



Scope and Benefits of Siddhar Mauna Yogam with Special Reference to Lifestyle Disorder

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ABSTRACT: Mauna Yogam is a technique that can be used by people having disruptions in the mind. In the present scenario, depression due to stress, ageing and inflammation are common mental disorders which lead to disability worldwide. Practising Mauna Yogam is one of the ways to alleviate such problems. Many ongoing research findings on beneficial aspects of Mauna Yogam are discussed in this presentation. This study is here to discuss the scope and beneficial health effects of Mauna Yogam with the possible physiological mechanisms which could be the causes of the impact of Mauna Yogam. Data was obtained by searching the online portals viz., PubMed, and Google Scholar and by searching books, research papers and Siddha literature. Clinical trials which used the Yoga principle as an intervention in human health to evaluate health-related outcomes are selected and included. The available evidence from research papers, literature and clinical trials shows the health benefits of Mauna Yogam and shows that there might be a proper underlying mechanism that aids the results. However high quality trials are required to further prove the fact.

Keywords: Siddhar Mauna Yogam, Inner Silence, Bogar's Mauna Yogam, Yoga Meditation-based Lifestyle Intervention (YMLI), Alleviation of aging and inflammation.

INTRODUCTION

Around 3.8% of the World population suffer from depression, which includes 5% of adults and (nearly 16 % globally suffer from depression) 5.7% of adults aged above 60 years. Depression is more common in women than men. Depression causes disability among people which leads to disease (WHO, 2022). Yoga in general plays a role to reduce depression as its practices increase serotonin (a hormone responsible for mood and relaxation) production.

Everybody nourishes by suppressing our thoughts right from a young age. We are advised to suppress our unpleasant thoughts and wishes at a young age. These thoughts are not suppressed but immersed in the unconscious mind as seeds. Though we know the nature of these thoughts and wishes, these immersed thoughts and wishes function from the unconscious mind and we may be suppressed into agony, sadness and annoyance in life. So we have to root out this mental suppression to realize meaning in life. For these, the direct method is maunam (Acharya Bhagwan Dev, 2010).

Although the moments of the Maunam phenomenon are wrongly perceived as moments of nought it is a necessary part of human insight (Laura Røgild-Müller, 2022).

Mauna Yogam is one of the advantageous psychological practices in mankind which help to achieve insight and tranquillity. Mauna Yogam is the *sixth limb* of Ashtanga yoga. The Mauna Yogam stages can be

attained by first shutting your mind to external disturbances (Sumathi Ramachandran, 2001).

In a silent mind, you can listen to various voices from the depth of the mind which you can't catch otherwise. During the period of the Maunam state, the mind matures to be a receptor of pleasure and insight. When the mind is influenced by provoking thoughts and turbulent emotions, the maunam could not be attained. The mauna yogam is so fabricated to eliminate mental noise and persuade tranquillity in the mind. Mauna Yogam is a meditative technique that provokes inner calmness and peace. Some of the doctrines of Mauna Yogam are useful in the treatment of psychiatric problems. Since these principles more directly deal with the mind. Hence it is utilised in religious nuptial systems and emotional problems.

Mauna Yogam is a systematic method since it improves a precious resistance to extraneous disturbances, and slowly recognizes subconscious thoughts and repressed emotions to huddle up to a pent-up approach. In this method, one comes in direct confrontation with its suppressed impressions of the subconscious mind, attitudes and emotions hidden for long period in the mind, bring to the top and got depleted. constantly the mind is harmonised by time. The mind now attains tranquillity and concentration. Mauna Yogam (Inner silence) helps one to know himself better, improves self confidence, teaches to be calm and reduces one's stress (Tirtha Acharya, 2022).

In the literature “Bogar 7000”, Tamil scholar Siddhar Bogar described the methods of performing Mauna Yogam (Sivakumar, 2018). In the study, many findings on beneficial aspects of Mauna Yogam are discussed.

SCOPE OF MAUNA YOGAM

Mauna yogam means not merely shutting the mouth but also bringing the consciousness of unified force through a psychological practice. When one practises mauna yogam, the experience gained during mauna yogam is taken as a note and should be followed. The experiences which cause physical or mental distress is noted and based on that we have to modify our ideas and action.

When we sit quietly in a place for some time, we observe lots of thoughts crossing our minds and disturb us. These thoughts which cross our minds are nothing but biomagnetic waves. These biomagnetic waves are transferred in our body through pressure, heat, smell, taste, mind and sound. These are named ‘panchanmantras’.

The stationary stage and moving waves of energy particles in our mind are nothing but biomagnetism. So everybody should know the ways to preserve the intensity of biomagnetism and control the mind. The practice of mauna yogam is the best way to purify the mind. In the period of mauna yogam, we are preserving the biomagnetism intensity. Thus the biomagnetism intensity gets enhanced.

When people become emotional, the imprints of the emotional thoughts of the emotional people encountered previously in their life gets linked with our mind and our action or speech will come as our thoughts.

In contrast to the emotional mood if a person is in a peaceful mood and realises his biomagnetism and totality by merging with his soul into the ideal, the attitude of the saints, then the universal magnetism comes as his own thoughts. Hence Maunam period is the best period when our thoughts and our thinking about the world, about us, about our family will change the existing situation.

During mauna yogam practice, we sit calmly and observe the mind we can observe thoughts coming inside our mind. When we observe and follow those thoughts, the thoughts get disappeared and awareness only remains in the course.

Hatred, greed, jealousy and all immortal thoughts you have developed within yourself will definitely not allow you to concentrate on anything properly. All these wanted occurrences to destroy your harmony, happiness and peace. For example: If you start reading a book, you will be able to concentrate only on a few lines. Then you would be physically present and mentally absent. To overcome this, Maunam is the best practice. When you practice this Maunam regularly, the secrets of nature unfold clearly. When you remove your ego and merge your soul with the almighty, you would realise the truth and enjoy harmony in life. Having understood what ego is and the harm it causes to self and others you should, through this practice, get freed from Aggressiveness and Possessiveness.

In Mauna Yogam, when you bring your mind from the beta state to the alpha state and then introspect, you will understand the secrets of the universe. The philosopher says, this as God spoke to me (Intuition). For this, you have to understand Brahman thoroughly.

There, you understand that you are a fraction of totality and, thereby, decide not to harm others, either by thought, word or by deed. You will mingle with everyone with true love and affection then.

“Little deeds of kindness,
Little words of love;
Help to make the earth happy,
Like the heaven above” (Sumathi

Ramachandran, 2001).

Man has to purify the three impurities: Anava, Karma and Maya, by following a virtuous way of life and simultaneously by he has to develop his consciousness to totality for perfection. Only when you practice Mauna yoga and introspection, you are freed from these three impurities and you can attain peace, awareness and harmony in life (Sannyasi Atmatattwananda, 2022). By this psychic practice, every movement of your life will develop your consciousness and you will match towards perfection. Peace and joy will automatically reach you and need not go in search of them. This is the goal of our achievement of yoga. Have this in the mind and go on trying. You will certainly achieve what you want.

The superiority of silence (Mauna Yogam) for those who lead a spiritual life, silence is an essential one.

“You are kind enough to be silent” by Tayumanavar

“If you want to keep the mouth dumb
You come in silence and the grace
Of the father almighty
Though we kept our mouth shut, I was
As was as relaxed as my mother:”

Said by Vethathiri Maharishi.(Vethathiri Maharishi, 2008).

There are seven stages in practicing Mauna Yogam viz. Nisaptham, Nisalanam, Nirkalam, Niraamayam, Nirmalam, Nish kamyam and Nirkunam as cited in Fig. 1 and Table 1 below.

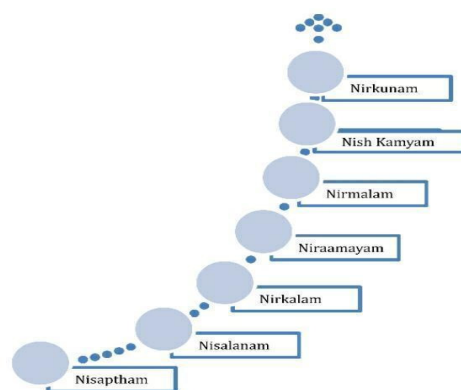


Fig. 1. Stages of mauna yogam (Sithargalin Ragasiyangal, 2022).

Table 1: Stages of Mauna Yogam (Guru Thiru Sivagnana Nellairaja Swamigal, 2020) (Sithargalin Ragasiyangal, 2022).

1.	Nisaptham	Nisaptham is the first stage of Mauna yogam. It is the stage of simply keeping the mouth shut
2.	Nisalanam	Nisalanam is the state of silence Shutting the mouth and cessation of mental temptation.
3.	Nirkalam	Nirkalam is the state of being without disturbances in the mind.
4.	Niraamayam	Niraamayam is the absence of mayam (<i>i.e.</i>) Sivamayam, Inparayam, Atmamayam, Gopamayam, being without any inclination.
5.	Nirmalam	Nirmalam is being without three malam (evils) The three malams are Arrogance, Karma and Vanity.
6.	Nish Kamyam	Nish Kamyam is abstained from worldly pleasures, abstinence from worldly pleasures. Susaksama deka absorbs energy from within the body without going outside.
7.	Nirkunam	Soul (Atma) is nothing but without having any quality and taste and becomes the ultimate soul. We have three qualities through appyaasa, when the mind becomes silent, these triads become Nirkunam. This is the silent state of character.

BOGAR'S MAUNA YOGAM

Bogar or Bhogar or Boganathar or Boyong was a Tamil Siddhar and eminent scholar in yogam and Siddha medicine. He lived sometime between 550 and 300 B.C. He was born in Vaigavur near Palani Hills.

Bogar described the methods of performing Mauna yogam in his book "Bogar 7000". He dictates that one should do Pranayama before starting Mauna yogam. By practising Mauna yoga, the person can find the inner content of life through his knowledge. And by utilising the inner content of life as a tool one can get yogam wisdom. Siddhar Bogar and Kalangi Iyanar got wisdom by saving Agaram (Vasi at the bottom side of the body) (Sivakumar, 2018).

He subsequently added that after completing the yoga bringing the "Ugram" to the "Mooladhara" with the heatness of Vasi and then adding both Agaram and Ugaram, Maunam can be easily attained (Sivakumar, 2018).

The concentration from Mooladharam point has to be brought up through sulumunai. By practising Mauna yogam, one can visualize the eight chakras by exempting the obstacles. Then by slowly bringing to anakadam through sulumunai by practising the Mauna yoga and can attain eight siddhis (Sivakumar, 2018). Then he added that if you visualize yourself introse (inwards) within you and bring the conceptualized object in the form of fire in the sulumunai up through vasi (air) and attain Mauna yogam vigorously and performing meditation on the almighty by realizing the wisdom the almighty can save our body and our soul. The soul will be purified of both verbs and all three evils (Anavam, Kanmmam, Mayai). When one can do Mauna yogam at the thuriyam point (Pineal point) the soul separates from the bond of affection and attains the

feat of the almighty. To attain clear will and wisdom, one has to do the Mauna yogam by the vasi method (Sivakumar, 2018).

By realizing life and body properly you can praise the supreme power in you. Practising Mauna yogam on the almighty which is in the form of dotted light. If you practice Mauna yogam, you will get rid of reactions of congenital verbs that follow birth after birth. He also said to concentrate deeply on the movement of the inspired and expired air in your body (Sivakumar, 2018).

Stage by stage meditate on the six chakras from Mooladhanam, Swathistanam (Adrenal), Manipooragam (Pancreas) Anagatham (Thymus), Visuthi (Thyroid) and Aanja (Pituitary). Knowledge will overtake the five senses and pleasures that are suffering and stand in oneness and lock the energy obtained in your mind (Sivakuma, 2018).

He subsequently added that if you visualize the thing that brings fame, and wisdom within your precious eyes and mix them, become one and meditate. The evils (Malam) namely arrogance, Kannam, illusion will disappear from him and show the light. If you are looking up from the point where you can visualize your soul in the form of light and reach the boundaryless Vedanta (Antam), let him shine in the universal torch (Sivakumar, 2018).

The source of wisdom is the six Chakras, the force increases as you climb through the chakras. After practising Nadi Suthi in a sitting position firmly in the seat, exploring Idakali, Pinkalai, and Sulumunai Nadi, the life of the prana grows and destiny (Vidhi) changes as you get a body that expels death. In an upright position, bend the body and practice Vasi yoga. You can visualize the inner light by strengthening the vasi and mixing it with the anal (Sivakumar, 2018).

The darkness in the perfection will dissipate, the light will shine away from the illusions and the trap within the perfection will be seen, looking deeply into the trap in Mauna Yogam by locking the Vasi (Air) (Sivakumar, 2018).

One can attain the grace of Valai only through the penance performed in the four yugas. Make the Vaasi (Air) strong, conquer valai. Bring the three fires together, rise up and do yoga without coming down (Sivakumar, 2018).

BENEFITS OF MAUNA YOGAM

There are many benefits of Mauna yogam that are being in silence Help to experiment

- The senses are buried
- Seevakanth multiplication, Sivakanth Concentration occurs.
- Helps to persevere in meditation
- Increasing intellectual ability
- A state of restless awakening will occur
- Get character traits
- Charitable attitude will increase
- Understand the principle of action effect
- Understand the mystery and dynamics of the universe.

- Clarity comes from experimentation and the determination to put that clarity into action in life. i.
- Meditation gives a sense of piety (Vethathri Maharishi, 2008).

MAUNA YOGA AND STRESS CONDITIONS

- Mauna Yogam which can lead to inner silence helps to manage the stress conditions as the serum cortisol level is reduced through the **HPA axis** (Hypothalamus – Pituitary – Adrenal Axis) (Madhuri Tolahunase *et al.*, 2017).
- Inner silence can prevent or reduces the harmful effects of noise from all sources as reported by WHO (2011) (Sabrina Venditti *et al.*, 2020; Gita Mathai, 2017).
- The ventral vagus is stimulated by Inner Silence (Mauna Yogam) which in turn reduces the activity of **sympathetic nervous system** and also the physiological stress in our body. iii.
- Inner silence teaches you to be calm under pressure which leads to reduced stress in life. And also meditation has been scientifically proven to reduce stress, boost mental capacity & make the individual healthy (Sabrina Venditti *et al.*, 2020).

MAUNA YOGAM VS AGING AND INFLAMMATIONS:

- In a clinical study conducted at AIIMS, New Delhi, India it was proved that there were advancements in cardinal biomarkers and metabotropic biomarkers which cause cellular aging after 12 weeks of **yoga meditation-based lifestyle interaction** (YMLI) which involves inner silence.
- Analysis of gene expression which was conducted pre and post-YMLI revealed the reduction in the level of biomarkers *viz.* **IL-6, IL-10 and MA10** and improvements in the level of **IL-2 and IL-4** confirmed that changes in these biomarkers lead to the prevention of chronic diseases.
- Study also revealed genomic instability which was associated with a decrease in levels of **8-OH2dG** was reduced by practising YMLI.
- Unhealthy lifestyle combined with a disastrous environment may cause oxidative stress (OS) induced DNA damage, telomeric attrition and epigenetic changes.
- Practising YMLI which involves mauna yogam regulates the cellular oxidative stress within limits and hence it has the prospective of moderating the above damage to cells.
- YMLI also manages the **ROS levels** without impairing the redox physiological functions.
- Data pointed out that **testicular aging** is reduced by practising YMLI (Dada *et al.*, 2022).
- Attaining the state of inner silence by practising meditational yogam may remove or reduce the bad effects of a tough environment by acting on the gene targets *viz.*, FKBP5, SLC6A4, BDNF and encourages endocrinal, neuronal and behavioural functions. (Sabrina Venditti *et al.*, 2020).

DISCUSSION

Mauna Yogam is the principle or practice developed by saints, siddhars. Siddhar Bogar explained the procedure of practising mauna yogam and its beneficial effects of it in an elaborate way. he said practising mauna yogam one can visualize the inner content of life under his knowledge. Various advantages of mauna yogam concerning lifestyle are explained by various siddhars and saints. now clinical studies have revealed that practising YMLI which leads to mauna yogam helps to manage stress conditions by reducing the serum cortisol level in the blood (Madhuri Tolahunase *et al.*, 2017). Further Sabrina Venditti *et al.* (2020) showed that practising YMLI based Maunam reduces cellular aging by way of improvement in cardinal and metabotropic biomarkers *viz.*, 8-OH2dG, ROS, TAC and cortisol, beta endorphin < IL-6, BDNF respectively (Sabrina Venditti *et al.*, 2020). Studies also revealed that genomic instability which causes cellular aging was reduced by performing Mauna-led YMLI with a decrease in biomarkers 8-OH2dG level. other biological advantages *viz.*, regulation of **oxidative stress(OS)** which causes DNA damage, telomere attrition and epigenetic changes, and managing ROS levels without unpairing the redox physiological functions were also noticed (Madhuri Tolahunase *et al.*, 2017).

CONCLUSION

Bogar suggested Mauna Yogam as a tool to alleviate the aging process in the human body and human beings performing Mauna Yogam with vaasi can live immortality: Nowadays, we may not wish to live immortal but leading a healthy life with a sound body without stress. Mauna Yogam is very useful and acts as a stress reliever. And also, Mauna Yogam helps to increase intellectual ability and charitable attitude and gives a sense of piety.

FUTURE SCOPE

Nowadays our lifestyle has lost its harmony regarding the mind-body relationship which causes stress-based diseases like hypertension, cancer and coronary heart disease. To find ways to treat these diseases resulted in searching for our ancient and promising disciplines such as Mauna Yogam, combined with potent and infallible prescriptions for mental peace. Many practitioners of this discipline have shown encouraging results concerning stress-based ailments. However further research trials are also required for strengthening the fact.

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ANNEXURE – 1

ABBREVIATIONS:

HPA	-	Hypothalamus – Pituitary – Adrenal axis
TAC	-	Total Antioxidant Capacity
8-OH2dG	-	8 – hydroxyguanosine (Oxidation stress)
ROS	-	Reactive Oxygen Species (Oxidation distress)
IL – 6	-	Interleukin – 6 (Normal Range - 5 – 15 pg/ml)
BDNF	-	Brain-derived Neurotrophic Factor
YAMLI	-	Yoga Meditation based Lifestyle Intervention
DNA	-	Deoxy Ribose Nucleic Acid
WHO	-	World Health Organization

ANNEXURE - II

Tamil version:

1.	யோகத்தை விடுகாதே மவுனமார்க்கம் உற்பனபனமாய்ப் புத்தியுள்ளனென்று சொல்லிக் காகத்தை காலாக்கி ஐயனார் தாமும் கடாட்சித்து முன்னேதான் பிராணயாமம் மோகத்தை முதிர்ந்தபின்பு மொழிந்த சொற்கேளு முந்தினதோர் மூலத்திலகாரமீசன் காகத்தை உகாரமது சந்தியாக்க தனித்திரண்டுங் கூடுவது மவுனமாமே. (Sivakumar, 2018).	Note about the way to get yoga wisdom in Bogar - 7000
2.	மவுனமாம் மூலத்தில் முந்தியுந்து மருவினால் பளிச்சென்று விகிதங்காணும் நிவுனமாலிங்கமது நந்தியாக நேராகயெட்டிதம் விரிந்துகாணும் உவுனமா மகத்தைவிட்டுச் சுழிமுனையினூடே ஓகோகோ அநாகத்தில் மவுனமெட்டு சவுனமா மனசந்துநித்த மவுனத்தாலே சிரசுசடை யசைந்தாட நடனந்தானே (Sivakumar, 2018).	Notes about attaining eight Sidhi by practicing Mauna Yogam in Bogar – 7000
3.	காணப்பா மேலேறி யக்கினியினுள்ளே கருத்தாகி மவுனத்தை தாக்கினாக்கால் நீணப்பா சதாசிவன்தான் நிர்ந்தஞ்செய்வார் நிலையாக சிவகாமியிருந்து பார்ப்பாள் ஆணப்பா யவனிடத்தில் கவர்ந்து நித்தம் அனுகினாலம் பலத்தினடையலாகும் மூணப்பா வதைவிட்டு அறிவின் மூலம் முதிர்ந்தேற வாசியுட முறையைக்கேளே (Sivakumar, 2018).	Notes about attaining Mauna Yogam by Vasi method in Bogar-7000
4.	முறைமையாய் நடுவில் மவுனமூன்றி முதிர்ந்து மனமேறவிட்டுத் திறமாய் நில்லு திறமையாய் அறியவென்றால் எழில் சேரமைந்து ஏறுவதும் தவறுவதும் மனத்துக்குள்பாரு அருமையாய் அறிவிடைமூலங் கண்டால் அசுடில்லா கற்பூர தேகமாச்சு செருமையாய் ஆலயத்துள் சிவன்தான் வந்து திரட்டியன்னங் கொடுக்கையிலே யுண்ணலாமே (Sivakumar, 2018).	Notes about getting rid of congenital verbs that followed birth after birth in Bogar-7000.

5.	உண்மையாமென்று நித்த மூலத்துள்ளே உறுதியாய் ஒவ்வொன்றாய் உரைத்துக் காணும் எண்ணலா மினத்தோடோ வரிசையோடேயே மாறலில்லாமல் எத்தியாடு கண்ணலாம் அட்சரத்தில் கருத்தை வைத்துப்பாருச் சுருதிநின்ற மந்திரத்தைச் சேர்ந்துவுண்ணு பொன்னலாம் புலன்தன்னை யவரவர்களிருக்கும் பேரான விட்டில் வைத்துப் பூட்டிப்போடே (Sivakumar, 2018).	Notes about stages of meditation in Mauna Yogam in Bogar – 7000
6.	பூட்டிட்டு நாலாக வெளியினுள்ளே புகழ்நின்ற ஜோதியைப்பார் பொருளே தோன்றும் கூட்டிட்டு ஒவ்வொன்றாய்க் கடிந்து கூடும் கொள்கியதோர் முன்றாந்தா னறைதானுள்ளே மாட்டிட்டே மேற்கண்ணில் மனித்தாயப்பா மருவிநின்ற கொலுக்கான கண்ணுன்னோ சொல் மீட்டிடும் மேலான புத்திதானுஞ் சென்றால் வேதாந்த முடிவான வெளியுமாச்சே (Sivakumar, 2018).	Notes about the soul attaining the boundary less by practicing Mauna yogam in Bogar – 7000
7.	உன்னுதன்மை ஞானத்துக்கு ஆதாரமாச்சு உண்மையாஞ்சாந்தமல்லோ யோகச் சார்பு மண்ணுவன்மை விவேகமென்ற வாழ்வுமாச்சு வாய்திறக்கா மவுனமொன்றே மனதுக்கின்பம் நண்ணுவன்மை ஞானத்துக்கோடும் வீதி நலிவில்லாத்திடமன்றோ மகத்துவ வீரம் புண்ணுவன்மை பூரணமாம் பொறியைத்தள்ளு போக்கோடே மவுனத்தில் பூட்டிநில்லே (Sivakumar, 2018).	Notes about the source of wisdom in Bogar – 7000

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