

## Music is an Alternative Medicine



*“Music alone, with sudden charms can bind the wandering sense and calm the troubled mind”  
- William Congrave.*

### **Dr. Indira. S,**

*Principal, M.Sc (N), Ph.D,  
Narayana College of Nursing,  
Nellore.*

**Introduction:** The ancient system of Nada Yoga, which dates back to the time of Tantras, has fully acknowledged the impact of music on body and mind and put into practice the vibrations emanating from sounds to uplift one’s level of consciousness. It is the Indian genius that recognized that ragas are not just mere commodities of entertainment but the vibrations in their resonance could synchronize with one’s moods and health. By stimulating the moods and controlling the brain wave patterns, ragas could work as a complementary medicine (Sairam, 2004 a and b).

### **What is a Raga?**

Raga, we all know is the sequence of selected notes (swaras) that lend appropriate ‘mood’ or emotion in a selective combination. Depending on their nature, a raga could induce or intensify joy or sorrow, violence or peace and it is this quality which forms the basis for musical application. Thus, a whole range of emotions and their nuances could be captured and communicated within certain rhythms and melodies. Playing, performing and even listening to appropriate ragas can work as a medicine. (Bagchi, 2003) Various ragas have since been recognized to have definite impact on certain ailments. (Sairam, 2004b)

Hindustani Classical Music, unlike most modern forms of music, decreases heart rate variability and impacts the alpha brain waves.

Modern medical science validates that physical properties of sound interact deep in our brains to alter neurochemicals and pre-frontal cortex function.

A frequency range from 25 to 45 Hz is said to be useful for ailments connected with feet, ankle, calves, knees, upper thighs, and sacrum; a range between 45 and 60 Hz is said to affect coccyx, sacrum and lumbar region, where as 60 to 80 Hz is reported to affect the thoracic cavity, shoulders, neck and head region.

Drone in Music is essential and is often attained through the Tampus for harmonizing expanding pitches and providing repeated basic pitches and semitones that can interact with the electrophysiology of the heart.

Raga Pooriya Dhansari (Hamsanandi-Kamavardini) – evokes sweet, deep, heavy, cloudy and stable state of mind and prevents acidity.

Raga Bageshri – arouses a feeling of darkness, stability, depths and calmness. This raga is also used in treatment of diabetes and hypertension.

Music therapy is offered to families and is especially useful for help pre-verbal children learn about rhythm and different pitch - such as high and low - which will then allow them to understand meaning with language such as why some sentences that are actually questions go up in pitch at the end.



**Raga - Disease (s) it helps to cure:-**

**Ahir Bhairav** - Indigestion, Rheumatic arthritis, Hypertension

**Asavari** - to build confidence

**Bageshri** - insomnia

**Basant Bahar** - Gall Stones (Cholecystitis)

The swaras of musical octave are related to Chakras in the human body with their respective Elements (Panchabhoothas) as follows:

**Shadjam:-** The Mooladhara Chakra – Associated with the Energy of Survival- Element is Earth / Prithvi.

**Rishabhham:-** Swadhishtana Chakra – Associated with reproductive organs and life force – Element is Water/Jalam.

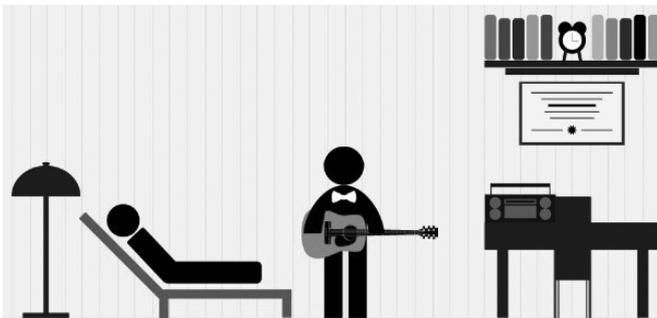
**Gandharam:-** Manipooraka Chakra- Associated with power and mastery of self- Element is Fire/Agni.

**Madhyamam:-** Anahatha Chakra - Associated with energy of compassion and love - Element is Air/Vayu.

**Panchamam:-** Visuddhi Chakra - Directly related to Creativity and Communication - Element is Ether/Aakasam.

**Dhaivatham:-** Ajna Chakra - The seat of Intellect and wisdom, Analysing and Reasoning - All Elements.

**Nishadam:-** Sahasrara - Associated with spiritual enlightenment, Divine Wisdom and understanding and Union with God. It also integrates all the chakras with their respective qualities. - All Elements.



A musical note has its own distinct psychological effect or emotion, and is also related specifically to a colour,

mood, chakra, and time of day.

Raga Bowli is chosen to promote relaxation and prevents the effects of chronic stress, promoting emotional well being and maintaining positive mental health to begin the day. The slower tempo of Raga Bowli in the composition promotes a calm and meditative state. Breathing and heart rate is altered by listening to the music.

**Diseases and Ragas to listen**

- Tuberculosis – Meghmalhar
- Chronic Headache – Darbari, Jayjayvanti, Gunkah
- Hypertension – GorakhKalyan, Bhimpalas, Puriya
- Depression – Natnarayan
- Cold, Cough – Gurjantodi, Bhairavi
- Paralysis – Jayjayvanti
- Loss of Appetite – Deepak, Chandrakauns
- Rheumatoid Arthritis – Bhairav, Ahirbhairav, Gunkali
- Flatulence, gas – Malkauns, Jaunpuri
- Skin disorders – Asavari

**Note:-** One should listen to the said Ragas, when one is totally relaxed, alert and should focus his attention to the sound of music.

**Remedy for Defusing Mental Tension:-**  
Raga Darbari Kanhada, Raga Durbari - to be played in the late night.

**Remedy for Reduce Severe Stress:-**  
Raga Durga, Raga Kalavati, Raga Amsadhwani, Raga Shankara-bharanam, Raga Tilak Kamod.

**Remedy for Headaches:-**  
Raga Jayjaywanti, Raga Darbari Kanhada, Raga Sohni

**Remedy for Melancholy / Dejection:-**  
Raga Bilahari - to be heard at very early dawn hour

**Remedy for Depression:-**  
Raga Bhupalam, Raga Kedarm, Raga Malaya marutham, Raga Raaga Bilahari.

**Remedy for Insomnia:-**  
Raga Bageshri, Raga Nilambari

Remedy for Softening Adamancy/Stubborn Mind:-  
Raga Nadanamakriya

Remedy for Hypertension:-  
Raga Ahirbhairav, Raga Anandabhairavi, Raga Bhairavi, Raga Bhupali, Raga Darbari, Raga Durga, Raga Kalavati, Raga Puriya, Raga Todi, Raga Kalyani Yaman.

Remedy for Low Blood Pressure:-  
Raga Malkauns/Hindolam - to be heard in the morning

Improving Intelligence:-  
Raga Shivaranjani - to be played at night - 22<sup>nd</sup> Melakarta.

Restoration of Mental Peace:-  
Raga Saama

Remedy for Anger and Inner Violence:-  
Raga Punnagavarali, Raga Sahana

Remedy for Gastric Hyperacidity:-  
Raga Deepak

Remedy for Constipation:-  
Raga Gunkali, Raga Jaunpuri

Remedy for Intestinal Gas:-  
Raga Malkauns. Raga Hindolam

To aid Digestion/Assimilation:-  
Raga Sriraga

Remedy for Malarial Fever:-  
Raga Marva

Remedy for Paralysis:-  
Raga Dvijaavanti.

**Conclusion: Music therapy** is the use of interventions to accomplish individual goals within a therapeutic relationship by a professional who has completed an approved music therapy program. Music therapy is an allied health profession and one of the expressive therapies, consisting of a process in which a music therapist uses music and all of its facets - physical, emotional, mental, social, aesthetic, and

spiritual - to help clients improve their physical and mental health. Music therapists primarily help clients improve their health in several domains, such as cognitive functioning, motor skills, emotional development, social skills, and quality of life, by using music experiences such as free improvisation, singing, and listening to, discussing, and moving to music to achieve treatment goals. It has a wide qualitative and quantitative research literature base and incorporates clinical therapy, psychotherapy, biomusicology, musical acoustics, music theory, psychoacoustics, embodied music cognition, aesthetics of music, sensory integration, and comparative musicology. Referrals to music therapy services may be made by other health care professionals such as physicians, psychologists, physical therapists, and occupational therapists. Clients can also choose to pursue music therapy services without a referral.

**References:**

- ❖ American Music Therapy Association, 2013. Web.
- ❖ “About Music Therapy and AMTA”. American Music Therapy Association, 2011. Web. 9 November 2011.
- ❖ “Music Therapy - Depression - Health Communities. com”. www.healthcommunities.com. Retrieved 2015-08-02.
- ❖ Davis, Gfeller, Thaut (2008). An Introduction to Music Therapy Theory and Practice-Third Edition: The Music Therapy Treatment Process. Silver Spring, Maryland. pg. 460-468.
- ❖ Deka, Dr. Ankur. “Inner Power Of Music And Music Therapy”. Efi-news.com. Retrieved 23 April 2012.
- ❖ <https://anuradhamahesh.wordpress.com/music-therapy/>
- ❖ <http://www.naturalhealthcure.org/therapies/benefits-of-music-therapy.html>
- ❖ Rajeswari. H. Laughter therapy on depression, Narayana Nursing Journal, 2012,1(1):11 - 16.