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**RESEARCH ARTICLE**

**INDIAN PERFORMING ART AS THERAPY.**

**Rajinder Kaur.**

Mata Ganga Khalsa College for Girls, Manji Sahib, Kottan, Distt. Ludhiana- 141412.

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**Abstract**

Since the beginning of our Indian civilization, performing arts have been an important aspect of our culture. Music is the most popular performing art form of India. Music is also being used as therapy for treatment intended to relieve or heal psychological disorders. Music therapy / Raag Chikitsa is a scientific method through which the power of music is used for effective treatment of diseases.

The concept of entire Raag Chikitsa is experimental like YOGA, which acts upon the human organism and ensures proper development of humans to the extent of self-realization. Essential features of Raga Chikitsa is the classification of the ragas based on their basic composition i.e. ether, air, fire, water, earth and which balance the nature of the imbalance.

Music therapy based on classical ragas is being used or advised these days for the treatment of insomnia, migraine, hypertension, chronic headache, anxiety, etc. and to boost the immune system as well as the healing mechanism of the body and Music is also considered the best tranquillizer in modern days of anxiety, tension and high blood pressure.

It is evident that music has such a great power of healing the whole living organism and right choice of music to be prescribed for different patients can play a vital role in their recovery. Therefore, new avenues for research & experimentation are still needs to be explored in Music Therapy / Raag Chikitsa.

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**Introduction:-**

Performing art is an art forms in which artists use their voices and their body movements, in relation to other objects, to convey artistic expression. It also includes various disciplines but all are meant to be performed in front of a live audience.

Performing arts may include dance, music, theatre and magic, mime, puppetry, circus, performance art, recitation and public speaking. Some of these are expressed through live performances and others through visual arts e.g. sketching, painting, sculpture are visual arts whereas singing, dancing, acting are qualities of performing arts.

**Music As Performing Art:-**

Our land, India is rich in culture and heritage. Since the beginning of our civilization, performing arts have been an important aspect of our culture. Initially, these arts forms were used as medium of circulation for religion and social

**Corresponding Author:- Rajinder Kaur.**

Address:- Mata Ganga Khalsa College for Girls, Manji Sahib, Kottan, Distt. Ludhiana- 141412.

reforms in which music and dance were performed to gain popularity. From the Vedic time to the medieval period, the performing arts remained an important mode of educating the masses. The Vedas laid down specific rules for the chanting of Vedic mantras. Even the pitch and the accent of singing different mantras have been prescribed.

Music has been the most popular art form of India. The earliest customs of Indian music may be traced from Samaveda which contained the Sanskrit slokas that were chanted in music. Music is also pertained with the worship of Gods and Goddess in the temples. Undoubtedly music is being rightfully well-thought-out the language of the gods.

Music is divided mainly into two classical forms, i.e. the Karnatic and the Hindustani in India. Other types of popular Indian Music are the folk, filmy music and Bhangra. Indian filmi music and Punjabi pop (Bhangra) are considered as world-class musical types and is accepted by people from all over the world.

#### **Music As Therapy:-**

Music is also being used as therapy for treatment intended to relieve or heal psychological disorders. Music therapy is a scientific method through which the power of music is used for effective treatment of disease. It improves emotional, physiological & psychological disorders and restores happiness. The diction, pitch, tone and specific arrangement of swaras in a particular raga inspires, improves and cures various diseases in the body.

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The concept of entire Music Therapy is experimental like YOGA, which acts upon the human organism and ensures proper development of humans to extent of self-realization.

#### **Raag Chikitsa:-**

Music Therapy also named as Raga Chikitsa which means “healing through the use of raga.” It is also defined as the knowledge of how to use ragas for the purposes of healing. Essential features of Raga Chikitsa is the classification of the ragas based on their basic composition i.e. ether, air, fire, water, earth and which balance the nature of the imbalance. Ragas are closely related to different parts of the day according to changes in nature and development of emotions, mood or sentiment in the human mind.

It is alleged that the human body is dominated by the three Doshas – Kapha, Pitta and Vata and these Doshas work in a cyclic order of rise and fall during the 24-hour period as explained below:

#### **First Cycle:**

6:00 A.M. to 10:00 A.M.	-	Kapha
10:00 A.M. to 2:00 P.M.	-	Pitta
2:00 P.M. to 6:00 P.M.	-	Vata

#### **Second Cycle:-**

6:00 P.M. to 10:00 P.M.	-	Kapha
10:00 P.M. to 2:00 A.M.	-	Pitta
2:00 A.M. to 6:00 A.M.	-	Vata

Further, the reaction of these Doshas differs with the seasons. Therefore, it is said that performing or listening to a raga at the proper allotted time can affect the health of human beings. Music is also considered the best tranquilizer in modern days of anxiety, tension and high blood pressure.

#### **Remedial Effects Of Ragas:-**

Raga defines a generalized form of melodic practice and it also prescribes a set of rules for building the melody. It specifies the rules for movements i.e. aahroh & aavroh in the scale, in which swaras should figure more. Ragas also describes which notes should be used more carefully, which notes may be sung with gamaka, phrases to be used, phrases to be avoided, and so on. The ultimate results of it is to provide a framework that can be used to compose or create melodies along with endless variation within the set of notes.

The original ragas in the Indian classical music are created according to the deep knowledge of melodious consonance between the seven swaras and chakras. That is why classical musical compositions are found to have

substantial positive effect on the mind-body system and also have the potential to awaken the otherwise undeveloped faculties.

Because of its fast-remedial properties, Ragas lead to ensuing cure of the psychosomatic disorders. Music therapy based on classical ragas is being used or advised these days for the treatment of insomnia, migraine, hypertension, chronic headache, anxiety, etc. and to boost the immune system as well as the healing mechanism of the body.

For instance, raag Darbari is used for treatment of Headache, Asthama, raag Vrindavani Sarang is for Depression, Raag Bhim Palasi is for Anxiety, Hypertension, Raag Bageshri is for Insomania, Raag Kaafi is for Sleep disorder, Raag Malkauns is for intestinal gas, Raag Malhar is for Asthama and last but not least Raag Yaman is used for treatment of rheumatic Arthritis.

Classical music is now generated new hope, joy and enthusiasm in the otherwise stressed or depressed mind and also relieves one of the pressures and excitements of inferiority, despair, fear, anger, etc.

#### **Effects & Timings In Raag Chikitsa:-**

It is believed that at definite times of the day and night for performing or listening Raga melodies appears to be at the height of its melodic beauty and regal glory which is one of the unique characteristics of Indian music.

There are some Ragas which are very attractive in the early hours of the mornings e.g. Raag Bhairav, In afternoon Raag Todi, others which appeal in the evenings i.e. Raag Yaman, yet others which spread their fragrance only near the midnight hour i.e. Raag Darbari Kanada.

This connection of time of the day or night, with the Raga or Raginis is based on daily cycle of changes that occur in our body and mind which are continuously undergoing delicate changes. Different moments of the day stimulate and excite different moods and emotions.

Every Raga or Ragini is associated with a definite mood or sentiment that nature produces in human beings. Music had the power to cure, feel happy, excited, keep you calm, balance our mind. Wide-ranging research was carried out to find out these effects.

Emotions, feelings and thoughts are greatly influenced by listening or participation in music. Experience derived from music has a powerful effect on the development of one's moral and intellectual outlook.

#### **Music as Therapy in India:-**

'Music Therapy' is a commonly heard expression though not much in vogue in India. This idea was popularized by Mangalampalli Balamuralikrishna in south India who put some efforts in this direction. Spiritual guru Ganapathi Satchidananda of Mysore is an active practitioner of music therapy with the help of some reputed musicians of the south. He added a pinch of spiritualism and calls it 'Naada Chikitsa'.

*Raga Chikitsa* was the original Sanskrit treatise that dealt with curative ragas with mood-enhancing characteristics, used in clinical application. In some hospitals, even in India, mellow music is played to divert and relax patients. Indian music therapy is an integration of ancient healing practices and musical traditions coupled with modifications derived by current clinical practices.

Vedic tradition says that 'Samaveda' paved the way for music. Perfect chant with appropriate stress on each word of 'Mantra' derives its own power. Experiments with sound and its effects has proved that the 'Om-kara' Nadam in a particular frequency sounds have effects on lifting mortal soul to spiritual heights. Some Indian classical ragas are when sung well said to have relaxed persons, and even led to crops and cattle giving a better yield. Some ragas also have healing effects as these nine emotions in Sanskrit are Shringara, Hasya, Adbhuta, Shanta, Raudra, Veera, Karuna, Bhayanaka, Vibhatsa which rule our body and mind.

#### **Conclusion:-**

Across the world, physicians, surgeons, psychiatrists, psychologists are seeking the help of performing art therapists for better results. Music therapy / Raag Chikitsa is now an established health profession and qualified music therapists prescribes the choice of raga & tala along with its usage types i.e. vocal or instrumental music which suits

the patient. Further, instruments provide a continuous melodic pleasure whereas vocal music adds a pinch of spiritual element through the poetic content.

Practice of performing arts as therapy is also flourishing in western countries like the UK and USA. Music therapist's function under the umbrella of an organization called 'Association of Music Therapy (AMTA)'. Some doctors run music therapy sessions in UK, US, South Africa, Australia and Germany.

Hence, it is evident that music has such a great power of healing the whole living organism and right choice of music to be prescribed for different patients can play a vital role in their recovery. Therefore, new avenues for research & experimentation are still needs to be explored in Music Therapy / Raag Chikitsa.

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