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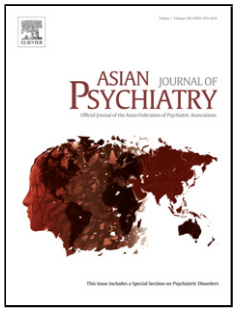

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Authors: Naren P. Rao, Gopikrishna Deshpande, Kalyani Bangalore Gangadhar, Rashmi Arasappa, Shivarama Varambally, Ganesan Venkatasubramanian, Bangalore N. Ganagadhar

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Directional Brain Networks underlying *OM* Chanting

Naren P Rao[1*], Gopikrishna Deshpande[2,3,4*], Kalyani Bangalore Gangadhar [1], Rashmi Arasappa[1], Shivarama Varambally[1], Ganesan Venkatasubramanian[1], Bangalore N Ganagadhar[1]

[1 -] National Institute of Mental Health and Neurosciences, Bangalore, India
[2]- AU MRI Research Center, Department of Electrical and Computer Engineering, Auburn University, Auburn, Alabama, USA
[3]- Department of Psychology, Auburn University, Auburn, Alabama, USA
[4]- Alabama Advanced Imaging Consortium, Auburn University and University of Alabama Birmingham, Alabama, USA
*** -** both authors contributed equally

Address for correspondence:

Dr. Naren P Rao
Associate professor of Psychiatry
National Institute of Mental Health and Neurosciences,
Bangalore, India
Ph: +91 80 26995879
Email: docnaren@gmail.com
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Highlights:

- *Om chanting reduced* outputs from insula, anterior cingulate and orbitofrontal cortices
- Output from these regions was reduced to Amygdala
- "*sss*" sound did not decrease connectivity in our network as compared to "rest".
- Modulation of brain regions involved in emotion processing raises potential clinical application

Abstract