

Science of Music Therapy

(Short Communication)

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Abstract: Music is inseparable part of our life. Music is so naturally united with us that we can not be free from it even if we so desire, Why do human beings in all known cultures create some kind of melodic sound? why does music increase our pulse rate & blood pressure? Inspire overwhelming emotions & call up long forgotten memories? Why we get relaxed when we listen to our favorite music.. It is because Music has power to heal, music is the medicine of the mind & body, Sounds strange & unbelievable but true. The reason behind why music heals is because there is Science involved ...science of sound waves & the ancient Medical Science, Ayurveda.

According to Physics Musical notes The seven swaras of Indian music – **Sa, Re, Ga, Ma, Pa, Dha and Ni** are nothing but sound waves of different frequencies which are special as they have power to change our Brain Chemistry as they work on neuro-hormones in the brain, balancing their secretions which are nothing but the messengers to different body organs controlling their functioning.

Based on the principles of Ayurveda's Vaat, Pitta, Kaph & the relation with the seven swaras different Ragas are developed for therapeutic purpose to cure physiological diseases & disorders, Each of the 7 swaras have one to one correspondence with the 7 chakras where **important glands** of the human body are located. Ragas evoke these **chakras** by increasing the blood flow to and from the region. Different ragas evoke these chakras in different proportions, thereby being able to **heal different diseases**.

In terms of acoustics (the study of sound), most ragas have **70-75 beats per minute**. This is exactly because the **heart beats** at this rate. A raga with a standard beat has the ability to normalize the human body. A raga with **higher beat energizes** a person whereas a raga with **lower beat is relaxing in nature**.

Ragas are effective on insomnia, migraine, hypertension, anxiety and nausea. They can also correct blood pressure related problems. All this is based of Ayurveda's Vaat, Pitta, Kaph doshas & their relation with the musical notes i.e. Swaras.

As of today, there are not many musicians who practice the art of music therapy. These pious pipers believe in the self healing nature of human body. Let's not forget these wonderful practices developed by our ancestors.

I am working as a Music Therapist for the last 5 years. I use **Hindustani Classical Music** as it can be effectively used as a **Therapy**. It has proved results in curing following diseases & disorders -**insomnia, migraine, Parkinson's, acidity, spondylitis, asthma, depression, Diabetes etc.**

The best part of Music Therapy induces natural self healing process without any side-effects but with added benefit of Peace of Mind, Relaxation & thus becomes a **STRESS BUSTER** too.

The following are some of the many benefits that we experience with Music Therapy

Research has proved the following...

- Decreased heart rate
- Decreased arterial pressure
- Reduction of stress hormones
- Improved lymphatic circulation
- Release of endorphins, the ones that make us feel good
- Increased immune system function Improved concentration
- Breath control – It's like singing a song. At the end, you end up breathing at the same time as the singer,

In a society where we are overwhelmed by exterior stimulus and information, and with more than a thousand thoughts per blink of the eye, the power to quieten the mind and connect ourselves with our unlimited self, where the infinite wisdom lives, is a gift. Use it!

Music is the KEY to open this Gift...