

Music Therapy (Importance & Experiments in World)

Abstract

Music is very much closer to yoga, meditation and pranayam but exactly different and much higher to others. The natural harmony of musical sounds when combined in specific manner create dynamic and powerful impact in balancing the energies of body and mind. Music is other name of soothingness of heart, mind and body. So how music can be helpful as therapy, how it can improve human body, mind and heart is the aim of this research paper.

Keywords: Music Therapy, Nad Yoga, Emotions, Respiration, Relaxation, Cognition Table, Pakhawaj.

Introduction

Man's life is full of ups and downs. The natural harmony of musical sounds its expression on human body and mind have been observed since long time. Not only in India but in other parts of world music is being used as therapy. In this research it has been tried to prove that music is a science of using sound vibrations to calm the mind, soul, heart and body.

Music is universal language and this is gifted to the human being only by all mighty God. Music have all the things needed for the mental peace of a person. It is very much closer to yoga, pranayam, meditation, physical exercise but exactly different and much higher than the others. The word 'music' covers broad range of possibilities to fulfill the need as food for the soul for mind and for body though it is treated as the way of entertainment and relaxation by common people.

Music is natural the sound of nature unite to create rhythm and music to ears and mind. The movement of planets ie. earth, sun, moon etc. The seasons and the heart beats beats every where music and rhythm are seen and heard and felt in each and every thing created by nature. Form ancient days music has been used as a science of awareness and alertness to the mind. The system of NAD YOGA is formed with the uses experiments of music on the human body. Yoga has been as integral part of music and Nad Yoga is a science of using sound vibrations to calm the mind and soul.

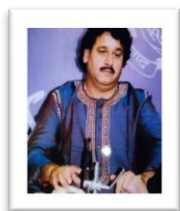
The natural harmony of musical sounds when combined in a specific manner create dynamic and powerful impact in balancing the energies of the body. Music or musical sound can heal the body, mind and spirit as well as the emotions. Through this resonance with music we can heal our innerselves and create harmony to the listeners of our music. Sometimes it is felt that we forget the time and the problems when we play or listen a music of high quality or matched with our own interests. Music is other name of soothingness of heart, relaxation of mind and energizing of body. Man's life full of ups and downs. to overcome and deal with each type of situation a man requires a healthy body and balanced and cool mind for all these. Music not only days but since ancient times has been playing supportive role.

Aim of the Study

To know the infortance of music therapy in Human Life.

Music in Historical Perspective

The richness of music and its energy has been announced in Samveda. In 'Dwapar Yuga' Lord Krishana has been depicted endowed with magical power of music. The English literature provide an additional witness to affectivity of music with the story of pied piper. In the times of Akbar the lightening of iamps with flawless singing of Reg Deepak and showers of rain with 'Rag megh malhar' by Tansen and Baiju Bawra are the examples. The renowned Pakhawaji Pandit Kudau Singh was able to control the mad elephant with the vibrations of NAD or the sound of



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Mridang and many other examples may be given with enough proof that music has its own magical power and affect our soul, mind and body.

Music Therapy Modern World

Like yoga, Pranayam meditation and other therapies complementary to medicine, music therapy has been widely practiced throughout Europe and North America. In china and Africa also the music therapy has been practiced. In America 'New Age music' organization was established for music therapy in 1970-80 and in 1950 "National Association for music therapy" was established. In 1903 Dr. Francover told in this his research that music relax the human body and mind and as result in 1944 Mission University of America planned syllabus. On music therapy. The Sansas University adopted the syllabus. In china Mr. Mariam in year 1964 told about the affect of music. In 1974 Dr. Landrath and Harrer of Spain announced about music therapy and said that slow beats cure the heart beats disorder. In 1903 Dr. Framcover of Germany told about music therapy. Mr Kitaro of Japan and Jan Micle of France accepted the importance of Greek, Anya of England, Paul Horne, Philip Gloss, David lez of North America played a remarkable role for music therapy. In USSR Dr. war music therapy was used to cure the mental disorders of the soldiers. In India Dr. J.S Pal of Lahor established a center for music therapy in 1936 which was named 'musical medical institute' and many other Indians played remarkable role for development of music therapy.

Music Therapy and Culture

Most of the references to the use of music therapy in medicine are predominant, western, although the use of music as a therapeutic medicine is found in most cultures. Research papers describe the use of music in American hospitals, both, locating the use of music within a culture context with combination of music and dance. In the other group therapy methods, music is used as a vehicle to reach those who are isolated and withdrawn and reintegrate them into relationship.

Music Therapy- Heart Rate and Respiration

The effect of music on heart beats and blood pressure are observed in many of the hospitals in America and Europe. In the condition of high blood pressure the low rhythm and soft music and tune of low octave are used in high blood pressure the fast rhythm but soothing music is utilized and many experiments are being done. Different groups of musical competence responded in relation to volume, melody pitch and of music. The important factor is the individual interest may vary the affect of music.

Music Therapy and Emotions

Music directly affects are mind and emotions and music therapy can provide a safe environment to the person. Preferences and familiar music are important because it may vary from person to person and with decease to decease. If the person in not liking a particular music it has to be observed that what kind of music and quality with how much volume and quantity may be suited should be provided to the patent.

Music Therapy as Communication

People with the mental health difficulties may find it difficult how to communicate with them. As it is know that music is universal language, music may speak where words fail. Music therapy techniques can be used to assist the client in development or their communication skills.

Music Therapy and Social Skills

Music can encourage social interaction among patients. The interaction may take the form of talking about the thoughts and feelings, contributions to group experience cooperating with other's needs. Interpersonal interaction can take place through music listening techniques lead by the music therapist.

Music Therapy and Relaxation

Anxiety disorders are common and con be helped by relaxation techniques. Study and experiences prove that music can be used to reduce anxiety and promote relaxation. Music imagery can be used help the client reduce tension and focus on positive thoughts and feelings.

Music Therapy and Cognition

People with psychotic disorders may have poor reality orientation whereas people with mood or anxiety disorders may have insight into their disability music therapy can provide treatment programmes geared towards the client's level of cognition and awareness.

Specific Applications in Music therapy

Some of the following examples may be given as specific application in music therapy although these are only sampling of methods used by music therapist but they can provide a general idea how music therapy can benefit a variety of clients.

Singing is used to help people with speech impairment improve their articulation. It is also used to improve oxygen level and help the patients suffering form asthma and similar deceases. The lungs become strong and problem related to breathing problems are cured.

Playing the instruments help the individuals for different physical and mental problems. Sitar playing is useful for many heart and mind related problems because the particular point of finger tips are used while playing sitar or such instruments. In Sarangi the nails are used and the regular exercises of playing shows that head injury and problems are cured. These are only the examples of some Indian instrument.

If we talk about the percussion instruments Pakhawaj and Tabla playing This is purely a scientific experiment it shows very good results, this therapy is very much closer to the acupressure and acupuncture therapy. All the points of fingers and palm are used white plying Pakhawaj or Tabla. My personal experience is with table and pakhwaji is very much encouraging. The patients who could not sleep for more them one or two hours, after listing the particular bolts and specific sound style of table, used to sleep for six and eight hours after six month. Polio and other problems may be cured after using such music therapy with specific experiment of Tabla and Pakhwaj playing. The memory and alertness become

more sharp the children who practice such instruments regularly.

In dance we use the whole body so the physical exercise is more and we all know that the regular exercise is the key of good health. Mind and soul Dance may be used as music therapy in many problems.

Choosing the Right Music

The music you choose depends on the result you expect. Indian classical music is soothing. We should use the music which has soft influence little diverting mind and feelings and emotions of the people. Observations show that Indian classical or some kind of soft folk music can play effective role in music therapy. But it depends on the individuals' interest and problem and the cause of problem. It may not be same on every one and in all the cases, it depends on quality, quantity, time and person to person.

Conclusion

Much of the research work and experiments are being done. Music therapy work has been developed within the field of nursing where the use of music is accepted as useful therapeutic adjunct. The work form this field has concentrated on medical scientific perspectives. But there is almost complete absence of cross cultural studies, or the use of anthropological method which would bring other insights into music therapy.

It is difficult to find any work referring to the influence of music therapy on immunological parameters. Apart from the significance of quality of life measures which could be used a criteria for such research works. Music is a vitamin for soul, heart, mind and body this is as true as the music and music culture itself. Only the need of new work with interaction and experiments should be shared at world level. Music is experience, therapy and psychology is the science of behavior. Thus psychology and music and research on music therapy cannot go apart. There should be well equipped labs with audio-visual recording studios for training the students and organising music programmes in collaboration with doctors, psychologist's, psychotherapists and musicians in universities and colleges.

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