

Effect of Nada Yoga (Music Therapy) on Stress and Relaxation

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It is said that *"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances."* But today Man's unlimited desires for materialistic comforts and sensual pleasure and his insatiable passion for gaining more and more fame and success have suppressed that natural inspiration of the Causal body. This made the human life worst even than hell and caused the tremendous flood of the mental disorders like stress, tension, anxiety etc. At one point or the other everybody suffers from stress. Relationship demands, physical as well as mental health problems, pressure at workplaces, traffic snarls, meeting deadlines, growing-up tensions—all of these conditions and situations are valid causes of stress. Stress can cause headaches, irritable bowel syndrome, eating disorder, allergies, insomnia, backaches, frequent cold and fatigue to diseases such as hypertension, asthma, diabetes, heart ailments and even cancer.

In fact, Sanjay Chugh, a leading Indian psychologist, says that 70 per cent to 90 per cent of adults visit primary care physicians for stress-related problems. People have their own methods of stress management. In some people, stress-induced adverse feelings and anxieties tend to intensify. Learning to understand and master stress management techniques can help prevent the counter effects of this urban malaise.

It is the time to do something to ameliorate the sentimental levels of people around. Music seems to be one of the most easily accessible, uniformly applicable and naturally effective remedy for the present ailing state of the human society.

Iron can be molded in to any desired form in melted state same is true with human mind. The preaching and guidance turn out to be most effective given under proper emotional conditioning. In present time efforts are being made to use the immense power of the music to heal the mutual disorders on the basis of the same concept. Music therapy means to conscious use of melody with a view to harness its scientific properties to change the state of mind, modify the behavior of individual and

improve their holistic health .Music is that which is soft, melodious and escalating which feels soothing to the ears and absorbs the mind and the heart in its euphonious tune which does not kill one's sleep instead helps one sleep in relaxed state of mind.

Rabindra nath tagore said

"The world talks to me through pictures, my soul replies to it in music"

A structured variations in swaras gives rise to music. No music could be composed without involving the ups and downs in the basic swaras of Nada.

The ancient Indian thinkers were aware of the role of two minds in man : the analytical mind works on the basis of analysis segregating the self from others . The analytical mind is a divisive mind which may ensure worldly progress by being selfish and self-centered . The emotional mind works at a deeper level exhibiting inherent powers of creative and intuitive capabilities .The modern neurologists, while analyzing the human brain have attributed these functional characteristics into two hemispheres, assigning the left to the analytical mind and the right to the emotional mind. As thinking segregates the individual from the rest and feeling integrates the emotional mind, there is always a conflict within an individual when each of these minds try to out-smart each other. The ancient system of yoga has a ready answer to solve such conflicts, as it aims at balancing these two minds and harmonizing their functions.

Music is akin to yoga in as much as it aims at balancing the two minds which otherwise, are capable of conflicting with each other. Indian music, In the Tala system is totally analytical in its approach as high mathematics is involved in its 108-odd Tala possibilities emerging through various combinations of rhythms. On the other hand, Indian ragas are fully emotive. It is by a careful combination of the emotional raga and the analytical Tala in a single thread of composition, that Varnams, Gitams, Tillanas etc have succeeded in achieving the required balance between emotion and analysis, not only in performers but also in listeners!

"Music therapy has a long history and various researches show that the bliss of music is a latent food for all living being. According to prof . A . Hunt, Music is the best medicine for a broken heart. Dr. Barbara brown has shown by his study that the rhythm of heart beat rapidly adjust itself to the tune of music. Dr. Luis Werner states in his book 'The Gland regulatory personality' that music puts a tremendous effect on the

functioning of the gland secretions. Music therapy based on classical instrumental music is being used these days for the treatment of insomnia, migraine, hypertension, headache, anxiety, stress etc.

A research study in Berlin University showed that the vibrations of the beguile sound could destroy bacteria and germs in the surrounding. Dr. D. Brine of Chicago had been treated hundred of cases of hearing impairment by making the patient play or listen the sound of *Shankh*. Dr. Balaji from research team in Sweden and Germany has shown that although listening to high beat music for five to ten minutes remove lethargy and instantly generates new alacrity. listening to it for long time and frequently has damaging effect on ear drum and the spinal column. The smooth and balanced flow of general important physiological fluid also gets disturbed."

Musical experience involves emotional titillations, resulting in the kidnapping of the mind. By diverting the mind from its concentration on a pain location (or a painful experience) music can work like a pain-relieving drug, sans its side-effects! Through its subtle rhythms and with variations in frequencies and modulation, music affects our mind. It can agitate or soothe, attract or repulse, tense up or relax!

Body , Mind and Music

It is well known that the impact of one element on another produces sound. The atoms and subatomic particles of the element that is knocked vibrate and generate corresponding quiver in the molecule of the surrounding medium (air or ether) too. The waves propagated by these vibrations in the medium consequently spread circularly in all direction.

Human body consists of so dense network of a large number of interconnected nerves that practically every component of body gets connected with every other via this network. If a small needle touches or pinches one ear (or any other body part) the body feels an instantaneous shiver as though an electrical charge is induced in it. By the same mechanism, vibrations in the surrounding air when reach the ears also titillate every component, every atom of the body, although we do not always experience them because of their subtle intensity. Different kinds of sound causes different kinds of effects on various components of the body because of corresponding variation in the type and intensity of the

resultant current in the body. If these vibrations happen to be generated by Music then the associated quiver in the body current would also be rhythmic and of a tuned intensity.

Why music as therapy

Music is indeed a divine boon for human society. Almighty has bestowed us It upon us as a natural mean for awakening the inner sentiments, improving the creative powers and concentration of the mind and as a powerful remedy against emotional sufferings and sorrow. The shastras quote-

“swaren samlliyate yogi”;

meaning is that the yogi get immersed in divine sentiments by practicing the swaras- the musical notes.

Types of music therapy

- One is active mode of music therapy.
- The other one is passive mode of music therapy.

Music Therapy is helpful in both forms - sickness and wellness - of medical industry. In this both forms, music therapy helps to restore good health and helps to maintain the same. Active mode requires participation of the patients in the music therapy sessions, while the passive mode of music therapy requires mere involved listening. In the medical field, passive form of music therapy plays a dominant role in the betterment of the patients.

The active mode of music therapy is useful in Pediatric areas and in few of the Neurological problems. In the Pediatric areas, the active mode of music therapy helps for the hyper active child to reduce the over activity in a given period of time and enhance the quality of concentration in child. With regard to speech difficulties in children this active mode of music enhances the quality of fluency in speech. Music training also enhances the Verbal Memory improvement in children.

Many of the behavior problems in children and developmental delays and other problematic behaviors also may be attended through active mode of music therapy. Music Therapy in expressive behavior, imagination development in children, and projecting the ideas while participating etc., are all feasible in this active mode.

In the neurological areas the neurological aphasia; both the receptive and expressive aphasia may get the necessary stimulation, required to bring back the needed communication in patients. The lyrics in active music surely triggers the memory folders in the brains of patients and helps to revive the same.

The passive mode/form of music therapy may surely be implemented in almost in all areas of medical field as an alternative or as an adjunct or as a complement to medicine.

How Music Helps ?

Music helps in the treatment of actual diseases in the following manners :-

1. One obvious use of music is that of a sedative. It can replace the administration of tranquillizers , or at least reduce the dosage of tranquillizers.
2. Music increases the metabolic activities within the human body. It accelerates the respiration , influence the internal secretion, improves the muscular activities and as such affects the "Central Nervous System " and Circulatory System of the listener and the performer.

Principles of Music Therapy:-

Music Therapy is not the subject of an article only . The entire subject is now in the experimental and implementation stage , and data are rapidly accumulating . And the ancient system is gradually being transformed in to a modern science . India classical 'Ragas' have been acclaimed to have healing effects .They stimulate the brain, ease tension and remove fatigue. The effect of Music Therapy may be immediate or slow, depending upon number of factors like the subject, his mental condition , environment and the type of Music, selected for having the desired effect.

Music Therapy largely depends on individual needs and taste. The use of Music as therapy is based on scientific and clinical approach and has to be used with great care and deep study of the nature of illness. We can call it " The study of Individual- Modality Theory". Before using music as Therapy it must be ascertained which type of music is to be used. The concept of Music Therapy is dependent on correct intonation and right use of the basic elements of music. Such as notes [swara] rhythm, volume ,beats, and piece of melody. There are countless 'Ragas' of course with countless characteristic peculiarities of their own. . That is why we can not established a particular Rag for a particular disease . Different types of Ragas are applied in each different case .

Effects of Music:

Music therapy was more effective than doing relaxation therapy alone. Many experts suggest that it is the rhythm of the music or the beat that has the calming effect on us although we may not be very conscious about it. They point out that when we were a baby in our mother's womb, we probably were influenced by the heart beat of our mother. We respond to the soothing music at later stages in life, perhaps associating it with the safe, relaxing, protective environment provided by our mother.

Music can be one of the most soothing or nerve wracking experiences available. Choosing what will work for any individual is difficult, most will choose something they 'like' instead of what might be beneficial. In doing extensive research on what any given piece of music produces in the physiological response system many unexpected things were found. Many of the so-called Meditation and Relaxation recordings actually produced adverse EEG patterns, just as bad as Hard Rock and Heavy Metal.

The surprising thing was many selections of Celtic, Native American as well as various music containing loud drums or flute were extremely soothing. The most profound finding was Any music performed Live and even at moderately loud volumes even if it was somewhat discordant had very a beneficial response. Whenever the proper sounds were experienced an amazing right/left brain hemisphere synchronization occurred. The normal voltage spiking pattern changed to a smooth sinusoidal waveform and the usual voltage differential equalized. The entire human energetic system is extremely influenced by sounds, the physical body and chakra centers respond specifically to certain tones and frequencies. Special consideration

should be given to the positive effects of one actually playing or creating music themselves.

Among the first stress-fighting changes that take place when we hear a tune is an increase in deep breathing. The body's production of serotonin also accelerates. Music was found to reduce the pain during dental procedures. Playing music in the background while we are working, seemingly unaware of the music itself, has been found to reduce the stress.

Music was found to reduce heart rates and to promote higher body temperature - an indication of the onset of relaxation. Combining music with relaxation. Classical instrumental music consisting the instruments like flute, vina, sitar, jaltaranga etc. music has changed with the day. Musical experience involves emotional titillations, resulting in the kidnap of the mind. By diverting the mind from its concentration on a pain location (or a painful experience) music can work like a pain-relieving drug, sans its side-effects!

Through its subtle rhythms and with variations in frequencies and modulation, music affects our mind. It can agitate or soothe, attract or repulse, tense up or relax!

Criteria of music therapy:

Music therapy has since past few decades , gained recognition in France, Germany, Japan and USA .It is commonly being used for the maintenance of health and cure of different kinds of physical and mental weakness and psychosomatic disorders. The effect of music works slowly but gradually increasing momentum on the mentally under developed and insane patient.

All the persons either the children, adolescents, adults and the elderly with mental health needs developments and learning disabilities, Alzhimers disease and other aging related conditions, substance abuse problem, brain injuries, physical disability and acute and chronic pain including mother in labor. Music therapist work in psychiatric hospitals rehabilitation facilities, medical hospitals, out patient clinics, day care treatment centers, drug and alcohol program, senior centers, nursing homes etc .

Music therapy has a long history and it has been eminent part of the Indian culture. In current time there are AMTA promotes a vast amount of research exploring the benefits of music as therapy through publication of the journals music therapy.

It allows person with mental health needs to explore personal feeling, make positive changes in mood and emotional states, have a sense of control over life through successful experiences, practice problem solving and resolve conflicts leading to strong and per relationship.

Music therapy must be considered an active treatment by meeting the following criteria:

1. Be prescribed by a physician
2. Be reasonable and necessary for the treatment of individuals illness or injury.
3. Be goal directed and based on a documented treatment plan.
4. The goal of treatment- can't be to merely maintain current level of functioning , the individual must exhibits some level of improvement.