

Music Therapy for Meeting the Cure of Various Physical and Mental Disorders

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Music has frequently been used as a therapeutic agent from the ancient times. Music is a kind of yoga system through the medium of sonorous sound, which acts upon the human organism and awakens and develops their proper functions to extent of self-realization. This is the ultimate goal of Hindu Philosophy and religion. Melody is the key-note of Indian Music. The 'Raga' is the basis of melody. Various 'Ragas', have been found to be very effective in curing many diseases.

Some philosophers like Plato and Aristotle have declined the healing power of music. A lot of information pertaining to the use of music by primitive medicine men, and semi magical cures through music is available. But these are of greater literary and historical value than scientific. Music is generally regarded as a relaxing and stimulating power in western hospitals. It has also been accepted as a therapeutic agent to treat mental patients with music has been found useful for brain - damaged patients. Music is being used in form of group singing, playing of instruments and music appreciation. Dr. S. D. Mitchell was a great protagonist of music – therapy in mental illness later on, Dr. Blair, a consultant psychiatrist, and Mrs. Brooking, a music therapist, jointly conducted investigation at St. Bernard's Hospital in Middlesex, England and used music therapeutically in various ways with varying degrees of success. Numerous studies have been conducted to determine the effect of music on mental patients. The result of these is usually reported in terms of observations made by the investigators.

Music therapy is considered to be the most expressive therapy. Music therapy is an interpersonal process in which music is used for the treatment of different physical emotional, mental, social and spiritual problems. Music therapy not only heals the disabled or ill persons but also improves the quality of normal and healthy persons.

There are many connotations of term 'music therapy' first the word music refers to both instrumental and vocal types second the word music is a broder term in that it includes solo song, chorus, orchestra , and such other activities third, music therapy is a form of group therapy. At a time it is used for number of patients. Fourth many times it is used along with other types of adjunctive therapies like dance and art therapy. Fifth now-a-days it is considered as a form of recreation therapy.

As reported in Hindustan times 30.01.2006 the Vedas talk of comic sound energy as the source of all creation and healing powers of sound. The chanting of “*AUM*” has a curative power. The comic flow of seven notes *Sa, Re, Ga, Ma, Pa, Dha,* and *Ni* which correspondence of the vedic notes namely *Chatustra, Mandra, Atiswarya, kruehtha, Prathma, duitiya* and *tritiya* can reactivate specific streams of natural powers. This is because of the harmonious resonance of the seven notes with the seven plexuses of a human body.

“**Arnold Alestan**” said in his write up ‘**the musicians approach to musical therapy**’ the validity of general observation made by experiments in the field to the effect that lively music, such as brisk, marches, dance etc. Stimulates heart action and accelerated pulse and breathing, resulting in an increase of energy.

“**Advard Podolusky**” said It seems, therefore, that this kind of music has a stimulating effect on the circulation by increasing the blood pressure and pulse rate while lessening the action current of the heart.

“**Shakespeare**” said – The man who hath no music in himself or is not moved by the conchord of sweet music is fit for treason, stratagems and spoil, let no such man be trusted.

The human body is used to be like an instrument expressing numerous frequencies in a constantly changing spectrum of life. The sensation are received through the eyes. Ears and other organ known as the gate way of sensation. At the basic level, the sound waves affect specific parts of middle and inner ear. From the ear, the auditory information travels to the brain music whether vocal or instrumental has the power to stimulate the human body, mind and spirit simultaneously. This is possible because different composition of specific frequencies which activate different part of brain. This leads to change in mind and behaviors. A musical composition consist of many components such as melody, rhythm, tones & for. All these combined together can evoke certain emotions. Bring a change in heart beat and breathing hence deal with grief, anger or any breathing hence deal with grief, anger or any negativity of mind.

One comes to the conclusion that by the medieval period, the ragas were so well established after exhausted research that each raga had its own individual identity. Eventually, there was a categorization some of the classification is as follows. *Bahar basant , miya mallha, desh* project the emotions of joy and happiness. A person suffering from depression the morning ragas such as *Bhairav, Jogiya* can evoke *shant* rasa, spiritual mood or bhakti *bhava*. Such ragas can treat patients with anxiety and hypertension.

In the present day music commonly used as therapy and in due course has shown certain results. As said by the renowned musician, Pt. Shashank Katti, raag Hindal cures spondylitis. He also claims that he has got remarkably successful Asthma and migraine insomnia & depression, other research in the same field show.

Raga Mala

Ahir Bhairav	-	Indigestion, Rheumatic Arthritis, Hyper tension
Asavri	-	To build confidence
Bageshri	-	Insomnia
Basant Bahar	-	Gall stones (Cholecystitis) Rheumatic Arthritis
Bhairavi	-	Sinusitis, encourages detachment
Bhim Palasi	-	Anxiety, Hypertension
Chandrakauns	-	Depression
Darbari	-	Sedative
Darbari Kaada	-	Headache, Asthma, Indigestion
Deepak	-	Anorexia, Hyperacidity, Gall stones (Cholecystitis)
Gujari Todi	-	Cough, Rheumatic Arthritis
Gunakali	-	Constipation, Headache, Piles or Hemorrhoids
Hindol	-	Rheumatic Arthritis, Spondilitis Backache, Hyper tension
Jaunpuri	-	Intestine Gas, Diarrhea, Constipation
Jaijai-wanti	-	Rheumatic Arthritis, Diarrhea, Headache
Kafi	-	Sleep disorders
Kausi Kanada	-	Hypertension, common cold, cough, Asthma
Khamaj	-	Sleep Disorder
Madhuvanti	-	Piles or Hemorrhoids
Malkauns	-	Intestinal gas
Malhar	-	Asthma
Marwa	-	Indigestation, Hyperacidity
Nat Bhairav	-	Indigestation, Rheumatic Arthritis, Colitis
Puriya	-	Colitis, Anemia, Hypertension
Puriya Dhanashri	-	Anemia

Ramkali	-	Colitis, Piles or Hemorrhoids
Shree	-	Anorexia, common cold, cough, Asthma
Shudh Sarang	-	Anorexia, Gall stones (Cholecystitis)
Shyam Kalyan	-	Cough, Asthma

The Raga research centre in Chennai, India is currently making a comprehensive study of Indian raga and evaluating their therapeutic potential with the help of musicians, doctors and psychiatrists. It is believed doctors and psychiatrists. It is believed that classical Indian ragas can benefit a whole host of conditions ranging from insomnia, high and low blood pressure to schizophrenia and epilepsy. It is believed that there are other ragas that can help fight ageing and pain too.

Music can play an effective role in helping us lead better, fruitful lives. Listening to specific kinds of music at specific kinds of music at specific times of the day has been shown to be helpful in maintaining good health. Indian music, with its many ragas, is known to be particularly therapeutic value. The curative power of music emanates from the resonance of certain ragas on hormonal and glandular functions which produce secretions that keep the body balanced and infection free.

Advantage of Music Therapy

Pleasant tunes transfer good vibrations in the atmosphere. Music acts on our mind before being transferred into thought and feeling. Music acts on our mind before being music influences the lower and higher cerebral centers of the brain. Use of music as a therapy is an important tool in the treatment of the both physiological and psychosomatic disorders. Music therapy stimulates good vibrations in the nerves of the listeners. Music therapy stimulates good vibrations in the nerves of the listeners. Music therapy helps to clear the junked thought in mind, which leads to have positive frame of mind. Music therapy enhances the concentration level of children. Effect of music on the behavior of individuals is enormous. Music improves the capacity of planning. Musical training helps to express refined exhibition of emotions and clarity in cognition too.

Music therapy stimulates beta cell activities and enhances the quality of protein release of brain chemicals. It enhances the quality of neurotransmitters and conditions the heart. Music therapy reduces hypertension. Music therapy reduces hypertension. Music influences the perception of art and promotes physiological and behavioral relaxation in neonates.

Music provides a kind of pleasure which produces a kind of pleasure which human nature can not pleasure which human nature cannot do with out. Music relieves insomnia. Music enhances cognitive process.

Music training and exposure increases the amount of brain that responds to musical sounds music during exercise produces physiological benefits. Exposing to classical music regularly facilitate few positive benefits in patients. Music helps to attain comfort from a discomforting condition.

Conclusion:

Music therapy may not be an exact science. It may yet be in its infancy. But there is no disputing the fact that music has a value which affects one of our prime senses. That people respond to music is a foregone conclusion, what now matters to something more positive and more conclusive to enrich our life.

“I hope that my this research work will surely be beneficial to the society.”

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