



THERAPEUTIC EFFECTS OF ANCIENT INDIAN CLASSICAL MUSIC

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ABSTRACT Music plays a vital role in each and every human being's life. It's undeniable that music affects human emotions whether it's sadness, happiness, anger, stress, or depression. Ancient Indian classical music originated 2000 years ago. It's based on seven basic notes that were derived from sounds of birds and animals. The permutations and combinations of these notes create melodious structures with musical motifs called "Raga". These Ragas create different types of emotions in mind that in turn make positive effects on the body. Different Ragas are sung (vocally) or played (instrumentally) in particular time of the day during the entire 24 hours for its immense positive impact on mind and body. Hence it is used in a form of therapy known as "Music therapy" to be used therapeutically to treat multiple diseases. The types of Ragas, time of different Raga and its effects on the human body therapeutically is shown in tabular form in this paper.

KEYWORDS : Active, Emotions, Harmony, Motif, Music Therapy, Musical Notes, Raga, Receptive

1. INTRODUCTION

All over the world various types of therapies are used for the treatment of human beings. In general therapies are classified as Physical and Psychological. Various types of therapies are like Aromatherapy, Dance therapy, Art therapy, Yoga therapy and Music therapy.

Amongst all different types of therapies mentioned above, the paper deals in details about the Music therapy only. An immediate question arises about this therapy. What is Music therapy? How does this therapy work? How effective is this therapy? On what concept this therapy works? Yes, the paper deals with these questions and much more in detail. Music therapy helps to release the stress, stimulates brain cells, improves heart rate, helps in depression, anxiety, and many other disorders related to mind and body.

This therapy is classified as Receptive music therapy and Active music therapy. In Receptive music therapy, the therapist guides patients to live or recorded music. On the other hand in Active music therapy, the patient takes an active part in music personally.

Amongst all types of music around the world, this paper deals only about Ancient Indian Classical Music.

2. ORIGIN OF ANCIENT INDIAN CLASSICAL MUSIC:

Indian philosophy expresses that the whole universe originates from sound and vibrations. It is derived from types of sounds in nature, such as chirping of birds, rustling of leaves, sounds of waterfalls or flowing rivers and sounds of different animals producing respective musical notes. In ancient Indian classical music some of these notes were the basis of the music.

Ancient Indian classical music is comprised of seven notes "Sa" (Shadja): It is derived from the sounds produced by the cry of a peacock.

"Re" (Rishabh): It is derived from sounds produced by cow when her calf is separated from her.

"Ga" (Gandhar): It is derived from the bleating of goats in a flock.

"Ma" (Madhyam): This note is derived from the call of the heron.

"Pa" (Pancham): This note is derived from the call of cuckoo during the spring season.

"Dha" (Dhaivat): This note is derived from the neighing of horse.

"Ni" (Nishad): Trumpeting of an elephant is the inspiration for this note.

Out of these notes "Sa" and "Pa" are known as fixed notes while other notes can vary the places creating one additional note each. Hence total twelve music notes are there. The permutations and combinations of these 12 notes create a melodic pattern, this melodic system is known as "Raga".

3. HISTORY OF ANCIENT INDIAN CLASSICAL MUSIC:

In ancient times, Indian, Arabs and Greeks were aware of music therapy. The literature regarding this therapy in India is available in "Raga Chikitsa" (means Raga treatment) and "Gandharva Tatvas". Similarly the effect of Indian classical music on emotions is also

available in "Sangita Sudha". In 1684-1711 the King of 'Tanjavur' preserved content about the music therapy engraved on palm leaf in the library of Saraswati Mahal regarding the use of music for psychological treatment. "Raga Chikitsa", a literature regarding this therapy also deals in details about the treatment of habitats by using different "Ragas" for different emotions.

There are about one hundred "Ragas" in Indian classical music. Every Raga has its specific effect, based on the time of singing or playing (if instrument is involved).

Around 1900 Pandit V.N. Bhatkande and Mr. V.D. Paluskar had systematically organized the structure of music in the form of book. This book shows the development of Raga, originated from systematic sequence of notes, known as "Thaat". In modern era, the contents in this book, created lot of interest in new generation. Pandit V.N Bhatkande and Mr. V.D. Paluskar also opened music school, started grading system of music school, classroom teaching system



Figure 1 showing kids in class

and also did lots of seminars and conferences to promote the music as well as opened Music University to recognize and to give popularity to this form of music.

Because of efforts from all the music veterans, Indian classical music, which was Guru-Disciple tradition earlier, has reached across many towns, cities and countries now.

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4. CHARACTERISTICS OF RAGA:

The unique characteristics of each and every Raga in ancient Indian classical music will have the most impact during their assigned time of the day only. It is believed that only in that period the Raga appears to be at the peak of its melodic beauty.

Each Raga is associated with its typical mood or sentiment like sad, happy, depressed, exciting, calm etc. It is believed that human body is dominated by three elements Kaph (which is associated with water and physical structure), Vata (which is energy of the movement) and Pitta (literal translation means fire, but it's associated with digestion, assimilation and nutrition), these elements affect the body to work in a cyclic order of element changes as per the season like summer, spring, rainy and winter.

For ready reference, a Table 1 indicating the time and type of Raga to be implemented for its maximum benefits. Including 24 hours from 3 AM to next day 3 AM.



Figure 2 Showing time 3am-5am



Figure 3 Showing Sunrise time 5am-7am



Figure 4 showing time 11am-5pm



Figure 5 showing time 7pm-11pm

TABLE 1 Representing Time Range and Raga

3am-5am	5am-7am	7am-11am	11am-5pm	5pm-7pm	7pm-11pm	11pm-3am
Bageshri	Bairagi	Raag Jaunpuri	Bhim-Palasi	Purvi	Shuddha Kalyan	Darbari Kanada
Todi	Bhairav	Alhaiya Bilawal	Madhu-vanti	Marwa	Jog	Malkauns
Desh	Ahir Bhairav	Deshkar	Patdeep	Puriya	Kalavati	Nand
Asawari	Bibhas	Charukeshi	Brindavana Sarang	Shyam Kalyan	Bhoopali	Bageshri
Hindol	Lalit		Dhani	Multani	Kirwani	Jajiwanti
Malati	Ramkali		Miyaki-Sarang	Puriya-Dhanashree	Durga	Adana
Paraj			Madhumat Sarang	Desh	Maru-Bihag	Abhogi
GujariTodi					Shankar a And Kedar	Hansdhara ni

5. BENEFITS OF MUSIC THERAPY:

- It reduces Anxiety.
- It reduces the physical effect of stresses.
- It improves the healing process.
- It is most effective with hypertension.
- It helps to reduce the effect of Alzheimer's disease.
- It is helpful to reduce depression.
- It helps in lots of other psychological disorders.
- It is also helpful in controlling diabetes.
- It is beneficial to control asthma.
- It immensely helps in improving insomnia.
- It is believed to be helpful for constipation.
- It helps in controlling acidity.
- It tremendously helps to increase and improve memory.
- Different Ragas help to recover some specific types of weakness and prolonged illness.
- It is also very helpful in autism.

Table 2 shows the details of types of Raga and disease it helps therapeutically.

Sl No.	Raga	Diseases
1.	Megh Malhar	Tuberculosis
2.	Sohani and Jajiwanti	Chronic Headache
3.	Puriya and Bhimpalasi	Hypertension
4.	Todi and khamaj	Acidity and Diabetes
5.	Darbari	Depression
6.	Bageshri	Insomnia and helps getting deep sleep
7.	Malkhaunsa	Low Blood Pressure
8.	Miya Malhar	Asthma and Sunstroke
9.	Puriya Dhanashri	High Blood-Pressure
10.	Yaman Kalyan	Relieves Stress, and Anxiety
11.	Jaunpuri	Constipation
12.	Bhairavi	Strengthen emotions and provides peace
13.	Marwa	Helps with Malaria
14.	Asawari	Skin Disorders
15.	Shiv Ranjani	Helps improving Sadness
16.	Bairagi	Increases Memory
17.	Bilawal	Improves mental balance
18.	Shyam Kalyan	Boost confidence
19.	Darbari and Sarang	Helps a lot with Cardiac Patients

TABLE 2 Representing Raga v/s Diseases it's healing

6. PRE-MEASURES OF MUSIC THERAPY:

Ancient Indian classical music has three basic but important elements as Emotions, Harmony, and Rhythm. For music therapists, it is essential to have deep and thorough knowledge of these Ragas and their effects on humans. Therapists should be well aware of the timings of the Ragas as well for maximum benefits and must provide treatment according to the type of disease. Therapist must consider the following factors before treatment of the patient by music therapy:

- History and background of the patient to understand the details of physical and psychological aspects.
- Type of work and work environment of the patient.
- Stress level of patients at the workplace and bonding with colleagues is extremely important, as that will help therapists tremendously to determine treatment.
- Likes and dislikes of the patient is equally important to consider before treating the disease
- Find out if the patient is doing something in career or personal life without willingness
- Patient's interest in types of music, like vocal, instrument or both
- If the patient like vocal or if interest is towards classical, non-classical, traditional, film music, folk song, religious or devotional music.
- If instrument then what kind of instrument patient likes
- Should check with patient about Methodology to be adapted for therapy as Receptive or Active
- Suitable time for everyday therapy sessions
- Time and duration of the treatment

7. CONCLUSION:

The final conclusion of this article is dealt as under

- Ancient Indian classical music has its own heritage
- Indian classical music is based on seven basic notes derived from sounds of birds and animals
- Permutations and combinations of these notes created melodious tune known as Raga
- Each Raga has its specific time to sing and play
- The "Raga" gives immense effects when played during its specified time period
- Indian classical music is used widely therapeutically for lots of psychological disorders and many more diseases
- There are some evergreen Raga that can be played anytime of the day
- Before treating patient with music therapy, therapist must consider lots of pre measures for maximum benefits like patient's history, interests, work pressures and so on
- The selection of "Raga", types of songs, time and duration of the therapy is determined by the therapist
- Application of Receptive /Active music therapy is decided based on therapist and patient's requirements to achieve best outcomes.
- Ancient Indian Classical Music therapy reduces anxiety, stress, depression, sadness, anger and many more disorders.

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15. Figure 3 picture of Taj Mahal is taken from best-wallpaper.net/India " India, Taj Mahal, mosque, gate, dawn.
16. Figure 4 "Phu Quoc Island Explorer": "An afternoon on Bai Truong Beach – The longest beach in Phu Quoc".
17. Figure 5 Night picture "Glimpse of Ganga Aarti in Haridwar (India) on reddit.com posted by u/theshopolics in 2019.