



ISSN (E): 2320-3862
ISSN (P): 2394-0530
www.plantsjournal.com
JMPS 2024; 12(3): 220-222
© 2024 JMPS
Received: 12-03-2024
Accepted: 18-04-2024

Maninder Kaur
Principal, Dr. Hari Singh Sewak
School of Eminence Kotkapura,
Punjab, India

Rai Singh Dhillon
Ph.D. Scholar, Department of
Botany, Panjab University
Chandigarh, India

Impact of meditation on angiosperms: A review

Maninder Kaur and Rai Singh Dhillon

DOI: <https://doi.org/10.22271/plants.2024.v12.i3c.1683>

Abstract

A database about effect of meditations on Twenty four (24) angiosperm species is prepared from available literature. Meditation enhanced the morphological characters (height, leaf, flower, fruit etc.) and nutrient contents. It also increases the yield of the crops and reduces the uses of harmful pesticides and fertilizers. Yogic agriculture is a useful technique for the farmers because it is simple and cost effective method.

Keywords: Angiosperm, flora, medicine, raja yoga meditation, music

1. Introduction

Plants fulfil the basic needs of human beings and other life forms in the form of food, fodder, medicine *etc.* (Singh *et al.*, 2023) ^[24]. Plant is broad term which consists of non-seeded (Algae, Bryophyta and Pteridophyta) and seeded plants (Gymnosperm and Angiosperms). Angiosperm is dominant group of plants which consists of 2, 95, 383 species (Christenhusz and Byng, 2016) ^[23].

An energy-based meditation techniques is developed by 'Rural development wing Raja Yoga education and research foundation', a branch of the Brahma kumaris ishwariya Vishwa Vidhyalaya, Mount Abu, Rajasthan, India (Girme *et al.*, 2019) ^[17]. This technique is responsible for positive results in growth of grains, plants and other food products. According to Pandey *et al.* (2015) ^[16] Raja Yoga Meditation is also enhanced the quality of soil.

Yogic Agriculture is one of the popular cultivation practiced in many countries such as Greece, Italy, South Africa, and many others are doing researches on (Girme *et al.*, 2019) ^[17]. It increase the crop production, seed vigour, crop yields, and soil quality with minimal input cost and without uses of harmful pesticides or fertilisers (Kumari *et al.*, 2012 ^[18]; Ndiritu, 2015 ^[19]).

2. Materials and Methods

Available literature (Karnick, 1983 ^[12]; Haid and Huprikar, 2001 ^[20]; Roney-Dougal and Solfvin, 2003 ^[21]; RERF, 2009 ^[14]; Ramsay, 2012 ^[15]; Chatterjee *et al.*, 2013 ^[10]; Reddy and Ragavan, 2013 ^[7]; Chivukula and Ramaswamy, 2014 ^[5]; Abhang *et al.*, 2015 ^[6]; Chowdhury and Gupta, 2015 ^[11]; Sharma *et al.*, 2015 ^[13]; Jois *et al.*, 2016 ^[4]; Rachieru *et al.*, 2017 ^[9]; Jois *et al.*, 2017 ^[3]; Munasinghe *et al.*, 2018 ^[8]; Prasad and Jois, 2019 ^[1]; Prasad and Jois, 2020 ^[2]. and Poornima, *et al.*, 2021 ^[22]) was consulted for collection of information about effect of Raja yoga meditation, music, noise, mantra *etc.* Collected data about different plants is presented with botanical name, family, effect of meditation on plants and concerned references (Table.1.).

3. Results and Discussion

A total of twenty four (24) angiosperm species were scanned from available literature which were treated by different types of meditation such as Raja yoga, Music, noise, mantra *etc.* (Table.1.). The meditation is directly effects the plant height, leaf size (length and breadth), fruit size and number, yield of crop *etc.* In addition to these positive results meditation is also reduces the fundal diseases in Lettuce (Roney-Dougal and Solfvin, 2003) ^[21]. Therefore Yogic farming or Raja yoga meditation technique is very helpful for farmers because it is simple, cost effective methods which increases the quality and yield of the crops.

Corresponding Author:
Maninder Kaur
Principal, Dr. Hari Singh Sewak
School of Eminence Kotkapura,
Punjab, India

Table 1: List of angiosperm which is effected by meditation.

S. No.	Common Name	Botanical Name	Family	Effect of Meditation	References
1.	Gulab	<i>Rosa chinensis</i> Jacq.	Rosaceae	increase of shoot length, number of flowers and diameter of the flowers	Chivukula and Ramaswamy, 2014 ^[5]
2.	Genda	<i>Tagetes erecta</i> L.	Asteraceae	increase height, number of leaves and flowers, elevation of levels of starch and chlorophyll and also increases efficacy in curing diseases	(Karnick, 1983 ^[12] .; Sharma <i>et al.</i> , 2015) ^[13] .
3.	Sadhabahar	<i>Catharanthus roseus</i> (L.) G. Don	Apocynaceae		
4.	Ajwain	<i>Trachyspermum ammi</i> (L.) Sprague ex Turril	Apiaceae		
5.	Sky flower	<i>Duranta repens</i> L.	Verbenaceae		
6.	China rose	<i>Hibiscus rosasinensis</i> L.	Malvaceae		
7.	Money plant	<i>Epipremnum aureum</i> (Linden & Andre) G.S.Bunting	Araceae		
8.	Tulsi	<i>Ocimum sanctum</i> L.	Lamiaceae		
9.	Chna/Gram	<i>Cicer arietinum</i> L.	Fabaceae	Fast growth and development	Chowdhury and Gupta, 2015) ^[11]
10.	Bean	<i>Phaseolus vulgaris</i> L.	Fabaceae	Better growth	Chatterjee <i>et al.</i> , 2013 ^[10]
11.	Gehu/Wheat	<i>Triticum aestivum</i> L.	Poaceae	Well growth of plants	(Haid and Huprikar, 2001 ^[20] ; Rachieru <i>et al.</i> , 2017 ^[9]
12.	Dancing plant	<i>Codariocalyx motorius</i> (Houtt.) H. Ohashi	Fabaceae	plant height, number of leaves, chlorophyll content, leaflet length, leaf width and leaf area;	Munasinghe <i>et al.</i> , 2018 ^[8]
13.	Moong	<i>Vigna radiata</i> (L.) R. Wilczek	Fabaceae	stem length and root length increases	Abhang <i>et al.</i> , 2015 ^[6]
14.	Rice	<i>Oryza sativa</i> L.	Poaceae	Better plant protein productions	Reddy and Ragavan, 2013 ^[7]
15.	Palak	<i>Spinacia oleracea</i> L.	Chenopodiaceae		
16.	Soya bean	<i>Glycine max</i> (L.) Merr.	Fabaceae		
17.	Horse gram/ Madras gram/ Kulthi bean	<i>Macrotyloma uniflorum</i> (Lam) Verdc.	Fabaceae		
18.	Tamatar/Tomato	<i>Solanum lycopersicum</i> L.	Solanaceae	Tomatos larger than normal and also rich in nutrient contents	(RERF, 2009 ^[14] ; Ramsay, 2012 ^[15]
19.	Lettuce	<i>Lactuca sativa</i> L.	Asteraceae	Decreases fungal attack and increases yield	Roney-Dougal and Solfvin, 2003 ^[21]
20.	Finger millet	<i>Eleusine coracanus</i> L.	Poaceae	Increases plant height, number of leaves and leaf length, leaf breadth and leaf area and number of panicles etc.	Poornima, <i>et al.</i> , 2021 ^[22]
21.	Kheera/ Cucumber	<i>Cucumis sativus</i> L.	Cucurbitaceae	Enhance growth and yield	Jois <i>et al.</i> , 2017 ^[3] ; Prasad and Jois, 2019 ^[1] ; Prasad and Jois, 2020 ^[2]
22.	Papita/ Papaya	<i>Carica papaya</i> L.	Caricaceae		
23.	Suhanjna/ Drumstick	<i>Moringa oleifera</i> Lam.	Moringaceae		
24.	Began/Brinjal/ Egg plant	<i>Solanum melongena</i> L.	Solanaceae		

4. Conclusion

Raja yoga meditation of other meditation techniques increases the yield of crops which is helpful for the farmers as well as for the country and build up the economy level. This technique enhance the nutrient contents of plants and also stabilizes the ecosystem. Yogic agriculture reduces the uses of chemical fertilizers and harmful pesticides.

5. References

- Prasad NK, Jois SN. Pranic agriculture improves drumstick (*Moringa oleifera* L.) germination and seedling growth. *Ecology, Environment and Conservation*. 2019;25(4):1752-1755.
- Prasad NK, Jois SN. Enhancement of Papaya (*Carica papaya*) Seedling Growth by Pranic Agriculture. *AGRIVITA, Journal of Agricultural Science*. 2020;42(1):191-196. DOI: <http://doi.org/10.17503/agrivita.v42i1.2410>.
- Jois SN, Prasad NK, D'Souza L. Morphology of Cucumber plants as influenced by Pranic Agriculture. *Asian Journal of Agricultural Research*. 2017;11:33-35. DOI: 10.3923/ajar.2017.33.35.
- Jois SN, Roohie K, D'Souza L, Suma F, Devaki CS. Physico-chemical qualities of tomato fruits as influenced by pranic treatment - an ancient technique for enhanced crop development. *Indian Journal of Science and Technology*. 2016;9(46):1-6. DOI: 10.17485/ijst/2016/v9i46/99733.
- Chivukula V, Ramaswamy S. Effect of different types of music on *Rosa Chinensis* Plants. *International Journal of Environmental Science and Development*. 2014;5(5):431-434.
- Abhang P, Manasi P, Pramod M. Beneficial effects of Agnihotra on environment and agriculture. *International Journal of Agricultural Science and Research*. 2015;5(2):111-120.
- Reddy KG, Ragavan R. Classical ragas: A new protein supplement in plants. *Indian Journal of Life Sciences*. 2013;3(1):97.
- Munasinghe DSP, Weerakoon SR, Somaratne S. The effect of Buddhist pirith chanting and Western pop music on growth performance of "Pranajeewa", *Codariocalyx motorius* (Houtt.) H. Ohashi. *Ceylon Journal of Science*. 2018;47(4):357-361.
- Rachieru MA, Iacob I, Cristea M, Ortan A. Studies regarding the influence of music on the wheat plants growth. *Journal of Young Scientist*. 2017;5:73-76.
- Chatterjee J, Jalan A, Singh A. Effect of sound on plant growth. *Asian Journal of Plant Science and Research*. 2013;3(4):28-30.
- Chowdhury AR, Gupta A. Effect of music on plants—an overview. *International Journal of Integrative Sciences*,

- Innovation and Technology. 2015;4(6):30-34.
12. Karnick CR. Effect of mantras on human beings and plants. *Ancient Science Life*. 1983;2(3):141-147.
 13. Sharma D, Gupta U, Fernandes AJ, Mankad A, Solanki HA. The effect of music on physicochemical parameters of selected plants. *International Journal of Plant, Animal and Environmental Sciences*. 2015;5(1):282-287.
 14. RERF (Rural Development Wing, Rajyoga Education and Research Foundation and Prajapita Brahma Kumaris Ishwariya Vishwa Vidhyalaya). *Perpetual Yogic Agriculture (Shashwat Yogic Kheti)*. A Novel Step towards a New Era. Omshanti Press, India, 2009, p. 1-56.
 15. Ramsay T. Yogic agriculture reaping rewards in India. *Rio Plus Business Magazine*. June 2012;118-119. Available from: <http://rioplus.org/rio20-business-focus-yogic-farming-reaping-rewards-in-India>.
 16. Pandey ST, Verma O, Kewalanand DS, Gillz S, Patel JC, Patel GN, *et al.* Yogic Farming through Brahma Kumaris Raja Yoga Meditation: An Ancient Technique for Enhancing Crop Performance. *Asian Agri-History*. 2015;19(2):105-122.
 17. Girme A, Deshpande B, Dubey R. Revolutionary Yogic Agriculture. *International Journal of Recent Technology and Engineering*. 2019;8(3):4514-4517.
 18. Kumari N, Babalad HP, Basarkar PW. Effect of homa organic practices on soyabean crop. *Organic Farming Newsletter*. 2012;8(1):3-10.
 19. Ndiritu J. Applying acoustic frequency and meditation techniques to improve crop production-a review, 2015. DOI: 10.13140/RG.2.1.3385.2646.
 20. Haid M, Huprikar S. Modulation of germination and growth of plants by meditation. *The American Journal of Chinese Medicine*. 2001;29(3-4):393-401.
 21. Dougal RSM, Solfvin J. Field study of an enhancement effect on lettuce seeds: A replication study. *Journal of Parapsychology*. 2003;67(2):279-297.
 22. Poornima R, Nagendra-Prasad K, Jois SN. Growth, yield and nutritional content of finger millet (*Eleusine coracana* L.) as influenced by pranic energy application. *Journal of Applied and Natural Science*. 2021;13(1):42-50. DOI: <https://doi.org/10.31018/jans.v13i1.2463>.
 23. Christenhusz MJM, Byng JW. The number of known plants species in the world and its annual increase. *Phytotaxa*. 2016;261(3):201-217.
 24. Singh R, Singh S, Singh A, Sameer, Himanshu, Rohan. Inventorizations of some wild Angiosperm species from Faridkot, Punjab, India. *Journal of Medicinal Plant Studies*. 2023;11(1):12-15.