

Review article

Mind Sound Resonance Technique as an add on yoga therapy to improve quality of life: A narrative Review

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ABSTRACT

Background: Mind sound resonance technique (MSRT), also known as yogic relaxation technique, is a necessary component of yoga that improves physical and functional health. In this article, we provide a thorough summary of the scientific literature on MSRT. **Materials & Method:** We looked for citations using the keywords "MSRT" and "Quality of life" in PubMed, PubMed Central, and Google Scholar from 2013 to 2023 year. 1875 references in total were found during the search. The review comprised experimental publications, case studies, and case series in English that illustrated the effects of MSRT. **Results:** Studies indicate that MSRT has positive impact on physiological and therapeutic effects. The MSRT produced positive benefits on the neurocognitive, psychophysiological, cardiovascular, sleep quality, and metabolic functions in healthy people. MSRT is also known to have therapeutic effect. MSRT practiced under supervision of a qualified teacher is generally regarded as safe. Further large-scale investigations with exact designs to comprehend the mechanisms associated with MSRT are justified in light of the beneficial benefits of MSRT. **Conclusion:** The application of Mind sound resonance technique can potentially enhance quality of life by managing and preventing a number of non-communicable diseases.

Key words: Yoga, MSRT, Quality of life, Physical Well-being, Functional well-being.

Yoga is a science of moral living, which should be incorporated into daily activities. It affects a person's physical, mental, emotional, psychic, and spiritual well-being. The Sanskrit word *yuj*, which means to unite, is the root of the word yoga, which has the meaning of unity or oneness. Yoga is a technique for harmonising the body, mind, and emotions. The various components of Yoga: Asana, pranayama, mudra, bandha, shatkarma, and meditation help an individual to achieve harmony [1].

The World Health Organisation defines the term "state of health" as a comprehensive condition of physical, mental,

and social well-being and not just the absence of sickness or infirmity. According to the Upanishads and the yoga tradition, there are five tiers to a person's existence. Physical health is represented by Annamaya Kosha, mental health by Manomaya Kosha, vital health by Pranamaya Kosha and spiritual health by Vijnanamaya Kosha. Anandamaya Kosha, or the sheath of happiness [2].

Mind sound resonance technique (MSRT) is a guided yogic relaxation technique that can be used to achieve the goals of better health, willpower, concentration, and deep relaxation. It can be practiced in either a supine or sitting posture [3].

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Table 1: Mind Sound Resonance Technique

Name of the practice	Mind Sound Resonance Technique [4]
Step 1	<ul style="list-style-type: none"> Chant the “Mrityunjayamantra, Om Tryambakam Yajamahe, Sugandhim Pushti – Vardhanam, Urvarukamiva Bandhanat, Mrtyoh – Muksiya Mamrtat” loudly with proper intonation, producing resonance while chanting. Follow the vibration spreading throughout the body.
Step 2	Chant 3 rounds of A- Kara, U-Kara, M- Kara and Pranava mantra or AUM – Kara in ahata phase that is loudly with same patterns of resonance effect throughout the body.
Step 3	Chant A- Kara, U- Kara, M-Kara and Pranava mantra or AUM – Kara in Ahata phase and Anahata phase that is loudly and mentally alternatively for 3 rounds each.
Step 4	Chant the Mrityunjaya mantra both in ahata and Anahata phase alternatively for 3 rounds.
	Chant the Pranava mantra or AUM Kara for 9 rounds in Anahata phase. Chant AUM Kara in the mind generating a wave of resonance from toes and moving up to the head. Feel the vibration and the wave of resonance.
	Stay in silence (Ajapajapa Silence)
	<ul style="list-style-type: none"> Resolve (9 times) Closing Prayer Click or tap here to enter text.

METHODOLOGY

The terms "MSRT" and "Quality of life" were searched for citations in the internet databases PubMed, PubMed central, and Google scholar. In Google Scholar, the time frame is from 2013 to 2023, 30th June. Out of a total of 1875 references that the search produced from the Google Scholar index, PubMed index & PubMed central, however in the final review after the inclusion and exclusion criteria were applied and the duplicate studies were eliminated only 11 clinical trials were chosen. The review includes experimental studies, case studies, and case series in the English language that demonstrated the impact of MSRT. The review did not include studies whose abstracts were unavailable or were in languages other than English. Physical well-being and functional well-being were the two main categories into which the research included in the review was divided in accordance with the study's main conclusions. The studies on MSRT techniques examined cognitive performance, state anxiety, sleep quality, and psychological factors. Studies have also been done to determine how MSRT affects patients who have diabetes, musculoskeletal issues, and anxiety.

RESULTS

Effect of MSRT on Physical well-being

Sleep Quality: During a month-long study on the practice of MSRT, various factors were examined, including the psychological moods, cognitive performance, and sleep quality of female teachers. The results revealed a notable decrease in levels of stress, anxiety, fatigue, and psychological distress. Additionally, MSRT was found to enhance levels of self-esteem and improve the overall

quality of sleep [5]. Another study of MSRT shows improvements in sleep quality was observed in the elderly following 15 days of MSRT practice [6]. Ten-day online yoga and MSRT studies on anxiety, stress, sleep, and mindfulness were also carried out concurrently in the United States and India. Although the results did not demonstrate statistically significant improvements in any of the anxiety, stress, or mindfulness domains, there was an improvement in certain sleep-related questions [7].

Musculoskeletal Pain: According to a study done on patients with chronic musculoskeletal pain, MSRT enhances sleep quality and reduces pain, stress, and anxiety in patients when added to the Integrated Approach of Yoga therapy 30 minutes before bed [8]. Also, a study concluded that progressive relaxation technique and MSRT were equally effective at easing pain and neck disability in common neck pain individuals [9].

Anxiety: A study indicated that MSRT may have a function in lowering state anxiety and improving psychomotor performance in individuals with GAD right after the procedure [10].

Cardiac functions: In a study, 30-min MSRT sessions resulted in a significant reduction in heart rate (HR), state anxiety, systolic and diastolic blood pressure among HTN patients. These results point to the possible application of MSRT intervention on HR, blood pressure, and anxiety in HTN patients [11].

Effect of MSRT on Functional Well-being

Cognitive function & Diabetes: A pilot study suggests that MSRT may have a potential effect in improving cognitive functioning in type 2 diabetic patients right after the

procedure and significant improvement in total and net score of DLST [12]. Additional studies shows that MSRT can be utilised to improve cognition and stop cognitive ageing in elderly people [13].

Psychological variables: According to a study, school-aged children's psychosocial and cognitive capacities may be improved by regular MSRT training [14].

Psycho emotional wellbeing: A two-week session of MSRT shows improvement in psycho emotional wellbeing,

psychological functions and cognition in school children [15].

The limitation of the current review was restricted to free internet databases, which might restrict access to actual field research activities, which is one of the limitations of the current review. Additionally, no attempt was made to determine the statistical validity of the results reported in the literature; instead, the current review is restricted to narrating the already available scientific literature on the Mind sound resonance approach.

Table2: Physical well-being [5-10]

Author	Year	Sample size	Variable studied	Findings
Manas Rao et al	2017	60	PSS, PSQI, DLST, SA, TA, GHQ, FS	In MSRT group a significant reduction occurred for 5 variables- perceived stress, state anxiety, trait anxiety, psychological distress, fatigue.
Sharma Deepika et al	2014	62	VAPS, QOS, STAI, PSS	The addition of MSRT and SR (supine rest) to the IAYT programme for 30 minutes at bedtime improves sleep quality and lowers tension, pain, and anxiety levels in CMP patients, indicating a positive impact of the IAYT programme on CMP patients. The morning after MSRT, patients report feeling much more rested than those who undergo SR (Supine Rest)
Smity Dhanjani et al	2018	30	PSQI, QOL	Results indicate that the 15-day yoga intervention enhanced the senior population's sleep quality. By lowering physiological arousal and anxiety outward manifestations, MSRT has demonstrated a decrease in the amount of time needed to fall asleep as well as an improvement in overall sleep time.
Yuni Wang et al	2020	30	SBP, DBP, HR, STAI	Systolic blood pressure (SBP), diastolic blood pressure (DBP), heart rate (HR), and state anxiety all significantly decreased after an MSRT session compared to baseline. Similar to how HR and state anxiety significantly changed following an SR session. SBP and DBP did not substantially alter after SR compared to SR session; however, SBP, DBP, HR, and state anxiety considerably improved after MSRT session.
Chinmay Surpur et al	2021	210	PSS, STAI, SRQ, FFMQ	There was an improvement in certain sleep-related questions, but no results demonstrated statistically significant changes in mindfulness, anxiety, or mindfulness.
Mayuri Rajesh Shah et al	2019	30	VAS, NDI	This study demonstrates that both group-specific therapies were successful in lowering pain and raising neck disability scores before and after MSRT intervention.
Vipin Dhansoia et al	2015	15	STAI, DLST	After MSRT, STAI scores dropped and DLST levels sharply rose. The STAI scores from baseline were much lower after SR, while the DLST scores did not change significantly. When the scores for DLST and STAI were examined before and after the two interventions (MSRT and SR), it was found that the difference for DLST was significantly bigger and the difference for STAI was significantly lower for MSRT than for SR.

Abbreviation: PSS (Perceived Stress Scale), PSQI (Pittsburgh Sleep Quality Index), DLST (Digit Letter Substitution Task), SA (State Anxiety), TA (Trait Anxiety), GHQ (General Health Questionnaire), FS (Fatigue Self-esteem), VAPS (Visual Analogue Pain Scale), QOS (Quality of Sleep), STAI (State Trait Anxiety Inventory), SBP (Systolic Blood Pressure), DBP (Diastolic

Blood Pressure), HR (Heart Rate), STAI (Spielberger's State-Anxiety Inventory), SRQ (Sleep Rating Questionnaire), FFMQ (Five Facet Mindfulness Questionnaire), VAS (Visual Analogue Scale), NDI (Neck Disability Index), DLST (Digit letter substitution test).

Table3: Functional well-being

Author	Year	Sample size	Variable studied	Findings
Subarna Mohanty et al	2015	43	DLST	There was significant improvement in total score of DLST. Yoga is known to improve autonomic functions by inducing neurohormonal mechanisms that inhibit sympathetic activity by down regulating the hypothalamic-pituitary-adrenal axis.
U.S. Anusuya et al	2021	60	MWQ, SMAAS, STAI, TMT	MSRT group showed a reduction in state anxiety and mind wandering with improvement in state mindfulness and performance in the Trail-making task compared to the control group.
Anindita Saha et al	2023	63	AS, CAMM, P-ERQ, N-ERQ, BIS, CrTV, CrTC	MSRT group showed significant improvement in mindfulness creative thinking critical thinking, interpersonal relationship, emotion regulation and a significant reduction in aggression and impulsivity compared to control group.
Vijaya Kumar PS et al	2020	30	SLCT, TMT-B	MSRT enhances cognitive abilities and raises the prospect of maintaining mental capacity and averting dementia. When given to a population at risk for cognitive decline, MSRT can assist improve cognitive function. It can also be beneficial for those who have never received any therapies aimed at enhancing cognitive function.

Abbreviation: DLST (Digit Letter Substitution Task), MWQ (Mind wandering questionnaire), SMAAS (State Mindfulness attention Awareness Scale), STAI (Spielberger's State Trait Inventory), TMT (Trail Making Task), AS (Aggression Scale), CAMM (Children Assessment of Mindfulness), P-ERQ (Positive Emotion Regulation Questionnaire), N-ERQ, (Negative Emotion Regulation Questionnaire), BIS (Brief Barratt's Impulsivity Scale-Brief) CrTV (Creative Thinking), CrTC (Critically Thinking) (Interpersonal Relationship), SLCT (Six Letter Cancellation Test, TMT-B (Trail Making Test-B).

CONCLUSION

Yoga relaxation techniques or mind sound resonance techniques were discovered to have an impact on the body's metabolic processes, autonomic and cardiovascular functions, and neurocognitive capacities, the safe and affordable methods of the Mind sound resonance technology may help in the management and prevention of a number of non-communicable diseases. The studies in the clinical populations, shows the effects of MSRT on psychological states, cognitive function, sleep quality, cardiovascular variables and fatigue by down regulating the hypothalamus-pituitary-axis and reduces anxiety and stress.

Overall, we discovered that using the Mind sound resonance technique under the instruction of a qualified teacher is safe. The effects of the Mind sound resonance approach have been the subject of numerous investigations; however, they lack methodological rigour. Given the benefits of MSRT, additional large-scale research projects with improved methodological frameworks to comprehend the mechanisms behind MSRT are justified.

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