

The Science of *Mantra Chikitsa* and Sound frequencies in healing

Mr. Prince Lohia*¹, Ms. Nancy Shivhare*²

1. U.G. Student, Ishan Ayurvedic Medical College and Research Centre, Greater Noida
2. U.G. Student, Ishan Ayurvedic Medical College and Research Centre, Greater Noida

Abstract

In *Charaka Samhita*, Mantra Chikitsa is described as a therapeutic approach that use mantras—sacred sounds, chants, or incantations that have healing and protective powers. It comes under the broader category of *Daivavyapashraya Chikitsa* (divine or spiritual therapies), one of the three main approaches to treatment in Ayurveda as mentioned in *Charaka Sutrasthana*, Chapter 11 (Chikitsa Sthana). In modern science, sound frequencies for healing and treatment refers to the therapeutic use of sound waves and vibrations. This is based on the concept that sound frequencies can interact with the body's natural energy fields, stimulating healing processes and restoring balance. ^[1] In Ayurveda, sound frequencies and mantra chanting are not just ancient rituals but are essential tools for healing and wellness. By tapping into the profound power of sound, we can harmonize our energies, promote physical health and achieve emotional balance. The therapeutic use of mantras and sound frequencies is a timeless practice that offers profound benefits in today's fast-paced, stress-filled world. Embracing these ancient techniques can enhance overall energy balance, leading to a more peaceful, harmonious, and healthy life. ^[2]

Keywords: *Daivyapashraya Chikitsa*, *Mantra Chikitsa*, Sound frequencies, Binural beats.