

MUSIC THERAPY

Music therapy is a scientific method of effective cures of disease through the power of music. It restores, maintains and improves emotional, physiological and psychological well being. The articulation, pitch, tone and specific arrangement of swars (notes) in a particular raga stimulates, alleviates and cures various ailments inducing electro magnetic change in the body.

Music therapy has long history dating back to ancient Orphic school in Greece. Pythagorus, Plato and Aristotle, all were aware of the prophylactic and therapeutic powers of music. Even the old testament mentions music therapy where King David is said to have cured an illness by playing on the harp. Hippocrates, the father of modern medicine, used music to cure human diseases. In ancient Egypt music was used to lessen the pain of women during childbirth. Ibn Sina, a famous Arabic writer, has written in detail on this subject. In India legend has it that Thyagaraja, the famous musician of South India, brought a dead person back to life by singing the composition Naa Jeevan Dhara in raga Bihari. In 1729 Richard Browne, a physician wrote the famous text *Medicina Musica* which describes the use of music as medicine. Dr. Burnell has mentioned a manuscript named Raga Chikitsa in the collections of Saraswati Mahal Library in Tanjore which deals with the various ragas that can be used for curing various ailments. What is music ? "Music is a kind of inarticulate, unfathomable speech which leads us to the edge of the infinite and lets us for a moment gaze in that" observed Carlyle. Music is basically a sound or nada generating particular vibrations which moves through the medium of ether present in the atmosphere and effects the human body. Sarangdev mentions in his *Sangeet Ratnakar* that ahata nada or music is always produced by striking or aghata by a living being on an instrument of any kind So music is a power or universal energy in the form of ragas.

Matanga (9-10th century AD) was the earliest writer to define raga. According to him "raga is that kind of sound composition consisting of melodic movements which has the effect of colouring the hearts of men." "There are four sources of raga : folk songs, poetry, devotional songs of mystics and compositions of classical musicians. While harmony is the characteristic of Western music, Indian music is pure melody. The general term for melody in India is raga or ragini." (Kangra Ragmala--M.S.Randhawa). Symphonies of raga have a definite soothing effect on the mind as well as on the body. Repeated listening to the particular raga being chosen for a particular disease produces a network of sound vibration. The muscles, nerves and the chakras of the affected part are contracted when one impulse is given and relaxed during the interval between two impulses.

Thus, during contraction of the tissue, musical notes make the blood flow out from that particular area and in the interval there is relaxation and a state of reduced pressure is produced in these areas. Thus the blood from the adjacent area will flow there. This process is repeated again and again and the blood flow and energy flow in that part is enhanced. This makes quick, fast healing. Energy from URF (universal energy field) to HEF (human energy field) transmitted by the strokes of the different tones of raga affects the CNS (Central nervous system) because the roots of the auditory nerves are more widely distributed and have more connections than any other nerves in the body. Music beats have a very close relationship with heart beats. Music having 70-75 beats per minute equivalent to the normal heart beat of 72 has a very soothing effect. Likewise rhythms which are slower than 72 beats per minute create a positive suspense on the mind and body since the mind/body complex anticipates that the music will speed up and this restored vital energy gives a deep relaxation to the body. Rhythms which are faster than the heart rate excite and

rejuvenate the body. Hindustani/classical music considers ragas as depicting specific moods. An appropriate mood is to be evoked in the listener's mind before initiating the musical treatment.

Kafi Raga evokes a humid, cool, soothing and deep mood while Raga Pooriya Dhansari evokes sweet, deep, heavy, cloudy and stable state of mind. Raga Mishra Mand has a very pleasing refreshing light and sweet touch while bagashwri arouses a feeling of darkness, stability, depths and calmness.

Music is considered the best tranquilliser in modern days of anxiety, tension and high blood pressure. Raga Darbari is considered very effective in easing tension. It is a late night raga composed by Tansen for Akbar to relieve his tension after hectic schedule of the daily court life. This raga belongs to Asavari Thaat and is a complete raga containing all the seven notes. The seven notes are taken from various natural sounds of birds and animals. Raga Bhupali and Todi give tremendous relief to patients of high blood pressure. Raga Ahir-Bhairav is supposed to sustain chords which automatically bring down blood pressure. Raga Malkauns and Raga Asawari help to cure low blood pressure. For heart ailments Raga Chandrakauns is considered very helpful. Raga Tilak-Kamod, Hansdhwani, Kalvati, Durga evoke a very pleasing effect on the nerves. For patients suffering from insomnia and need a peaceful sonorous sleep, Raga Bihag and Bahar have wonderful effects. Ragas are closely related to different parts of the day according to changes in nature and development of a particular emotion, mood or sentiment in the human mind.

Music therapy treatment is conducted either early morning, evening or night. One should avoid long music sessions on an empty stomach. Music sessions should be of one hour duration with two or three short sessions with breaks.

RAGA & THERAPY

One of the unique characteristics of Indian music is the assignment of definite times of the day and night for performing Raga melodies. It is believed that only in this period the Raga appears to be at the height of its melodic beauty and majestic splendor.

There are some Ragas which are very attractive in the early hours of the mornings, others which appeal in the evenings, yet others which spread their fragrance only near the midnight hour.

This connection of time of the day or night, with the Raga or Ragini is based on daily cycle of changes that occur in our own body and mind which are constantly undergoing subtle changes in that different moments of the day arouse and stimulate different moods and emotions.

Each Raga or Ragini is associated with a definite mood or sentiment that nature arouses in human beings. The ancient musicologists were particularly interested in the effects of musical notes, how it effected and enhanced human behaviour. Music had the power to cure, to make you feel happy, sad, disgusted and so on. Extensive research was carried out to find out these effects. This formed the basis of time theory as we know it today.

It is believed that the human body is dominated by the three Doshas - Kaph, Pitta and Vata. These elements work in a cyclic order of rise and fall during the 24 hour period. Also, the reaction of these three elements differ with the seasons. Hence it is said that performing or listening to a raga at the proper allotted time can affect the health of human beings.

RAGA AND DAY TIME

The following schedule will summarize the specific time periods. The 24 hour period is divided into 8 beats (Prahara) each three hours long, as follows :

1. 7 a.m. - 10 a.m. 1st beat of the day. Daybreak, Early Morning, Morning.
2. 10 a.m. - 1 p.m. 2nd beat of the day. Late Morning, Noon, Early afternoon.
3. 1 p.m. - 4 p.m. 3rd beat of the day. Afternoon, Late Afternoon.
4. 4 p.m. - 7 p.m. 4th beat of the day. Evening Twilight, Dusk (sunset)
5. 7 p.m. - 10 a.m. first beat of the night. Evening Late Evening.
6. 10 p.m. - 1 p.m. 2nd beat of the night. Night, Midnight.
7. 1 a.m. - 4 a.m. 3rd beat of the night. Late Night
8. 4 a.m. - 7 a.m. 4th beat of the night. Early Dawn, Dawn (before sunrise)

Similarly Everyday two cycles of change pass through our body, each bringing a Vata, Pitta, or Kapha predominance.

The approximate times of these cycles are as follows :

First cycle :

- 6 a.m. to 10 a.m. - Kapha
- 10 a.m. to 2 p.m. - Pitta
- 2 p.m. to 6 p.m. - Vata

Second cycle :

- 6 p.m. to 10 p.m. - Kapha
- 10 p.m. to 2 p.m. - Pitta
- 2 a.m. to 6 p.m. - Vata

Ahir Bhairav	Indigestion Rheumatic Arthritis Hypertension
Asavari	to build confidence - Low BP
Bageshri	insomnia
Basant Bahar	Gall Stones (Cholecystitis)
Bhairavi	Rheumatic Arthritis Sinusitis encourages detachment
Bhim palas	Anxiety, Hypertension
Chandrakauns	Anorexia - Heart Ailments
Darbari	Sedative - Easing Tension
Darbari Kanada	Headache Asthama
Deepak	Indigestion, Anorexia Hyperacidity, Gall Stones (Cholecystitis)
Gujari Todi	Cough
Gunakali	Rheumatic Arthritis, Constipation Headache, Piles or Hemorrhoids
Hindol	Rheumatic Arthritis Backache Hypertension
Jaunpuri	Intestinal Gas Diarrhoea Constipation
Jaijawanti	Rheumatic Arthritis Diarrhoea Headache

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Kafi	Sleep disorders
Kausi Kanada	Hypertension Common Cold
Kedar	Headache, Common Cold Cough, Asthma
Khamaj	Sleep disorders
Madhuvanti	Piles or Hemorrhoids
Malkauns	Intestinal Gas - Low BP
Marwa	Indigestion Hyperacidity
Nat Bhairav	Indigestion, Rheumatic Arthritis, Colitis
Puriya	Colitis, Anaemia Hypertension
Puriya Dhanashri	Anaemia
Ramkali	Colitis Piles or Hemore...œeu
Shree	Anorexia, Common Cold Cough, Asthma
Shudh Sarang	Anorexia Gall Stones (Cholecystitia)
Shyam Kalyan	Cough, Asthma
Sohani	Headache
Yaman	Rheumatic Arthritis
Tilak Kamod, Hansadhwani, Kalavati, Durga	Relaxation & Easing Tension, Pleasing effect on Nerves.
Bihag	Sonorous sleep
Bhupal Todi	High Blood Pressure

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