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TIME-DOMAIN ANALYSIS OF "OM" MANTRA TO STUDY IT'S EFFECT ON NERVOUS SYSTEM

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Abstract

Our attentiveness and our concentration are pilfered from us by the proceedings take place around us in the world in recent times. Different challenges and impediments are faced by the people work in the software industries. It is tough to handle the stress some times. Therefore, to come out of the aforementioned troubles, Meditation is essential for all human beings. In the same way, for pschychological stress, Speech signal is uttered to be a considerable indicator. In the direction of mediating human subject, 'OM' is a spiritual mantra, outstanding to fetch peace and calm. The entire psychological pressure and worldly thoughts are taken away by the chanting of OM mantra. Elimination of disruption and introduction of new dynamism in the body are given by the OM chanting. The consciousness could be promoted through the repetition of OM mantra. Furthermore this mantra transcends the restrictions of a mentality. To systematically understand the meditative chant, termed the divine sound 'OM'and the stabilization of brain, is the endeavor of this research work. Time-domain analysis has been carried out for the divine sound OM using MATLAB 7. By this analysis we could conclude steadiness in the mind is achieved by chanting OM, hence proves the mind is calm and peace to the human subject.

Keywords: Zero-crossing rate, OM Mantra, Nasal contents, Nervous system