



Instructions for the chart of spiritual healing chants

We have categorised various illnesses and provided the spiritual healing chants and *mantrās* to overcome the spiritual factors contributing to specific illnesses. The following are the instructions on how to use this chart:

- 1. Find the chant:** The corresponding chant can be found next to the disease or illness.
- 2. About the chants:** Each system in our body is governed by a certain Divine principle known as a Deity. The Name of the Deity to chant and the *bīj-mantra* are displayed next to the illness or disease that you have chosen. You can choose to repeat either the Name of the Deity or the *bīj-mantra*. Choose whichever chant you are most comfortable with.
- 3. How much to chant:** Chant the Name of the Deity or the *bīj-mantra* as much as possible during the entire day.
 - In mild afflictions, one can do the spiritual healing chant for 1 - 2 hours per day in a single session, or in a number of sessions.
 - If the symptoms are moderate, one may have to do it for 3 - 4 hours or more.
 - If the severity is high, please do the remedies for as long as possible every day (a minimum of 8 – 10 hours per day).

It can be done aloud or mentally. However when done mentally, it is more powerful.

- 4. When to chant:** While one can chant at any time during the entire day, it is recommended that one begins chanting in the morning as there would be less obstructions in your chanting.

Complement your chanting for health with Lord Krishna's chant

In current times, the principle of Lord Krishna is most active. For this reason, whichever Deity's Name you have chosen to chant as per your medical problem, it should be done in the following way:

- Half of the time allocated during the day for chanting should be given to the chanting the specific Deity's Name for the medical problem.
- The other half of the time should be to Lord Krishna's chant which is
॥ Om Namō Bhagavatē Vāsudēvāya ॥



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The following chants can be repeated when experiencing the illnesses listed below

Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Contagious diseases caused due to germs			
AIDS	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ	Om
Tuberculosis	॥ Om Namō Bhagavatē Vāsudēvāya ॥ or ॥ Om Pam Padmāvatībhyān Namaha ॥ *	ॐ.	Hrūm
Venereal diseases	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ	Om
All other contagious diseases caused due to germs	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ.	Hrūm
Fever and infections			
General fever	॥ Om Namah Shivāya ॥ or ॥ Om Mum Mukutēshwarībhyān Namaha ॥ *	ॐ	Om
Malaria	॥ Shrīrām Jai Rām Jai Jai Rām ॥	ॐ.	Hrūm
Polio	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ.	Hrūm
Typhoid	॥ Shrīrām Jai Rām Jai Jai Rām ॥	ॐ.	Hrūm
Tetanus	॥ Om Ham Hanumatē Namaha ॥	ॐ.	Hum
All other types of fevers and infections	॥ Shrīrām Jai Rām Jai Jai Rām ॥	ॐ.	Aime
Tumours			
Enlarged lymph nodes	॥ Om Namah Shivāya ॥	ॐ	Om
All other types of tumours	॥ Om Namah Shivāya ॥	ॐ	Om
Ghosts and negative energies			
Attacks by ghosts and negative energies	॥ Shrī Gurudēv Datta ॥ or ॥ Shrī Kālīdēvatāyai Namaha ॥ or ॥ Om Ham Hanumatē Namaha ॥ *	ॐ ॐ. ॐ.	Hrīm Klim Hrūm Hum
General diseases			
Burning sensation all over body	॥ Om Chandramasē Namaha ॥	ॐ.	Hrūm
General weakness, tiredness	॥ Shrī Gaṇēshāya Namaha ॥	ॐ.	Gum
Physical illness	॥ Om Arkāya Namaha ॥ or ॥ Shrī Dhanwantaridēvāya Namaha ॥ or ॥ Shrī Ashwinīkumārābhyān Namaha ॥ *	ॐ.	Hrām
Swelling	॥ Om Arkāya Namaha ॥ ** or ॥ Om Sūryāya Namaha ॥ ** or ॥ Om Chandramasē Namaha ॥ *	ॐ.	Hrūm
Any disease which is not mentioned here nor categorised in a particular system	॥ Om Arkāya Namaha ॥ or ॥ Shrī Dhanwantaridēvāya Namaha ॥ or ॥ Shrī Ashwinīkumārābhyān Namaha ॥ *	ॐ.	Hrām

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Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Cardiovascular system			
Haemorrhage	॥ Om Mangalāya Namaha ॥ or ॥ Om Chandramasē Namaha ॥ *	ह्रीं	Hrām
Heart diseases	॥ Om Lam Lalitādēvībhyān Namaha ॥ or ॥ Om Namō Bhagavatē Vāsudēvāya ॥ *	ह्रूं	Hrūm
Hypertension	॥ Om Namō Bhagavatē Vāsudēvāya ॥ or ॥ Om Vam Vajrahastābhyān Namaha ॥ *	ह्रूं	Hrūm
All other diseases related to the cardiovascular system	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं ह्रीं	Hram Hroum
Hematopoietic system			
Anaemia	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रः	Hrah
Haemolysis	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रीं ह्रूं	Hroum Hram
Leucopenia	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रीं ह्रूं	Hroum Hram
Reticulocytopenia	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रीं ह्रूं	Hroum Hram
All other diseases related to the hematopoietic system	॥ Om Pām Pārvatībhyān Namaha ॥ or ॥ Om Namō Bhagavatē Vāsudēvāya ॥ *	श्रूं ह्रः	Shum Hrah
Endocrine glands			
Diabetes mellitus	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं	Hrūm
All other diseases related to the endocrine glands	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं	Hrūm
Urinary system			
Diseases related to the kidney and urinary bladder	॥ Shrī Varuṇḍēvatāyāi Namaha ॥	ह्रूं	Hraim
Renal failure	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रूं ह्रीं	Hram Hroum
Swelling of the body	॥ Om Arkāya Namaha ॥ or ॥ Om Sūryāya Namaha ॥ or ॥ Shrī Varuṇḍēvatāyāi Namaha ॥ *	ह्रूं	Hrūm
All other diseases related to the urinary system	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रूं	Hraim

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Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Digestive system - part 1			
Ascitis	॥ Om Agnidēvāya Namaha ॥	हां	Hrām
Burning sensation in the chest	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Constipation	॥ Shrī Gaṇēshāya Namaha ॥	गं	Gum
Diarrhoea	॥ Om Agnidēvāya Namaha ॥	गं	Gum
Disease related to the small intestine	॥ Om Agnidēvāya Namaha ॥	ह्रौं	Hroum
Disease related to the stomach	॥ Om Agnidēvāya Namaha ॥	ह्रौं	Hroum
Diseases and problems associated with the teeth	॥ Shrī Gaṇēshāya Namaha ॥	गं	Gum
Diseases associated with the palate	॥ Om Um Umādēvībhyān Namaha ॥	ह्रीं	Hrīm
Diseases associated with the tongue	॥ Om Agnidēvāya Namaha ॥ or ॥ Om Sam Sarvamangalābhyān Namaha ॥ *	हां	Hrām
Diseases related to the anus	॥ Shrī Yamāya Namaha ॥	ह्रौं	Hroum
Diseases related to the mouth	Gāyatrī Mantra	ॐ	Hrūm
Diseases related to the spleen	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्र ह्र यं	Hram Hroum Yam
Diseases related with undernourishment	॥ Om Vishṇavē Namaha ॥ or ॥ Om Namo Nārāyaṇāya ॥ *	ॐ	Om
Dryness of the mouth	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Dysentery (flux), blood flux, loose motion	॥ Shrī Gaṇēshāya Namaha ॥ or ॥ Shrīrām Jai Rām Jai Jai Rām ॥ *	हं	Hum
Flatulence	॥ Om Ham Hanumatē Namaha ॥ or ॥ Om Vam Vajrahastābhyān Namaha ॥ *	हं	Hum
Gastrointestinal diseases	॥ Om Agnidēvāya Namaha ॥ or ॥ Om Shum Shūladhāriṇībhyān Namaha ॥ *	हं	Hum
Gastrointestinal ulcer	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Hyperacidity	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Intestine - Volvulus	॥ Om Ham Hanumatē Namaha ॥	हं	Hum
Jaundice	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum

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Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Digestive system - part 2			
Large intestine - other related diseases	॥ Om Agnidēvāya Namaha ॥	ह्रौं	Hroum
Liver diseases with symptoms related to the digestive system	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रं ह्रां	Hram Hroum
Liver - other related diseases	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रं ह्रां यै	Hram Hroum Yam
Lowered digestive power	॥ Om Agnidēvāya Namaha ॥	ह्रां	Hrām
Mouth ulcers	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Piles or haemorrhoids	॥ Shrīrām Jai Rām Jai Jai Rām ॥ or ॥ Om Gum Guhyēshwarībhyān Namaha ॥ □	हं	Hum
Teething in small children	॥ Shrī Gaṇēshāya Namaha ॥ or ॥ Om Koum Koumārībhyān Namaha ॥ *	गं	Gum
Ulcerative condition of the intestine	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हं	Hum
Vomiting	॥ Shrī Gaṇēshāya Namaha ॥	गं	Gum
All other diseases related to the digestive system	॥ Shrīrām Jai Rām Jai Jai Rām ॥ or ॥ Om Gum Guhyēshwarībhyān Namaha ॥ *	हं	Hum



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Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Eyes			
Cataract	॥ Om Sūryāya Namaha ॥ or ॥ Om Shām Shākinībhyān Namaha ॥ ^{□□}	ॐ	Hrūm
Conjunctivitis	॥ Shrīrām Jai Rām Jai Jai Rām ॥	ॐ	Hroum
All other types of diseases related to the eye	॥ Om Arkāya Namaha ॥ or ॥ Om Sūryāya Namaha ॥ *	ॐ	Hrūm
Ears			
Deafness	॥ Om Vishṇavē Namaha ॥ or ॥ Om Namō Nārāyaṇāya ॥ *	ॐ	Om
Giddiness	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ	Hrūm
Pain in the ears	॥ Om Dikdēvēbhyo Namaha ॥	ॐ	Hrām
Tinnitus	॥ Om Dikdēvēbhyo Namaha ॥	ॐ	Hrām
All other diseases related to the ears	॥ Om Namō Bhagavatē Vāsudēvāya ॥ or ॥ Om Yam Yamghaṇṭābhyān Namaha ॥ or ॥ Om Dwān Dwāravāsinībhyān Namaha ॥ *	ॐ	Hum
Nose			
Common cold	॥ Shrī Gaṇēshāya Namaha ॥	ॐ	Gum
Sinusitis	॥ Shrī Gaṇēshāya Namaha ॥	ॐ	Gum
All other diseases related to the nose	॥ Shrī Gaṇēshāya Namaha ॥	ॐ	Gum
Throat			
Diseases related to the neck	॥ Om Namah Shivāya ॥ or ॥ Om Chin Chitraghaṇṭābhyān Namaha ॥ *	ॐ हः	Hrīm Hrah
Diseases related to the throat or larynx	॥ Om Namah Shivāya ॥	ॐ हः	Hrīm Hrah
Diseases related to the vocal cords	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ॐ	Om
Skin			
All types of skin diseases	॥ Shrī Gurudēv Datta ॥	ॐ	Hrūm



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Respiratory system			
Aryurveic Kapha	॥ Shrī Hanumatē Namaha ॥ or ॥ Om Pam Padmāvātībhyān Namaha ॥ *	हं	Hum
Bronchial asthma	॥ Om Arkāya Namaha ॥ or ॥ Om Sūryāya Namaha ॥ or ॥ Om Vishṇavē Namaha ॥ or ॥ Om Namō Nārāyaṇāya ॥ or ॥ Om Ham Hanumatē Namaha ॥ *	हं ॐ ह्रा ह्रूं	Hum Om Hrām Hrūm
Chronic cough	॥ Shrī Vāyudēvatāyai Namaha ॥	य ह्रां हः	Yum Hrām Hrah
Cough with expectoration	॥ Shrī Gaṇēshāya Namaha ॥	गं	Gum
Dry cough	॥ Om Ham Hanumatē Namaha ॥	हं	Hum
Whooping cough	॥ Om Ham Hanumatē Namaha ॥	हं	Hum
All other types of coughs	॥ Om Arkāya Namaha ॥ or ॥ Om Sūryāya Namaha ॥ or ॥ Om Vishṇavē Namaha ॥ or ॥ Om Namō Nārāyaṇāya ॥ *	हं ॐ	Hum Om
Pneumonia	॥ Shrī Gaṇēshāya Namaha ॥	गं	Gum
All other diseases related to the respiratory system	॥ Om Ham Hanumatē Namaha ॥	हं	Hum
Musculoskeletal system - part 1			
Bone pain/backbone (vertebral) pain	॥ Om Ham Hanumatē Namaha ॥	हं	Hum
Diseases related with backbone	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***, or ॥ Om Dhan Dhanurdhāribhyān Namaha ॥ *	हं ह्रीं	Hram Hroum
Bowing of the bones	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	हं ह्रीं	Hram Hroum
Wearing of the bones	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	हं ह्रीं	Hram Hroum
Bones - all other diseases related to bones	॥ Shrī Gaṇēshāya Namaha ॥ or ॥ Shrī Kuladēvatāyai Namaha ॥ or ॥ Om Pam Padmāvātībhyān Namaha ॥ *	शं ह्रीं	Shum Hrīm



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Disease/illness/symptom	Chant	Bij-mantra	
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Musculoskeletal system - part 2			
Arthritis	Gāyatrī Mantra or II Om Arkāya Namaha II or II Om Sūryāya Namaha II or II Om Ham Hanumatē Namaha II *	ॐ ॐ ॐ	Hrūm Ham
Bones and joints - all other related diseases	II Om Ham Hanumatē Namaha II	ॐ	Hum
Muscle cramps	II Om Ham Hanumatē Namaha II	ॐ	Hum
All other diseases related to the musculoskeletal system	II Shrī Durgādēvyai Namaha II and II Om Namah Shivāya II ***	ॐ ॐ	Hram Hroum
Paediatric			
Neonatal problem	II Shrī Gurudēv Datta II	ॐ	Hrūm
Reproductive system			
Infertility	II Shrī Gurudēv Datta II or II Om Prajāpatayē Namaha II *	ॐ	Hrām
Pregnancy related problems	II Shrī Gurudēv Datta II or II Om Gum Guhyēshwarībhyān Namaha II *	ॐ	Hrūm
To increase sexual desire	II Om Shrī Rudrāya Namaha II or II Om Shrī Kāmadēvāya Namaha II *	ॐ	Hroum
To decrease sexual desire	II Om Namah Shivāya II or II Om Chin Chitraghaṇṭābhyān Namaha II *	ॐ ॐ	Shum Hrūm
Unable to enjoy sex	II Om Shrī Rudrāya Namaha II or II Om Shrī Kāmadēvāya Namaha II *	ॐ	Om
Venereal diseases	II Shrī Gurudēv Datta II or II Om Gum Guhyēshwarībhyān Namaha II *	ॐ	Hrūm
All other diseases related to the reproductive system	II Shrī Gurudēv Datta II	ॐ	Hrūm
Gynaecological disorders			
Uterine diseases	II Shrīrām Jai Rām Jai Jai Rām II	ॐ	Aime
Uterus	II Shrī Kuladēvatāyai Namaha II □□□	ॐ	Aime
All other types of gynaecological disorders	II Shrīrām Jai Rām Jai Jai Rām II	ॐ	Aime

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Disease/illness/symptom	Chant	Bij-mantra	
		Sanskrit	Pronunciation
Central nervous system			
Amnesia	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं	Hrūm
Comatose condition for many months	॥ Om Namō Bhagavatē Vāsudēvāya ॥ □□□□	ह्रूं	Hrūm
Convulsion	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रौं	Hroum
Delirium occurring with high grade fever	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हां	Hrām
Diseases of the brain	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं	Hrūm
Diseases of the nerve fibres	॥ Om Um Umādēvībhyān Namaha ॥ or ॥ Om Namō Bhagavatē Vāsudēvāya ॥ *	ह्रौं	Hrīm
Epilepsy	॥ Om Namō Bhagavatē Vāsudēvāya ॥	ह्रूं	Hrūm
Meningitis	॥ Shrīrām Jai Rām Jai Jai Rām ॥	हां	Hrām
Severe cerebral haemorrhage	॥ Shrī Durgādēvyai Namaha ॥ and ॥ Om Namah Shivāya ॥ ***	ह्रौं	Hroum
All other diseases related to the central nervous system	Gāyatrī Mantra or ॥ Om Sūryāya Namaha ॥ or ॥ Om Vishṇavē Namaha ॥ or ॥ Om Namō Nārāyanāya ॥ or ॥ Om Namō Bhagavatē Vāsudēvāya ॥ *	ह्रूं ॐ	Hrūm Om
Mind			
Marital problems - marital disharmony, not understanding each other, not compromising	॥ Om Shrī Parvatidēvyai Namaha ॥	शं	Shum
Mental tension, madness	॥ Shrī Saraswatīdēvyai Namaha ॥	ॐ	Om
Quarrels between couples	॥ Shrī Gurudēv Datta ॥ or ॥ Om Shoum Shokavināshibhyān Namaha ॥ *	ह्रूं	Hrūm
Worrying	॥ Om Namah Shivāya ॥ or ॥ Om Shoum Shokavināshibhyān Namaha ॥ *	ॐ	Om
All other diseases related to the mind	॥ Om Namah Shivāya ॥	ॐ	Om
Intellect			
Memory	॥ Om Vishṇavē Namaha ॥ or ॥ Om Acchytāya Namaha ॥ *	ॐ	Om
Problems related to acquiring knowledge	॥ Shrī Saraswatīdēvyai Namaha ॥	ऐं	Aime
All other problems related to the intellect	॥ Om Gan Gaṇapatayē Namaha ॥	गं ह्रौं	Gum Hrīm

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Frequently asked questions - part 1

How can I know whether my illness has a spiritual root cause as opposed to a physical cause?

Ans: From the spiritual research we have conducted, we have found that in almost all cases there is a spiritual element contributing to the illness we are suffering from. Hence it is best to take spiritual healing measures along with your regular treatment.

Should I continue my treatment as per modern medical sciences (allopathy)?

Ans: Yes. SSRF advises continuation of conventional medical treatment along with spiritual healing remedies for the treatment of both physical and psychiatric illnesses. Please use these chants to supplement your medical treatment as they would help to make the treatment more effective.

Should I chant the Name of God according to my religion of birth, or the spiritual healing chant given in this table?

Ans: One must give priority to completing the spiritual healing chants first. After one has chanted the required duration, as mentioned above, one can revert back to chanting the Name of God according to one's religion of birth.

How long should I continue repeating the spiritual healing chants?

Ans: You should continue until the problem is alleviated.

How do I make the spiritual practice of chanting more effective?

Ans: One can increase the effectiveness of one's practice of chanting by increasing concentration, increasing faith in the chant, chanting with spiritual emotion along with constant prayers.

For example, one can pray as follows:

“O Lord, please let me experience Your Divine Energy through this chant, and let the protective sheath be formed around me. Let spiritual healing on me occur as per Your wish.”



Frequently asked questions - part 2

What if I do not find my illness listed in the chart?

Ans: In case you can't find your specific illness, you can choose from the category, 'all other ...' which pertains to that body system.

How long will I take to be healed?

Ans: The time to cure a problem due to spiritual reasons can take anywhere from a few seconds to many months or years. For example, one may get relief from the itchiness of a skin rash immediately by the application of Holy water and Gomutra (cow's urine) if it is due to a departed ancestor. However, if an addiction for smoking cigarettes is partly due to a person's liking for it (i.e., at a psychological level) and partly due to possession (i.e., spiritual), it could take as long as a year of spiritual practice to overcome the habit.

What if the person, who is ill, is in a coma and cannot chant himself?

Ans: In this instance, a relative of the patient in a coma can chant for him. Before commencing chanting, the relative should say a prayer along the lines of, "I offer the chanting that I am doing on behalf of (...), for his recovery from the spiritual causes contributing to his illness".

What is the importance of spiritual healing methods in the coming times?

Ans: The world is currently in a state of turmoil. Many Saints have predicted the possibility of a Third World War and unprecedented natural disasters in the next few years. As a result of this war there will be a scarcity of many basic commodities. Factories will close down and medicines will become unavailable. During that time, one will have to rely on spiritual healing measures and available alternative therapies to cure diseases. From this vantage point, learning and practicing spiritual healing measures from now itself is important.

Comments

- * Choose the chant you are most comfortable with.
- ** Chant of the Sun Deity - choose either one.
- *** Chant both chants alternately.
- This chant should be recited 108 times after brushing teeth and before going to the washroom. This assists in curing piles.
- Chanting this Deity's Name before sunrise, if a red colour flower is put over the eyes, it helps in curing the cataract.
- This chant is preventive in nature that is someone is anticipating a disease associated with the uterus.
- A relative can chant for the patient.