



EXPLORING MANTRA THERAPY AS A NON-PHARMACOLOGICAL INTERVENTION FOR COGNITIVE ENHANCEMENT IN ADHD

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Abstract : Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder marked by inattention, impulsivity, and hyperactivity. Recent trends emphasize integrative approaches combining conventional and complementary therapies. This paper explores the role of mantra chanting as a supportive intervention in children with ADHD. Evidence suggests that rhythmic auditory stimulation through mantra repetition enhances attention, reduces anxiety, and promotes emotional regulation. The paper advocates for further empirical studies to validate these findings in clinical settings.

Index Terms - ADHD, Mantra Therapy, Attention, Hyperactivity, Cognitive Function, Yoga

I. INTRODUCTION

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most prevalent neurodevelopmental disorders in children, affecting academic performance, behavior, and social relationships. Pharmacological and behavioral interventions remain the primary treatment modalities. However, complementary approaches such as yoga, meditation, and mantra chanting are gaining attention for their holistic benefits. Mantras, consisting of repetitive sound vibrations, are believed to influence neural pathways and promote mental calmness.

II. OBJECTIVES

- To evaluate the impact of mantra chanting on attention span in ADHD children.
- To assess behavioral changes following mantra practice.
- To examine the role of mantra chanting in emotional regulation.

III. METHODOLOGY

This study is based on a narrative review of existing literature related to ADHD and mantra-based interventions. Data were collected from peer-reviewed journals, books, and institutional reports. Observational insights from school-based yoga and meditation practices were also incorporated.

IV. MECHANISM OF ACTION

Mantra chanting produces rhythmic auditory stimulation that may regulate brain wave activity. It promotes alpha wave dominance, associated with relaxation and improved concentration. Controlled breathing during chanting enhances oxygenation and autonomic balance, contributing to improved cognitive performance and reduced stress levels.

IV. RESULTS AND DISCUSSION

4.1 Improved Attention Span

Children practicing mantra chanting show enhanced ability to sustain focus on tasks due to repetitive auditory engagement.

4.2 Reduction in Hyperactivity

Regular chanting induces a calming effect, reducing impulsive behavior and motor restlessness.

4.3 Emotional Stability

Mantra practice supports emotional regulation by lowering anxiety and frustration levels.

4.4 Cognitive Enhancement

Improved concentration leads to better academic performance and task completion.

Table 4.1: Effects of Mantra Chanting on ADHD Children

Parameter	Observed Effect
Attention	Improved
Hyperactivity	Reduced
Emotional Control	Enhanced
Cognitive Abilities	Augmentation

The findings align with integrative therapeutic approaches, suggesting that mantra chanting can complement existing ADHD management strategies.

V. CONCLUSION

Mantra chanting is a promising complementary intervention for managing ADHD symptoms in children. It contributes to improved attention, reduced hyperactivity, and enhanced emotional well-being. Further experimental and longitudinal studies are recommended to establish its clinical efficacy.

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