



Mantras for Mental Well-Being: A Methodical Review on Emotional Stability, Anxiety and Quality of Life

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<p>Received 21/06/2025</p> <p>Accepted 24/06/2025</p> <p>Published 09/07/2025</p>	<p>Abstract</p> <p><i>This review explores the effectiveness of mantra-based meditation (MBM) in enhancing emotional stability, reducing anxiety and improving quality of life (QoL). Drawing on data from randomized controlled trials (RCTs), meta-analyses and observational studies published in last 1 decade, the review synthesizes findings from diverse populations, including students, veterans, healthcare workers and individuals with chronic conditions. Key mantra practices examined include Gayatri Mantra Meditation (GMM), OM chanting and mantra repetition programs. The literature indicates that MBM activates the parasympathetic nervous system, fosters mindfulness and supports emotional regulation, leading to reductions in stress, anxiety and depressive symptoms. Improvements in psychological capital, attentional control and sleep quality are also reported. However, some studies present mixed or inconclusive outcomes, particularly when comparing MBM to mindfulness-based interventions (MBIs) or cognitive-behavioral therapy (CBT). The review highlights the potential of mantra chanting as a low-cost, non-pharmacological approach to promoting psychological well-being, while calling for further research with standardized methodologies and long-term follow up. Overall, MBM emerges as a promising intervention for mental health enhancement and holistic well-being.</i></p> <p>Keywords: <i>Mantra-Based Meditation, Gayatri Mantra Meditation, Om Chanting, Mindfulness, psychological well-being, Non-pharmacological Intervention</i></p>
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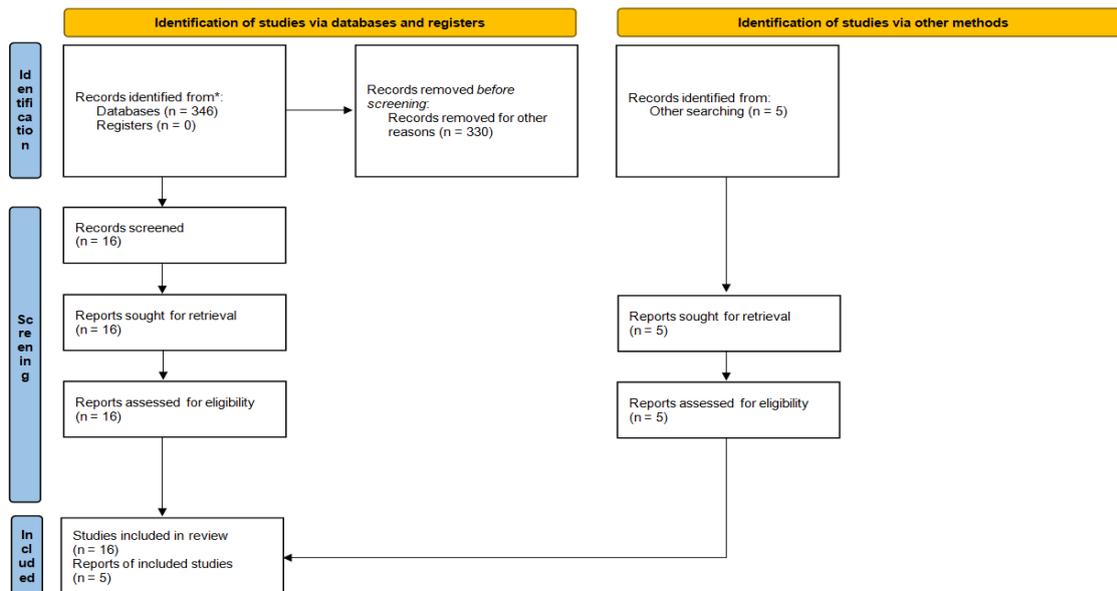
Introduction

The use of mantras as a tool for managing emotional stability, anxiety and enhancing quality of life has garnered significant attention in recent years. This review paper synthesizes insights from various studies to explore the efficacy of mantra chanting in improving these mental health aspects. The review draws on empirical evidence from diverse populations, including

military personnel, university and school students, athletes and individuals with chronic conditions, to provide a detailed understanding of the benefits and mechanisms of mantra-based interventions. Emotional stability is a critical component of mental well-being, influencing how individuals manage stress, anxiety and daily life challenges. Mantra-based meditation (MBM) has been increasingly explored as a holistic approach to enhancing emotional regulation, reducing psychological distress, and improving overall quality of life. Several studies highlight the effectiveness of MBM in fostering mental resilience, with findings indicating reductions in stress, anxiety and depressive symptoms. Recent research has examined the role of Gayatri Mantra Meditation (GMM), OM chanting, and mantra repetition programs in promoting psychological capital (PsyCap), emotional balance, and cognitive flexibility. These practices activate the parasympathetic nervous system, enhance mindfulness, and regulate stress-related psychological responses, leading to greater emotional stability and improved mental health-related quality of life. Although, some studies present compelling evidence supporting MBM's role in emotional well-being, others suggest contradictory findings, particularly in comparison to mindfulness-based interventions (MBIs) and cognitive-behavioral therapy (CBT). This review explores the scientific basis of mantra meditation as a tool for managing emotional stability, anxiety and overall life satisfaction. It synthesizes findings from multiple studies, highlighting both positive outcomes and potential limitations, offering a balanced perspective on the efficacy of mantra-based interventions for psychological well-being.

Review of Literature

The initial search in the databases came up 346 references. After removing duplicates and screening by title and abstract, 16 full-text articles were assessed for eligibility. Five records were further added through other searches. Total 21 studies were finally included (Fig. 1).



Source: Page MJ, et al. BMJ 2021;372:n71. doi: 10.1136/bmj.n71.

Fig. 1. PRISMA flow diagram of the study selection process.

Summary of the Study

No.	Author(s) & Year	Intervention	Population / Sample	Focus Area	Key Findings
1	Álvarez-Pérez et al. (2022)	MBM (various)	Meta-analysis across diverse populations	Emotional Stability	Moderate reduction in stress, anxiety, and depression; improved QoL
2	Tripathi & Vishvakarma (2024)	Gayatri Mantra Meditation (GMM)	General participants	Emotional Stability	Improved psychological capital and emotional resilience
3	Jain & Gupta (2024)	OM Chanting & JPMR	University students	Emotional Regulation	OM reduced anger; JPMR improved emotional stability
4	Orme-Johnson & Barnes (2014)	Transcendental Meditation (TM)	High-anxiety individuals	Anxiety Reduction	TM effective in reducing trait anxiety, especially in high-stress groups
5	Deekshitulu (2015)	Vedic Mantra Chanting	General sample	Anxiety & Emotional Health	Regular chanting reduced anxiety and stress
6	Padam et al. (2017)	Vedic Chanting & Music	Patients undergoing endoscopy	Anxiety Reduction	Significant anxiety reduction; physiological calming effects
7	Sekar et al. (2019)	Mahamantra Chanting	Nursing professionals	Anxiety & Cognitive Function	Reduced cortisol; improved HRV and cognitive focus
8	Rankhambe & Pande (2021)	OM Chanting	Bus drivers	Anxiety Reduction	Statistically significant reduction in anxiety (HAM-A scores)
9	Vivek et al. (2023)	OM Chanting	Young adults	Anxiety & Well-Being	Reduced anxiety, improved autonomic balance
10	Perry et al. (2024)	Group Chanting (vocal & silent)	General population	Anxiety & Social Connection	Vocal chanting reduced anxiety and cortisol more effectively
11	Goyal et al. (2014)	Mantra Meditation (review)	Meta-analysis	Anxiety	Found limited evidence of effectiveness for MBM compared to MBIs/CBT
12	Bormann et	Mantra	Veterans	Quality of	Reduced PTSD

	al. (2008)	Repetition	with PTSD	Life (QoL)	symptoms and distress; increased mindfulness and QoL
13	Thrisna Dewi et al. (2020)	GMM + EFT	Post-stroke patients	QoL	Significant QoL improvement; increased independence and mobility
14	Bormann (2023)	Mantram Repetition Program (MRP)	Healthcare providers	QoL & Stress Management	Reduced burnout and emotional exhaustion; better sleep and resilience
15	Tara (2023)	Regular Chanting	Middle-aged Indian adults	QoL & Cognitive Reappraisal	Female chanters showed stronger emotional and cognitive benefits
16	Vijay Shanker Yadav et al. (2024)	GMM + Silence Practice	University students	QoL & Emotional Well-Being	Significant QoL score increase post-intervention

Research questions

1. How effective is mantra-based meditation (MBM) in enhancing emotional stability across different population?
2. What is the impact of mantra-based practices (e.g., GMM, OM chanting) on anxiety reduction?
3. To what extent does mantra chanting contribute to improvements in quality of life (QoL)?
4. How does the efficacy of mantra meditation comparing with other interventions such as mindfulness-based interventions (MBIs), cognitive-behavioral therapy (CBT), and progressive muscle relaxation (PMR)?
5. What are the potential limitations or contradictory findings associated with MBM in the context of mental well-being?

Statement of the problem

In an era of increasing levels of stress, anxiety and emotional instability, there is a growing need for accessible and effective non-pharmacological interventions to support mental well-being. While traditional therapeutic approaches such as cognitive-behavioral therapy (CBT) and mindfulness-based interventions (MBIs) have shown effectiveness, there is limited and often inconsistent research on the efficacy of mantra-based meditation (MBM), including practices like Gayatri Mantra Meditation (GMM) and OM chanting.

Despite anecdotal and cultural evidence supporting mantra chanting as a tool for emotional regulation and mental clarity, scientific literature remains fragmented regarding its actual psychological benefits. Some studies report improvements in emotional stability, reductions in anxiety and enhancements in quality of life, while others indicate marginal or no significant effects compared to interventions.

This inconsistency highlights a research gap in evaluating the reliability, effectiveness and mechanisms of mantra-based meditation in improving mental health outcomes. Therefore, it becomes essential to systematically examine whether and to what extent mantra chanting practices can contribute to emotional resilience, anxiety reduction and overall quality of life.

Objectives of the Study

1. The primary objective of this review study is to evaluate the efficacy of mantra-based meditation (MBM)-including practices such as Gayatri Mantra Meditation (GMM), OM chanting, and mantra repetition-in enhancing emotional stability, reducing anxiety, and improving quality of life (QoL).
2. The study synthesizes empirical findings from randomized controlled trials, meta-analyses, and observational research across diverse populations to understand the psychological and physiological effects of mantra chanting.

Methodology of the Study

Research Design

This review paper examines the efficacy of mantra-based meditation (MBM) in regulating emotional stability, anxiety, and improving quality of life (QoL). The study accumulates findings from randomized controlled trials (RCTs), meta-analyses, and observational studies focusing on Gayatri Mantra Meditation (GMM), OM chanting, and mantra repetition programs.

Data Collection Sources

Comprehensive literature research performed using multiple available Databases including PubMed, Scopus, Google Scholar, Research Gate, Web of Science and Science Direct. The search strategy incorporated keywords such as Emotional stability, Anxiety, Quality of Life, Mantra, Mantra Meditation, Chanting. The timeframe for the studies included ranged from 2000 to 2025 to ensure a combination of historical and recent research.

Inclusion criteria

Studies that analyzed mantra-based meditation techniques and their impact on emotional stability, anxiety reduction and quality of life. Empirical studies with qualitative measurements such as Perceived Stress Scale (PSS), State-Trait Anxiety Inventory (STAI), and Hamilton Anxiety Rating Scale (HAM-A). Sample size of at least 30 participants to ensure statistical significance.

Exclusion Criteria

Studies focusing solely on spiritual aspects without measurable psychological or physiological outcomes. Research that lacked control groups or objective assessment tools.

Data Analysis

Effect sizes, p-values, and confidence intervals were examined to assess the effect of mantra-based meditation (MBM) on mental health outcomes. Studies were compared with other interventions, including mindfulness-based interventions (MBIs), cognitive-behavioral therapy (CBT), and progressive muscle relaxation (PMR).

Limitation

Variability in Study Designs: differences in chanting duration, sample populations, and intervention protocols may influence results such as short-term vs. long-term effects where some studies focused on short-term benefits (4-8 weeks), while others examined long-term effects (6+ months), leading to inconsistent conclusions. And some findings may be influenced by participant expectations rather than actual physiological changes or potential placebo effects.

Result

Enhancing Emotional stability

Emotional stability (*Emotional Health Is Mental Health One Aspect of Well Being*, n.d.), contributes to overall emotional health, which encompasses awareness, understanding, and effective management of one's emotions. Emotionally healthy individuals can navigate stress, communicate effectively, and maintain meaningful relationships.

In 2022, Alvarez-Perez (Álvarez-Pérez et al., 2022), provides a comprehensive evaluation of mantra-based meditation (MBM) and its effect on selected mental health aspects, including emotional stability. The results suggest that mantra based meditation (MBM) contributes to emotional regulation, reduces stress and anxiety and enhances overall well-being, leading to greater emotional stability in participants. The meta-analysis showed a slightly minor to moderate effect size for MBM in reducing anxiety ($g=-0.46$, 95% CI: -0.60, -0.65, -0.24) and stress ($g=-0.45$, 95% CI: -0.65, -0.24). Lower stress levels contribute to better emotional balance, reducing the likelihood of emotional outbursts and instability. MBM significantly reduced depression symptoms ($g= -0.33$, 95% CI: -0.48, -0.19), indicating an increased positive emotional state. Symptoms of Post-Traumatic Stress Disorder (PTSD) were also significantly alleviated ($g= -0.59$, 95% CI: -0.79, -0.38). The study found that Mantra Based Meditation (MBM) enhanced mental health-related quality of life ($g= 0.32$, 95% CI: -0.15, -0.49), which is closely linked to emotional stability. Participants reported feeling more control of their emotions and experiencing fewer mood fluctuations. MBM enhances attentional control and cognitive flexibility, allowing individuals to shift focus away from negative emotions and ruminative thoughts. This results in greater emotional resilience and a reduced likelihood of experiencing extreme mood swings.

In 2024, Tripathi & Vishvakarma (Tripathi & Vishvakarma, n.d.), investigates the impact of Gayatri Mantra Meditation (GMM) on psychological capital (PsyCap) and emotional well-being. The findings indicate that practicing GMM for 40 days leads to significant improvements in emotional stability by enhancing resilience, optimism and stress management. Participants practicing GMM showed a significant improvement in emotional resilience, optimism, hope and self-efficacy ($p < 0.05$). The overall PsyCap score increased from 78.53 to 112.71 post-intervention, indicating greater emotional control and mental strength. GMM led to a substantial decrease in stress ($z= -5.628$, $p = 0.000$), anxiety ($z = -6.978$, $p =0.000$), and depression ($z = -4.607$, $p = 0.000$). Lower distress levels correlate with improved emotional regulation and reduced mood instability.

In 2024, Jain & Gupta (Jain & Gupta, 2024), investigates the effects of listening to OM chanting and Jacobson Progressive Muscle Relaxation (JPMR) on emotional stability, happiness, anger, and attention in university students. The findings indicate that OM chanting significantly reduces anger, while JPMR enhances emotional stability and positivity, suggesting that mantra

chanting may contribute to emotional regulation and mental well-being. 20 minutes of OM chanting led to a statistically significant reduction in anger scores ($p < 0.01$). This suggests that mantra chanting helps in calming emotional arousal, preventing reactive emotional responses. The study found that JPMR significantly improved emotional stability ($p < 0.05$), whereas OM chanting did not show a direct impact on emotional stability. However, the reduction in anger following OM chanting suggests a potential indirect role in stabilizing emotions.

Reduction in Anxiety

The evidence regarding MM's effectiveness in reducing anxiety is mixed. Although some studies support its benefits, others find no significant impact.

Emotional anxiety (*Generalized Anxiety Disorder*, n.d.), refers to the experience of intense worry, fear, or apprehension that arises in response to perceived emotional threats or stressors. It is characterized by feelings of unease and nervousness, often accompanied by physical symptoms such as increased heart rate, sweating, and restlessness. Unlike fear, which is a response to an immediate threat, anxiety pertains to the anticipation of future concerns.

Studies reporting anxiety reduction

In 2014, *Orme- Jhonson & Barne* (Orme-Johnson & Barnes, 2014), provides a comprehensive review of 16 randomized controlled trials (RCTs) examining the impact of Transcendental Meditation (TM) on trait anxiety. The findings indicate that TM significantly reduces anxiety, particularly in individuals with high pre-existing anxiety levels. The study analyzed 1295 participants across 16 RCTs, comparing TM with active treatments and treatment-as-usual control groups. TM showed a greater reduction in trait anxiety than most other relaxation techniques. The strongest effect sizes were observed for individuals with high initial anxiety levels (e.g., veterans with PTSD, prison inmates, and patients with chronic anxiety). Larger Anxiety Reductions in High-Stress Population of participants with anxiety levels in the 80th-100th percentile showed significant reduction, lowering their anxiety to the 53rd-62nd percentile. The effect size was greatest in populations experiencing chronic stress, such as those with PTSD and substance abuse disorders. Long-term Anxiety Reduction of studies using repeated measures found that TM reduced anxiety levels sustained for up to three years. No adverse effects of TM were reported.

In 2015, *Deekshitulu* (Deekshitulu, 2015), explores the impact of mantra chanting on mental health, particularly its role in reducing anxiety, stress, and depression. The paper highlights how Vedic mantras create positive psychological and physiological changes, making them an effective non-pharmacological approach to anxiety management. Regular mantra chanting was found to significantly reduce anxiety levels, promoting a sense of calmness and well-being. Chanting OM and Gayatri Mantra resulted in improved emotional stability and reduced panic responses in participants with high anxiety. Mantra repetition activates the PNS which leads to slower breathing, reduced heart rate, and a relaxed physiological state. Chanting induces activity in the amygdala (fear center) and enhances the prefrontal cortex (rational thinking center). Decreases cortisol levels, which are elevated in individuals with chronic anxiety.

In 2017, *Padam et al* (Padam et al., 2017), examines the impact of Vedic chanting and Indian classical music on psychological and physiological responses, particularly in individuals undergoing stressful medical procedures. While the study primarily focuses on anxiety reduction,

its findings are also significant to anger management, as anger and anxiety share common physiological mechanism. Listening to Vedic chants and Indian classical music led to a significant reduction in anxiety levels, which is closely linked to emotional regulation, including anger management. Statistically significant reductions in pre-and post- intervention anxiety scores were observed ($p < 0.05$ in the Vedic group and $p < 0.001$ in the instrumental group), indicating a calming effect that may help to regulate anger responses. A reduction in heart rate (HR) and an increase in oxygen saturation (SpO₂) were observed, indicating a shift from sympathetic dominance to parasympathetic activation. The study observed a notable decrease in self-reported anxiety levels ($p < 0.05$) in participants who engaged with Vedic chants and classical music. Since anxiety and anger share overlapping neural pathways- especially in the amygdala and prefrontal cortex- a reduction in anxiety may also lead to better anger regulation.

In 2019, *Sekar et al* (Sekar et al., 2019)., explores how Mahamantra chanting influences autonomic regulation, cognitive functions, and anxiety reduction. The study, conducted among nursing professionals experiencing moderate to severe stress, highlights significant reductions in anxiety levels and improved emotional stability following a 45-days Mahamantra chanting intervention. Mahamantra chanting significantly reduced cortisol ($p = 0.01$), the primary stress hormone linked with anxiety. Improvement in HRV ($p < 0.05$), increased parasympathetic tone and decreased sympathetic dominance. Decreased Low-Frequency (LF) to High-Frequency (HF) ratio ($p = 0.028$) indicates better autonomic balance and lower stress-induced anxiety response. Faster Auditory and Visual Reaction Times (ART & VRT) ($p < 0.01$) suggests improved focus, reduced anxiety-related cognitive impairment, and better response to stimuli. Reduced Emotional Overload reported by participants with better emotional control and fewer anxiety episodes during high-pressure work scenarios. The practice enhances vagal nerve activity, counteracting the fight-or-flight response which is responsible for anxiety. Reduced cortisol and HRV changes indicate lower amygdala activation, which helps to prevent excessive worry and fear responses. Regular mantra chanting strengthens brain pathways involved in emotional stability, reducing chronic anxiety over time.

In 2021, *Rankhambe and Pande* (Rankhambe & Pande, 2021)., investigates the impact of OM chanting on anxiety reduction in a high-stress profession. Driving a bus is among the most psychologically demanding professions, exposing schedules, and traffic-related anxieties. The study offers empirical evidence that regular OM chanting significantly lowers anxiety levels, offering a simple and effective intervention. The participants were split into two groups: Intervention group 50 bus drivers practicing OM chanting for 4 weeks. Control group 50 bus drivers with no meditation practice. The Hamilton Anxiety Rating Scale (HAM-A) measured anxiety levels before and after the intervention. The intervention group exhibited a significant reduction in anxiety scores ($p < 0.001$), meanwhile, the control group showed no significant changes ($p = 0.118$). The final HAM-A scores were significantly lower in the chanting group than in the control group ($p = 0.041$).

In 2023, *Vivek et al* (Vivek et al., 2023)., examines the psychophysiological benefits of OM chanting, particularly its role in reducing stress and anxiety. The findings provide strong scientific and traditional support for the efficacy of OM chanting in improving emotional stability and autonomic nervous system balance, which are crucial factor in anxiety management. Chanting OM reduces Anxiety in 50 young adults (18-25) showed that one month of OM chanting

significantly decreased anxiety levels in the experimental group, while the control group showed no significant changes. In 2022, *Rajagopalan et al.*, found that OM chanting combined with Yoga Nidra significantly reduced anxiety, depression, and stress, while also improving sleep quality and autonomic function in hypertensive individuals.

In 2024, *Perry et al* (Perry et al., 2023)., investigates the effects of group chanting (vocal and silent) on anxiety, stress and social connection. The findings indicate that chanting significantly reduces anxiety with vocal chanting providing greater benefits compared to silent chanting. Participants who engaged in 12 minutes of group chanting (vocal or silent) demonstrated a significant reduction in anxiety as measured by the State-Trait Anxiety Inventory (STAI-S). The reduction in anxiety was greater in the vocal chanting group than in the silent chanting group ($p=0.039$), suggesting that explicit vocalization enhances relaxation. Cortisol levels, a key biomarker of stress and anxiety, significantly decreased after chanting ($p=0.012$). Both vocal and silent chanting resulted in lower cortisol, but vocal chanting had a stronger impact on reducing self-reported anxiety. Chanting helped participants redirect focus from anxious thoughts, improving emotional regulation and cognitive control. Participants in the vocal chanting group reported feeling more focused and mentally clear, while those in the silent chanting group reported drowsiness, indicating that active vocalization may help maintain engagement and reduce anxious rumination.

Studies with contradictory findings

In 2014, *Goyal et al* (Goyal et al., 2014)., the effectiveness of various meditation techniques, include mantra meditation, in addressing stress-related conditions including anxiety, depression, and stress. While many studies suggest positive effects of meditation on anxiety, this review presents contradictory and limited evidence regarding the efficacy of mantra meditation specifically. The meta-analysis discovered that mindfulness meditation (e.g., MBSR, MBCT) had moderate evidence for reducing anxiety, but mantra meditation showed low or insufficient evidence for effectiveness. Unlike mindfulness-based interventions (MBIs), mantra meditation did not show a significant effect in reducing anxiety when compared to active controls like exercise or cognitive-behavioral therapy (CBT). The report highlights a lack of robust RCTs (randomized controlled trials) that provide strong evidence of mantra meditation's efficacy for anxiety. The study found no significant differences in anxiety reduction between mantra meditation and other established therapies like exercise, progressive muscle relaxation, or psychotherapy. The magnitude of effects for anxiety reduction in mantra meditation was smaller than those previously reported for mindfulness-based interventions, raising doubts about its effectiveness as a primary treatment for anxiety disorders. The review raises concerns that some of the positive effects of meditation on anxiety could be due to non-specific factors like expectation, relaxation, or placebo effects. The meta-analysis found significant variations in study design, duration, and population, making it challenging to reach definitive conclusions about mantra meditation's effectiveness for anxiety. Many trials failed to account for potential biases, differences in training duration, or the qualifications of meditation instructors, reducing the reliability of findings.

Improved Quality of Life (QoL)

Mantra Meditation (MM) has been explored as a method of enhancing quality of life (QoL)

by addressing stress, anxiety, anger and overall quality of life. Studies indicate that MM positively impacts both mental and physical health, contributing to a better life experience.

The WHO (Canavarró et al., 2009; Chang et al., 2022; WHO_HIS_HSI_Rev.2012.03_eng, n.d.) defines quality of life as an individual's perception of their position in life within the context of their culture and value systems, and in relation to their goals, expectations, standards, and concerns. This definition emphasizes the subjective evaluation of one's life circumstances.

Effects of MM on Quality of Life

In 2008, Bormann et al. (J. E. Bormann et al., 2008), investigates the effectiveness of mantra repetition as a spiritual intervention for improving quality of life in veterans suffering from PTSD. The findings suggest that mantra meditation significantly enhances quality of life by reducing PTSD symptoms, psychological distress, and anger while increasing mindfulness and emotional well-being. The study used the Quality of Life Enjoyment and Satisfaction Questionnaire-Short Form (Q-LES-Q:SF) to assess changes in quality of life. Participants in the mantra repetition group showed a large effect size ($d=0.70$) in improved quality of life compared to control group. Mantra repetition helped decrease PTSD symptom severity ($d= -0.72$) and overall psychological distress ($d= -0.73$). The intervention promoted emotional stability and reduced trauma-related anxiety, contributing to a better quality of life. Participants in the mantra group showed higher mindfulness scores ($d=0.72$), suggesting increased present-moment awareness and emotional control. Spiritual well-being improved significantly ($d=0.67$), indicating that mantra repetition fostered a sense of peace, purpose, and inner resilience. Mantra repetition lowered anger expression and impulsivity, leading to better interpersonal relationships and emotional well-being.

In 2020, Thrisna Dewi et al., (Thrisna Dewi et al., 2020), this study examines the effects of Gayatri Mantra Meditation (GMM) and Emotional Freedom Technique (EFT) on the quality of life (QoL) of post-stroke patients. Given that stroke is a leading cause of disability and reduced QoL, the research explores non-pharmacological interventions to enhance rehabilitation outcomes. The combination of mantra chanting and energy-based psychological interventions (EFT) offers a novel approach to improving physical, psychological, and emotional well-being in stroke survivors. The intervention group showed statistically significant improvements in all QoL indicators ($p < 0.001$), while the control group exhibited no significant change. Increased independence and mobility were observed in patients who practiced Gayatri Mantra and EFT.

In 2023, Bormann (J. Bormann, n.d.), explores how mantra repetition (MR) can enhance quality of life (QoL) by reducing stress, burnout, and emotional exhaustion among healthcare workers. The findings indicate that frequent repetition of a spiritual phrase or mantra leads to improved well-being, mindfulness, and emotional stability, making it a practical and portable intervention for enhancing overall quality of life. The study introduces Mantram Repetition Program (MRP) as a spiritual and psychological tool for workplace stress reduction. Healthcare providers who engaged in regular mantra repetition reported lower emotional exhaustion, improved sleep quality, and a greater sense of purpose. Emotional resilience improved, leading to better work-life balance and fulfillment. The study highlights the practice of slowing down and one-pointed attention, which prevents mental fatigue and improves focus. Participants reported that mantra repetition helped them remain calm, avoid rash decisions, and maintain a sense of inner peace in high-pressure environments. The practice trains the mind to focus on a single

thought, reducing mental clutter and improving attention span. Increased mindfulness and self-awareness were observed in individuals who practiced mantra repetition regularly. Participants reported feeling more in control of their emotions, which positively impacted their relationships and professional interactions. Participants who repeated mantras before sleep experienced fewer insomnia symptoms and deeper sleep cycles. Mantra repetition was found to reduce pre-sleep anxiety, slow down heart rate, and promote relaxation, leading to better sleep hygiene and overall restfulness.

In 2023, (Tara, n.d.), done a comparative study that examines the relationship between chanting practices, emotional regulation, and quality of life among middle-aged individuals in India. It investigates how regular mantra chanting influences cognitive reappraisal, physical and psychological health, and overall wellness. The research provides gender-based insights, comparing male and female chanters with non-chanters to determine the psychological and physiological benefits of chanting. Male chanters demonstrated higher physical health scores than non-chanters ($p < 0.05$), indicating improved well-being through chanting. Female chanters exhibited greater improvements in both physical and psychological health domains ($p < 0.01$), suggesting that chanting enhances emotional resilience and mental well-being. Female chanters reported higher cognitive reappraisal scores ($p < 0.015$), meaning they were better at emotionally regulating stress and negative thoughts. This suggests that mantra repetition aids in cognitive flexibility, allowing practitioners to reinterpret stressful situations more positively. Female chanters scored significantly higher in overall quality of life measures compared to non-chanters ($p < 0.008$). While male chanters saw improvements primarily in physical health, their overall QoL scores were not significantly different from non-chanters. However neither male nor female chanters showed major improvements in social relationships or environmental factors. This suggests that while chanting improves internal well-being, its require additional interventions like community support or mindfulness programs.

In 2024, (Vijay Shanker Yadav Dr. Vidya et al., n.d.), explores the efficacy of Gayatri Mantra chanting and silence practice on the quality of life (QoL) and emotional well-being of university students. Given the increasing prevalence of stress and anxiety among students, the research aims to evaluate whether these spiritual and meditative practices can serve as effective non-pharmacological interventions for mental and emotional health. The experimental group showed a statistically significant increase in QoL scores ($p < 0.05$), with mean scores improving from 79.55 to 96.83. The control group failed to show a meaningful change, indicating that the observed improvements were as result of the intervention rather than external factors.

Discussion

The findings from this review highlight the potential benefits of mantra-based meditation (MBM) in enhancing emotional stability, reducing anxiety, and improving overall quality of life (QoL). Multiple studies indicate that mantra chanting activates the parasympathetic nervous system, enhances mindfulness, and fosters emotional resilience. Specific practices such as Gayatri Mantra Meditation (GMM), OM chanting, and mantra repetition programs demonstrate positive effects in mitigating stress-related disorders, regulating emotional responses, and promoting psychological well-being.

Despite the promising evidence, the review also acknowledges inconsistencies in study

results. Some studies report significant improvements in mental health, while others suggest minimal or no advantage of MBM over other established interventions (MBIs) or cognitive-behavioral therapy (CBT). These inconsistencies may stem from variations, in study designs, differences in the duration and intensity of interventions, and individual differences in responsiveness to mantra meditation. Moreover, potential placebo effects and participants' expectations could influence outcomes, making it crucial to incorporate more rigorous methodologies in future research.

Additionally, while the physiological mechanisms underlying MBM's effects are explored, further studies are needed to clarify how mantra chanting interacts with neural pathways associated with emotional regulation and cognitive flexibility. The influence of demographic factors, including age, gender, and cultural background, remains underexplored and could offer insights into personalized meditation approaches.

Future Directions

Future studies should aim to standardize intervention protocols, including chanting duration, frequency, and participant selection criteria. This will enhance comparability across studies and strengthen the evidence base for MBM's efficacy.

Most existing studies focus on short-term outcomes, leaving a gap in understanding the long-term effects of MBM. Longitudinal studies tracking participants over extended periods will provide insights into the sustained benefits of mantra chanting.

Further comparative studies between MBM, MBIs, CBT, and pharmacological treatments are necessary to determine the relative effectiveness of mantra chanting as a standalone or adjunct intervention.

Advanced neuroimaging and biomarker studies could provide deeper insights into the brain regions and neurochemical pathways activated during mantra meditation, helping to validate its mechanisms scientifically.

Research should explore the feasibility of incorporating MBM into mental health treatment plans, school curricula, and workplace wellness programs to assess its practical applications in daily life.

By addressing these areas, future research can build a more robust understanding of MBM's role in mental well-being and enhance its application as an evidence-based intervention for emotional stability, anxiety reduction, and quality of life improvement.

Conclusion

This comprehensive review of the provided papers highlights the possible advantages of mantra chanting as a tool for managing emotional stability, anxiety, and enhancing quality of life. Findings from multiple studies suggest that practices such as Gayatri Mantra Meditation (GMM), OM chanting, and mantra repetition programs contribute to reduced stress, improved emotional regulation, and enhanced psychological well-being. Regular engagement in MBM has been shown to lower anxiety, enhance mindfulness, and regulate autonomic nervous system responses, leading to greater emotional resilience and cognitive flexibility.

Despite the promising outcomes, contradictory findings exist, particularly in comparisons with mindfulness-based interventions (MBIs) and cognitive-behavioral therapy (CBT). While some

research strongly supports MBM as an effective tool for mental health improvement, others indicate no significant advantage over alternative therapeutic approaches. This discrepancy suggests that individual variability, study design, and intervention duration may influence MBM's effectiveness.

Overall, MBM presents itself as a valuable, non-pharmacological approach for those seeking holistic mental health benefits. Future studies should prioritize long-term effects, standardized methodologies, and comparative studies to further establish the reliability and effectiveness of mantra-based interventions. Integrating mantra meditation into daily routines and therapeutic programs may offer individuals a practical and accessible tool for sustaining emotional balance and enhancing overall life satisfaction.

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