

## THE RELATION OF PANCHATANTRA MANTRA (*OM NAMASHIVAYA*) WITH ENDOCRINE GLANDS OF HUMAN BODY – REVIEW

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### ABSTRACT

Siddha may also refer to one who has attained a siddhi, paranormal capacities may broadly refer to siddhars, naths, ascetics, sadhus and yogis because they all practice sadhana.<sup>[14]</sup> Recitation of the Panchantra mantra (*Om namashivaya*) which normalizes the Endocrine glands to secrete corresponding hormones.<sup>[3,4,5]</sup> These procedures and the pronunciation of the mantra are given in the Siddha Literature like *Udal thathuvam*, *Noi Naadal*, *Siddha maruthuva surukam* and *Thottakirama Aaraichi*. The *Aadharam* in the human body which controls the energy levels. It maintains the equilibrium of the body. The disturbance of this equilibrium causes physical and mental illness for human beings.<sup>[1,2]</sup> These *Aadharangal* are linked with the endocrine gland in the human body, Which maintains homeostasis in the body. These glands can be normalized by the recitation of the Panchatantra mantra called "*Om namashivaya*".<sup>[11,7]</sup> Practicing this mantra *Om Namashivaya* for a duration of time can reduce the stress and depression in our body and make us relax for a lifetime. It also increases the lifespan.<sup>[9]</sup>

**KEYWORDS:** Panchantra mantra, *Aadharam*, Endocrine glands, Chakras, *Om namashivaya*.

### INTRODUCTION

According to the ancient literature of Siddha, It is said that the Siddha system of medicine originated from Primary Siddhar. Shiva who taught it to his consort Parvathi. Parvathi then

passed it on to Nandi and Nandi taught about it to nine devatas. 18 prominent siddhars are the main contributors to this system of medicine.<sup>[14]</sup>

A Mantra or *Mantharam* is a sacred utterance, a numinous sound, a syllabus, a word or phonemes or a group of words in Sanskrit. But also believed to be a spell or weapon of supernatural power. Zimmer defines mantra as a verbal instrument to produce something in one's mind. Some mantras have a syntactic structure and literal meaning.<sup>[13]</sup>

*Aadharangal* plays a major role in Siddha medicine. The Panchatantra mantra known as "Ohm namashivaya".<sup>[3,4,5]</sup> is linked with the aadharangal and stimulates the secretion of endocrine glands of human beings and maintains the hormone level in the body.

### AIM

To show that the chanting of an "*Om namashivaya*" mantra can stimulate the secretion of endocrine glands.<sup>[3,4,5]</sup> Practicing this Panchatantra mantra for a duration of time can reduce the stress and depression in the body to relax for a lifetime and increase the life span.<sup>[9]</sup>

### MATERIALS AND METHOD

The procedure for the chanting of the "*Om namashivaya*" mantra and the *Aadharangal* with its components are referred to in the books of Siddha literature like *Udal thathuvam. Noi naadal noi mudhal naadal(part-1)*, *Siddha maruthuva surukam* and *Thottakirama aaaichi*. Some other books to refer to are "Meditation and Mantra" written by swami Vishnu Devanandha. And have to refer to a Tamil dictionary written by T.V.Sambasivam Pillai.

### Aadharangal

The six types of "Aadharangal" are listed below.

**Table 1: Characteristics of Aadharangal.**<sup>[1,2,3,4,5,6,8,10]</sup>

Sl. No	Aadharangal	Location	Shape	Color	God	Goddess	Letter	Petals
1.	Muladhara	Groin region	Triangular	Red	Ganesh	Sakthi	Om	4
2.	Svadhithana	Hypogastric region of abdomen	Square	Vermilion	Brahman	Saraswati	Na	6
3.	Manipura	Umbilicus region of abdomen	Lunar	Heavy rain cloud	Vishnu	Lakshmi	Ma	10
4.	Anahata	Xiphoid process of sternum	Triangle	Vermilion	Ruthiran	Parvati	Shi	12
5.	Visuddha	Suprasternal	Hexagram	Smoky	Maheshwaran	Maheshwari	Va	16

		notch		purple				
6.	Ajna	Between two eyebrows	Circle	White	Sadhasivam	Manonmani	Ya	2

### MULADHARA

At the lowest end of the spinal column, corresponding to the sacral plexus. It consists of the sex glands such as the testes and ovary.<sup>[1,6,10,11,12]</sup>



Figure 1: Mulathara.<sup>[4]</sup>

### SVADHISTHANA

In the region of the genital organs, there is a gland called the prostate gland. It is adjacent to the adrenal gland.<sup>[1,6,10,11,12]</sup>



Figure 2: Svadhithana.<sup>[4]</sup>

**MANIPURA**

At the naval, corresponding to the solar plexus. It consists of the pancreas and the hormones secreted by it.<sup>[1,6,10,11,12]</sup>

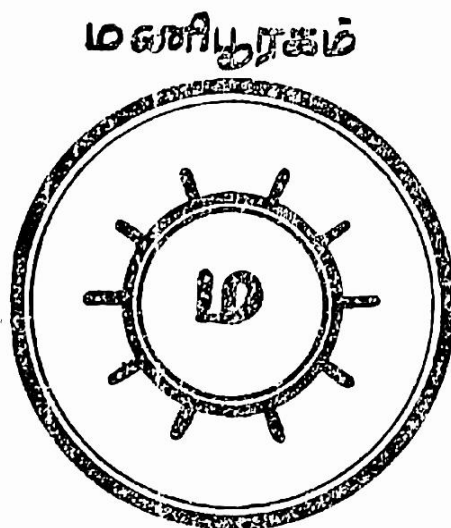


Figure 3: Manipura.<sup>[4]</sup>

**ANAHATA**

At the heart, corresponds to the cardiac plexus. It consists of the thymus gland.<sup>[6,10,11,12]</sup>

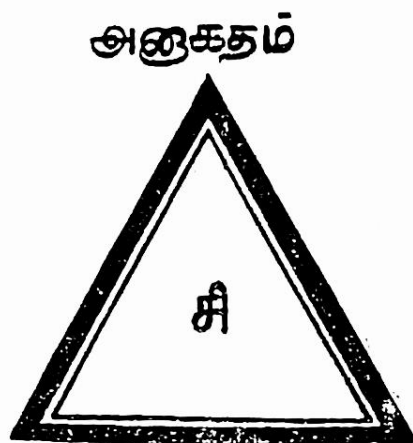
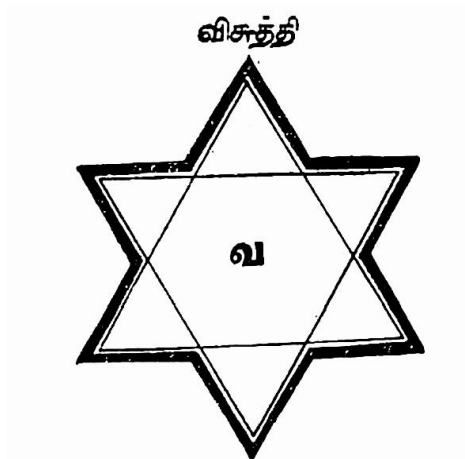


Figure 4: Anahata.<sup>[4]</sup>

**VISUDDHA**

In the throat region, corresponding to the laryngeal plexus. It consists of the thyroid gland.<sup>[6,10,11,12]</sup>

Figure 5: Visuddha.<sup>[4]</sup>

### AJNA

Between the eyebrows, corresponds to the cavernous plexus. It consists of the pituitary and the hormones secreted by it.<sup>[1,6,10,11,12]</sup>

Figure 6: Ajna.<sup>[4]</sup>

### Panchatantra Mantra

The Panchatantra manta is known as the “*Om namashivaya*”. This mantra is given in the book called “*Shri Rudra Samangam*”. In this book, the explanation and the procedure of chanting “*Om namashivaya*” is given. The Panchantra manta can be divided into 5 elements or 3 divisions. The elements of this Panchantra mantra are divided into five, they are.

**Table 2: Relation of mantra with elements.**

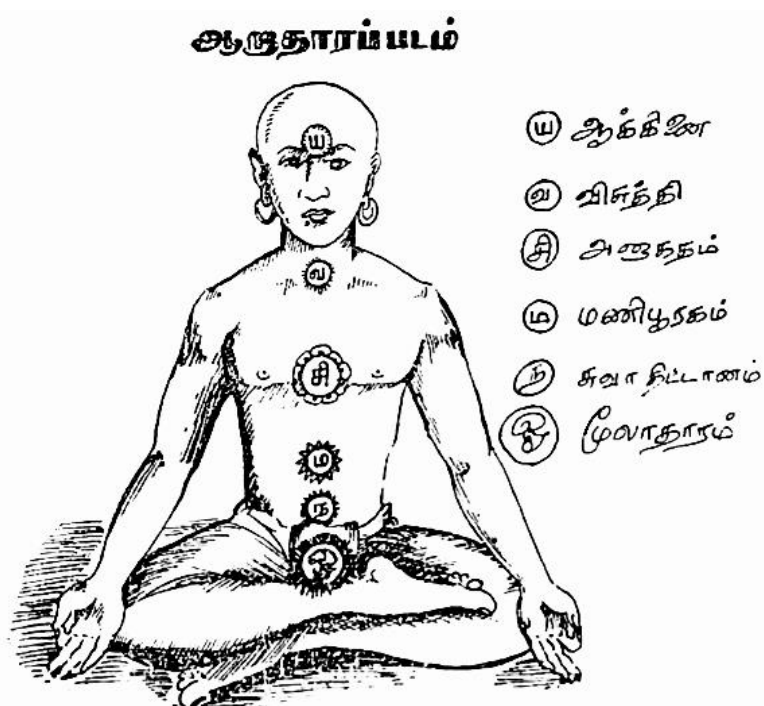
Sl. No	Mantra	Element
1.	Na	Earth
2.	Ma	Water
3.	Shi	Fire
4.	Va	Air
5.	Ya	Space

As per the correspondence, the aforementioned mantra is categorized into three distinct segments.

**Table 3: Relation of mantra with Tamil letters.**

Sl. No	Letters	Mantra
1.	Vallinam letter	Na, Ma
2.	Mellinam letter	Shi
3.	Idaiyanam letter	Va, Ya

On Chanting of this “Om namashivaya” maintains the hormone level in equilibrium. It regulates the energy of five elements in the body.<sup>[3,4,5,8]</sup>



**Figure 5: Location of Aadharangal in body.<sup>[4]</sup>**

## DISCUSSION

Here we discuss how the chanting of “Om namashivaya” can stimulate the secretions of the Endocrine hormone. The stimulation of the gland by the Om Namashivaya mantra is given below.

**Table 4: Relation of mantra with glands.<sup>[2]</sup>**

Sl. No	MANTRA	GLANDS	PHYSIOLOGICAL EFFECTS
1.	Om	Testes and Ovaries	Warm, Stimulating, improves blood circulation, stimulates ovulation and menstruation, enhances sexual desire
2.	Na	Adrenal	Cheering, Creative thinking, Color of enthusiasm, Antispasmodic, Enhances lung function
3.	Ma	Pancreas	Strengthens nerves, Pain relieving, Laxative, Promotes wound healing, Digestive
4.	Shi	Thymus	Balancing, Antiseptic, Immunity boosting, Color of peace, Rejuvenating, Maintains homeostasis
5.	Va	Thyroid	Cooling, Calmative, Astringent, Anti-inflammatory, Promotes sleep
6.	Ya	Pituitary	Smoothing, Purifying, Cooling

This can be possible by the spiritual energy of chanting this Om Namashivaya as a sound travels through the space that reaches the ear by hearing receptors in the ear drum and passes signals to the brain. Then the brain commands the hypothalamus to stimulate the secretion of the endocrine hormones. And this mantra plays the role between cosmic rays and human beings.

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