

Music is an Alternative Medicine

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Abstract:

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. 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. Hindustani Classical Music, unlike most modern forms of music, decreases heart rate variability and impacts the alpha brain waves. Music therapy is offered to families and is especially useful for help pre-verbal children learn about rhythmic 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 then allow them to understand meaning with language such as why some sentences that are actually questions go up in pitch at the end.

Key words:Hindustani classical music,raga, Raga Pooriya Dhansari,Music therapy