

MUSIC THERAPY AND AYURVEDA

Music therapy is a technique of complementary medicine that uses music prescribed in a skilled manner by trained therapist. Programs are designed to help patient overcome physical, emotional, intellectual and social challenges. And Ayurveda can be defined as a system, which uses the inherent principal of nature, to help maintain health in a person by keeping the individual's body, mind and sprit in perfect equilibrium with nature

According to Dr. Shashank Katti, famous music therapist – ‘The design of Indian Classical Music is based on Ayurveda. Music Therapy is a branch of Ayurvedic science where music is used as an effective management for numerous diseases. With the help of music therapy, it is possible to restore, maintain and improve the emotional, physiological and psychological well being of person. This is mainly because of the articulation, tone and arrangement of swar (notes) of raga (melody) that tend to stimulate, cure and alleviate health ailment.

The ancient vedic method of sound therapy, where vedic mantras are recited for specific regions of the body, is used to promote healing. In the same way the ragas of Indian classical music can also be used for certain illness and problems. Music therapy follows the principle that a sound (naad) generates some vibrations that tend to move in space and in the process produce some healing effects in the human body. Indian classical music takes the form of Ragas either as folk song, devotional songs, poetry and the compositions of classical musicians for music therapy.

Ragas are believed to fight aging, pain, insomnia, schizophrenia and epilepsy. It can even cure a headache, tension and abdominal pain. Ayurvedic music therapy is a proven method of controlling our blood pressure and function of the liver.

Modern western science and medicine are discovering that music actually can have healing power. It is believed that for the healing with music, it is necessary to vibrate the cells of body, for it is through these vibrations that the diseased person's consciousness can be changed effectively to promote health. The right kind of music helps one relax and refresh. Thus it may be said that Ayurvedic music therapy is proven method of cure and controlling the numerous diseases.

Now about Sangeet Galaxy..... with your kind support we are publishing July issue of 2014. I hope music readers will like it. The contributors of this issue are – Sri Deepak Kumar Mittal, Sri P.L.Gohadkar, Dr. Narendra Kaur, Dr. Renu Johri, Sri Dipak Tripathi, G.B.V. Anuradha, Dr. Sima Jouhari, Sri Kritanand Panday, Dr. Tapas Pal and Dr. Vidhi Nagar.

Editor-in-Chief