

A COMPARATIVE STUDY OF MIND SOUND RESONANCE TECHNIQUE (MSRT) AND MINDFUL BASE COGNITIVE THERAPY (MBCT) ON ANXIETY

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Abstract

Since many times many scholars have read and researched on many of our ancient traditional scriptures and texts. Yogis have given many asanas, pranayama and mudras to us. Furthermore, there are many other breathing and chanting techniques for various ailments. Mind sound resonance technique (MSRT) is one of the sound techniques derived from yoga which involves prayer, breathing and chanting in proper sequence. MBCT Mindful based cognitive therapy is one of the psychological therapy which involves mindful and bodily relaxing techniques as per the sequences. Similarly, psychotherapies have worked on people's thoughts, emotions and behavior to deal with various anxiety and mood disorders. This paper compares similarity and differences from MSRT and MBCT on anxiety.

Keywords: Mind Sound Resonance Technique (MSRT), Mindful Based Cognitive Therapy (MBCT), Anxiety, Mindfulness, meditation, Relaxation techniques

PURPOSE

To understand the similarity and difference in MSRT and MBCT to treat anxiety.

RESEARCH METHODOLOGY

The paper is a comparative research paper. It compares two yog-based techniques which can be used to reduce anxiety and discover similarities and differences about certain subjects and uses analytical measures to get output.

ANXIETY

Anxiety is the most pervasive psychological phenomenon of our time... (Hoch & Zubin, 1950, Foreword). Anxiety disorders (generalised anxiety disorder, panic disorder/agoraphobia, social anxiety disorder, and others) are the most prevalent psychiatric disorders, and are associated with a high burden of illness. Anxiety disorders are often underrecognized and undertreated in primary care.

MIND SOUND RESONANCE TECHNIQUE

Mind Sound Resonance Technique (MSRT)- is a mindful relaxation yoga based technique. This technique works on Manomaya Kosha to induce deeper relaxation for both mind and body (Cohen et al., 2004) which includes mantra/chanting to generate resonance. MSRT focuses on the ancient technique of traditional chanting- OM. The concept of traditional/powerful chanting of OM (Mandukya upanishad) and Nadaanusandhan (hatha yoga pradipika) for achieving internal mastery over the modifications of the mind (Patanjali's definition of yoga). MSRT can be practised for improving well-being, concentration, willpower, and relaxation (Nagendra, 2010; Anusuya et al., 2021)

MSRT works on a number of variables, including psychological states, cognitive function, sleep quality, and fatigue as shown in one of the studies done on female teachers (Rao et al., 2017). The study of MSRT includes starting and closing prayers, relaxation techniques, techniques and many more. Which has its own sequence to follow.

MINDFULNESS-BASED COGNITIVE THERAPY

What is mindfulness?

Mindfulness has its roots in Buddhism and is most often defined as “the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment” (Kabat-Zinn, 2003, p. 145) in the secular therapeutic context. Mindfulness Base cognitive therapy is a psychological therapy that includes a combination of cognitive therapy, meditation, and a cultivation of present orientation, non- judgement attitude called mindfulness.

Mindfulness meditation practices are increasingly being incorporated into clinical treatments for a variety of mental health problems with positive results in reducing emotional distress and promoting psychological well-being (Hofman et al., 2010; Keng et al., 2011; Piet and Hougaard, 2011; Goyal et al., 2014)

Mindfulness-based programs (MBPs) vary in length of mindfulness practices included. It might be expected that longer practice leads to greater benefits in terms of increased mindfulness and decreased psychological distress.

A study was conducted to investigate the mechanisms through which mindfulness is related to mental health in a clinical sample of adults by examining (1) whether specific cognitive emotion regulation strategies (rumination, reappraisal, worry, and nonacceptance) mediate associations between mindfulness and depression and anxiety, respectively, and (2) whether these emotion regulation strategies operate uniquely or trans diagnostically in relation to depression and anxiety.

Mindful base Cognitive therapy (MBCT) is based on Mind sound Resonance Technique (MSRT) and also integrates cognitive approach and instructions. It was developed as a relapse prevention for people with recurrent depression and has been found to reduce the risk of depression relapse by approximately half (Teasdale et al., 2000; Ma and Teasdale, 2004)

It has also been shown to be effective for people dealing with anxiety, stress, irritability, and exhaustion (Hofman et al., 2010; Khoury et al., 2013).

CONCLUSION

Both Mindful base cognitive therapy (MBCT) and Mind sound resonance technique (MSRT) works on anxiety symptoms through body awareness, chanting, relaxation. Both are based on the ancient wisdom of Yog. Major difference is that the Mindful base cognitive therapy (MBCT) does not include the prayer as it focuses more on a scientific approach and Mind sound resonance technique (MSRT) does not include the breathing parts as it is more focused on mantra chanting.

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