

Letter to Editor

Enhancing Cognitive and Motivational Health through Yogic Practices: Reflections on Sectional Breathing and OM Chanting

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Dear Editor,

We greatly appreciate the recent article by Singh *et al.* titled “Combined effect of Sectional Breathing and OM Chanting on Motivation and Memory among Healthy Individuals – A Randomised Controlled Trial” [1]. The authors have explored a unique combination of classical yogic interventions, drawing attention to their potential for enhancing psychological constructs like memory and motivation. Yoga is a widely practised mind-body discipline that involves breath regulation, meditation, and physical postures, which have been shown to improve cognitive functions such as memory, learning, planning, and perception [2]. Integrating sectional breathing (Vibhaga Pranayama) and OM chanting, each rooted in traditional yogic science, offers a promising non-pharmacological approach to optimizing cognitive function and internal drive. These techniques are accessible, cost-effective, and carry minimal risk, making them ideal candidates for broader inclusion in wellness programs across educational, clinical, and community settings.

We particularly appreciate using standardised instruments, such as the PGI Memory Scale and the Deo–Mohan Achievement Motivation Scale, for assessing cognitive and motivational outcomes. These findings are supported by earlier work suggesting that yogic breathing enhances attention and working memory by modulating autonomic balance and cortical activity [3, 4]. Similarly, OM chanting has been shown to stimulate regions associated with emotional regulation and verbal memory through its vibratory and meditative properties [5, 6].

This study makes a meaningful contribution to the growing literature on the impact of mind-body interventions on fostering psychological well-being. Building on its findings, future research may focus on incorporating neurophysiological assessments such as

electroencephalography (EEG) and functional magnetic resonance imaging (fMRI), which have shown promising utility in elucidating the neural mechanisms underlying yogic practices, including altered cortical oscillations and enhanced prefrontal activation during breath-focused meditation and OM chanting [3, 5]. Additionally, extending such interventions to more diverse populations, including older adults with cognitive decline, students experiencing academic stress, and individuals with neuropsychiatric conditions such as anxiety or mild cognitive impairment, could broaden the clinical relevance and applicability of these findings [4, 6]. It may also be valuable to evaluate the independent versus synergistic effects of sectional breathing and OM chanting through a component analysis or factorial design to determine their contributions to cognitive and motivational outcomes. We acknowledge the authors’ and the journal’s commitment to advancing rigorous, evidence-based research in integrative medicine.

This study strengthens the scientific basis supporting yoga as a beneficial practice for health promotion and highlights its promising role in preventive mental health care.

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