



Effect of Raga Therapy In Managing Individual Level Disaster

Dr.Chaya Rani Mandal

Assistant professor
Hindustani Classical Music
Sangit-Bhavana,
Visva-Bharati

Introduction: - Each and every beautiful and hazardous motion that we see with our eyes has its center part produced in the mind through the sound waves and also expressed by means of figures and gestures. Music is inherent in natures, sure going waves of the oceans and relating rivers, murmuring, springs, birds singing in forests and gardens and the resembling cloud. All these reflect the eternal musical notes in their varied form. We the living being goes through the very soft and hard natural motions.

Musical notes affect all the three aspects of human personality; these are physical, mental and emotional. The sound waves leave their impressions on each and every organ of the body. As music is the voice of the soul, it vibrates our body through mind and then they resonate with hope, joy and energy.

Every mental state has its corresponding physical expression and there are two parallel senses of changes one physical (brain disturbances) and one psychical (mental process) music is an emotional language and emotion has of course its modes of exhibiting itself physically and automatically the body language of a musician express. The pleasure scenario of a particular emotion of his activities. If the value of music in society and culture is to be assessed, it must be described in terms of the attitudes and cognitive processes involved in its creation and the functions and effects of the musical product in society. It follows from this that there should be close structural relationships among the function, content and form of music. A member of musicians and psychologist believe that in the total development of human personality, musical raga plays a very significant role. Music or raga is beneficial for the physical and mental development of a person. Music has the power to generate a new energy in man. Therefore it is proved extremely useful for physical mental and emotional health and growth.

Aim & Objects of the said topic: - Classical music has some profound science. Its effect on health is an undisputed. This fact is also admitted in several Greek, Persian as well as Indian musical book. According to Mahatma Gandhi –“ Music can calm and cool the distress of soul. It purifies our soul by observing it of impurities”.

Now a days we the people passing through the different types of mental crisis which is the very harmful for society. By the medicine we can able to cure from physical disbalance but in mental disease medicine can't cure purely or rootly. Only the music, Sura Therapy or Raga therapy can do this. Indian classical music is superior source of physical and mental well being.

Since the various musical notes influence our mind. Therefore music has a very positive effect on our health. The aim of mainting hazardous situation by raga is very useful today. It has no side effect. Raga and any music itself a space by which the same short of sound composition can changes the outlook of an individual and create a newly peaceful atmosphere.

In the said field the main resource is individual. One lead voice can able to mobilize a community or affected mass. Then the objects are very authentic guru (guide) old records, CD, DVD, field experiments and theoretical knowledge of this topic is also essential for this – natural sources, text reference.

Except these things one must visit different cultural background phase and meet the community people by which he knows the special features of this styles. Attain the program and the sometime observation is very essential to a musicians. These are the some primary and secondary objects by which one can display the raga and control the mass affect people.

Scientific Definition of Melody or Harmony: - Generally we know language is of two types one is spoken and other is written language. Written language is merely a visible representation of the spoken one. But in musical ground language is divided into three types. One is sound language, sign language and word language.

A newly born child come with the sound language after a few days he can see and express his feeling and thoughts by means of the sign language and in advance age he communicate all things, all feelings with the word language.

The functions of all these three forms are to communicate one's thoughts and feelings to others. Music is a language of feelings and emotions, common to man. Which corresponding to the word language, it has a science, its own alphabet, its own words, grammar and literature as an art its own pleasing elements of beauty.

Music is one type of science which treats the harmony or melody. Music as part of non natural culture has a system of values or forms. There are value judgments made in terms of the social consequence that is the social importance of music in the life of the people.

Music can reflect in all others side like economic, social, political, religious and educational also.

Relation between Psychology and Music: - philosophy of mind and science of the mind is known as psychology. It changes time to time render certain circumstance. By introspection we know our natural situation. There is another method of studying the mind when we observe the bodily changes in other people and then infer the changes of their mind. This method is called interpretation, by means of introspection and interpretation. These two action of mind sender goes cinder the influence of musical notes.

Music itself a observation and goes through the expression which dictated by mind. So each and every moment psychology co-operate with all type of activities of the individual.

Utility of 'Raga' in health care:- Ragas are composition of Indian classical music which conveys definite sentiment and possess the power that create pleasant impression in the mind. By the created emotion affect the body. A research Popper in "New Scientist" the well known science journal maintains that music is the best medium of mental development.

Dr. Burner writes that listing to music causes vibrations in the body which lead to blood circulation improved digestion and expansion in the muscles of abdomen and chest. Music is a kind of exercise, which provides energy and benefit like massage to all organs.

Various scientific experiments have also proved that classical music can be used in the treatment of lots of diseases. Modern science is also inventing many methods of preventing diseases.

Dr. Thambez conducted several experiments and tests, which according to him showed that music affected our harmonies which is turn cures the disease. Raga – Bhairavi, can cure the diseases like – schizophrenia, Sivranjani can improve our memory, Rag Todi and Bhupali can treat blood pressure related disorders. Raga Therapy can make significant contributions in maintaining health. The body metabolism is affected by music. It regulates our breathing. It affects both singer and listener. Fast and louder music can increase our rate of breathing which slow and soft music can lower our blood pressure.

The system of curing various diseases through different Ragas and raginis of classical music is a great achievement of Indian classical music. A number of hospitals have started using this system. Inspired by the successful results shown by music therapy Dr. Anil Palit has said after conducting research himself that "Bilambit raga are more beneficial for hyperactive patients while drut (fast) Ragas are useful in treating patients that are depressed.

There is a possibility like other medical systems consisting of different therapies. Raga therapy will also gain its rightful phase in taking care of public health.

The Raga Research Center, Chennai has established after research in curing of diseases through classical ragas that each raga has a different effect on the disease. Raga Shankaravaranam provides relief of mental patients. Mr. K. Vidyaratnam (H.O.D) Raga center says that "Indian Classical Music is full of miraculous power. This system taking some time and regularities.

Specific Ragas for Curing Various Diseases

Disease	Raga
Mental disease	Lalit, Kedar
High fever	Malkous, Basant, Bahar
Insomania	Bhairabi, Bageshri
Diabetes	Jounpuri, Jay Jawanti
Acidity	Marawa, Deepak
Skin disease	Magh Mallahr, Multani
High Blood Pressure	Hindol, Puriya
Headache	Sarang
Heart pain	Darbari Kanada

Raga can successfully be used in the field of treatment of various disease but there is a need to prepare good musicians and doctor who are expert in the discipline of therapy. According to musicians Pf. Omkarnath Thakur put to sleep moussiline who was suffering from insomnia. On the same lines musicians can followed these principles in using the Indian Raga for the care of insomnia.

Conclusion:- Music has the power to generate a new energy in man. Therefore it is proved extremely useful for physical, mental and emotional health and growth. Mr. E. Kremar the founder and president of New Delhi situated “Shakti Vikas Prokalp” has done serious research on music or Raga therapy. His opinion is “Stress is the root cause of disease. Stress creates imbalance in the bio-rhythm which causes all kinds of disorders. Classical music restores bio-rhythm by which cures the disease. That means directly or indirectly music has some power to manage the individual level disaster as well as community level disaster.

Bibliography

1. Ashok da Ronade: Hindustani Music, NBT, India 1997
2. H.P. Krishna Rao: The psychology of music, Low price publication, 1916.
3. Mrinal Mori: Philosophy of psycho analysis Indian Institute of advance study, 1971
4. R.C. Mehta: Essays in musicology Indian musicological society Baroda, 1983
5. R.P. Mishra: Environmental Ethics Concept Publication 1995
6. Ritwik Sanyal: philosophy of Music Somaiya Publication 1981
7. Swami Prajnananada: Historical development of Indian Music, Firen, KLM, 1973
8. Journals: Employment news 2005
9. Net Search,weblinks