

Role of Music in Healthy Body & Peaceful Mind

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Abstract:-

According to world Health organization four to five hundred million people in the world are affected by mental illness. Today each and every person is facing mental stress in his day to day life. This is because of change in the social and cultural environment and the change in the life style. In some people this mental stress cross the extreme limit and is converted in to different kinds of mental illnesses. The effect of this invisible stress on mind is observed on the body later on and affects physical health of the person. These are called psychosomatic disorders.

In healthy nations just half receive appropriate treatment or care. But in developing countries close to 90 % go untreated. Suicide under depression is the major cause of death in young generation in all countries of the world, even the poorer ones. Therefore according to 'Sound mind in a sound body', mental illness should receive the equal amount of attention as any physical illness receives because both are closely linked and mediate one another. Some of the mental disorders another treated with allopathic medicines. But these medicines have to be taken for a very long time. Secondly they leave side- effects. Poor patients cannot afford this treatment. Music therapy is emerging art of treating the mind in such a pleasant affordable and safe manner that the patients love the treatment and enjoy it.

Ancient Thinkers Opinion

Shakespeare put his own feelings in very beautiful line. *"The man that hath not music in himself, and is not moved with concord of sweet sounds, is fit for treasons, stratagems, and spoils: let no man trust him."*

Plato says: *"Education in music is most sovereign because more than anything else, rhythm and harmony find their way to deeper recesses of the soul and has the strongest hold upon it, bringing with them grace if one is rightly trained."*

In our India literature of Tulsidas, Mirabai, Surdas, Sant Dnyaneshwara, Bahinabai Choudhari, Tukdoji Maharaj gives us lesson to improves our stability, improve our minds structure, gives way towards peaceful life in a

very simple manner. Here literature is powerful but it is more effective by the role of music.

Role of Music

Music is a powerful aspect which can bring unity. Medically it has proved that Indian classical music provides positive results. Basically classical vocal music & instrumental music touches the core of mind. It gives soothing effects. Disease like blood pressure, diabetes can be easily controlled by music therapy. Music plays important role in mental stability. Today peace of mind is an essential need. Music gives us energy: Music can directly reach to our sub cautious mind. The effect from sub cautious mind remains for longer period. In every festival music is music is an essential part, it gives us energy, It provides good positive

effect to thousands of people at a time. Music can level your state of mind up to the standard level. Effect of classical music remains live for longer time. No doubt each and every person is linked with music. "Person without music means person without heart." Music is an Art par excellence, the highest among 14 'Vidyas' and 64 Arts' enumerated in our holy scriptures. 'Vidya' means the knowledge of GOD as well as the branches of knowledge, which help human being to lead a good and happy life.

Music as a Medicine - Music Therapy

Music is a moral law. It gives a soul to the universe, wings to the mind, and fight to imagination, a charm to sadness and gaiety and life to everything. Music is the mediator between the spiritual and the sensual life. Music has a special power to move us and stir our emotions. There is no doubt that listening to your favorite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirit. Different types of music gives variety of effects on human health for example anyone who has ever wiped tears away from their eyes listening to their favorite sad song will know how powerful simple notes and chords can be the best choice for exercise are upbeat songs that match the tempo of your running stride and which can have a metronomic effect on the body, enabling you to run for longer.

Music therapy is a sort of recreational activity that heals the ailments of a sick person

with the application of music and with the help of music. During the process of music healing, a holistic approach is followed. The music therapist uses all the facets music, such as physical, emotional mental, social aesthetic and spiritual aspects of music, to help the clients for improving or maintaining their health. The modern revival of music therapy has not yet sufficiently progressed in India to indicate its full utility. It is necessary to broaden the foundation of musical research. For this the musicians should join the doctors and psychiatrists and should evolve an evidence based system. One who wants to use music as a therapy should perform his own experiments with the help of doctors and psychiatrist. His own experiences will help you develop music therapy. At the same time it will help to create a good carrier option as a music therapist. Such researched based on scientific parameters will go a long way in unearthing the goldmine on which the Indian music is resting now

From the ancient time not only in India but in different parts of the world 'Mantras', 'Chant's & Prayer had been practiced in treating all sorts of mental and physical ailments. Music plays a role in everyone's life to certain extent some more of us a little more eclectic than others. But each offers reaches for music for one reason or another.

Conclusion:-

In Brief Music can effectively enter in heart quickly. Gives us satisfaction and controls

our body or state of mind. Controlled mind gives us positive strength. Positive strength improves our health; good health brings every think possible above factors steps towards a goal of life.

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