

experimental, and theoretical investigations in this subject since the results are so diverse. Om mantra meditation has recently been studied using brain imaging and evoked potentials. Most studies are also focused on chanting the Om in one's mind. Using EEG as a means of studying the mental impacts of Om meditation, this work argues that additional research is needed. For example, EEG data may be analyzed using rapid Fourier transforms, wavelet transforms, independent component analysis and the principle component analysis, as well as coherence analysis. A, U, and M make up the whole articulation process in the utterance of Om. All other sounds and creations are derived from this fundamental frequency. Om is said to be a gateway to enlightenment. Researchers have shown that the mental repeating of Om resulted in physiological alertness, heightened sensitivity and synchrony of particular biorhythms, and an increased sensitivity to sensory transmission. 'Om'.

REFERENCES

1. Julie Lynch, Lucia Prihodova, Pádraic J. Dunne, Áine Carroll, Cathal Walsh. (2016), Mantra meditation for mental health in the general population: A systematic review, *European Journal of Integrative Medicine*, Volume 23.
2. Surabhi. (2017), Awesomeness of Various Types of Yoga & Their Pervasive Benefits for Healthcare. *Inter. J. Edu. Res. Technol.* 8[4] 2017; 01-11. DOI: 10.15515/ijert.09764089.8.1.111
3. M Goyal, S Singh, EM Sibinga, et al. Meditation programs for psychological stress and well-being: a systematic review and meta-analysis, *JAMA Intern. Med.*, 174 (3) (2014), pp. 357-368, 10.1001/jamainternmed.2013.13018
4. Ahani A., Wahbeh, H., Nezamfar, H., Miller, M., Erdogmus, D., & Oken, B. (2013). Change in physiological signals during mindfulness meditation. 6th Annual International IEEE/EMBS Conference on Neural Engineering, 6-8 November 2013, San Diego, California, 1378-1381.
5. Burke A. (2012). Comparing individual preferences for four meditation techniques: Zen, Vipassana (Mindfulness), Qigong, and Mantra. *Explore (New York, N.Y.)*, 8(4), 237-242. <https://doi.org/10.1016/j.explore.2012.04.003>.
6. Chandra S, Jaiswal AK, Singh JR, Jha D, Mittal AP. (2017). Mental stress: Neurophysiology and its regulation by Sudarshan Kriya Yoga. *International Journal of Yoga*, 10(2), 67-72. <https://doi.org/10.4103/0973-6131.205508>.
7. Das I, Anand, H. (2012). Effect of prayer and Om meditation in enhancing galvanic skin response. *Psychological Thought*, 5(2), 141-149. <https://doi.org/10.5964/psyc.v5i2.18>
8. Deepeshwar S, Vinchurkar SA, Visweswaraiyah NK, Nagendra, H. R. (2015). Hemodynamic responses on prefrontal cortex related to meditation and attentional task. *Frontiers in Systems Neuroscience*, 8, Article 252. <https://doi.org/10.3389/fnsys.2014.00252>.
9. Harne BP. (2014). Higuchi fractal dimension analysis of EEG signal before and after Om chanting to observe overall effect on brain. *Iranian Journal of Electrical and Computer Engineering*, 4, 585-592.
10. Kaur C, Singh P. (2015). EEG derived neuronal dynamics during meditation: Progress and challenges. *Advances in Preventive Medicine*. <https://doi.org/10.1155/2015/614723>.
11. Kumar U, Guleria A, Khetrapal CL. (2015). Neuro-cognitive aspects of "Om" sound/syllable perception: A functional neuroimaging study. *Cognition and Emotion*, 29, 432-441. <https://doi.org/10.1080/02699931.2014.917609>.
12. Perera JAPH, Perera PMC, Rathnarajah LM, Ekanayake HB. (2017). Biofeedback based computational approach for working stress reduction through meditation technique. In H. Usoof (Ed.), *Sixteenth International conference on Advances in ICT for Emerging Regions (ICTer)*, 1320-14038.
13. Puce A, Hämäläinen MS. (2017). A review of issues related to data acquisition and analysis in EEG/MEG Studies. *Brain Sciences*, 7(6), Article 58. <https://doi.org/10.3390/brainsci7060058>.
14. Sharma N, Dhall A, Gedeon T, Goecke R. (2013). Modeling stress using thermal facial patterns: A Spatio-temporal approach. In J. E. Guerrero (Ed.), *IEEE Humaine Association Conference on Affective Computing and Intelligent interaction*, 387-392.