

**MUSIC THERAPY AND PHYSICAL - MENTAL HEALTH****Prof. Deokar Sanjay Baban** (Page 201-207)*Sou. Nirmalatai Thopte College of Education
Bhor, Dist-Pune 412206***SRJIS IMPACT FACTOR SJIF 2015:** 5.401**Date of Issue Release:** 04/03/2017,**Volume:** SRJIS, Jan-Feb, 2017, 4/30*Scholarly Research Journal's is licensed Based on a work at www.srjis.com*

“Healing doesn’t mean damage never existed, it means the damage no longer control our lives”With the growing awareness and incidence of psychosomatic disorders and chronic disorders, development of alternative therapies is the need of the hour. It has been found that subjects show greater compliance to medications and lower compliance to exercise and lifestyle modifications. Now a days as people are becoming more and more workaholic. So, their stress levels are quite high. They cannot take out time for nature trails. Very less people follow regular exercise routine. Even due to excess work, they are not able to follow regular healthy diet. For small disorders also, they take allopathic medicines. These medicines have lot of side effects which they gradually experience in their life. Instead of depending on these medicines, healing therapies are good replacements for them with less or no side effects. Healing therapies are very easy to follow. Anyone can understand them very easily. In this study, very cost effective and simple healing therapies are considered. Some disorders which are chronic can also be healed in very less time. Every being wants to get treated easily and quickly with less efforts.

Conceptual framework

Human ears can hear sounds with frequency 20-20000 Hz. They are unable to hear frequencies that are under 20 Hz. Through music, sound waves get converted into electrical impulses called brain waves. Brain waves have frequency 0-20 Hz. Neurons in the brain communicate with each other with brain waves. In other words, at the root of all thoughts, emotions and behaviors is the communication between neurons within brains. Brain is made up of billions of brain cells called neurons. Brainwaves are produced by synchronized electrical pulses from masses of neurons communicating with each other. Brainwaves change according to what beings are doing and feeling. When slower brainwaves are dominant

feeling of fatigue is there and when higher frequencies are dominant then there is hyper alertness.

The term healing therapies or alternative Medicine or adjunctive therapy means any form of medicine that is outside the mainstream of western medicine or conventional medicine as practiced by majority of doctors today. This term is loosely used to over all forms of medicine exceptallopathic. Alternative medicine exists in all cultures to some degree and terms such as traditional medicine, indigenous medicine or folk medicine etc. are used to describe such practices. These medicines date back hundred or even thousands of years depending on the country and culture concerned.

There are at least hundreds of alternative medicines still in practice all over the world. Every area of the world has its own traditional system of health such as Ayurveda for India, Acupressure for China etc. The most popular forms of alternative medicine are Music therapy, Reiki, Ayurveda, Homeopathy, Naturopathy, Yoga, Acupuncture, Acupressure, Magneto therapy, Shiatsu, Herbalism, Meditation, Aromatherapy, Bach Flower Remedies, Chromo therapy, Diet therapy, and Hydropath. **Healing therapies take care of** individual's overall physical, mental, spiritual, and emotional wellbeing. Many people have started believing on alternative therapies for healing. Aim of these healing therapies is to bring all areas of living beings into harmony. It is a holistic approach which treats patients as a whole person.

Today, there is a large demand of these therapies as people are becoming more and more aware of their importance so they started believing their benefits in healing physically as well as mentally. Psychosomatic disorders are increasing day by day. Nearly most of the diseases are psychosomatic. So, healing therapies will play great role in their healing also. The objectives of the study were to determine the effectiveness of Reiki therapy and Music therapy on bio physiological status among patients subjected to various psychosomatic disorders and chronic disorders. Both of these therapies work on almost all diseases. They both have the effectiveness to reduce level of anxiety among patients subjected to various disorders. The study focuses on correlation of Ayurveda doshas and classical Music to treat living beings psychological as well as physical symptoms. The complementary and alternative or healing therapies are difficult to define because this field is very diverse. Most of them are based on philosophy that sickness and stress are indications that life force energy is low, while energy, health, and happiness signify a strong life force. Living beings have power inside to heal themselves.

Music Therapy

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. Music therapy can have healing effects on all people, regardless of their music taste, skill or understanding of music. Music therapists use several different types of music during treatment. There is no one style of music that is more beneficial or effective than the rest. Although, research shows that patients will respond best to the music they prefer. Music therapy can be incorporated into the management of psychiatric disorders and as an element of psychotherapy. Music has soothed the souls of human beings for ages. It also has helped people recover from ailments since ancient times.

Music affects most peoples' feelings and emotions. Listening to certain songs, for example, can often bring back good memories of our childhoods, loved ones, or other memories that are just as pleasant. Our bodies entrain to rhythm. Music precedes language. Babies stop crying after listening to lullabies. Music may be able to communicate and help establish a relationship where words alone have failed. It stimulates our memories. Our ancestors bonded and passed on their stories and knowledge through song, stories, and dance. There are two kind of emotions related to music: perceived emotions and felt emotions. Music increases the metabolic activities within the human body. It accelerates the respiration, influence the internal secretion, improves the muscular activities and as such affects the "Central Nervous System" and "Circulatory System" of the listener and the performer. There are many music miracles also. It has been heard that Tansen had the power to light up fire with his song called Raag Deepak and he had taught his Daughter to bring rain by singing the MeghMalhar.

History

OM (Omkar) is the primordial sound of which created the universe. Big bang theory says this. When there is a talk about music and nature, sound cannot be ignored, i.e. the primordial sound from which the whole creation has emerged. The primordial sound is named as "Naada" or "Om". The seekers of music, worship this sound as "Naada Brahma". Music has been used as a healing implement for centuries. Apollo is the ancient Greek god of music and of medicine. Aesculapius was said to cure diseases of the mind by using song and music, and music therapy was used in Egyptian temples. Plato said that music affected the emotions and could influence the character of an individual and quoted "Music gives wings to mind". He considered that music played in different modes would arouse different emotions. Aristotle taught that music affects the soul and described music as a force that purified the emotions. In

the thirteenth century, Arab hospitals contained music-rooms for the benefit of the patients. Music therapy as known began in the aftermath of World Wars I and II, when, particularly in the United Kingdom, musicians would travel to hospitals and play music for soldiers suffering from war-related emotional and physical trauma.

Degrees in music therapy became available in the late 1940s, and in 1950, the first professional association of music therapists was formed in the United States. Goodman has identified three phases that describe the healing ability of music - magical, religious and scientific healing. The ancient Hindus had relied on music for its curative role: the chanting and toning involved in Veda mantras in praise of God has been used from time immemorial as a cure for several disharmonies in the individual as well as his environment.

The effect of Music Therapy may be immediate or slow, depending upon number of factors like the subject, his mental condition, environment and the type of Music, selected for having the desired effect. Music Therapy largely depends on individual needs and taste. The use of Music as a therapy is based on scientific and clinical approach and has to be used with great care and deep study of the nature of illness. It can be called as "The study of Individual-Modality Theory". Before using music as a therapy it must be ascertained which type of music is to be used. The concept of Music Therapy is dependent on correct intonation and right use of the basic elements of music. Such as notes (surs), rhythm, volume, beats, and piece of melody. There are countless 'Ragas' of course with countless characteristic peculiarities of their own. . That is why a particular Rag directly cannot be used for a particular disease. Different types of Ragas are applied in each according to the case or some sur changes to be done to use it in a therapy.

A music therapist can also help people dealing with such things as everyday stress and personal growth as well. Music therapy has been shown to have a positive effect on individuals with autism. It also helps drug addicts and alcoholics take their mind off of withdrawal symptoms and focus their attention on recovery. Music therapy works best for psychosomatic disorders. A psychosomatic disorder is a disease which involves both mind and body. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as stress and anxiety. It is well known that the mind can cause physical symptoms. For example, when beings are afraid or anxious they may develop physical symptoms like fast heart rate, shaky feeling, dry mouth, sweating, headaches, chest pain, feeling sick etc.

Music can channel emotions and fear could turn into sound. The use of music in therapy for the brain has evolved rapidly as brain-imaging techniques have revealed the brain's plasticity (ability to change). This have identified networks that music activates. Research has shown that neurologic music therapy can help patients who have difficulty with language, cognition, or motor control, and the authors suggest that these techniques should become part of rehabilitative care. Neurologic Music Therapy (NMT) is the therapeutic use of music to address the cognitive, speech/language, and sensorimotor function of individuals with neurological diseases or disorders. Treatment techniques are based on a neuroscience model and the influence of music on functional changes in the brain and behavior.

In the clinic, patients listen music or played it together with the therapists or other patients to build relationships, promote well-being, express feelings, and interact socially. Music therapy works for strokes victims. It also helps aphasia patients. Music therapy works for depression, anxiety, grief, abuse, Attention Deficit Hyperactivity Disorder (ADHD), schizophrenia, cognitive disabilities, poor motor function, autism, strokes, Alzheimer's disease, chronic pain, heart disease, cancer, and seizure disorders. It can affect people of all age groups. Children, elderly, autistic children, pregnant women. Women who have listened to music tapes during gynecologic surgery have more restful sleep following the procedure and less postoperative soreness. Maternal movement is helpful to get the baby into a proper birthing position and dilate the cervix. The rhythmic auditory stimulation may also prompt the body to release endorphins, which are a natural form of pain relief. Everything from ocean wave sounds to jazz music have been shown to help mothers relieve stress and get comfortable in their delivery environment.

Music therapy in Western countries

E. Thayer Gaston is considered a father of music therapy who developed it in US. Practice of music therapy requires the integration and application of theory, research, and clinical practice knowledge to meet the needs of the patients to serve. It means that beings respond to music by feeling the music with emotions (cognitive affective), by noticing the effect on heart rate and breathing (physical) and feeling the connection with god (transpersonal). The senses are activated by stimulus in the sense organs skin, ear, eyes, nose, mouth and receptors in brain. Ear is the most sensitive organ and is activated before birth.

There is a Background Music Therapy in which music is heard for an average of 8 to 12 hours per day as part of a hospital routine. It plays a useful role in allaying anxiety and relaxing patients in critical care. There is a Contemplative Music therapy in which patients

are given a biography of the composer and other details about the music and then the music is played. It helps them to appreciate the significance of music and art in general.

Music therapy in India

Music Therapy is referred as 'Gandharvaveda' in Ayurveda. So it can be said that Music therapy has some linkage with ayurveda. Ayurveda says maximum disorders are caused by imbalance of threedoshas - vata, pitta and kapha. India classical 'Ragas' have been acclaimed to have healing effects. A 'Raga', in Indian classical music, is a melodic structure with fixed notes and a set of rules depicting a certain mood conveyed by a performer. They stimulate the brain, ease tension and remove fatigue.

It is observed that raga is used to treat various disorders. Raga Bhoopali and DarabariKanara help patients suffering from insomnia. Hilingdarbaari is used for headache, concentration and depression. Raga Sarang gives peace of mind. Raga Yaman helps to forget sufferings. Raga Ahirbhairav and Todi are prescribed for patients suffering from hypertension. Raga Shivaranjani treats memory problems. Raga Bhairavi somewhat provides relief from Sinus, cold, phlegm, toothache. DarbariKanara eases tension and provides relaxation. Raga Bihag and Bahar are helpful in sound, sonorous sleep. Malkauns and Asavari are used to cure low blood pressure. RaagsTilak-kamod, Hansdhwani, Kalavati, Durga ease tension. Stomach-related disorders like acidity are said to be cured with Raga Deepak. Raga Malkauns is used for controlling fevers.

There are 72 raagas, which are known as the Melakarta ragas (Parent raagas) from which other ragas known as the Janya (child) ragas are obtained. Neural research proves that the 72 raagas can control 72 nerves in the human body. In Brihaddeshi (Classical Sanskrit text on Indian classical music), it has been described the relationship of 22 shrutis of the Indian music to 22 veins of the human body. Singing or performing a Raga, when bound to its specifications and with purity in pitch gives the performer complete control on the corresponding nerve.

Indian Classical Music and tridoshas

Raga prahar (time) is actually connected with tridosha elements of Ayurveda. Cough element is active in morning, pitta in afternoon and vaat element in evening. Climatic influences are strong. Dry climates or cold autumn winds increases Vaat. Hot summers or hot climates will increase Pitta. Wet winters and damp climate add to Kapha. Moreover every raga is supposed to be played at particular time in the day. So right raga in correct perspective in correct time

for particular disease can have significant effect. Thus a particular raga can be used as an antidote for the disease caused by Vat, Pitta and Kaph.

There are three types of swars- Komal, teevra and shuddhaswars.

Predominately komal re and komaldha having raags are used to treat kaphadosha imbalance. Shuddha ma, komalga, komalni having raags are used to treat pitta dosha imbalance. Shudha re, shudhga, shudhdha, teevra ma and shudhni having raags are used to treat vaatdosha imbalance. Achalswarpa is 'sannipaataj' means it can be used in every dosha imbalance.

Indian classical music is based on the [raaga system](#). The raaga is a melodic scale, consisting of notes. The word 'raaga' in Sanskrit means 'to please'. Raga can also affect health. Raga, a sequence of selected notes that lend appropriate 'mood' or emotion in a selective combination. It is based on principle of classification of the ragas based on their elemental composition (ether, air, fire, water, earth) and the proper use of the elements to balance the nature of the imbalance.

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