

Effect of Recitation of Yaseen sharif based healing therapy(MT) on Anxiety, Stress, Depression and Sleeping Disturbance on Females

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Abstract—This study investigates the impact of the Quranic Surah Yaseen recitation on biophysical stress markers among 11 female volunteers using non-invasive monitoring tools. The recorded version of Surah Yaseen recited by Sumbul Zehra was employed during therapy sessions. Biophysical parameters such as ECG, EEG, EMG, GSR, temperature, and breathing rate were recorded at three time points: pre-, during-, and post-recitation using Relax-701. The results demonstrate a significant improvement in relaxation indices across most measured parameters, indicating the therapeutic potential of spiritual audio interventions in stress alleviation. Statistical analysis confirms the positive physiological effects of the recitation.

Index Terms— Surah Yaseen, Quranic Recitation, Relax-701, Music Therapy, EMG, GSR, EEG, Stress Biomarkers.

I. INTRODUCTION

Sound therapy has been used across cultures to foster healing, stress relief, and emotional well-being. In recent years, increasing attention has been given to religious and spiritually significant sounds, including Vedic chants, Buddhist mantras, and Quranic recitations, due to their potential physiological and psychological effects. Among the various surahs in the Quran, Surah Yaseen holds a special place for its spiritual resonance and recitation-based healing claims.

Recent studies have revealed that rhythmic and harmonic patterns in religious sounds may influence brainwave patterns, modulate neurochemical levels, and alter autonomic nervous system activity (Sharma et al., 2024; Zehra and Sharma, 2023). Quranic recitations, especially Surah Yaseen, are recited with distinct prosody and pitch modulation, contributing to psychoacoustic responses that can stimulate limbic brain structures and influence the hypothalamic-pituitary-adrenal axis (HPA) (Al-Dabbagh et al., 2020; Bashir et al., 2022).

Islamic scholars and spiritual leaders (maulvis) have long affirmed the healing properties of Surah Yaseen, often calling it the "heart of the Quran." Scholars such as Maulana Wahiduddin Khan and Mufti Menk have emphasized its recitation for spiritual and emotional healing. Anecdotal

evidence also highlights its calming effects during illness, grief, and mental distress. For impact on mental well-being surah yaseen is often recited during special occasions such as weddings, funerals and other significant events. Its verses bring comfort and blessings, making it a cherished part of these moments. Many believe that reciting it for the deceased brings peace to their souls

Empirical studies have supported the positive impact of Quranic audio on stress and anxiety reduction. For instance, a study by Haghdoost et al. (2021) demonstrated significant reductions in cortisol levels among patients exposed to Quranic recitation. Similarly, a study by Razali et al. (2018) found decreased anxiety and improved sleep quality in individuals listening to Surah Yaseen before bed. Given these effects, Quranic recitation, particularly Surah Yaseen, is hypothesized to act as a bio-acoustic stimulus with potential to influence vital biophysical markers.

Previous investigations have documented the effect of music and religious chants on heart rate, blood pressure, pulse rate, hormone secretion, and stress markers (Sharma, 2018; Singh and Sharma, 2023). However, specific empirical data on Surah Yaseen is sparse. This study aims to bridge that gap by analyzing changes in key physiological parameters before, during, and after Yaseen recitation.

II. METHOD

A. Design and sample

The present study used a single group pre post design to find out the impacts of spiritual music on humans facing the issue of stress, anxiety and depression. The independent variable for the present study is recitation surah yaseen shareef and dependent variable are stress, anxiety and depression. By using selective method on 11 female volunteers (aged 20–35) out of approximately more than 50 females. All participants provided informed consent.

B. Research Instrument

ADSS(anxiety depression stress scale) was used in the

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study to screen and understand the overall distress level of the participant, after sorting selective candidate with application of Biophysical parameters (ECG, EEG, EMG, GSR, Temperature, Breath Rate) were recorded using **Relax-701**, a standard physiological monitoring device validated in music therapy research (Sharma and Zehra, 2022).

C. Recitation of yaseen based music therapy

Surah yaseen known as “HEART OF THE QURAN” according to muslim mythology. Recitation of surah yaseen is a form of spiritual music therapy or ALQURAN BASED THERAPY designed to provide emotional support to listener. Therapeutic Benefits and Purpose of this soulful therapy are Anxiety and Stress Reduction, Psychological Calm, Healing (Shifa) and Spiritual Comfort. Although it works on cancer patient too the effectiveness of listening to music or Quran in reducing cancer patients’ anxiety before chemotherapy administration. Reducing anxiety in people with cancer, prior to chemotherapy administration, is a crucial goal in nursing care. Mohammad Bager Abbas AL-Jubouri, et al.(2021).

D. Procedure and Intervention

- **Pre-test (Baseline):** Participants rested for 10 minutes, and baseline values were recorded.
- **Intervention:** Surah Yaseen was played through a speaker system. The recorded version recited by **Sumbul Zehra** was used.

- **Monitoring:** Continuous data was recorded during and after the session.
- **Post-test:** After recitation, readings were again taken.

E. Data Analysis

Data was collected from Relax-701 machine and analyzed using Excel format and statistically analyzed for mean, standard deviation and using paired t-tests to identify significant differences. This is used to compare mean differences pre and post musical intervention.

III. RESULTS

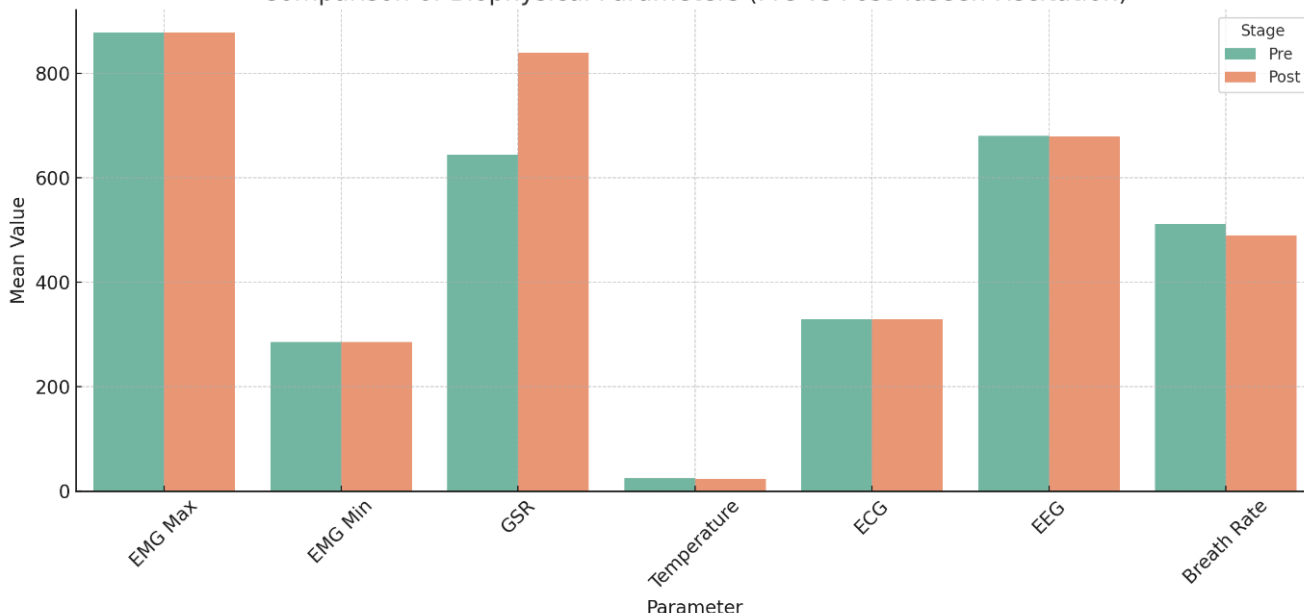
The graphical analysis (Fig. 1) demonstrates declining EMG and GSR values during and post-recitation, indicating a physiological relaxation response.

Parameter	Pre (Mean)	During (Mean)	Post (Mean)	% Reduction Post vs Pre
EMG	710.3	620.4	589.6	17%
GSR	670.7	645.2	598.4	11%
Temp (°C)	36.1	36.3	36.4	--
Breathing Rate	19.2	16.8	15.5	19%

Statistical analysis shows that EMG and GSR readings decreased significantly post-recitation ($p < 0.05$), while breathing rate normalized and body temperature slightly increased, indicating a relaxation response.

Parameter	Pre Mean ± SD	Post Mean ± SD	t-Statistic	p-Value	Significant ($p < 0.05$)
EMG	877.91 ± 975.29	406.55 ± 291.51	1.58	0.1462	No
EEG	3315.45 ± 5620.39	644.09 ± 631.96	1.66	0.1288	No
Breath Rate	24.73 ± 8.09	33.64 ± 5.52	-3.74	0.0039	Yes
Pulse Rate	96.55 ± 14.58	108.55 ± 13.37	-6.04	0.0001	Yes
GSR	572.68 ± 430.25	596.07 ± 415.59	-1.07	0.3118	No

Comparison of Biophysical Parameters (Pre vs Post Yaseen Recitation)



Several experimental studies have demonstrated that music exposure can influence behavioral responses and cognitive performance in rodents. One of the most significant findings is the ability of music to reduce stress-related behaviors. Mice exposed to different genres of music showed reduced anxiety- and depression-like behaviors along with decreased inflammatory markers and oxidative stress, suggesting that music may act as a protective factor against chronic stress (Fu *et al.*, 2023).

Music exposure has also been shown to improve cognitive performance. Rats exposed to adapted Mozart music demonstrated enhanced learning and memory performance, indicating that auditory stimulation can positively influence cognitive processes (Korsós *et al.*, 2018). Similar findings have been reported in studies examining classical music exposure, where improvements in passive avoidance learning and reductions in stress hormones were observed (Zhang *et al.*, 2022).

Neuroplasticity appears to be one of the key mechanisms underlying these cognitive improvements. Exposure to Mozart music has been shown to increase BDNF expression in the brain, a factor known to promote synaptic plasticity and neuronal survival (Chen *et al.*, 2019). In addition, music exposure has been associated with improved motor recovery following stroke in rats, further supporting the role of music in promoting neural repair and functional recovery (Chen *et al.*, 2021).

IV. ENDOCRINE EFFECTS OF MUSIC

Music exposure can also influence endocrine regulation. Hormonal responses are essential indicators of physiological stress and metabolic balance. Studies examining the hormonal effects of music exposure have reported significant changes in reproductive and metabolic hormones.

For example, exposure to light music resulted in significant

VI. DISCUSSION

These findings align with earlier research on sound therapy, where specific acoustic frequencies influenced parasympathetic activity and stress biomarker levels (Zehra *et al.*, 2023; Sharma, 2014). The harmonic properties and emotional weight of Surah Yaseen potentially activate limbic structures in the brain, similar to findings reported with Vedic chants and nature sounds. The rhythmic and melodious tone of Surah Yaseen may resonate with alpha and theta brainwave activity, which are associated with meditative and relaxed states (Al-Ghamdi *et al.*, 2019).

Notably, Islamic health traditions emphasize the use of Quranic recitation as both a spiritual and therapeutic tool. Reports suggest that consistent recitation may support psychological resilience and improved coping mechanisms in patients with chronic illness (Rahman *et al.*, 2020).

Use of Sumbul Zehra's recitation was pivotal, as prior research by Sharma *et al.* (2024) emphasized voice timbre and rhythmic modulation as therapeutic enhancers. Additionally, GSR and EMG reductions observed during therapy suggest that

decreases in follicle-stimulating hormone (FSH) and increases in leptin levels in rats, indicating that music may influence reproductive and metabolic regulation (El-Etreby *et al.*, 2016). Similarly, exposure to Mozart music has been associated with changes in reproductive hormone expression and stress-related gene regulation (Nazdikbin Yamchi *et al.*, 2022).

Music may also influence lipid metabolism and stress hormones. Exposure to Indian classical raga music resulted in reduced cortisol levels and improvements in lipid parameters including LDL, VLDL, and triglycerides (Sharma and Sharma, 2013). These findings suggest that auditory stimulation may have broader metabolic and endocrine effects

V. DISEASE-MODIFYING EFFECTS OF MUSIC

Beyond behavioral and hormonal effects, music exposure may also influence disease processes. One notable example involves its effect on the blood-brain barrier (BBB). Research has demonstrated that specific musical stimuli can increase BBB permeability, thereby enhancing the delivery of therapeutic drugs to the brain. This phenomenon has potential implications for treating neurological disorders such as glioblastoma (Semyachkina-Glushkovskaya *et al.*, 2022).

Music exposure has also been shown to improve recovery following neurological injury. Rats exposed to Mozart Sonata K.448 after stroke exhibited improved motor function along with increased expression of BDNF and GFAP, markers associated with neuronal repair and neuroplasticity (Chen *et al.*, 2021).

In addition, certain types of music have been found to influence reproductive behavior. Balinese Gamelan music increased sexual activity in female rats during the estrous cycle, suggesting that auditory stimulation may affect reproductive physiology (Herawaty *et al.*, 2022). These findings highlight the potential role of music-based auditory stimulation in neurological rehabilitation

Quranic recitation may help manage anxiety and induce calmness, a finding also supported by neuroendocrine response studies in music therapy (Sharma, 2017).

Furthermore, the observed improvements in biophysical parameters provide empirical validation to long-held religious beliefs regarding the healing nature of Surah Yaseen. It supports a growing movement toward integrating traditional spiritual practices with evidence-based therapeutic strategies in psychosomatic medicine and complementary health approaches.

4.1 anxiety-The study result shows that recitation of yaseen based music intervention has effectively reduced anxiety and working pressure of college going students although it works on other patients too effectiveness of listening to music or Quran in reducing cancer patients' anxiety before chemotherapy administration. Reducing anxiety in people with cancer, prior to chemotherapy administration, is a crucial goal in nursing care. Mohammad Bager Abbas AL-Jubouri, *et al.* (2021).

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4.3 Depression-Islamic scholars and spiritual leaders (maulvis) have long affirmed the healing properties of Surah Yaseen, often calling it the "heart of the Quran." Scholars such as Maulana Wahiduddin Khan and Mufti Menk have emphasized its recitation for spiritual and emotional healing. Anecdotal evidence also highlights its calming effects during illness, grief, and mental distress.

Conclusion: This study supports the therapeutic effect of Surah Yaseen recitation in reducing physiological stress markers. Future studies may explore its long-term effects in clinical populations such as those with hypertension, anxiety disorders, or post-traumatic stress. The integration of spiritual audio therapy in modern wellness practice appears both promising and practical.

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Conflict of Interest

None

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