

Text useful for the adverse times : Chant remedies - Vol. 1

# Chants for curing ailments

(Importance and the science  
underlying various chants)

(English)

**Compilers**

Proponent of the 'Hindu Rashtra'

**Parātpar Guru (Dr) Jayant Balaji Athavale**

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

**H.H. Sandeep Gajanan Alshi**



**Sanatan Sanstha**

Over 8.99 million copies of 356 Sanatan's Texts published  
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Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English,  
Nepali, Serbian, French, German and Spanish.

## Introductory Contents

- |   |    |
|---|----|
| 1. Introduction to the Compilers  | 7  |
| 2. Preface  | 9  |
| 3. In-depth and expansive knowledge about health is one unique aspect of Hindu Dharma which provides various chants for every ailment and the underlying reason | 11 |

## Contents

(Special sub-points under the main point are given here.)

- |  |    |
|--|----|
| 1. Origin and meaning of the word ' <i>japa</i> ' and meaning of the word ' <i>Nāmajapa</i> '  | 15 |
| 2. ' <i>Nāmajapa</i> ' is an easy and universal method of treatment  | 15 |
| 3. Importance of chanting from the perspective of overcoming ailments  | 17 |
| 4. The process of eliminating specific illnesses related to different organs by chanting the Name of a specific Deity  | 19 |
| 5. Different types of chants helpful for overcoming illnesses and the underlying science   | 20 |
| 6. The interrelation between Deities, <i>Panchatattva</i> related to the Deities, <i>mudrās</i> related to the <i>Panchatattva</i> and the spot where <i>nyās</i> is to be done, from the perspective of spiritual healing | 50 |
| 6A. Importance of making a <i>mudrā</i> while chanting   | 50 |
| 6B. <i>Mudrā</i>   | 50 |
| 6C. <i>Nyās</i>  | 52 |

7. Medical research and scientific experiments that prove the usefulness of chanting, <i>mudrā</i> and <i>nyās</i>	55
8. Picture depicting subtle benefits observed when an asthmatic seeker chants 'Om Namaha Shivāya I'	62
9. Importance of performing spiritual practice daily along with chant remedies	67
10. For protection from dreadful calamities, there is no alternative to performing spiritual practice !	68
☞ <b>Appendix 1 : <i>Ankajapa</i> (Number-chants) that give various spiritual experiences</b>	<b>69</b>

**Notes :** 1. From the perspective of completing the topic, points from other reference Texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in 'Bibliography' at the end of the Text.

2. For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.

3. Shrīchitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Parātpar Guru (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.

### **Reason why the word 'ailment' is used in this Text**

This Text provides information on minor problems such as insomnia, lack of appetite. Such problems cannot be called 'diseases'. As per Ayurveda, 'Deterioration in health' means having some ailment. Therefore, Sanatan's Texts in the series on 'Lifeline during the adverse times' use the inclusive word 'ailment' instead of words such as 'problem', 'disease', 'illness'.

## Point 2 of Introductory Contents

### Preface

Generally, Hindus know about chanting as a form of worship of the Deities, but they do not know about the usefulness of chanting Deities Names for treating ailments. In-depth research on the chanting of 'Omkā̄r' is being conducted in western countries such as in the USA and by chanting 'Omkā̄r' many people in western countries are getting cured, but in India, Hindus are unaware of the effectiveness of chanting prescribed by their own Dharma. This is such a misfortune. Through the Text series 'Chant remedies', Hindus will be able to learn the importance of their Dharma and Deities.

Mostly the root cause of physical and psychological ailments in human beings has spiritual causes. To eliminate these causes, remedies at the spiritual level need to be performed. 'Chanting' is a very powerful remedy. *Prārabdha*, which is destiny that is experienced in this birth, is one of the major spiritual causes for problems in life. By chanting, the patient's mild destiny is completely overcome. If a patient has moderate destiny, it can be reduced by chanting. Even if a patient has severe destiny, by chanting the individual can obtain mental strength to face and endure that severe destiny.

Every Deity has specific vibrations. Chanting the Name of a particular Deity develops that Deities' vibrations in the body. Due to this, unnatural or imbalanced vibrations in the body are taken care of, which helps in curing ailments. Chanting not only helps in curing ailments but also provides mental strength to endure the pain and misery caused by the ailments.

'Chanting' is the easiest remedy for all. Chanting has no



restrictions of space and time, purity and impurity or even correct pronunciation (as in the case of chanting a *mantra*). Chanting is not as difficult as performing *Yoga* or *Yāga* (Ritual of sacrificial fires). At times, medicinal herbs may not be available during adverse times, but the spiritual remedy of chanting can be done at any time, anywhere.

Various types of chanting and the underlying science are mentioned in this Volume of the Text series. Knowing the underlying science of chanting will help in developing faith in it. In Kaliyug (The present era of strife), man has more faith in modern science than he has in Spirituality. The research conducted with the help of scientific instruments on chant remedies has also been provided in this Spiritual text. Through this, even intellectuals will be able to develop faith in chanting.

When Divine Rule (Hindu Rashtra) is established in the near future, knowledge of treatment given by using chants will be included in the syllabus of schools and colleges. Hence, the future generations will have easy solutions to reduce the distress arising out of ailments at a very young age.

We pray unto the Holy feet of Shrī Guru and Shrī Nārāyaṇ - the protector of the Universe - 'May more and more people who are suffering be cured quickly by performing these chant remedies'. - **Compilers**



Saptarshis guide Sanatan Sanstha through the medium of Nadipattis reading (Nadi-astrology). As per the instructions of Saptarshis on 13.5.2020, Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil.