

## **Abstract**

Listening to Quranic recitations is one of the most effective ways to treat anxiety and stress due to its soothing and relaxing impact on the body and mind. This research aimed to understand and analyze its effect on human brain by including the studies which investigated changes in human brain using Electroencephalogram. For this purpose, systematic review was performed by the researcher using PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis). The related articles were searched on the electronic search engines as; Google Scholar, Science Direct, IEEE Xplore, Oxford Academics, BMJ and West Virginia University library, using different keywords to include comprehensive data in the study. After the exclusive screening process, total six studies were eligible for review. The researcher carefully analyzed these studies" results using content analysis on the texts of the selected articles. This study concluded that listening to Quranic recitation have positive effects on the brain as well as on the bodily functions. It concluded that Quranic sound can alter mood, produce relaxing and meditating effects, increases brain functionality and can produce prolonged effects of religious therapy. It was also deduced that Quranic melodies also aids hearts of the listeners by positively impacting heart beat and blood pressure. Comparing musical effect and Quranic effects, it was gathered from the analysis that Quran is more effective as compared to music. To conclude, it is safe to say that Quran can help in rebooting the human brain.