

THE  HINDU

# METRO plus

## Vedic way to healthy living

**A**RE YOU expecting a baby? THEN, this is for you. Music Today, in association with the Ojas Foundation India, recently launched a CD and a cassette titled 'Ojas — Life energy', which contains specific Vedic mantras for the expectant mother and her unborn child, at Landmark, Spencer's Plaza. The programme began with a panel discussion on how Vedas can improve the way of life and lead to a healthy living. Dr. Gita Arjun, gynaecologist and co-founder of the foundation, Dr. Arjun Rajagopalan and Sri Tatwamasi Dixit, Vedic pundit and founder of the organisation, were on the panel.

"Motherhood is the most important and the best part of a woman's life. It is an enchanting experience, which creates a special bonding between the parents and the

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unborn child. It can also be a time of great emotional upheavals. That is why it is necessary that the mother is at peace and harmony all the through her pregnancy," said the gynaecologist.

It is believed that a structured pattern of the Vedas can have a refreshing effect on the mother and her womb. Dr. Arjun Rajagopalan pointed out, "The first and the fully developed organ of the foetus is the ear and it develops as early as 24 weeks. That's why we have heard people advise pregnant women to 'think good and talk good' as the unborn child can also listen to it".

"Although the foetus is not able to recognise the language, it is able to follow

the structured sound. Studies reveal that babies are able to recognise the sounds that they heard while in their mother's womb," said Dr. Gita Arjun.

But isn't it necessary that one understand the meaning of the Vedas that is being recited, was the unanimous question from the gathering. To this, Sri Tatwamasi Dixit said, "Well, the very meaning of the Vedas is knowledge, and they transcend religion and beliefs. It is not necessary that one understand the language in which it is recited. One can benefit from it through three levels — vibratory level that is the structured patterns or just the sound are said to have a great impact on the body; next, by

understanding the meaning of the verses; and the third, by perceiving the emotions or feelings in the verses. Basically, if one develops a faith that these words have some power and meaning, then that belief itself will have a positive effect on them."

"To my knowledge, there is some healing power in the body that is beyond science. Although it cannot be easily deciphered, there is enough evidence that if two people have the same ailment, the person with a positive attitude heals faster than the one with a negative attitude. We are not making any promises that one will surely have a normal delivery or that one will not have any

complications; we still have to depend on science for that. But what we are suggesting is, pregnancy is a very short period in one's life, so why not give it the best," asked Dr. Gita.

"In the Vedas, there are specific mantras for specific ailments and the mantras in the cassette are chosen especially for the expectant mothers. Furthermore, it is important that one follows a particular schedule; it serves as a training programme for the foetus and makes it easier to discipline the child at a very young age. The encouraging feedback that we got through our research has inspired us to work on an album for heart-related problems, which will be released soon," said the Vedic pundit. ■

PRASSANA  
SRINIVASAN

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