

Effect of Lord Shiva's Maha Mrityunjaya Mantra on Health and Mental Strength

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ABSTRACT

District Varanasi ,U.P., India is an ancient city also called Baba Kashi Vishwanath ki nagri. In Baba ki nagri some cases are observed which create interest for the present study for example in some medical cases if someone goes into a critical condition of health which affects his / her life and mental strength .The concerned person worships lord Shiva and chants with his maha mrityunjaya mantra for better results. They strongly believe in worship of lord Shiva and his maha mrityunjaya mantra. They are confident in Baba Vishwanath and believe his blessings with us therefore everything becomes positive and good . As a result it is observed the concerned person recovers from critical conditions of his / her health and enjoys a further life full of happiness. In this context the present study has been taken to search the effect of worship of Lord Shiva and chanting of his maha mrityunjaya mantra on health and mental strength . Further for the more detailed information regarding Lord Shiva worship and his maha mrityunjaya mantra's effects on life and happiness consider the Shiv Puran .For the present study selected some peoples those associated with worship of lord Shiva and chanted the Maha mrityunjaya mantra for good health and life under stressful or critical conditions. In the preliminary study , it is observed worship of lord Shiva and his maha mrityunjaya mantra positively affected and boosting mental strength which helps in fast recovery from health issues.

Keywords: Shiv Puran , Maha Mrityunjaya Mantra, Mental Strength , Health, Longevity.

INTRODUCTION

Worship of lord Shiva and chanting of his maha mrityunjaya mantra as accordingly mentioned in the Shiv Puran, develops trust.The behaviour of trust is a specific feeling or belief in the mind of a person regarding someone who is truly and in every condition always good for us and in need definitely helps us undoubtedly .Such feeling gives confidence and positiveness to our mind that is called mental strength. Further studies stated a strong relationship persists between trust and trustee . Such relationships also with nonliving systems. The interrelationship of trust and trustee represents the affective cognitive states and boosts

mental strength [1, 2]. Literature of Hindu religion, Shiv Puran in which it is mentioned Shiv is the Mahadev and he also called Mahakal and his pleased Maha mrityunjaya mantra gives security from hardships of life. Not only this even saves lives in critical condition. Further Lord Shiv is the only Supreme power that gives lifes to persons at the end of life or in very very critical condition . He (Lord Shiva) knows the Mrit sanjivani vidya that revives any dead body . His maha mrityunjaya mantra that was generated by Rishi Markandey and he himself uses this mantra for his healthy long life . Great Rishi Sukrachary is a great devotee of Lord Shiva , also know the Mrit sanjivani vidya , therefore able to give life to dead one as stated in the Shiv Puran .The Shiva Puran is a mythological book of hindu religion and is related to worship of lord Shiva , supreme power also called Mahadev , Adi yogi , Mahakal, Vaidhyanath, approximately 108 names given by a great devotee of lord Shiva Andhak during his dedicated worship .This book stated many stories that explains power and work done by Lord Shiv. Stories also narrated if anyone feels fears regarding critical health issues and death or other serious problems that badly affected his / her families . In such conditions the concerned persons by worship of lord Shiv as stated accordingly in Shiv Puran . The concerned persons completely feel confidence and develop inner strength .

Such people are not afraid of problems, even the reality of death . The Shiv Puran composed by great Maharishi Ved Vyas , this puran has 28 thousands verses and 7 Parts called Samhitas like Vidyashvara samhita , Rudra Samhita , Shatrudra Samhita , Kotirudra Samhita , Uma Samhita , Kailash Samhita and Vayu Samhita . These Samhita related to different aspects of Lord Shiva for example Uma Samhita for fruits of worship to get healthy longevity. Chanting of Maha mrityunjaya mantra in different numbers like 108 , 1008 or one lacks times gives feelings of confidence and mental strength and sometimes someone get better results in very critical condition of health or lives [3 , 4].The chanting of maha mrityunjaya mantra develop trust that further develop a strong belief and confidence which helps them in future from hardships as like vaccine that develops immunity . Confidence and positiveness improves immunity and body physiology that plays a significant role in healthy longevity and also to free from fear of death . The Maha mrityunjaya mantra is in Sanskrit language but here in english " Om Tryambakam Yajamahe Sugandhim Pushtivardhanam ! Urvarukamiva Bandhanan

Mrityor Mukshiya Maamritat ". As literature reviews it is observed that infectious diseases mostly cause severity in human beings and persons may go into critical conditions for example Septicemia , COVID 19 , Lungs infection - pneumonia , Appendicitis severe case , Accidental case severity . In the critical condition a person's confidence and will power plays a significant role for its recovery. The worship of Lord Shiva also involves scientific facts that improves immunity and health [5,6,7]. The worship of Lord Shiva and chanting of his maha mrityunjaya mantra in the early morning (3.30 - 4.30 AM., Brahma bela) , the pronunciation of maha mrityunjaya mantra in specific order gives mental strength. In Shiv Puran , nineteen critical / serious symptoms of the body which are associated with morphology and physiology of the persons are mentioned that clearly stated such persons will die in the near future (in weeks or months) . But in this Shiv Puran also explained the importance of chanting the maha mrityunjaya mantra and four yogic practices that will restore life and good health and will check even the nineteen , critical / serious symptoms of the concerned persons.

MATERIALS AND METHODS

For the present study 4 groups of peoples are taken .1, the peoples (10) associated to Lord Shiva's Maha Mrityunjaya Mantra . 2, the peoples (10) are not associated to the Maha Mrityunjaya Mantra. 3, the peoples (10) actively participated in one day Maha Shivratri panchkoshi pad yatra. 4 , the peoples (10) not actively participated in one day MahaShivratri panchkoshi pad yatra. All group's of peoples health condition, recovery period from health issues and mental strength (positiveness , happiness attitude) observed. These group's peoples' experiences are also taken . The one day MahaShivratri panchkoshi pad yatra (approximately 85 Kilometers, covering the route of 5 kosh which represents different form of LordShiva for example Karmadeshwar , Rameshwar , Shivpur , Bhimchandi and Kedareshwar) . In this spiritual trip people run or walk barefoot and complete the panchkoshi pad yatra within 24 hours . Many devotees complete such pad yatras within a few hours. Some people on such trips are included in the present study particularly those who undergo treatments for their health issues . For the present study for comparison the recovery period and mental strength consider the groups or person's case study those only taken the medical treatments. Study period from year 2019 to 2025 particularly at the day of Maha Shivratri one day panchkoshi pad yatra.

RESULTS AND DISCUSSION

In the present study it is observed that in severe cases like Septicemia, severe lung's infection, COVID -19 infection , severe Accidental case and severe problems associated to anxiety/ Depression the concerned peoples or his family

those related to worship of Lord Shiva and chanting of his maha mrityunjaya mantra were shown fast recovery and more positive in comparison to those who totally follows the medical treatments . For example in one severe case of Septicemia one after week resume normal life while others after number of stresses finally after several months to resume normal life. In District Varanasi number of peoples are deeply and with devotion worship to lord Shiva and chanting maha mrityunjaya mantra. Such people have good endurance , mental strength , confidence and positiveness . Such persons are in a enjoying mood regarding facing any problems and stresses. Such peoples have strong immunity as measured by his /her average period to become sick , anxiety and mental tension and luminosity of skin or body [8, 9,10] . Such people rarely suffer from diseases like Blood Pressure, Anxiety, Depression , Obesity and Diabetes Type 2. The chanting of maha mrityunjaya mantra by someone with interest and enthusiasm gives pleasant feeling and confidence. Those who believe in Lord Shiv, if they heard the chanting of maha mrityunjaya mantra from someone become firmly confident and sure no one harms us even kaal, that is fear of death, also not change such a person 's positive attitude. This helps in improvement in health and immunity that gives them healthy longevity. The concerned persons who actively participated one day MahaShivratri panchkoshi pad yatra show good health and good mental health. The person associated with said aspects showed very fast recovery from critical conditions in respect to others in the same line of treatments of the concerned diseases for example Septicemia and severe lung's infection. Immune profile of a person is specific due to this reason some time the difference in recovery period observed in the case where disease and line of treatments were same. Further the disease diagnosis and its treatments started in relation to time factor also affected the health [11, 12].

But a question arises when people are diagnosed early in stage and treatments are given timely but the results are differ in comparison to others who are in critical condition and also not get treatments in time but results were positive because the recovery period was fast . Such results are discussed in light of mental strength because a number of literature are available which emphasizes the importance of mental strength in health . The belongingness and feelings of trust boost up the mental strength particularly develops a positive attitude and peace in minds that directly or indirectly improves the immunity of concerned person's. Further for better health and good recovery innate and adaptive immunity is involved . Innate immunity involves skin. Gastric juice , saliva and some white blood cells, neutrophils , macrophages, while adaptive immunity involves B and T lymphocytes for specific immunity. In the Shiv Puran the page number 597 to 601 explains the nineteen symptoms of the body related to critical conditions. These conditions match with the physiological and morphological changes as written in the textbook of

medical physiology . Further in the Shiv Puran page number 601 to 603 explains the yogic practices and impact of chanting of maha mrityunjaya mantra. These activities that are explained in the shiv puran most probably strengthen the brain activities. Actually the brain is the main organ that controls most of the physiology for example brain parts medulla oblongata controls breathing and heart beats, while hypothalamus is the centre of drinking, satiety, thermoregulation and all the emotions [13]. Further the role of neurohormones in immunity and health are established by the number of workers [14]. The worship of Lord Shiva included some process and also involves auspicious offerings like the Bael (Aegle marmelos) , Bhang (Cannabis sativa) , Ark puspha , Datura metel , Ber (Ziziphus mauritiana) , Jujube fruits and honey shows number of medicinal properties for examples antiviral , antibacterial , antifungal , anti inflammatory and antioxidants helps in control to infection and gives healthy longevity [5,6,7] . The worship of Lord Shiv and chanting of maha mrityunjaya mantra with devotion and regularity gives pleasant and positive feelings. In time duration it develops a belongingness, feelings and trust. Further these develop trust and confidence which gives them mental strength and immunity. The regular chanting of maha mrityunjaya mantra gives the concerned person fearless feelings from stresses and hardships of life, even critical conditions. The meaning of maha mrityunjaya mantra is Tryambakam : possessor of three eyes , Yajamahe : all together worship him (shiv) , Sugandhim : as pleasurable as incense , Pushtivardhanam : the one which increases our vitality for healthy spiritual life , Uruarukmaiva : like Cucumber, Bandhanan : means getting freed from , Mrityor Mukshiyai : freedom from death , Maamritat : not from immortality .

The chanting of maha mrityunjaya mantra with its meaning and impacts develops strong will power and confidence. These factors in synchronization give healthy longevity [3,4] . The pronunciation and chanting of maha mrityunjaya mantra in early morning (brahma muhurta 3.30 - 4.30 AM) and worship of Lord Shiva (as stated in Shiv Puran) how influences mind's wave and the nerve cells that probably effects to body physiology and immunity required more study and data's . Further the impact of Maha mrityunjaya mantra on brain activities also prove by some studies carried in RML hospital (Ram Manohar Lohia , New Delhi) , where concerned doctor on basis of blood samples taken before and after the seven days exposure of chanting of maha mrityunjaya mantra , reported significant improvements in Glasgow coma scale of brain activities. This project was funded by Indian Council of Medical Research and the concerned doctor also of AIMS , a prestigious hospital of India . Such reports are mentioned by The Caravan, a journal of politics and culture by Tushar Dhar ,8 September 2019 . The feeling of trust develops confidence is evident by a number of studies [1,2]. Confidence improves mental strength and

immunity that restore / maintain health. The practice of chanting of maha mrityunjaya mantra and worship of Lord Shiva develops trust that boost to mental strength and maintain health of concerned persons.

Summary:

Shiv Puran is the book which tells in details regarding the procedure of worship of lord shiva, Maha mrityunjaya mantra and its importance on health and mental strength. The Chanting of Maha Mrityunjaya mantra boosting mental strength. Mental strength directly related to Immunity of a person .

CONCLUSION

Shiv Puran's particularly uma Samhita is related to healthy longevity. This clearly explained the symptoms of critical health and how the suffering person became healthy. The Shiv Puran stated who worship Lord Shiv with devotion become fearless and enjoy good life with happiness. Who are able to counter all the stresses and hardships of life smoothly. The chanting of Maha mrityunjaya mantra directly related to good health and longevity. As mentioned in Rig Veda and Shiv Puran. Many case study are available regarding the direct influence of maha mrityunjaya mantra on the critical condition of concerned persons.

The chanting of maha mrityunjaya mantra gives positiveness and develops confidence, mental strength that improves our immunity. The worship of Lord Shiva as mentioned in Shiv Puran in an analysis boost up our mental and physical health that gives healthy longevity.

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