

Study of the Significance of Miraculous Powers of Music Embodied in Music Therapy



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Abstract

Once someone asked Mahatma Gandhi if he liked music. To this, Gandhiji said, "If music and laughter were not there in me, I would have been crushed under the burden of my work." If you are feeling stressed, you can relax. Obviously, music is the way to express your happiness and to forget your sorrow. Moreover, medical science is also taking help of music to cure various serious diseases. Music therapy which is now adopted and exercise in most of the countries of the world including India, has been used for a long time in the treatment of different diseases.

The famous neurologist Dr. Rajesh Verma believes that music therapy is beneficial in diseases like mental disorder; it is an additional therapy for the introduction of strokes, short-term memory loss, dementia, language disorder; the right part of the brain quickly adapts the music, re-generating the brain and increasing the brain's capacity; and, it helps in bringing back memory.

Music helps to improve the memory of people suffering from dementia and other diseases; it always helps to increase memory, reduce anger, calm the mind, improve communication skills, and maintain physical coordination; it is very helpful for cancer patients who have undergone chemotherapy and radiotherapy treatment. As we know, the treatment that is given for the patients suffering from such a disease, causes stress in patients.

Music is beneficial in reducing pain and distress because it provides relief to patients who have undergone chemotherapy, nausea and vomiting. There have also been cases where music therapy helped in recovering from brain injury. Speech is also affected in many cases in which the patient feels difficulty in speaking, it is controlled from the left area of the brain. It has also been found in many research that singing helps in correcting brain injury.

Practicing a musical instrument not only improves the musical ability but also corrects the visual and verbal skills of the individual, as music relaxes the tension muscles, reduces most of the types of inflammation.

The paper is a review article on the theme of the working of miracles of music in the life of man.

Keywords: Music, Vocal, Recital, Voice, Miraculous, Capable, Draw, Soothing Effects.

Introduction

There are two main branches of Indian classical music- Karnataka music of South and Hindustani music of North India. Both the branches are important in themselves. However, it should be borne in mind that in Hindustani music sound is more important than emotions, while in Karnataka music emotion is more important than sound.

It does not mean that the followers of the Karnataka music lack the knowledge of sound, and they remain emotion-oriented. Previously, the trends in the Karnataka music were different than the current trends. However, now the Karnataka music has become more emotion-based. The Bhakti movement in South India played a great role in determining and changing the Karnataka music trends.

On the other hand, in Hindustani music, the sound was used in the same way as it should be, avoiding the emotion. However, in the

Hindustani music too, the trends are changing. All the aspects of Hindustani music show that it is used and exercised in several ways.

The understanding of the Hindustani music takes time, and nobody can excel in it without whole-hearted and full-time devotion. The current trend of Hindustani music reveals shift from emotion to sound which is used in such a way that it not only opens the inner doors, but also make the happening of the miraculous things possible.

The term "nad brahm" used in the yoga means sound is God. It focus that basis of this existence is vibration which itself is sound. Every human being feels vibration and during this feel, reaches a certain state within himself feeling as if this whole world had just sound. This music is made with similar experience and understanding.

The people or musicians associated with classical music, naturally remain in a state of meditation and look like saints with a god-like grace on their face and personality. This is the very reason why music is not taken merely as entertainment, but as a means of spiritual process. The notes, the ragas, the rhythm – all are helpful in developing human understanding and experience.

There is no doubt that we are harmed much adversely by noise and noise pollution in several ways, it cannot be denied that music therapy is being adopted more and more with the passage of time in the world, and that several serious patients suffering from severe diseases are being treated all the way through music.

Not only this, music is also helpful in making flowers and plants healthy. Anyway, it should be kept in mind that the music to be used for such purposes such as, for the purpose of therapy and plant-health, should be soft, pure and slow, and not fast. If the music to be adopted as therapy to the patients is fast, it can cause much harm to the patients. Hence, a special care is required on the part of the hospital staff and management while giving music therapy to the patients. With the righteous use of music, the patient can be enables to get a lot of relief from various diseases, stress, blood pressure and pain such as post-operative pain, headache, migraine, stomach ache, arthritis pain etc.

Review of Literature

Christian Gold, Tony Wigram & Cochavit Elefant (19 April, 2006), in Music therapy for autistic spectrum disorder, observe that the central impairments of people with autistic spectrum disorder (ASD) include social interaction and communication. Music therapy uses music and its elements to enable communication and expression, thus attempting to address some of the core problems of people with ASD. The paper encompasses three small studies (total n = 24). The authors examined the short-term effect of brief music therapy interventions (daily sessions over one week) for autistic children. Music therapy was superior to "placebo" therapy with respect to verbal and gestural communicative skills (verbal: 2 RCTs, n = 20, SMD 0.36 CI 0.15 to 0.57; gestural: 2 RCTs, n = 20, SMD 0.50 CI 0.22 to 0.79). Effects on behavioural problems were not significant.

The included studies were encouraging, but of limited applicability to clinical practice. More research with better design, using larger samples, in more typical clinical settings is needed to strengthen the clinical applicability of the results and to examine how enduring the effects of music therapy are. When applying the results of this review to practice, it is important to note that the application of music therapy requires specialised academic and clinical training.

Anna Maratos, Christian Gold, Xu Wang & Mike Crawford (23 Jan. 2008), in Music therapy for depression, reported greater reduction in symptoms of depression among those randomised to music therapy than to those in standard care conditions. Music therapy has been used in a range of ways to treat depression. Approaches can be active or receptive: active techniques might be used when participants cannot articulate difficult feelings. Here the therapist uses clinical techniques to connect with the patient in an improvised dialogue, which can then act as a springboard to emotional awareness. Receptive techniques involve the use of pre-composed music for relaxation, reflection, guided reminiscence and change of mood state.

Joke Bradt & Cheryl Dileo (20 Jan., 2010), in Music therapy for end-of-life care, observe that music therapy in end-of-life care aims to improve a person's quality of life by helping relieve symptoms, addressing psychological needs, offering support, facilitating communication, and meeting spiritual needs. In addition, music therapists assist family and caregivers with coping, communication, and grief/bereavement. There is insufficient evidence of high quality to support the effect of music therapy on quality of life of people in end-of-life care.

Alfredo Raglio, Lapo Attardo, Giulia Gontero, Silvia Rollino, Elisabetta Groppo, and Enrico Granieri (22 March, 2015), in Effects of music and music therapy on mood in neurological patients, observe that mood disorder and depressive syndromes represent a common comorbid condition in neurological disorders with a prevalence rate that ranges between 20% and 50% of patients with stroke, epilepsy, multiple sclerosis, and Parkinson's disease. Notwithstanding, these conditions are often under-diagnosed and under-treated in the clinical practice and negatively affect the functional recovery, the adherence to treatment, the quality of life, and even the mortality risk. In addition, a bidirectional association between depression and neurological disorders may be possible being that depressive syndromes may be considered as a risk factor for certain neurological diseases. Despite the large amount of evidence regarding the effects of music therapy (MT) and other musical interventions on different aspects of neurological disorders, no updated article reviewing outcomes such as mood, emotions, depression, activity of daily living and so on is actually available; for this reason, little is known about the effectiveness of music and MT on these important outcomes in neurological patients.

Barbara L. Wheeler (May 2015), in Music Therapy Research: An Overview, holds that music therapy is a diverse field and music therapy research

increasingly reflects that diversity. Many methods and approaches are used to examine the various facets of music therapy practice and theory. The study produces an overview of music therapy research, and provides basic information about how research is conducted in this field. The findings say that research methods in music therapy research are similar to those used in other healthcare disciplines; a range of methods are reviewed and presented including; experimental research and Randomized Controlled Trials, Participatory Action Research, Grounded Theory, and Phenomenological methods.

Brynjulf Stige (January, 2016), in Culture-Centered Music Therapy, states that culture-centered Music Therapy is a broad and developing orientation within the discipline and practice of music therapy that highlights how humans develop their capacities through participation in society, where culture operates as a resource for action. In other words, culture is seen as much more than an influence on human behavior; it is an integral element in human interaction and creativity. The study focuses on the difference between various notions of culture, and on the developments that have made culture-centered a contemporary force within music therapy thought. Three tenets of the orientation are presented here: (1) culture as a resource for self and society; (2) music as situated activity; and (3) music therapy as health musicking. Implications for practice, theory, and research are outlined along with a case example exploring aspects of how music therapy can create space for social-musical participation.

Objectives of The Study

1. To make a detailed study of music
2. To elaborate the branches of music
3. To reveal the significance of music in spheres
4. To teach the importance of music in the life of common man
5. To bring about the advantages of music
6. To focus the impact of music on the health of humans, flora and fauna
7. To discuss the various modern therapies given to the patients
8. To elaborate the music therapy
9. To highlight the need of the music therapy for the serious patients
10. To discuss the various diseases for which music therapy can be suggested.

Hypothesis

1. Music is the voice of God
2. Music plays a very important role in the life of human beings, flora and fauna
3. The effects of music are universal
4. Music helps the people lead a good life
5. Music keeps the environment healthy
6. There are several branches of music that are working effectively
7. Music is not confined only to the occasions of joy and happiness
8. Music helps one express one's joys and sorrows through singing and reciting instruments
9. Music therapy is helpful in keeping the people fit

10. Music therapy is being adopted all over the world including India to cure the patients suffering from various diseases.

Methodology

The research paper which is a review article on the miraculous effects of music therapy on the patients, was prepared keeping in view the guidelines prescribed for writing a legitimate review article. For it, through net surfing and entering the various internet sites, a few relevant studies that throw ample light on the selected theme, were selected for the purpose of review making. It enabled the author to get a sufficiently required feedback and background of the title selected for the study. The review of the selected studies was made highlighting the name of the authors, year of the study made, date, month and year of publication of the study, and the details of the journals that gave room to the studies selected for the purpose of the article writing. Later, the contents were classified, interpreted and explained in terms of the title and theme of the current study.

Findings

1. Music has ever since been called the voice of God that is capable of regulating the world
2. The base of existence of human beings, flora and fauna and the world is music that controlled the jarring atoms and allowed the nature to show and reveal her beautiful face
3. Music is universal, and its soothing effects are felt world-wide in day-today-life of the people falling in all age-groups
4. Music is an effective means for self-expression through singing and reciting various musical instruments like flute, organ, lute, drum etc.
5. The credit for keeping the environment healthy goes to music in addition to the other factors that contribute to it
6. The Hindustani music and the Karnataka music are two major branches of music that are working effectively in the north India and south India respectively
7. The trends of both the types of music are changing with the passage of time
8. Music suits to all the occasions whether they are of joy and happiness or sorrow and grief
9. For the different occasions, there are different types of music
11. Music helps one express one's joys and sorrows through singing and reciting instruments and feel mirth or grief as the case is or may be
12. Music therapy is an important type of therapy given to the patients with a view to curing the patients and bringing fast relief
13. Music therapy is being adopted in reputed hospitals all over the world including India
14. Music therapy is given especially in the private corporate hospitals
15. Physical and mental disorders are being treated through music therapy
16. Music therapy is being very helpful in reducing pain, and in recovering the patients of cancer, diabetes, high or low blood pressure and of several other severe diseases that make the patients hopeless and pessimistic

17. Music therapy needs a planned propagation and should be adopted even in all the government hospitals in order to change the approach of the patients to the hospitals, doctors and nurses.

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