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## Om chanting pranayama for disabilities: A short view

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### Abstract

Persons with disabilities often face societal barriers and disability evokes negative perceptions and discrimination in many societies. As a result of the stress associated with disability, persons with disabilities are generally excluded from education, employment and community life which deprives them of opportunities essential to their social development, health and well-being. In some societies persons with disabilities are considered dependent and seen as incapable, thus fostering inactivity which often causes individuals with physical disabilities to experience restricted mobility beyond the cause of their disability. Om chanting pranayama can help reduce the stress and discrimination associated with disability because it can transform community attitudes about persons with disabilities by highlighting their skills and reducing the tendency to see the disability instead of the person. Through om chanting pranayama, persons without disabilities interact with persons with disabilities in a positive context forcing them to reshape assumptions about what persons with disabilities can and cannot do.

**Keywords:** Om chanting, pranayama, disability

### 1. Introduction

Om is a mantra that is traditionally chanted at the beginning and end of yoga sessions. With roots in Hinduism, it's both a sound and a symbol rich in meaning and depth. Chanting of OM regulates the blood flow to different body parts. Thus, it helps in controlling blood pressure and symptoms of hypertension. When you disconnect from the outer world during chanting, your breathing, respiration and heart beat normalizes. Regular practice thus improves the working of your heart. It's like self-realization. OM Chanting and its vibrations when chanted for 108 times, turns out to be essentially progressively amazing and can help open the Crown Chakra and hence your way to Self-Realization. Safety permitting, you can chant Om silently in just about any situation. For example, outside or at work. Sit comfortably and keep your body still. Relax your mind before you begin. Those of us who chant Aum daily before our practice, feel how it helps us to calm our mind and clear our thoughts. Modern technology and science confirm what ancient yogis knew about the healing power of Aum so much in just one sound. Since the mantra whether spoken from mouth (in the form of sound waves) or repeated in mind (in the form of thoughts/electric impulses) carries energy. It obviously exerts some power the mantra will be ringing in one's ears even after the chanting is stopped.

### 2. Sports for the Disability

Disability sports also known as adaptive sports or Para sports are sports played by persons with a disability, including physical and intellectual disabilities. As many disabled sports are based on existing able bodied sports, modified to meet the needs of persons with a disability, they are sometimes referred to as adapted sports. Organized sport for athletes with a disability is generally divided into three broad disability groups: the deaf, people with physical disabilities, and people with intellectual disabilities. Each group has a distinct history, organization, competition program, and approach to sport. The number of people with disabilities involved in sport and physical recreation is steadily increasing around the world with organized sports for athletes with disabilities divided into three main disability groups;

- Sports for the deaf
- Sports for persons with physical disabilities
- Sports for persons with intellectual disabilities

From the late 1980s, organizations began to include athletes with disabilities in sporting events such as the Olympic Games and Commonwealth Games.

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Conferred with the Rajiv Gandhi Khel Ratna Award on National Sports day (August 29), Tamil Nadu-born Parathlete Mariyappan Thangavelu, 25, says he is itching to 'achieve more'. He won a Paralympic gold in the men's high jump event at Rio 2016, his first ever Paralympic Games. However, many sports are practiced by persons with a disability outside the formal sports movements, for example: Wheelchair basketball, Wheel chair dancing, Weightlifting, Swimming, and many other sporting activities you can join if you are mentally or physical disabled.

### 3. Health Benefits of Om Chanting

- Helps to Improve Concentration
- Reduces Stress and Anxiety
- Rejuvenating & Pacifying
- Gives Strength to Spinal Cord
- Detoxifies Body
- Improves Functioning of Heart & Digestive System
- Ensures Sound Sleep
- Makes You Emotionally Stable
- Improves Reasoning Ability, Reduces Negativity

### 4. Om Chanting for Disability

Prayer and chanting of simple mantras makes them less aggressive, purifies the speech, calms the mind, and helps reduce distraction. Hence chanting the Pranava Mantra AUM can benefit these disability. Helps maintaining their concentration and improves their alertness with rest and relaxation and aids them to get emotional and mental strength. Om Chanting practice the development of body awareness, concentration and memory, provides vital skills for any child with a developmental disability. Although modern medical approaches are being used to cure the disabilities, they have achieved only a small amount of success which comparison to the treatment given to such children. In Om chanting pranayama has been found to be more beneficial, because the mode of action of many psychically active drugs is not fully clear. Mostly major and minor tranquilizers, antidepressants and anti-convulsions are given to these children. It has been observed that many of these drugs have wide action and a considerable number of side effects, some bad and some very serious.

### 5. Conclusions

Life Revolves Around Living, Not Around Disability. Adapting to life with a disability is never easy, but there are ways to help yourself cope with limitations, overcome challenges, and build a rewarding life. It can be incredibly difficult to accept your disability. Om chanting pranayama practice, take a deep inhale through the nose to begin, then begin to Om as your exhale slowly through the mouth. This chakra meditation requires some more chanting, but you can always repeat quietly or in your head if that is more comfortable for you. Chanting is a spiritual discipline believed to improve listening skills, heightened energy and more sensitivity toward others.

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