- It can boost the immune system and help overcome addiction.
- It regulates the blood pressure and level of sugar in blood.
- Purification of mind.
- Mantras control anger, greed and over emotions.
- Mantra makes your mind stronger and courage.
- Increases positive energy and to spread throughout the body.
- It removes toxin from the body and mind.
- It increases willing power, courage.
- Increase concentration, learning power and increase creativity.
- Helps keep you healthy and wealthy.
- Mantra increases our intellectual power.
- Reduce anxiety, over emotional, insomnia.

3. Discussion

From the time immemorial mantras are used within Tamil healing traditions including the Siddha tradition to cure diseases. There is a need to explore the usage of mantras and their effectiveness clinically and document the same for further study and practice of this discipline. Practice of Mantras for physical and mental well-being has a great scope in the future. Academic research has to be encouraged in this discipline to tap its hidden potential and make it available across medical facilities for the benefit of the people.

4. Conclusion

The main aim of minor project is to document the mantras mentioned in siddha texts for prevention and cure of diseases. I have collected the techniques from GSMC, Palayamkottai library and siddha classical textbooks. In this work titled, “I have outlined the concept and usage of mantras from the perspective of a Siddha Medical practitioner. This work gives a brief introduction of mantras and proceeds to cover its various medical applications for curing diseases within the framework of Siddha - Yoga philosophy.

References

- [1] R. C. Mohan, Korakkar chandhira regai, 2nd edition June 1996, Thaamarai noolagam, Chennai-26.
- [2] Swami- Prayanamam 6th edition February 1996. Shri Indhu publications, Chennai-17.

- [3] R.C.Mohan, Thirumoolar Aruliyai Shri Bhuvanai Ennum Kakkisam, 1st edition, June 2012, Thaamarai noolagam, Chennai-26.
- [4] Gurubithasurthi sababthi swamigal, Manthira sankira vedha dhyana ubedesa shumruthi, 1st edtion 1920, (tamilnadu aavana kaapagam) shamugavilas press, Trichy.
- [5] Vitthuvan baloor kannappa mudhaliyar, Tamil manthiram (moolamum vilakkamum), 2nd edition, july1979. Vanathi publications, Chennai.
- [6] Vaithiya Rathinam V. Balaramaiyya, agasthiyar 12000 ennum perunool kaaviyam, 2nd edition, 1991, thamarai noolagam, Chennai 26.
- [7] R. M. Guruswami Konar, garudarudam, garudapachatcharam aarudam, sathiyarudam(manthira sakkarangaludan) 1st edition, april, 1917, Shri ramachandravilasam publications, Madurai.
- [8] S. Venkattarajan, Thanvanthiri vaithiyam 1000, 3rd edition, July 2006, Saraswathi Mahal Publications, Thanjavur.
- [9] Swami, Dhayanam, 13th edition, June 2012, Shri Hindu Publications, Chennai-17.
- [10] S. Venkattarajan, Agasthiyar 2000, 3rd part, June 1963, Saraswati mahal publications, Thanjavur.
- [11] Swami, Shri Pathanjali Yoga Suthra, 15th edition, April 2015, Shri hindu publications, Chennai-17.
- [12] V. S. Sengalvarayapillai, Tirumanthira Aaraichiyum Oppumai Paguthiyum, 1st edition, April, 1951, City press, Trichy.
- [13] R. M. Guruswami Konar, shivaarudam (manthira chakkarangaludan), 1ST edition, July 1917, Shri Ramachandhira Vilasam Publications, Madurai.
- [14] K. S. Murugesu mudhaliyar, Kuzanthai Maurthuvam, 5th edition,2016, Commissionerate of Indian medicine and Homoeopathy, Chennai-106.
- [15] T. Thiyagarajan, Siddha Maruthuvam Sirappu,1st edition,1985, Commissionerate of Indian Medicine and Homoeopathy, chennai-106.
- [16] A. Annadurai, Yoga Sinthanaiyin Varalaru, 1st edition, August 2003, pinna computer offset, Pondicherry.