

**body**  
worship

Alzheimer's is the most common form of dementia. It's an incurable and degenerative disease. The disease is known to affect the elderly, and the most common symptom of the disease is memory loss.

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## CHANTING FOR GOOD HEALTH



Spiritual healer Tatwamasi Dixit talks about how he interprets the vast wisdom of the Vedas into tablet-sized portions that help people improve the health of their mind, body and soul

Shivani Bail

The magical power and mysticism of Sanskrit shlokas have captivated the Indian psyche for centuries. Earlier, people who knew these shlokas were thought to be messengers of God and hence, were considered to be superior to their kinsmen. They were given such reverence that they held sway over important socio-political decisions. Even today, people believe in the power of these shlokas. However, no one knows the reason why, with every generation, a bit of this understanding seems to fade away. A departure from this trend is the story of management guru and holistic healer, S Tatwamasi Dixit, who set out to unlock the mysteries of these scriptures from when he was very young. Today, he is regarded as one of the foremost pioneers of the science of Vedic healing. "I was introduced to the scriptures by my father and guru, the late Vayalur Srinivasa Dikshidar," says he, "Ever since, I have had an intense fascination for them. I found to my disappointment that the Vedas only had a mundane application in the day-to-day lives of people, mostly for rituals. I saw a much larger application of the Vedas in our daily lives. Almost every problem has a solution in the Vedas. Once I devoted all my attention to studying them, I became very interested in their possible application

in health-related issues. After I was content with my research, I decided to start the Ojas Foundation, Mylapore, ten years ago."

The healing effect of steady, rhythmic chanting, he says, can be felt by people across all religious and cultural backgrounds. "We are also researching on how Vedic vibrations have the capacity to treat chronic illnesses," says Tatwamasi Dixit,

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corroborating this sentiment. Also, it doesn't seem as though this form of healing does not have scientific basis. "We conduct a lot of research before we identify chants that benefit specific regions of the body. In some cases, we have also conducted field trials to find the effect of these chants on the human body. For our Improve Your Memory and Intellect compilation of shlokas, we conducted a field study

involving 1,000 students from schools and colleges around the city," he says, confidently.

So, has another form of alternative medicine come up? "I wouldn't go so far as to call this alternative medicine. It's more a supplementary or complementary form of medicine that calms your body and allows it to heal. Many of our illnesses are psychosomatic in origin and Vedic chanting helps provide patients with a more holistic healing process," he says.

A specific area of interest for the Ojas Foundation is the support and spiritual development of expectant mothers. "A mother, in my opinion, is the single being through which change can be brought about. That is why we believe it is important to prepare mothers for motherhood or, like the tagline of our programme says, give birth to the mother. A baby must be conceived in love as conception defines that a mother must bond with her baby while it is in the womb," says Tatwamasi Dixit, explaining the importance of motherhood.

The Ojas Foundation offers six programmes of spiritual healing from compilations for expectant mothers, patients with heart ailments, patients with stress, anxiety and depression and high blood pressure to compilations for general health and well-being. To know more, visit [www.ojasfoundation.com](http://www.ojasfoundation.com)