

The Role Of Music In Curing Different Physical And Mental Diseases

Shubham Verma

Guest Lecturer, Dept. of Music,
CSJM University, Kanpur

Abstract: *Music is the combination of three streams– Gayan, Vadan and Nritya. Since times immemorial music has been used as therapy. Western scholars threw light on the importance of music therapy. The history of Indian music is very ancient. Music is beneficial for our mental and physical health. The different ragas play their vital role in curing physical and mental diseases. The role of instrumental music is equally important in this context. Dance also plays a very important role in making human body strong. The accountability of music as a therapeutical technique is growing widely.*

Keywords: *Naad, Gayan, swar, laya, Vadan, Nritya, Music therapy, Ragas, String instruments, therapeutical technique.*

The basic element of music is sound. Sound is a form of Nada. Musical sound or nada has ever existed in the cosmos since eternity. In the form of nada Almighty makes us experience His omniscience, omnipresence, Omnipotence and infinity. That is why nada or the musical sound is called nada Brahma on the sound supreme. On classical basis the word music has got the combination of three streams- gayan, vadan and nritya.

"Gitam Vadyam tatha Nrityam Trayam Sangeetmuchyate"

The use of music has been as therapy since times immemorial. Western scholars also highlighted that the history of music therapy is very ancient and it started from ancient Greece. Pythagoras, Plato, Aristotle all have written about the power of music to uproot the different kinds of diseases. In Bible also there is mention of music therapy. Our rishis and Munis also had understood the impact of Swar and example of this we find in four Vedas. Samved was created only for singing.

The history of Indian music is very old. The relationship between music and man has been since beginning. Classical music is the most refined, formal and difficult aspect of Indian music. This kind of music has got its independent history. Music is not only beneficial for our mental health but also physical health. The melodious laya of music has got a pace which stirs the heart of man. Singing is a practice of yoga.

According to Indian musicians "In singing the voice raises from nabhi kendra and reaches brahmrandhra." Singing gives pace to our nervous system and makes it strong. If a man sings regularly he will not have diseases of heart and lungs. Singing also makes our respiratory system strong. It also affects blood circulation powerfully and makes the human body balanced and disciplined. According to a survey in Netherland-

"By hearing music regularly the resistance power of body becomes strong and along with it high blood pressure lessens and muscles are relaxed."

Currently, music is generally used as therapy and in stipulated time has shown definite results. After research it has been noticed that each raga has its own individual identity. Raag Hindol cures Spondylitis as well as Arthritis, Hypertension, Diabetes, Asthma, Migrain and Depression.

Raag Bhairav relieves ailment of indigestion and controls fevers. Raag yaman soothes nerves and makes the mind peaceful. Raag Puriya relieves the ill effects of high blood pressure. Raag darbari is the remedy for heart problems. According to Dr. Tambe in his interview of newspaper daily-

"The ragas Bhupali and Todi gave tremendous relief to high blood pressure patients, while ragas Malkauns and Asawari helped as a restorative in cases of low blood pressure. The raga Bhairavi induced mental relaxation and sleep for

those afflicted by hypertension and schizophrenia that occasionally manifested in violent behaviour."

Instrumental music is also helpful in curing the physical and mental diseases. In Vedic music the musical instruments have got their distinct place and it has affected human life particularly. Instruments to be played by mouth for example- Flute, Saxophone, Trumpet, Shahnai etc. play a very good role in making our lungs strong. String instruments as Sitar, Guitar, Sarod, Violin, Rabab etc. have been accepted befitting for medical value. Although all the instruments are good and they have got their places but Dr. Jackson Paul has accepted mainly two string instruments- Sitar and Sarangi and he has given more importance to Sitar. According to him, "Sitar ki meend Rogi ke girte hue Hriday ko khechkar uchan kar deti hai....."

The third stream of music- Dance also plays a very vital role in making human body strong and energetic as by it the whole body undergoes the exercise. Dance was the only treatment for 'terentula' disease. When this disease attacked the patient, the patient danced for many hours or many days. Dance is a particular exercise and creates pleasant conditions when any dancer dances. It lessens the burden of our mind and previous happiness to all of us.

Thus, the accountability of music as a therapeutical technique is developing widely. Researches in this reference throws light that hearing of proper music lessens blood pressure, makes heart rate stable, reduces depression, relieves anxiety, enlarges concentration and creativity, lessens nausea, manages pain and promotes stability of human beings with Parkinson's disease. So many ragas are helpful in lowering physical and mental complications. Music can assist the medical fertility in curing patients better many experiments have been taken place successfully in other countries. So we can say music affects the human mind and it is helpful to cure many diseases and make human body healthy.

REFERENCES

- [1] Sharangdev, *Sangit Ratnakar*, First Edition, p.6.
- [2] Acharya Shreeram Sharma, *Vangmaya 'Shabdbrahma Naadbrahma'*
- [3] Dainik Jagran (*Sangini* edition), 6th December 2008, p.3.
- [4] Newspaper Daily, *Music helps to heal faster*, Oct. 1992
- [5] Dr. Satish Verma, *Sangeet Chikitsa*, p. 362.