

Role of Music in Healing and Well Being of Humans

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ABSTRACT

Music is an indispensable Art form and its purpose is to nourish human mind in one or the other form i.e. Dance, singing or Playing and Instrument. Music is a magical sound that expresses emotions beautifully and aesthetically. It's an area that deals with frequencies and vibrations generated at different points by different mediums. The purpose of music is not just to entertain an individual but also make it as a supportive tool to contribute to resolve Psychological and stress related problems in society too. Researches done at national and international level have proven the fact that music has a transformative effect on mind and body. In Fact there is an Alternative medicine field growing up as Music Therapy at world level which uses music as a healing tool for various Genetic/Mental disorders. Music acts as an effective medicine when used in a specific way for a specific person. Autistic Children with disabilities can be benefited from such therapy. Researches have shown that music has a profound effect on all Flora and Fauna in the universe .In the modern world of Artificial intelligence technology has grown to limitless boundaries. By the Change in the lifestyle and changing preferences in life stress of being empowered financially and emotionally are biggest challenges in today's world. Every third person in the world is facing one or the other mental or health issue in spite of having enormous access to digital knowledge . Poor dietary habits , Global Warming ,Weaker social bonding , Lack of job facility , Scarcity of finances , Genetically transformed diseases , Physical and mental Disabilities , Autism results in various types of ailments , depression and disorders .The area of my research is to help the clients to recover from their diseases by using music Therapy as a tool for their healing and overall wellbeing .

INTRODUCTION

Music therapy is an expressive and effective therapy to help clients to improve or maintain their well-being that ensure a good quality life for them. Music is meant to heal mind and body if given with proper frequency individually. Many institutes are working on music therapy at national and international level. Effects of music may be described as Psychological and Physical. Psychological effects of music depends upon what kind of music genre do we listen to. If it makes our mind relaxed or disturbed. As every individual is different, it's quite possible that perception to similar kind of music may vary from one person to another. As the mental state of persons varies individually. Numerous researches have shown that music helps in reducing stress, anxiety, depression to a certain extent. Mental health diseases such as depression and anxiety can have devastating consequences both for patients and their families . Symptoms can be severe and debilitating, leaving individuals alone and isolated. Relationships among family and friends may suffer and individuals may not receive the support needed to manage their disease . Music can improve symptoms associated with mental illness, but it can

also provide an environment for social interaction. ¹ The main Key to open the hidden expressions or suppressed emotions may be opened through playing music (musical instrument), listening to Music or even by rhythmical dance movements. Several untold stories / Traumas remain hidden in subconscious mind since long period of time, may be since childhood. Music helps such emotions to get a path through the tool of artistic notes. Music also affects Physiology / Motor connectivity of a person. The lower vibrations of music lowers the blood pressure, reducing the heart rate by soothing the mind of person with calm music and controls the cortisol hormone which is considered to be a stress hormone. On the other hand songs generating higher vibrations (Fast beat songs with higher pitch) plays significant role in faster motor movements of an individual. Music surely activates auditory cortex, motor systems and improves circuits in the Brain. The outcome of such exercise is improved motor co-ordination, increased tolerance for pain and anxiety. Immune system gets better. Music not only enhances the cognitive capability but also works wonder in Academics of a learner. Music can be utilized not only through a setting lead by professional music therapist but also with individuals and groups in a variety of settings. A wide range of musical styles and instruments can be used, including the voice, enabling people to create their unique music language to explore and connect with the world and express themselves. Bringing out emotions and thoughts through methods of verbal and non-verbal expression and exploration such as dance and body movement, music, art and expressive writing. ²

Materials and Methods

Overall impact of music on healing and well-being has been analyzed with a qualitative approach. This is a descriptive and analytical study based on secondary sources of information from various resources. Reference books, articles, websites, research reports, e-content were used to study the topic thoroughly.

Music as a healing force in the form of Music Therapy

Music has expanded to the area of Therapy also Known as Music Therapy. Music Therapy is a popular therapy these days. It develops our brain and the abilities associated with it. It is beneficial for developing skills of children and other age group individuals. Music therapy helps in curing dangerous and some chronic diseases. ³

At national level more work is going on by various organizations such as: IHIF rehab centre (Delhi), Meera centre for music therapy, Education and research (Bengaluru), Indian music Therapy association (Pune), Manonad Music Therapy centre (Gurugram). Junagadh Civil Hospital, Ahmedabad has installed music systems in all its forty wards since May 25, 2005. Civil Surgeon G.K. Gadheshariya says, "Research has proved that music aids in faster recovery and helps patients relax".

The American music therapy association (AMTA), The Canadian music therapy association (CAMT) The Royal Marsden NHS Foundation Trust (United Kingdom) are doing remarkable work internationally. All these organisations are working on healing therapies on clients suffering from chronic diseases too. The method of healing cum training varies from one institute to another. There are various approaches related to such agencies.

APPROACHES TO UTILIZATION OF MUSIC AS A HEALING FORCE:

- Receptive approach belongs to listening to music and reflecting on it.
- Re-Creational approach is engaging the client in familiar musical melodies and other musical creative activities.
- Compositional approach includes Creating innovative musical phrases or composition small pieces.

- Improvisational approach belongs to spontaneously creating music phrase in the moment.

Many organizations arrange workshops on music therapy for well-being organizes in various schools , universities, Hospitals , clinics ,Rehabilitation centers, Elderly care facilities, Community centers and social service organizations.

Music as a sound therapy: The origin of music is from Naad (Sound) . Sound is further originated from vibration. More the vibrations more the sound is released. There are two types of Naad (Sounds) Musical/Melodious and non-musical that are not more than a noise. The melodious Naad (sound) gives pleasant affect to our mind and body and hence good for our well-being. Naad gives us energy to heal. Every note in music has profound effect on our physiology. Since ancient times Naad is meant to be synonym of Lord Brahma (The creator of universe) and hence is called Naad Brahma. Such as OM is considered to be a universal sound (Naad).By the recitation of OM in continuation one can attain peace and Harmony . OM is considered to be the first sound from which the universe came into being. Chanting OM thus is said to align a person with the divine, the higher force. It is like a bridge between the finite and infinite, and promotes a sense of connection to the supreme. Further, the vibrations generated during the chant have a soothing effect on our nervous system. It is said that regularly chanting the beej mantra (OM) reduces stress, anxiety, restlessness and promotes being calm.Chanting OM also leads to a heightened state of mindfulness. Regular chanting of OM can enhance self-awareness, self-acceptance and spiritual growth.⁴ Similarly in music each and every note, scale ,genre , Raga generates diverse effect on Psychology and Physiology of human beings . As each of these forms generates rasas of various temperaments through their practical use . Each individual needs different type of music to get healed according to his/her Physical and mental state. The persons suffering from various diseases shows rise in heartbeat ,rise in blood pressure , rise in respiration , rise of hormone Level in Blood ,rise in Level of blood Sugar. By giving them individual or group session by music trainers or music therapists they start to recover steadily depending upon supervision of the trainer and co-operation of family members. Music when combined to devotional aspect becomes magical too. various studies have shown that listening to devotional music can reduce stress and anxiety, increase positivity, and promote a sense of inner peace. The calming and focusing effects of devotional music can be beneficial for mental health and well-being. Devotional music can also inspire hope and offer solace during difficult times. So it's also considered to be a good practice for healing one's inner self with reciting hymns and mantras. In North Indian music the concept of **Prahar** (Time theory of Ragas) are great source of healing when sung at proper time .Genres of music may be used by observing the problem of client by observing history ,temperament , Age, Environmental factors , Capability , willingness and grasping ability of an individual.

Impact of music on overall well-being

Music has contributed a lot in the area of well-being . Music listening and music making have been associated with a broad range of positive outcomes in the domains of health and well-being.⁵

- It's a proven fact that children who learn to play a musical Instrument (Percussion/Non-percussion/wind) builds stronger brain circuits enhancing good memory, Focus, Attention and better emotional regulation. Many researches have shown that such children score up to 17% higher in Mathematics and Reading skills positively.

- Music activates key regions in the brain that belongs to focus , active memory and impulse control . This exercise helps the student to remain active and attentive in the class and they succeed to manage their emotions in a better and innovative way.
- By rehearsing music on daily basis a learner develop mental and physical stamina. The learner learn to stay focused , rectify mistakes and improve skills leading to improved performance .
- The focus and concentration gained by music skills results in good academic skills with improved cognitive system .
- Many of the brain scans shown by neuroscientists have shown more grey matter observed in the brains of musically trained children. They learn more co-ordination and emotional strength by practicing musical skills . This practice also strengthens their prefrontal cortex.
- Children trained in musical skills develop stronger connections between the left and right hemispheres which contributes in improving their balance in emotional and logical work conduct.
- Music Training impacts the overall well-being and discipline of an individual. As Learning music skills in itself is an organized plan to work in a structured way and achieve required goals. It helps kids suffering from ADHD or focus callanges benefit a lot from music.
- Music actually rewires the developing brain in powerful ways and energizes person through various combinations of melodious phrases , notes, tones and Rhythmic patterns.

Conclusion:

Music has its deep origin from sound . Sound is related to vibration . The whole universe is generated through various types of vibration. This vibration generates energy which is essential for each and every living organism in universe. Our body also generates and moves because of energy and when this energy is depleted or imbalanced within our body we get sick, imbalanced , non-aligned , out of our original self. We become victim of several Physical and mental diseases . But except taking medication for a long period one can heal himself/herself with the help of Music. May be from a trainer or an educator or Music therapist. It works wonders. Music enhances our mood , behavior and temperament with a positive vibe . Many diseases like Autism, Parkinson's,Alzheimer's are not completely curable but can be cured to live a better life condition with the help of music therapy. Many organizations are putting their efforts to apply Music Therapy as an alternative medicine in our country but more financial assistance from Government is required. Naad (Sound) is music beneficial for mankind . More and more efforts are strongly needed to save and secure the mental health of our citizens . Healing is directly connected with well-being . As it is said healthy mind lives in healthy body. We can fulfill our mind with good melodies and live a life with beautiful vibes .

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