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Upanayan sanskār: A Vedic ritual of classical conditioning of brain with specific reference to language, perception, learning, memory, attention, problem solving, reasoning and decision making

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The focus of this paper is to analyze the impact of Upanayan sanskār and Gayatri Mantra (GM) on the brain body and mind with the initial hypothesis that both the ritual and the chant classically condition the brain provides favorable condition to tune the body and mind for better learning. Indian culture being the oldest living culture in world known for its multi-disciplinary diverse approach towards teaching and learning its ancient education system. There are 16 different rituals prescribed in Vedas (dates back before circa 1900 B C E) to be performed at 16 different stages of human life to make it worth living. These rituals are popularly known as sanskār namely process in all the regional languages in India. Upanayan sanskār is prescribed to be performed at the age of 8 and the child becomes entitled to chant Gayatri Mantra (GM) and leaves his parents to stay with his Guru for formal education. The Gayatri Mantra (GM) is a hymn dedicated to Sun God (Savitru) composed in the meter Gayatri, which is translated by S Radhakrishnan (1953) as, we meditate on the adorable glory of the radiant sun, may he inspire our intelligence. This paper investigates the relationship between the Upanayan sanskār and the classical conditioning of the Indian brains for perpetual intelligence of the Indian Society since last two millennia. The research is of ex-post-facto nature, based on the secondary data. The findings lead to conclude that the positive effect of the sound waves created by chanting Gayatri Mantra (GM) on the body, brain and mind which provides conducive conditions to enhance concentration, attention, learning abilities, language skills and problem solving capabilities, strengthens the memory, logical reasoning and decision making competencies. Gayatri Mantra (GM) is responsible for classical conditioning of the brain and mind through sound waves.

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