Fourth Chapter
SEQUENTIAL DEVELOPMENT AND REMOVAL OF THE INTERRUPTION IN THE PERSONALITY THROUGH THE CONTRIBUTION OF MUSIC

4.1 THE AIM OF PERSONALITY DEVELOPMENT

Personality is the result of development. There is role of heredity and atmosphere both, in this development. The aim of personality development is that, a person is well developed physically, mentally, morally and spiritually and is capable of welfare of self, family, society, and the whole human race. If the personality is not developed properly, then its adjustment with people will also not be good and they will remain a more burden for themself and others. Therefore it is equally necessary that the personality do develop properly for the welfare of human race and for oneself.

4.2 THE AIM OF INDIAN MUSIC

The scholars accept 5 fine arts viz. Architecture, sculpture, painting, music and literature. The elements of all the arts are the same and are observed deeply there will also be the same. Their aim is to create unprecedented joy or divine bliss. The main basis of music is Naada and it is the part of the Param Brahm. Indian music makes that Para Brahm realizes and its quality is to do so. Music is not only beautiful but is an art of higher quality providing solace, joy, and inspiration to the mind. Music is the real brother of an art making available god-realization.

The objective of music is to relieve an anxiety-suppressed person from their anxieties and tiresomeness and make available to them the unprecedented joy. That which possesses this quality should be termed ‘Sangeet’ well sung or else it is mere clamor even though it is some style or method. Taking assistance of swar (sound), language taal and marg (method), a song expresses a man’s feelings. Instruments are assistance to song and dance fortifies that feeling. The Indian music is chiefly divided into these categories viz. the classical music, simple and folk music. The classical music is
bound with classical rules. In it there are Dhrupad, Dhamar, Khyal, Tappa, Thumari, Dadra etc types of styles. Bhajans, Geets, Ghazals etc are known as simple (sarala) music. There are no hard bindings of the rules of classical music in it. And they are mainly based on pleasing the audience. The folk music is free from classical rules. The simplicity of thoughts and sweetest expression is it purpose. The folk music is like that Ganga (river) whose object is welfare of the masses. It floods and inundates the mind soil heated by the 3 taapas (heats) and makes it fertile with pleasure. In the words of Dr. Chinta Mani Upadhyay –

“The thoughts of human heart in the folk songs descending on the common level of folk life are expresses in the forms of hope, disappointment, attraction-destruction, joy, sorrow, love and hate etc. In this expression of folk songs we observe that beginning stage of folk life where the common man does not accept the man made binding through social etiquette, expressing his ambition, enthusiasm, emotion love, hate etc. Free thoughts and its free expression are the first characteristics of the folk songs”.

The Indian music is a very divine and sacred discipline. According to Indian understanding music is the real form of God. The Indian disciplinarians have accepted music as a successful medium to achieve divine pleasure. The objective of music has been told as the realization of divine pleasure, to experience the bliss of God (Brahman).

The main aim of music is asceticism; the stage of nothingness is achieved through it. From the ancient times till now there is the system of singing and playing on instrument at the times of worship is in vogue. Worship of God through Bhajans and Aarties in the temples, playing of sad music in the churches by the Christians, proves the greatness and importance of music. With this above type emotionalism, sympathy and forcefulness is produced through the medium of which the human heart being cleansed, repenting their sins is inspired towards the worship and meditation of God. Music was born for this objective. Today music is the best means to reach supreme pleasures.
For the realization of God for worship and meditation, music is the only potent medium because the wavering mind can be concentrated soon with music.

‘Goswami Tulsidas’ has said:

“Haripd preeti n hoy bin gaye sunay” |

“All our rites and rituals are full of music. Gurudeva R.N. Tagore saw music seated on a higher pedestal. He accepted it as a medicine of spiritual experience.

“Mukti ye aamarey taai sangeetray maajhey dey – saada” ||

The devotees realize supreme pleasure through bhajans-kirtans. Music is the easiest medium of deliverance. Being situated on the spiritual pedestal the aim of Indian life is self-realization. Due to this spiritual greatness mingled in life, the highest aim of every art has been to gain spiritual pleasure. The chief aim of Indian music, not being a source of recreation at worldly stage, is also a medium to achieve supreme pleasure and spiritual peace for the discipline of devotion and religion.

There was a time when music was merely a thing of re-creation. It raised waves in body and mind. Even a tired and downcast person felt new zeal within him and dejection gave way to new enthusiasm and valor. It was a sure shot for a downcast state. Happiness would increase two fold and excite the pleasant atmosphere all the more.

According to old legends the Apsaras (fairies) in heaven creating an atmosphere of happiness would increase its importance in any fold.

In the Satyugi (first millennium) atmosphere the Yakshas, Gandharva, Kinnaras created the sacred atmosphere. The Gods which are more known to earth were, Shankar with damru (drum), Saraswati with Veena, Kujhaulini with Narsingha and Krishna playing Flute are displayed.
Poisonous atmosphere crept in the Medieval Period and absurd experiments began exciting best in the place of divine sensitivity. Conspiracies of exploitation and torture too continued during the feudal system. The sad cries and the screams even moved the stones. Even the perpetrators of genocide would move those days due to self torture and folk humiliation. The soul would be restless. In order to lighten the tortuous humiliation, wine and women were resorted too. The lighter the bitterness of heinous morbidity, lust and sex were introduced in music. The artists could not create this process of toxin the elixir, mere dances and prostitutes out of lust for money, began to re create the perpetrators. They also began to sell their bodies for this along with absence singing and playing on instruments. The co-operating courtiers of the federal lords also began to do all this to display their effect.

The saint’s emerged to mend the dark age of the medieval period. Observing the fallen zeal of the people and the pervading ignorance, they considered only music the proper medium. Most of them adopted it and the medium of Keertan. Chaitanya Mahaprabhu gave new lease of life to Narada tradition. Besides this, almost all the saint’s adopted the same paths. The groups of saint’s were virtually the keertan bands.

Man looks like an intellectual but actually he is thoughtful and emotional. Distracted by feelings even for want of means, he can adopt idealism like, Shivaji, Rana Pratap, Chatrapal, and Banda Vairagi. Intellect only accounts for profit and loss. To struggle with oppressions and to present emulative ideals thoughts-emotions plays a higher role. The intellects make only plans and attach importance to profit aspect. But to adopt ideals one has to bear with the pains, the necessary inspirations are provided by the thought emotion. There is no other better medium to reach the emotions to the deepest heart than the feelings. Whether creative or pertaining to struggle, the Gurudwaras had to adopt this knowledge because saint-soldiers had to be raised. In the temple this became an important medium. Somewhere Akhand keertans were organized. The charisma of Narad’s veena obsessed their minds which had reversed the vicious path of Valmiki and not only Dhruva and Prahlad had taught but had
taught Parwali, Sukanya and even Savitri. To adopt it was not possible at general base. Where the personality of a person awakens the common men from his energy, there the music works wonders. Only on arousing the emotions one can take enterprise and can devote to higher idealistic objects. Chandverdai enthused Prithvi Raj Chauchan and Shivabhavani to Shivaji to fight even death.

The importance of music was deteriorated and it was humiliated because petty people used it for mean purposes. People, frown the filmy song best; they should misguide the immature minds.

The swar (sound) and laya (rhythm) are the medium of music through which an artist expresses his thoughts and he realizes and makes other experience the supreme pleasure. The Indian music is different from the other music of world. The music can carry us to the Supreme Being where there is only the pure joy Music is primarily a religious and spiritual art trading the path of which we can approach our object, The Supreme Being.

Music arouses the feelings of patriotism among the citizens and inspires them to sacrifice themselves for the country. The famous scholar Shri Umesh Joshi has mentioned in his book *music of Indian history*; that Chand Biwi derived inspiration for war from music. If music is properly utilized for national welfare, it will not only increase the prosperity, power and cultural values of the nation but also make available truthful, dutiful, and ideal citizens which are the invaluable property of any nation. Therefore our aim of music is to generate feelings of unity among the citizens. Where all the citizens chant the national song unitedly, the feeling of dedication that is aroused in them cannot be described in the same way the patriotic songs intensify the feelings of patriotism in a person.

The use of music in this country has been done in many ways for the welfare of administration. During the Mauryan Period, ‘Chanakya’ considered the knowledge of music for espionage as compulsory attribute and had directed them that in the time of need they stayed in the enemy for disguised as musicians and inform the plans of their possible attack with blowing the conch shell and beating the drums. The
tradition of utilizing the music in the battle field is very ancient, which enhances the
zeal of their brave soldiers and discomfort the enemy. The poison-girls were also
utilized during those times to kill the enemies who were required to be very expert in
the knowledge of music.

The aim of Indian music is to create beauty. Its objective is to make available and
realize the spiritual joy. The ragas were constituted with various groups of swaras
(sound). Specific construction and shapes of the swaras (sound) is raga. To express
minute thoughts-emotions with the medium of swaras is music. Music sophisticates
the personality and assists the individual to be free from anxieties and tensions.

Every art has some aim or the other. Indian music inculcates discipline in a person’s
life. Music introduces a person to a disciplined life. The aim of music is to develop
both mentally and physically. The aim of music is to maintain culture and civilization
of the nation, to fortify the international relations and human welfare. The aim of
Indian music is to worship God and arouse spiritual thoughts and devotional feelings.
Its aim is also love, co-operation, good and sweet music and to establish social unity.
Its other aim is research of Naada, removal of diseases through Ragas, guidance of
knowledge and science. Music pacifies our restless minds and recreates man.

4.3 CONTRIBUTION OF MUSIC IN PERSONALITY DEVELOPMENT

“Music is not only a mere tone but also a potential medium of inaugurating the minute
inner tendencies”

“The beauty of music guards and improves the citizen, society, culture and civilization.
The various stages of naada are expressed in symbolic forms and indicate towards that
element which is a man’s long cherished goods”.

Music has an important role in the making of a well-cultured personality. Music is a
successful means of concentrating the mind. It is a kind of yoga there is discipline in
it. The work of inculcating discipline in life-personality is brought by music
discipline. The mind is restless, impatient. Music leads the mind towards concentration. Concentration is an attribute of an ideal personality. The artist is drowned in the swaras (sound), concentrates on ragas which prevent his mind from straying. Music inspires a person and makes him dedicated to work. Music is a great means of self expansion. It makes him feel the divine element of the personality. This is a kind of self realization. A person gets healthy socially through the national and inspiring music.

Music inculcates sense of music in a child. This produces the knowledge of good and bad in him. Through music devotion it is easier to make the personality disciplined and patient. According to learn men music discipline also causes mental development therefore along with recreation, his intellect also develops properly. His learning capacity and imagination too expands. Concentration increases with attention to music.

The sensitivity remains centered due to simultaneous attention being paid to word, swar, rhythm, taal etc. Respect for the guru (teacher) and treating all equally is inherent in music through which a child develops discipline and moral sense. Music is helpful in all-round development of personality viz. physical, mental, social, moral and emotional.

4.3.1 Music and Physical Development

With the training of music a person’s physical development is proper. A person performs, exercises in music discipline. Practices, this involves physical exercise and his muscles become strong.

The throat muscle gets stronger through practice of music (raga). Breathing control makes the lungs-exercise. Respiratory diseases don’t occur. The dance involves the exercise of total body. Playing of the instruments makes the hands and arms muscles stronger. Exercise of every organ of the body is done in dancing which makes the body healthy.

There are four parts of neck movement viz.:
1. Sundaree greeva
2. Tirashchini Greeva
3. Parivarti Greeva
4. Prakarupit Greeva

Therefore the neck becomes shaped through movements. In the same way there are 8 kinds of eye movements viz.

1. Sum
2. Sachi
3. Alok
4. Pralok
5. Nimnlikhit
6. Anuvratta
7. Ullokit
8. Avalok

Therefore music discipline assists in the development of our physique. At the time of exercise sweat emerges which cleans the body and it remains healthy.

4.3.2 Music and Mental Development of Mental Activities

During the training of music, it casts its effect on person’s mental activity. The concentration increases. It also casts its effect on the learning activity of a person. The activity of learning the music lessons develops a person’s memory. Their imaginativeness increases. So far that even the mentally handicapped child has been found to have a taste for music. They are also attracted towards the sound waves of music. This has been found in an experiment.

“Alvins, study of the responses to music shows that music proved to be a means of communication with the school going mentally retarded children. The response was physical through rhythmical or imitative movements, verbal and emotional social integration, development in sense perception and an increase in the span of attention was noticed”.

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Therefore it has been found that various mental activities of a person are influenced by music.

4.3.3 Music and Emotional Development

Art makes people sensitive. Music specially the Indian Music is the exciter of pitiful, shrigar (love), peculiar and calm thoughts (emotions). Through music one can express their emotions properly. They express their feelings of joy and sorrow etc. through the medium of swaras (sounds). As result of music the impression of emotionalism is around, which is necessary for a mature and a good personality. If a person is not sentimental, then harshness jarringness and hardness will take over them.

“The sensitive energy goes on enhancing along with the development of the artist and the audience. There is the difference in the sensitivities of men with normal mental development and those of the artist or the audience and the reason of this difference is practice because the sensitive energy can be increased with special practice”.

4.3.4 Music and Development of Social Feeling

With the musical processes of song, group playing of instruments, group dance, folk dance, belle dance etc. strengthens the feeling of sociability in a person. When an artist sings or plays on instruments and attempts to please others minds, they are not alone. The audiences are also with them. The music is intertwined in religion and culture. During the music training the development of social values takes place properly. The main aim of artist is to please others and to lessen other’s sorrow. As they enhance this practice their social circle also expands, therefore music has its contribution in developing the social feelings.

4.3.5 Music and Moral Development

There is a role of music in moral development. Music training brings discipline in a person’s behavior and paves the way to treat all others equal. In music neither there is anyone big or small, for teacher all the student are equal. It is also very necessary that the character of a good artist is also good. A person busy with music a discipline
does not proceed towards the wrong path, their heart is pure. Worshipping naada, their moral self is also elevated. Music makes ones character strong. It sows the divine seeds in a child since a childhood. Control inherent in every organ of a true artist is that reflection of their self discipline which glorifies the surrounding atmosphere with their own glory.

4.3.6 Music and Spiritual Development

The latest aim of art is to be elevated above the mundane world and find such a blissful stage where there is no place for worldly qualities

“Vishrantiyrshy sambhogay sa kala n kala ytaa |
Liyatay parmanandey yyatma s pra kala” ||
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"विश्रांति यर्ष्य संभोगय सा काल न काल यता |
लीयते परमानंदे ययत्मा स प्रा काला" ||
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The followers of devotional path also realized God through music and elevated above his mundane world. According to Indian point of view, music is not only a mere re-creation for this tired mind but postulate supreme welfare with the research of God. The matter of fact is that the Indian view about music has always been spiritual. Controlling the restive mental tendencies with concentration of mind, the realization of human welfare, has been the Indian view about music.

4.3.7 Music and the Beauty Perspective

With the music power of music arousing the stable thoughts of a being and drown him in a joy, is the aim of an artist. Eliminating the animal instincts of man, music leads them towards the true, the good and the beautiful.

Music training arouses the sense of beauty in a person. It makes a man see beauty. All the people possess the power to feel beauty. With music person’s heart is overwhelmed with tender feelings. An artist is a worshipper of a beauty.

To create beauty in the form of music the artist abides by the principle of relativity, equality, company and balance and makes other feel beauty through his art.
Therefore music art sophisticates personality and creates feelings of beauty in a person.

The personality of a man is a combination of internal and outward tendencies. Only one case does not create a particular tendency but there are many factors of the development of person's personality, music plays an important role in the development of the personality, especially during the student life in respect of mental and intellectual development of a child accepting its importance in life.

Plato has said:

“For a successful teacher it is necessary to be musician, because above all the subjects’ music is such a medium which not only trains the mentality but also the feelings of heart and renders them pure form which removes the personal vices”.

4.3.8 The inspiring Element of Musical tendency

There are many elements of musical tendency that produce attraction in a person towards music. Heredity is the most potent cause of musical tendency. Therefore this tendency is visible in such artists from childhood. Understanding the elements of music desirably one who pursues the music discipline with musical joy is introvert i.e. they do it for their self-joy or in the devotion of God. Swami Haridas comes into category.

The personality of some people is thought based. In them the sense of beauty and tenderness of thought is present. They are attracted towards this art. They possess the artistic tendency, therefore if they practice, the discipline of art they can be successful musicians.

Due to physical and mental deficiency in some people mental knot is formed and as a result of it they suffer from inferiority complex. More over it is seen that such people gain efficiency in music or other arts to compensate, the inspiration of which they get unknowingly.

Self expression is also a pervasive inspiring element. With the inspiration of establishing their importance a person's taste goes towards music.
With the Greed of satisfaction (mental) fame, money and desires, generally people are attracted towards music.

These days’ people want to learn music for fashion though they have no liking for music discipline. They also learn music with a view to raising their social stature and with the aim that they have knowledge of the art.

Atmosphere is also an inspiring element. In the atmosphere of music, a person develops the inspiration to learn music.

**4.4 REFLECTION AND IMPACT OF MUSIC ON THE DIFFERENT STAGES OF LIFE AND DEVELOPMENT OF PERSONALITY**

When the child is born in this world, there is a rhythm in their crying, laughter, and movements of their hands and feet. A newly born baby stops crying to hear sweet music. Growing up a little the child moves their hands and feet with a rhythm. Their attention is diverted towards the direction from where the sweet music is emanates. The infants and its movements are simultaneous action which to encourage and give an able direction is our duty, so that the child may develop naturally. The children are much pleased to hear a dramatic songs, or on the tuning of any musical instrument, a small sound creation makes them hop like frogs and act like birds, is very tasteful and pleasing to them. Often the children dance and hop to hear some musical creation. Thus various types of tendencies of physical movement can be adopted.

Often the children find it difficult to learn the hard lessons of their curriculum. If these subjects are musical and taught to the children in the form of poetry, they learn them easily and soon. The songs also develop their vocal organs properly. A song affects the exercise of the lungs and the breathing system also develops properly. Through dance and playing musical instruments a child’s hands and feet muscles remain active. Thus this imparts physical exercise and the elasticity to the muscles. The music also concentrates the wavering mind and the vacant time of the children is also utilized purposefully. Their creative powers also develop through music. The
children play by singing in groups. Songs of several subjects can be taught to the children as moving songs, bird songs, weather songs, and parade songs, national songs, songs of cultural importance, shlokas, bhajans, prayers, etc. besides small songs, cabare, drama songs etc, are very useful for the children. Therefore it will be easier for the children to shine their personality through music.

- **Infancy:** The jobs of sound culture are easily possible in this age. This is the age when the effect of sweet music firms in the mind, influences and lasts till the end. Later on, the child begins to pronounce words as well as the sound of the music. An infant possesses the knowledge of rhythm since birth. The children are taught the songs of cat cow rain, stars etc subjects by clapping.

- **Childhood:** Self confidence is formed in child in this age. This age is the proper for the knowledge of sound and its practice as well as for the practice of meditation. If child is asked to meditate on sound, the meditation and the taste both will increase simultaneously. If music is taught in the form of play, they will recreate and the imagination will also develop.

- **Adolescence & Youth:** The tendency of emulating the great and famous persons is discernible in a child. Music easily performs this function in the right direction. The good character and the habits of a music teacher influence the child. Their power of observation and assessment increases. If they are asked to sing in small functions for formation of self-confidence, it will increase their self confidence. Music is the most proper thing to arouse respect in religion, God, and Teacher.

- **Middle Age & Old Age:** A person expresses their inner thoughts through music. Music is the proper medium to reduce tension and tiresomeness. Music is the best means to reduce a person’s self of loneliness.

The effect of music is positive on all the stages of development, with the practice of singing, the sound organs, throat, tongue etc. all get activated as they get exercise automatically. The lungs also get their exercise and the breathing system is controlled. In the same way exercise of dance keeps hands and feet and other organs
of the body active as well as the body itself. The exercise secretes sweat which extricates the dirt of the body. Due to proper exercise the physique also develops properly. During adolescence the role of music is important. If adolescent devotes their vacant time in music, their mind will not roam about wrong ways and sense of beauty will arise in them in the same way in old age music evades the loneliness and makes them experience peace and joy.

4.5 RELATIONSHIP OF THE RHYTHM WITH THE PERSONALITY

Along with the evolution of human civilization, excitement of heart and its violation occurred in music. In the various measurements of their motions of time the musicians with their sounds and the literatures with their words further intensified fine arts later on.

The word ‘Laya’ (rhythm) is derived from the Sanskrit root word ‘Lee’ which implies to be absorbed or drowned i.e. to assume ones. We can experience the evidence of oneness at the time of parade march when the feet of the platoon rise and fall in oneness with the sound of ‘Left and Right. Then a quantity comes in our motion and our feet fall in a measured motion. Therefore the regular motion of time is called ‘Laya’ rhythm.

Thus we can define ‘Laya’ rhythm as; the equal motion of time is called ‘laya’. Philosophically ‘Laya’ is important factor between individual and nature, a regulation like day and night revolving of the moon and earth round the sun and the regular movement of the season all have been counting in a ‘laya’ rhythm. An individual’s life is also based on ‘laya’ which can be absorbed in the human body in the form of blood circulation. If the heart stops beating in a ‘laya’ rhythm, the life itself will be in danger. In the absence of definite regulation passivity takes place. In music too this is the importance of ‘Laya’ rhythm. Therefore music is so heart touching and internally effecting.
This ‘Laya’ rhythm is present in all the physical objects and beings. It is difficult to live without ‘Laya’ even for a moment. Motion is our life and when the motion stops life comes to an end. There is a motion ‘Laya’ in speaking walking and breathing etc all.

The main function of the music is to create pleasure and comfort. The ‘Laya’ based songs influence the audience easily. Therefore the common people clap with the folk songs and in the villages mostly the drum ‘Dholak’ is used. Even the residents of the cities in some musical function enjoy more, the competition between the singer and the table player.

Generally there may be the two meanings of ‘laya’, the first general of the word and other definitive. The clear word meaning of ‘Laya’ is union, uniformly, meeting. When our mind becomes one with something or idea, that stage is called ‘thaat of laya’.

The whole universe is bound with ‘laya’ motion. In daily life men animals’ birds animate – inanimate all work at regular times. This is unbreakable, but it has been divided for utility, in hours, periods, days, months, and years. The earth revolves around the sun in 24 hours. There is also a regulation in the tides and ebb of the sea. The whole nature created by the Almighty, there is a regular motion of time is music and this gives ‘laya’ to the music which is useful and stable.

There is also a definite regulation, ‘laya’ in the development of our personality. There is a similarity in the qualities of the personality. A ‘laya’ is found among these. There is also rhythm in our talks. There is also a rhythm in a child’s walking, crying, and laughing. There can be no personality without rhythm. An individual’s personality will be impressive only when there is a rhythm in it. Without rhythm his personality remains unattractive. There will be no existence for him.

Even a sensitive person is influenced by the motion immensely. Often the clock sound of the watch produces tiredness and slumber. The sound of the moving train helps the travelers to snatch a sleep. This can be proved by the geometry that by the
use of regulated sound and motion in special situations, big iron bridges can be broken and glass reduced to pieces. There is unlimited effect of motion on human nature. Many wonders can be created by the intelligent and effective experiments of motions.

Without mobility nothing is attractive in the naad. Laya is the soul of music. There are different types of laya to produce the Karun, veer, shringar, shant, rudr, and bhayanak raasas (the various stages of motion in the mind).

The ‘Layas’ or ‘laya bhang’ displays the intellectual discipline of the disciple. But it is not possible for the audience that his heart is filled with pleasure, with aad, kuaad biaad etc. layas. The various experiments of the layas, different emotions are created. Therefore experiments of layas should be full of emotions. The ‘layas’ are present in all the physical objects and beings. It is difficult to live without ‘laya’ even for a moment. There is a motion from sun rise to sun set and in the heart beat of a mass.

The ‘laya’ is an important part of; every music of the world. The independence of musical expression is disciplined by the ‘laya or motion’. The laya is of three types:

1. Bilambit (Slow)
2. Madhya (Medium)
3. Drut (Fast)

Kriyantar visratilayah s trividho matri. I

Druto madhyo vilanvasca drutah sighra Tamo matri. II

Chiefly the ‘Layas’ are three main types:

1. Bilambit (Slow)
2. Madhya (Medium)
3. Drut (Fast)
There is a close relationship between ‘layas’, their types and personality. The ‘laya’ displays the behavior of an individual. We learn about his tendency from ‘laya’. The people who's functions speed is slow, will be introvert and deep thinker and whose speed is fast are extrovert laborious longers and outspoken. Thus through ‘laya’ personality of an individual can be assessed.

These different ‘layas’ also influence our personalities. If ‘slow laya’ is heard its effect will be different and ‘fast laya’ will produce its own effect. If songs of ‘Drut laya’ are being played than individual will feel active and in ‘Bilambit laya’ he feels tension free. In the same the ‘madhya laya’ is helpful in the days work.

The people whose personality is introvert prefer slow laya in the same way extroverts are influenced by the Madhya laya and Drut Laya, because these layas identify the personalities. That is why person derives pleasure.

If the child is made to hear fast motion song, their personality will also develop in same direction, contrary to it if a child is made to hear slow motion music their personality will develop as introvert deep thinking, and go deep down into a matter.

People are differently affected by different motions that depend upon their personalities. People of different personalities prefer different ‘layas’, some slow motion, some fast and some medium. Therefore it is evident that the ‘laya’ is closely is connected with our lives.
4.6 AESTHETIC EFFECTS OF DIFFERENT SWARAVALLES ON THE PERSONALITY

The life of music is naad. Indescribable joy and elixir is produced through the descent and ascent of various swaras (sounds). Every sound has its own existence and casts different effects on the personality. The rasas (joys) of every sound are also different.

It has been said in the ‘Chitra sutra’ –

‘Madhyam and pancham produce hasya (laughter) and shringar (love theme), Shadaj-pancham veer (bravery) Rudra (anger) and adhbhut (wonder), Dhaivat produces Bibhatsa (disgust) and Bhayanaka (fear) and the madhyam swar (sound) produces the shant (emotion of peace). About Laya (rhythm) it has been told that the madhyam laya (middle rhythm) produces Hasya (laughter) and shringaar. The Bilambit Bibhatsa and bhayanaka and the Drut laya produces veer, Rudra, and Adhbhut rasas. Thus the swaras and the layas and the sound waves cast different effects’.

When we listen to the sweet sounds, we experience comfort and pleasure. In anger as person’s physical activities are fast his blood pressure rises high. With the music of Drut high sounds, our mental state becomes like this.

The discourse and the discussion of the sounds (swaras), The straight and twisted state of the taal, permanent or fast laya (rhythm) the height and depth of the sound etc are such reasons as according to their properties creating tension or slackness makes the mind agitated or quiet.

Karuna, Shringar, Shant (separation, devotion, restlessness) etc. emotions are produced with the potency of pure swaras (sounds), Shringar, Devotion, Veer etc. rasas are produced with the potency of the pure swaras (sounds) and with the mixture of both, Karun Gambhir and Karun Shringar rasas are produced.
1. In the Bhairava and Tatsam ragas with the softness of Re and Dha, Karun-Shant, or Karun-Viyoga (separation) emotions are produced. Such sound waves cast Karuna (sympathy) effect on the personality.

2. The shant raas is produced from such soft swaras like Bhairavi but by making Ma swara fast in Bhairavi, the Pooravi raga emanates and keeping only the teevr Dhaiwat in Poorvi. The thoughts of Poorvi and future ragas will emerge and karuna gambhir thought will be produced.

3. With the prominence of pure swaras viz Kalyana, Hameer, Kedar and Bilawal, devotion and shringar raasa and also shringaar raasa is produced from Khamaj and taatsum ragas.

4. The mind gets restless with the particularity of swaras like with the sound waves of Adana, Shankara, Malkauns, etc. Mind becomes very agitated. The martial and marching music produce veer raasa. A person gets aroused example: Sa-ga-sa-ga-ma-ga-re-ni-re-ni-re-ga-re-sa-re-ga-re-ga-ga-ga-ga-re-ga-pa-A-ma-ga-re-sa-re-ga-re-sa-ni-sa etc.

The music makes personality beauty – worshipper and enjoyable.

“Music is a fine art., because it awakens aesthetic consciousness in the depth of man’s mind and bestows on him unbounded joy and happiness which enables him to enjoy the intrinsic beauty of nature and the transcendental calmness of the soul as well”.

In the book ‘music and your emotion’ it has been clarified that how different thoughts are aroused with various sound waves and how they effect. First two types of music have stated:

1. Excited music
2. Unexcited music

Their sub kinds too have been given:

1. Stimulating music:
   a) Mildly exciting
   b) Joyous
2. **Sedative Music:**
   
a) Meditative  
b) Soothing  
c) Music with Rhythmic flow  
d) Music with poetic thought  
e) Reveries  
f) Depressive  

If we look at the various ragas, we will find that the sound waves used in them have also different effect. In the Darbari Raga Gandhar and Dhaiwat as well as nishad komal are used, the dhaiwat are agitated which creates a serious atmosphere: sa-re-ga-A-ga-A-ga-A-ma-re-sa-re-sa-ma-pa-dha-A-dha-A-dha-A-ni-pa.

In the same way in the Todi raga sa, re, ga, A, re, ga, re, sa, sound waves produces karuna rasa and depressed thoughts are aroused. Raga Yaman Kalyan through its sound waves ni, re, ga, re, ga, ma, ga, re, ga, ma, pa, ma, ga, pa, niga, pa produces shringar thoughts. Therefore different sound waves cause different effect on personality, which depends on the sound of ragas, its nature and pronunciation.

In the book *psychology of music* the various swaras and their effects have been described. There are total 7 main swaras and mingling 5 swaras, they come out to be 12 swaras which are expressed as under:

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Sa R1 R2 G1 G2 M1 M2 P D1 D2 N1 N2
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The following has been written on how these swaras affect the personality and what is their psychology:

**Sa** express that state of mind which yogis assume while mediating upon the Brahman or the supreme Being. **R₁** slightly upsets the mind, but the feeling given rise to is one of disturbance of a very mild kind, with a tendency to drop into Sa. **R₂** is strong
enough to wake up from deep sleep the mind which has now been aroused to full consciousness. But when $G_1$ is reached sensation of uneasiness is clearly felt. In this note a plaintive mood is expressed. In $G_2$ a soft but inquisitive tone as to the cause of the disturbance may be detected. $M_1$ then succeeds as a note, in which the disturbance is referred to self. Self appreciation, conceit, haughtiness and self-assertion are expressed. The next note, $M_2$, is a very miserable note indeed. The soul longs for immediate relief and finds it in the higher $P$. This is the way in which feeling passes from a state of tranquility to pain.

Therefore the various ragas cast different effect on the mind of a person as the Jogiya raga arouses the thoughts of sympathy and devotion while the darbari raga arouses serious thoughts in the same way the Kalayan, Hameer, Kedar, and Chayyanat etc. Ragas arouse the shringar (love theme) thoughts. With the combination of the swaras (sounds) and with the difference in their pronunciation, only one swaras (sound) is produces different thoughts and feelings. Therefore the effect of the different sound waves is also different.

There is extra-ordinary power in the sound waves of music. The mind of the people and the society can be misdirected by its music and the people can be led to the path of welfare by its proper use. Sometime back, Soordas, Meerabai, Chaitanya Mahaprabhu, like great saints had, sown the seeds of propriety and devotion in the minds of the people by the well guided use of music. They inspired the people to sublimate their qualities, actions, and nature. They joined the music to the good heartedness and made it the partner of the policy, good actions and maintaining all the limitations.

Only that part of music is acceptable which inspires of good wishes and develops the. This is the permanent and brighter side of the music. The singing of music and playing of instruments definitely increase happiness.

The worldly man, wandering in search of peace never finds it anywhere. The western materialistic nations have searched a new prescription being drowned in the material needs that are disgusting to find some solace in music.
The role of the Japanese company *Yamaha* is prominent in propagating an attraction towards piano. It started a program to reach music to the children of four years, which has today became the attraction for even the grown-ups in England America France and Germany etc. developed countries. Today there are more than ten thousand Yamaha schools in the world where music is taught to the children before going to the school.

A crying person may be made to laugh similarly laughing one made to cry with music influence. The scientists have also studied this unrivalled capability of music and its effect on the vegetation. The soviet scientists have made considerable research on this subject. In their research they used ultra sound on wheat. This sound was used for ten minutes for several days in the fields of wheat and it was found that the wheat develop anti- frost capability with the effect of this sound. At the same time proved on the same water and manure, the yield of wheat too was found to have increased.

In this world full of clamour and problems if there is any good blessing of God, it is music only. The aggrieved heart finds peace and satisfaction from music. Development of a man’s creative power ad pleasure is derived from music. Right from birth to death from marriage celebrations to religious festivals, god lessened a man’s pain by bestowing upon him the treasure of music and increased love and happiness with human qualities.

Singing todi raga, tansen proved that music is not only the thirst of man but of animal world as well it is spiritual thirst, all like it, there after Baiju Bawara sang the mirage ragini- todi raga. Then only that deer came running to the royal court which was garlanded by Tansen. With this experiment Baiju Bawara proved that there is some such power and mesmerizing in the briefest waves of the word that a message can be sent to any being at whatsoever distance in any direction.

On the one side the activeness and strength is gained from the music and on the other side occasion is also gained to the heart nerves and mind and feelings to be enlivened with smoothness.
Music is a sure medicine to remove tension. The joyous and thoughtful songs devotional songs and prayers etc. waving the human heart, change the being spirituality by making kindness love sympathy generosity, oneness, attachment, service and etc. good qualities, the integral part of the life. Good inspirations can be aroused by well organized use of music in the heart of every person. Not only this, it is also a medicinal treatment process for mental diseases tensions and mental defects of today’s world.

In this regard the studied opinions of the western scholars also corporate with the Indian philosophy. The world famous singer ‘Amir Khusro’ has written:

“Whenver the sweet echoes of music fall on my ears, I feel that my spiritual consciousness has connected to some life giving invisible existence. I forget the physical pain, hunger, thirst sleep break-away and the mind experiences rest and lightness. Since then I would think that there is no greater blessing in this world for human race than music.”

Amir has devoted his whole life in this discipline and achieved unprecedented success. He proved on the swar (sound) not being sweet that the relationship of music is not with the swar (sound) but to the heart and feelings.

Any person arousing their heart can bless with this blessing of God. In this very regard doctor Leak says that, ‘if music is accepted as daily physical and mental need of man, there may be a good deal of welfare of the human race’.

4.7 CLASSIFICATION OF MENTAL DISEASES

We cannot keep all the patient suffering from mental diseases in one category. We classify them according to their symptoms. These diseases can be classified into two main categories viz:

1. PSYCHONEUROSES

Meaning of Psychoneuroses: This is a light type of mental defects pertaining to intellectual, emotional and process related problems. The defects pertain to the mind
and nerves in which the patient is sick mentally but possesses full knowledge about
the atmosphere around him. The person becomes partially incapable of work and his
fundamental symptoms are anxiety.

The feelings of anxiety, incapability, inferiority, are found in this. These patients are
often lost in their own thoughts. They remain tense and lack intermission. Trouble,
dissatisfaction, tiresomeness etc. other symptoms are found in them.

**Meaning of Mental Defects:** The personality of the person suffering from this
disease is very much disintegrated. The patient is not aware of reality. There is total
lack of self discipline and social balance and often roams in a world of imagination.
From legal point of view they are termed as ‘insane’. There is excess of illusion and
hallucination in them and they do not care for reform or getting cured. Their
personality is totally disintegrated.

**Kinds of Psychoneuroses:** The Psychoneuroses have been divided into the
following kinds –

i. **Anxiety Psychoneuroses:** The main symptom of anxiety neurosis is fear
because anxiety generates through the medium of fear. According to the Coleman-
“The main symptom of this disease is independent directionless anxiety which
generates neither from some matter or neither situation nor the patient has any
knowledge of its particular aim or situation”. According to Fisher: “Neurotic Anxiety
is a reaction to unapproachable inner or subjective difficulties of which the individual
has no idea.”

The quality of anxiety in such patients is light or durable. There are frequent attacks
of anxiety whose duration is from some seconds to an hour.

“Anxiety reaction is the most common form of Psychoneuroses....” a series of symptoms
which arises from the faulty adaptations to the stresses and strains of life. It is caused
by overreaction in an attempt to meet these difficulties.”

“It is characterized primarily by diffuse, free floating anxiety, which does not seem to
stem from or be directed towards any particular situation of object”.

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ii. **Obsessive Compulsive Psychoneuroses:** Two main symptoms of obsessive men and compulsiveness are found in this disease. The patient suffers from the useless, illogical and obstructive thoughts. He cannot remove these thoughts from his mind knowing that there are useless and illogical. There is a strong inspiration in the patient to feel to do some hereditary thing repeatedly. He does some actions repeatedly for instance counting of money, shrugging of shoulders washing hands, showing tongue etc. A patient repeats the same actions which is useless and illogical. He has no control over these actions.

“Obsessive compulsive reactions is consist of apparently useless but irresistible repetitious acts, words or thoughts, whose aim is to reduce tension and anxiety –

a) By indulging in something forbidden  
b) By denying such indulgence or guarding against it or  
c) By punishing oneself for having had the impulse to indulge  

“Obsessions are spontaneously recurring ideas and thoughts over which individual has no voluntary control. Compulsions are irresistible impulses to perform certain acts of repetitive ritualistic nature such as hand washing, money, and facial ties dusting and sign reading”

iii. **Hystaria:** When a person is unable to face many problems of life, to escape these, he resorts to flight into incapacity, starts doing such actions that are unnatural and unrealistic. Being troubled he falls down, faints suffers from fits and is paralyzed due to fear. Rising from sleep does difficult actions, but in the morning he forgets the actions of night. Fugue, Amnesia and dual personality etc. other symptoms are found in such a patient.

“Hysterical reactions are essentially spontaneous, unpremeditated attempts to circumvent or adjust to life difficulties through flight into incapacity’.

“When person is incapable of facing many problems of life, he escapes into flight into incapacity and the symptoms of these diseases develop in him”.
iv. Phobia: This is a kind of illogical abnormal behavior or fear. The patient knows that this fear for a particular object and situation is unfounded even then he is unable to leave it.

According to ‘Cameron’ –

“A Phobic reaction is an attempt to reduce, internally generated tension and anxiety through the process of displacement, projection and avoidance”.

Phobic generally starts from some traumatic events which are related to childhood. The connection of the patient’s traumatic experiences is related to some prohibited or shameful act. This Phobia may be of several kinds:

- Agora Phobia
- Acrophobia
- Claustrophobia
- Ochlophobia
- Hemato Phobia
- Toxo Phobia
- Patho Phobia
- Locomotion Phobia

In proper fear is found in all of us but upto a limited extent. In the patient suffering phobia, the illogical fear is in intense severity and it is obstructive in the functions of their daily life. Though they know that there is no real cause for their fear but they are unable to protect themselves from this situation. They remain excessively tense.

“Phobia is peculiar fears that the patient realizes are absurd but is unable to explain or overcome”.

According to ‘Coleman’:

“The permanent fear towards some object or situation which has no actual danger to the patient or in which the danger is magnified out of all proportions to its actual seriousness.”
v. **Asthenic Reaction or Neurasthenia:** Neurasthenia emerges as a result of constantly misadjusted emotional reactions. Due to long mental and physical tiresomeness in a person, he becomes peevish and lazy. His thinking also becomes disjointed, his chain of thoughts is also disrupted, and he always feels tired. Symptoms of headache, sadness, indigestion and insomnia and idleness found in him.

The other types of Neurasthenia are as under:

a. Dissociative Reactions
   - Amnesia
   - Fugue Stage
   - Somnambulism
   - Multiple Personality

b. Hypochondriacal Reaction

c. Reactive Depression

d. War Psychoneurosis

e. Traumatic Psychoneurosis

f. Occupational Psychoneurosis

2. **PSYCHOSES**

Psychoses are that serious and severe stage where a patient’s mental and physical activities are disrupted and his capacity of adjustment to the society also ceases. Their harmonious balance is completely disrupted. There remains no connection amongst his *Id, Ego and super ego* and outward reality. There is no difference of kind in psychoses and psychoneurosis but there is difference in intensity and degree.

“*Psychoses are major personality disorders marked by profound mental and emotional disruptions that render a previously normal individual incapable of adequate self-management or adjustment to society*”.

Such patients have delusion hallucination, incompatibility and thought and language etc. lack of sociability and self consciousness.
“Psychosis: A disturbance in mental and emotional behavior usually to an extent incompatibility with social adjustment and often accompanied by delusions and hallucinations; disturbance of relation with or perception of reality”.

Classification of Psychoses:

A. **Organic or Toxic Psychoses:**
   1. General Paresis Psychoses
   2. Senile Dementia Psychoses
   3. Cerebral Arteriosclerosis
   4. Alcoholic Psychoses
   5. Psychoses Due to drugs
   6. Psychoses due to metals
   7. Chorea Psychoses
   8. Epilepsy

B. **Functional Psychoses:**
   1. Schizophrenia
   2. Manic Depressive Psychoses
   3. Paranoia
   4. Other functional Psychoses
   5. Involutional Melancholia
   6. Paranoid State
   7. Depressive Psychotic Reactions etc.

➢ **Organic or Toxic Psychoses**

The senile dementia psychoses occur during old age. Some mental changes take place in old age. In this age often loss of memory and resistance power deteriorates. The person becomes selfish and self centered.

When the sufficient blood supply does not reach the mind, disruption takes place in various activities of the mind and the person suffers from cerebral artheriosclerosis. His
memory often deteriorates. Symptoms like lack of concentration, peevishness, sadness, headache, tiredness etc arise.

Alcoholic psychosis is found among the drunkards. A man tries to escape insecurity through wine drinking and thus separates himself from responsibilities. His memory deteriorates. He is tortured by much paranoia. Body ache indigestion etc. is the prominent symptoms of these diseases.

In the psychoses of drug constant use of drugs casts negative effect on self discipline and the patient is troubled with uneasiness, sadness, tiresomeness etc. Gradually the person loses self power and begins to depend upon drugs entirely. He develops many symptoms and his whole personality is disintegrated. His thinking power is destroyed absolutely.

If mercury and manganese etc. metals enter the body disproportionally, many types of physical, mental and neuro defects creep in. This is ‘Psychoses due to metals’. Peevishness in nature laziness severe emotional expression, loss of memory etc symptoms emerges.

The main reason of ‘chorea psychoses’ is infection in the central mind. Symptoms of paranoia, haziness, severe emotional expressions etc are found in a person suffering from this disease.

In ‘Epilepsy’ the body of patient twists; he is unable to control himself and falls down. Hands and feet begin to shiver and teeth are compacted.

- Main Occupational Psychoneurosis:

These diseases originated due to bitter experiences, infectious diseases and unknown damages to the mind. Many aspects of the unconscious mind play main role in it.

The personality is disrupted in the disease of schizophrenia and the patients relationship breaks from reality.

- Functional Psychoses:

According to ‘Cameron’ –
“Schizophrenic reactions are regressive attempts to escape tension and anxiety by abandoning realistic interpersonal object, relations and constructing illusions and hallucinations.

According to the ‘Prof. Coleman’:

“Fundamental distortion takes place in the patient’s relation with reality and in his emotional and intellectual actions and processes. Symptoms of withdrawal from reality, autism, emotional blunting and hallucinations etc are found in such patients”.

Schizophrenia is a general term referring to a group of serve mental disorders by a splitting, or disintegration of the personality.

It’s some main kinds are:

- Simple Schizophrenia or Acute Undifferentiated Schizophrenia
- Hebephrenic Schizophrenia
- Catatonic Schizophrenia
- Paranoid Schizophrenia
- Childhood Schizophrenia

A patient suffering from ‘paranoia’ becomes suspicious, very peevish, selfish and self centered. The delusions in this disease are of permanent nature. A patient suffering from ‘Hypochondriac Paranoia’ feels that he is suffering from some incurable disease. In the ‘Persecutory Paranoia, there is the delusion of punishment. The patient has a firm belief that someone is bent upon punishing him and all are his enemies. In the ‘Greatness Paranoia’ a person thinks himself to be the highest and greatest. He considers himself to be a great man. In ‘Religin Paranoia’ the person considers himself to be the incarnation of GOD.

“Paranoid reactions are attempts to escape from tension and anxiety through the processes of denial and projection, which result in more or less systematized delusions”. “Paranoia is constitutional mental disorder that is limited in symptomatology to well systematized and stable delusions of persecution and grandeur”.

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Patient suffering from “Involution Melancholia” is very sad, afraid, dejected, restless, weeping without cause and suffers from insomnia. This disease happens in the age group of 50-55 years the patient considers himself a great sinner and criminal.

In the "Paranoid state" the delusion are main. The patient's relationship with the reality deteriorates creeps in his personality. But like psychosis, his personality is not disintegrated nor like the paranoiac, the delusions develop too much.

“Psychotic Depressive Reactions” is also a kind of emotional psychosis. Depression is found in the patient in a grave state symptom of delusion and hallucination one found rather in a more serious state.

“Psychosomatic Disorders” are the base of symptoms in this disease is physical and physical organs are affected. But in the root there are the following kinds:

1. Psycho physiological Reactions
2. Psycho physiological Muscular-skeletal Reactions
3. Psycho physiological Respiratory Reactions
4. Psycho-physiological Gastrointestinal Reactions
5. Psycho-physiological Nervous system Reactions

Thus Psycho-physiological reactions is that state in which due to long term tensions the person experiences many types of physical ailments. Its symptom emerges suddenly and decreases slowly or end.

“In these disorders the patient reacts to stress, tension and anxiety with direct physiological malfunction, which may lead to irreversible organ or tissue damage”.

4.8 PSYCHOLOGICAL TREATMENT OF MENTAL DISEASES

The mental disease treated through psychotherapy. In the Indian medicinal system there are not only the mentions of many medicines and tranquilizers but also of psycho surgery. The medieval period was that of darkness and ignorance as a result of which, magic, sorcery and many other fads spread throughout the whole of the world and the form and the aim of psychotherapy went defective but in the beginning of the
20th century due to renaissance, scientific spirit prevailed in all the fields. The science of psychotherapy was also influenced therefore it began to emerge in a new form. Now the psychotherapy has developed many treatment methods.

“The Psychotherapy is the treatment of emotional and behavior disturbance by psychological methods. These methods are of a great many different kinds, with some directed towards individuals and other towards groups.”

In psychotherapy emotional and behavioral disturbances are treated through psychological methods. There are methods are of different types, some of which are related to individuals and some others are to groups.

“Psychotherapy may be defined as treatment of personality disorders by psychological procedures”.

Person suffering from mental disorders are treated through the psychotherapy and the treatment methods utilized are psychological.

“The most important and adequate form of help available for the psychologically distressed individuals is psychotherapy. This is the method of treatment which helps to help the impaired individuals by influencing his emotional process, his evaluation of himself and of others, his evaluation of and his manners of coping with the problems of life. It may also include, if need be, influencing and changing his environment and thus altering the problems, he has to deal with and simultaneously increasing his potentialities of mastery and integration”.

The aim if psychotherapy is to lessen the mental struggles, to change the atmosphere, to effect change in the defective miss giving’s of patient to develop insight and to effect the desired changes in the personality of the patients. Desired changes brought in the personality through re-education and re-assurance with changes ushering in the personality, mental struggles and tensions and other problem disappear automatically.

“Psychotherapy is the treatment of personality and behavior disorders by psychological techniques.”
The psychotherapy utilizes different types of methods for the various types of diseases and disorders.

1. **Catharsis:** In this method patient expresses his problems, thoughts, anxiety, frustrations and tensions etc. before the doctor, which cures his frustrations and tensions. The free expressions of desires, emotions and thoughts are called ‘Catharsis’ in psychotherapy. From free confessions of his crimes the person gets rid of his criminal tendencies.

   “Catharsis holds that unconscious material ceases to exert its harmful influence when it has been made conscious”.

2. **Suggestion:** Through suggestion and re-assurance a person is made to be relieved of emotional tensions. The patient can develop new beliefs, thoughts and tendencies. Self-suggestion method is also used in this process.

3. **Persuasion:** A patient’s logic and thinking power is influenced through persuasion. To develop a particular tendency in the mental patient is stressed under it.

4. **Re-education and Desensitization:** Good habits and behavior are developed in a person through re-education and desensitization. Lessening the hypersensitivity and bringing the patient again to normal condition is called desensitization.

5. **Hypnosis:** In the state of hypnosis the person brings to his conscious mind, his suppressed desires and thoughts.

   “Hypnosis is an artificially induced state-trance, characterized by heightened suggestibility”.

   “Thus psychotherapy is to make the patient a normal person, to have a proper solution of all his legitimate problems and to enable him to adjust himself with his environment”.

The new processes of psychotherapy are as under:
i.  **Psychoanalytical therapy:** After choosing the patient, rapport is established with him. The psychotherapist understands the suppressed desires of the patient through free association and dream analysis. He removes the struggles of his unconscious mind. The main aim of psycho analysis is to empower the ld so much that he can face the struggles. Insight is developed in the patient for this purpose. ‘Freud’ did its development.

“Psychoanalysis is a highly specialized type of treatment...... by means of free association and dream analysis an attempt is made to trace the development of faulty emotional reactions from early childhood onwards, with the emphasis on the study of the unconscious mind and repressed infantile sexuality. The aim of therapy is to redirect the thinking and psychic energies of the individual from neurotic channels into more constructive ways of living”.

ii.  **Hypnos Therapy:** After hypnotizing the patient his unconscious mind is studied in this method. Forgotten things are brought to his conscious mind. If he is suggested something in the hypnotized state, he obeys the suggestions even after the effect of hypnotism disappears. In this way his maladjustment is removed and his defective habits are reformed.

iii.  **Behavior Therapy:** Necessary changes and reforms are made in the behaviors of the patient. It is also called conditioning therapy. Through stimulus, drives and reinforcements, the defective behaviors are removed and new refined and socially accepted behaviors are developed.

iv.  **Client Centered Therapy:** In this method the individual is the focus of attention. The aim is to establish independence and integration of the individual...... feelings and emotions are given considerably more attention than the intellectual aspects of the situation. The method also gives greater attention to the immediate situation than to the patient’s developmental history.

v.  **Play or Release Therapy:** “This method has been developed mainly for the treatment of children. Play not only removes mental stress but also develops insight. Through such play opportunities are provided to the child so that we can develop

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energy to solve his own problems by his own efforts. This play therapy has been proved much useful in the field of the study of personality. The children who are unable to express about their sad life, express their inner feelings easily through the medium of play, because child finds himself in a secure position in play. Therefore expresses his hearts feelings without any sense of retaliation and so his tension is removed”.

The development of this technique is dependent upon the belief that the avenue of play provides unusual opportunity for the relief of tensions, the development of insight and healthy growth of the child. Puppet shows, finger painting, drawing, clay modeling, play with toys and many other activities have been used to secure the desired results.

vi. **Psycho Drama Therapy:** In this therapy those dramas are shown to the mental patient in whom there are incidents of life similar to that of the patient and the resultant effect on the patient is then observed. Or in controlled situations the patient is himself made to act on the stage so that he may present his struggles lively.

vii. **Group Therapy:** In this the aim is to provide the patients with an opportunity to discuss their problems together in an atmosphere from constraints.

“In this type of therapy the patients knows the relations with other social persons. Through this method more patients can be treated by fewer doctors”.

In the group therapy method the patient converse on their emotional problems freely in unrestricted atmosphere. The main aim of this therapy method is to over compliment self-consciousness.

Besides their therapy methods there are several other physical and chemical therapy methods like:

- **Shock Therapy**
- **Psycho Therapy**
- **Drug Therapy**
Relief to Mental Imbalance through Yoga

This therapy came into being through the medium of *Patanjali*, which is being used widely even today. Many scholars have traced this method of therapy to be the gift of *Atharvaved* but from the point of utility, it would be better to ascribe this to the Yoga sutra of *Patanjali*. There are more than a hundred religious of yoga but ten are more important, mainly:

1. *Raj*
2. *Hath*
3. *Gyan*
4. *Bhakti*
5. *Karm*
6. *Mantra*
7. *Tantra*
8. *Laya*
9. *Jain*
10. *Buddhist*

Principally the yoga therapy is scientific and is based on discipline of nature, which is entirely used for mind training. The meaning of yoga is ‘Chitta Vrittinirodha’ meaning: implying cessation of all instincts and motives and connecting the soul (self) to the super consciousness. Through its medium a person not only releases the abnormal out of his self (soul) but also brhma or lights with the light of Brahman. It begins with abnormally which reached super normality through normality. The yoga therapy is wholly principled and based on scientific bases and wholly confides with the modern principles of personality making. All the ten religious of this therapy are based wholly on the principles of psychology, physique, mental physical, cosmic and beauty.

‘Behanan’, has rightly said that, “*thus in a sense, yoga may be called ‘cosmic therapeutics’ and its analysis of the mind is colored by the underlying man*.”
This therapy advances on three principles:

1. Purification of beings’ mental and physical activities and elements.
2. Concentrations in which his powers so re-directed that he can finish abnormality finally.
3. Release of self from individually i.e. Union with Supreme Being.

In comparison to all other psychotherapies, the yoga therapy is the most scientific psychological therapy. The vital evidence of this statement is that from almost all the countries of the world solvent people flock to India in search of mental peace and visit the various Ashramas and being cured, return to their native places.

4.9 TREATMENT OF MENTAL ILLNESS IN VARIOUS COUNTRIES THROUGH MUSIC

About four thousand years ago the priests of Egypt believed that music helped in removing the sterility among the women. The ancient Hebrews also used music in curing various diseases. Plato and Aristotle have also emphasized that music helps in maintaining mental and physical health. The first use of music as therapeutic modality is attributed to Zenocrates, Sarpender, and Arion, ancient Greeks with modern ideas, who used harp music to curb the wild outbursts of the violently mentally disturbed.

* A person expresses his comforts and sorrows through the medium of music.

“Music is a medium through which we express our feelings of joy and sorrow, love and patriotism, penitence and praise. It is the charm of the soul, the instrument that lifts mind to high regions, the gateway into the realms of imagination. It makes the eyes to sparkle, the pulse to beat more quickly. It causes emotions to pass over our being like waves over the far reaching sea.”

Music is not only a verse composition. Many tunes are enjoined in it. These tunes are not only to give sweetness to the ears but have been constructed to spread waves of the tunes. Their aims are also spiritual. At the same time there are also the qualities
of enhancing the physical and mental health. They are also used for treatment. Among the workers of the yajnas an udgata was also appointed, he would sing the mantras of those tunes for which the yajnas was performed.

The exponents of this knowledge now are very rare. This is at the brink of extinction. It is being revised a fresh and it is being observed as to which tune casts which effect on men, animals, vegetation, and atmosphere. During the last century, the Raga lightening the extinguished lamp viz. The Deepak Raga, the Megh Malhar Raga, causing the clouds to rain, the Mriga Raga making the deer and other beasts spell bound, the Sarp Raga making the snakes come out of their holes and dance etc. were much in vogue. Of their only the Sarpa Raga is the safe with the snake charmers now.

The scientists have discovered such tuning currents waves, through which the milch animals yields more milk. The crops proper soon, the war drums used to be previously too of special type. Even now the bands are played on specific tunes to encourage the soldiers.

Some doctors, psychologists and musicians together have made such observations as to which sound current will be useful in which disease. On this basis music therapy is becoming an independent science.

Music is introduced along with medicines in many hospitals in the western countries. Several doctors treat with pure music and maintain that this method is so potent that it can produce alone wonderful results. There is no need to magnify the medicines using along with music.

Dr. Ludwin of Municha has established a music hospital for mental patients particularly for adolescent children. Where not only the diseases are treated but also their bad habits are removed with special sound waves. Psychotherapist Peter Newman and Michel Sanders have jointly started such a hospital in which with the treatment of mental diseases musical instruments has also been included. It is now gaining more success.
The Russian scientist Prof. S.B Kodaf is engaged in this research only. But he is now convinced with the experience that music therapy is more specifically efficient for nervous diseases.

The music experiment of Dr. Banker in the Chicago Mental hospital has been much successful.

Dr. Wordman and Brokling has experienced good effect of music at the time of surgical operations.

In U.S.A, France, West Germany and Japan the music therapy has become normal. It is being used not only for treatment but also as a source of energy for the physically and mentally weak person. At the present research is at the beginning stage but it is hoped that it will develop as an independent science and not only for the patients but will also prove much useful for agriculture and mulching animals.

There are great expectations from music therapy for the common people to provide the recreation and remove tensions and blood pressure treatment and progress on two different aspects yet there is close relationship between the two. Music is being counted in the category of exercise and methods are being discovered, which will not only increase health but also happiness. Happiness is the mental treatment which develops all the three aspects imaginativeness, intellect and talent. After finding this right and well tested, this has been declared as the necessary part of education in Japan along with physical exercise. Besides the political differences in the West and East Germany, both are unanimous on the one point that music is not only a thing of recreation and luxury but it is also a good method of enhancing the mental health and talent.

These days people suffering from mental and physical ailments are being treated in the whole of the world.

In Hanover of West Germany a dentist named Dr. Herbert Butner used music while treating tooth pain. People feel much pain during the treatment due to tension, therefore Dr. Butner made them available their favorite music through ear phone,
which diverted their attentions towards the music and they felt the pain less and the mental tension.

During the war period an American doctors made new experiments on music. This doctor treated those patients successfully who were tense, mentally weak due to the war atmosphere and had fallen victim to fear, sorrow etc.

In the hospitals of western countries during the time of surgical operations composition of classical music has been used successfully. In the French institution of Blood Transfusion at the time of blood donation, the patient does not feel any pain due to music treatment. It has been found that during blood donations, patient falling unconscious, remained quiet and stable. At the time of surgery anesthesia is lessened and music is introduced. In a difficult surgical operation of intestine the patient was treated with classical music instead of anesthesia. It has been told authoritatively that this 37” operation became easy and successful due to music. It has been known from the researches and observations of the western scholars that the music compositions of artists like Beethoven, Chapeen, Vausha, have been proved more useful in this regard.

**Dr Bender of Bellcvue Hospital** has used the music in mental diseases of the children.

**Dr. Lauretta, S. Bender** head of the children psychiatric ward at Bellevne Hospital believes that music therapy reaches the child’s brain closed to other group therapy treatments such as plastic and visual arts, dramatics and play activities. “She has published several case histories which indicate that music may divert potential criminals into normal pathways”.

The famous American Psychiatrist **Dr. George Stevosous** and **Dr. Vincent Paul** have suggested music discipline to be the inevitable medicine for the removal of the mental tensions. Several experiments are being made in the west at present, to cure diseases through music. Music is being successful for the treatment of mental patients.
“In Psychoses including general paresis, alcoholism, arteriosclerotic disorders, senility, Involutional melancholia, manic depression and schizophrenia, the use of music is often very effective. The diagnosis of the etiological factors of the psychoses and the psycho neuroses can be aided by the use of music. Through the medium of conscious self-expression in music elements of the patients conflict may become manifest”.

**Dr. Mead** of England and **Dr. Podolasky** of U.S.A have proved that through music, the pulse system gains the kind of energy through which all the dirty matter of the body is discharged and the body becomes healthy and without disease.

In the Soviet Russian Hospital **Dr. S.P. Facuf** told the effect of the music useful on defective pulse system.

**Dr. Walter H. Walse** found music useful in removing diseases like, cold, jaundice, indigestion, liver and blood pressure etc.

The German psychiatrist **Dr. Walter Kuge** found useful in the treatment of mental defects. **Dr. S.J. Lodan** of U.S.A after testing singer’s instrument players found that fall sick, less than others. In the same way music was introduced in the nurseries and was found useful in encouraging and stimulating the women and their infants. Music also has its role in recovering the downcastness of the people suffering from the other ailments. Playing of instruments diverts the attention of the patients from their diseases towards music and this lessens his tension.

The Krigia Health Centre in Russia has accepted music also an effort along with medicine treatment. Music is also useful in such diseases, as insomnia, downcastness, whim etc. mental diseases. Dr. Brold Iver has written in his article that the possibilities of health protection and longevity increase with music. The famous physician of New York **Dr. Edward Polasky** has immensely succeeded in strengthening the lungs and managing the blood circulation by teaching his patients singing. According to him music is a comfortable and soft exercise for protection of health. Child, old, weak, and healthy all are benefited by music.
**Golman and Morinan** the Greek physicals were famous musicians of their time and lessened the pain of the patients by the various ascent and descent of singing and playing of instrument in severe diseases.

In the book named ‘the gland regulating personality’ **Dr. Luis Bermon** has written that due to improper ratio in the secretion from the thyroid gland the thyroxin near the throat tube balance of the blood pressure gets disturbed and the heat and the circulation of the blood affected, which causes the physical and mental disturbance. He has mentioned this in the chapter ‘Hyper thyrodism’ and expressed his opinion that the thyroxin secretion can be controlled through music sound science.

“The healing effect of music, it is a demonstrated fact that fast music also quickens the pulse and that music can influence both blood pressure and heart rhythm in terms of ECG modification”.

**4.10 TREATMENT OF MENTAL ILLNESS IN INDIA THROUGH MUSIC**

In India too, success has been gained to treat various mental diseases through music. Due to horrific result on the mind of some event, emotions etc. when a person loses balance, diseases can be cured with the help of music by lessening the excitement of the mind. Music can ameliorate the tense state of mind and make it healthier and change the abnormality into normality.

There is a psychiatrist in Miraj who has cured many patients with music. During the treatment of diseases playing on folk tunes of bhkoti music is more appropriate. Hearing the music a person’s suppressed feelings burst out.

In history a legend is famous about king Shershah. Shershah has given shelter to many good musicians. He suffered from headache but no treatment was responding. He had invented only one medicine for ailment and that was sunshot. At the beginning of the headache the musicians were invited. It is not known as to singing
by which raga his headache lessened. But it was certain that it deteriorates with hearing the classical music.

Indian scientist inventor **Dr. V. Gore** has proved that by speculating the swar (sound) of Asawari Raga, impotency can be eliminated with Raga Puria the malady of blood pressure can be controlled. Some children possess weak memory and their concentration is also weak. The treatment of such children is being attempted with music and their intellect developed and much success has been gained in it.

It has also been propounded in the vedic sciences that the swara(sound) diseases resistance power. It is stated in the ancient Aryuved that the imbalance among the three elements, vat, pitt, kaf causes diseases. There are many reasons for this imbalance in three elements, in which imbalanced and restlessness of mind is the main reason. Those whose minds are restless and full of commotion due to anxiety, sorrow, fear, anger etc. passions suffer from mental imbalance and in the elements and suffer from diseases. Music affords peace to the mind and the passion of sex, anger, sorrow etc are also pacified. When the mind is pacified the elements of vat, pitt, kauf are also normal. The imbalance in the elements are normalised on the peace of mind and all the diseases are cured and a man becomes healthy and sans diseases. Thus constant swar (sound) discipline even a chronic diseased person can regain health and fitness.

**Dr. J Paul** has thrown vivid light on the efficiency of various ragas on the treatment of different diseases in his book ‘Sangeet chikitsa’ (music therapy). Instead of chloroform, the nerves of mind can be brought in a state of unconsciousness by any profound naad. This in respect of medicine and strength, art is usable.

Drowsiness disappears instantly with the sound waves of music. There is unprecedented magic of attraction in music and peculiar capacity to reader spell bound. During the time of very painful operation (surgical) doctors have succeed through music tranquilizing the patients.
Music has been found useful in the treatment of patients suffering from psychoses. This type of treatment has been tried in the ‘National Institute of Mental Health’, Bangalore. Through group therapy and music, ‘Shri Murti’ and ‘Styawati’ cured psychoses patients.

The notable Indian study is from the National Institute of Mental Health, Bangalore. Group discussion technique and music were used for two male groups and female groups of schizophrenias. H.N. Murthy and Satya Wathy found the improvement in the patients. In their other shidy, they used group activity which included Bhajans, group games, dramas, music competitions, sports and other entertainment programs. Group activity was conducted regularly for few months. They reported improvement in the mental illness of the patients.

4.11 IMPORTANCE OF MUSIC DISCIPLINE ACCORDING TO VARIOUS SHASTRAS (BOOKS AND OTHER SOURCES)

Music is far from discriminations of religious, language and caste. Music calls for the dormant qualities of man. Folk songs remove the discriminations in the society arousing the feelings of unity and love. Music tries to unite all the religions. During the Vedic period music was used most for worship of God. Music Discipline has been given the importance since the Vedic Period. The august rishies and munies (ascetics) have accumulated knowledge of the Vedas, Upvedas, the six sciences, the fourteen Vidyas, the sixty four arts etc. The Dharma, Karma, Arth and Moksha are the four parts of dedication to knowledge.

There are fourteen chapters in the Gandharva Ved, the Upveda of Samveda, so is known from the Hindutwa of Ramdaas Gaud. This proves that these rishes (seers) has acquired success and knowledge of Mantra, tantra, yantra through the sound and word the power of removing ailment and pain. Maharishi Vamdeva has described in the third chapter of Sangeet Ratnakar the medicinal qualities of the words and
created Shabar Mantras. Later on due to passage of time the effect of swar (sound) and word and its knowledge were destroyed.

God is realized through music discipline. Music is a divine language therefore it is the form of Brahman (God).

“Shabdrhmani nishdantah prbhramadigachti” – Brhmbindupnishad, Shlok

Virtually the whole of the Brahman (world-universe) is enveloped with Naada (music). The whole of the world is under naada.

“Naden daityey varnah padvar naaart padadyay |
Vachco vyavharoayam nadadhniito jagt” || 4 || - Sangit Darpan 1/14

The Indian scholars have suggested music to be a successful way of expressing the hearty feelings. Acharya Sharang Dev explains the importance of music discipline of life has said:

“Geetayn priyate devh srvgjyh parvatipatih |
Gopipatirantoapi vansh dhwanishm gth || 26 ||
Samgeetirato brhm veenaasakta sarwati |
Kimnayakshgandharv dev daany manvaah || 27 ||
Tasy geetasy mahatym k prsitumshitay |
Dharmarthkam mokshadapidmay vauksadhanm”|| 30 ||
Here music has been adjudged a proper means to achieve the four objects; Dharma, Arth, Kama and Moksha. The last aim of art is to be elevated above physicality and achieve Moksha (deliverance). Music has been accepted as the potent medium for the realization of Para Brahman (Almighty God).

“Raso wae sah hriyevaaym lbdhwannndi bhvti
Ko hovaantaan Kh pranyaat” – Tattireey Upnishad

Music is the medium of the taste of this Para Brahman. The rasa (bliss) in music is due to the effect of Naada. If the Naada is sweet and obsessive, it creates absorption. The softness, Laya, Taal, and music the balance of all these produces a divine form of life. In music mainly the effect of Naada produces bliss. Pandit Onkarnath Thakur has written in the first part of ‘Pranav Bharti’:

“All know that in music even without knowing the meaning of word, the Rasa (bliss) is felt, so much so that even if there is no word, only on the basis of Naada, in music, the rasa is produced and experienced.”

Acharya Braspaaati has written – “The language may fail once in expressing the thoughts of the heart but many naadas outside the circle of gramer do express the thoughts and never fail in doing so”.

At another spot he has written –
“The beautiful joy of naada is experienced by everyone. Even without taking the recourse to meaningful words, the singer with dry letter sounds and alaaps, expresses the thoughts, emotions, make sensitivity, experience in beings and audience, which is called Rasa (joy).”

Balmiki, tumbaru, bharat, Yagyavalka etc. amongs the seers and scholars made music not only art-approved but also accepted as an easy means to achieve the Supreme object of life Moksha.

“Veena vadntvtvgyh shruti jaati vishardh |
Taalgyshchapryaasne moksh bighchti” || - Yaagvlysy Smriti

The first account of the principles and rules of Vedic period music is available in 'Rik Pratishakhya'. Besides imparting education in Vedic, philosophic subjects, they were also educated in music and dance and fine arts. Like Rigved, the description of music is also found in the Taittoviya and Etaraya upnishads. The account of samyagayan is available in the Chhandogya and Brahadaranyak upnishads.

If we look to the Ramayanas period, one finds the excessive use of music in life. Even in the Balkaand there is the description of music:

“Gaaynta, nrtiy maanaashch vadyantaastu raghv |
Aamodm prnam yamvrrabhrn bhushith” ||

There is the use of music even in the marriage of Ramchandra. Ravana himself was a great scholar of music science. In the Valmiki ashrama Lava and Kusha were imported train of music and they narrated the story of Ramayana while singing.
If we look to the *Mahabharata period*, we find music in more developed state. Lord Krishna had been a great scholar of music. There was prevalence of music among the common people and all understood the importance of music discipline.

**Yadeyt nanvartnagarm matasyrajeyn kareetm |**

**Divatr knya nritynit raatro yaanti ytha grihm || - Mahabharat**

There is unprecedented attraction in music due to which all are influenced with it. Describing this quality of music *Ramamatya* has written:

“**Aagyatvishyaswaado Baalh pryaykatlayh |**

**Roodn geetamritm peetva harshoutkarsh prpdytay” ||**

During the period of Buddhist works, both the Vedic and lokik aspects were in vogue. Music was used both for spiritual and artistic purposes. The Buddhists preferred the music which is not obstructive to spiritual discipline.

In the Natyashastra of bharata, music is used to produce joy in drama without music, drama becomes monotonous.

“**Yatha vrndvitay chittm n shohbajnrm bhvtay |**

**Aevmayn bina gaanm natyam raagm n gachti” ||**

Observance of religion is very important in life. Indian religious function is considered in completed without music. Besides the recreation of others with one’s own music art is itself religion and all the objects are achieved with music. There is
no other art better than music for recreation. Attraction and sweetness etc. elements are found in music due to which the musician himself is attracted and even those who are not well versed in music are also benefitted.

“Chaytnyam sarvbhutanam vivrītam jagāatmna |
Naadbhrm naadanbhdvitiy mupasmade ||
Naadoupasnya deva brhmaśvnumaheshwarh |
Bhvchyumashita nanm yasmadeytay tadatmkah” ||

That which is sensitive in the whole of the world, which is matchless and joyous which pervades the universe, which is always worshiped by the five Pranas, the six philosophies, the seven lokas, the eight vasus, the mine nidhies, the ten sense organs, the eleven rudras, the twelve Adilyas, the Indra, Varuna, and Marut, the beginning, middle and the end of the universe. We also worship the same Naada Brhma today. Whosoever, whenever opted.. and wherever, this great element of music. They absorbing their mind, intellect and soul in Samadhi and easily crossed this ocean of the mundane world viz obtained Moksha (deliverance).

“Music exists for relaxation, for aesthetic enjoyment, for relieving boredom, for spiritual uplift, for passing the time, for edification”.

Music is useful from children upto the old man. Music is also useful in the form of therapy.

“Music can serve even further offering physical relief by making the whole musculature rhythm reacts to sensual music. Sensuality conveyed through music, arouses no opposition and no resistance, even in the most moral person because it infiltrates man
through the emotional sphere, in which there is no delineation no contrast regarding good, bad, hostile or friendly, it causes no feeling of guilt. Thus music has access to the Id, Ego and Super Ego, even if there are not integrated and are not working in accord as in the cases of severe mental illness. Indeed music tends to reconcile all there.”

Music enhances beauty in life. A musician is different from others. His life is different from that of others.

“Musicians lives in the world of images, imaginations, fictions and fancy, as contrasted with the rest of the population which supposedly lives in a world of facts and objects.......Musicians as a class are of the emotional type. There job is to play upon feelings, appreciate, to interpret and to create the beautiful in the realm.”

There are so many breaks, zigzags of sound waves in the music that divert them in a special flow. The serial of taal instruments operating simultaneously make peculiar rhythm. Not only the waves flow but even the rhythm serial, the sound waves produce such an effect which influences not only the animate but even the inanimate objects.

The soldiers are prohibited to march on an iron bridge. The reason is that there is a danger of the bridge breaking under the effect of the rhythmic march. Not only this in a special type of rhythmic sound the girders fitted in the ceilings of a house can break and fall. In the same way the sound flow generated by Tal or the seven swars (sound) can carry under current metals, buildings etc. Even the water reservoirs can be influenced with their aspects. What to say of the music effect on the living beings? Even on the vegetation its effect has been found profitable. The plants grow more rapidly and the yield of the crops is also considerable. Playing the records of music both agriculture and gardening are benefitted.

The capacity of music to attract and stupefy the aquatic animals has been tested on the anvil of science. The fish stop scrambling and get into the nets of the fisherman. The generating power of the fish also increases. They are not destroyed in the eggs but are hatched. This effect was tested on the hens and pigeons among the birds.
Birds fond of music are excited. Their population and efficiency increases. Their eggs are weightier and more therefore hatched in such atmosphere. They grow major soon and their generating power also increases. This experiment also succeeded the ducks. They also get the chance to be effected with this experience.

In the western countries while mulching the cows, music records are played near them, as a result they yield more milk. This also applies in the case of goats and sheep. Only the buffaloes are such less intelligent animal which is less affected by music. In the zoos in the foreign countries this experiment has been very successful, music records were played before the subdued animals from time to time. Intelligent animals take the horse and elephant enjoy music much and get absorbed in it.

With the help of pipes the snake charmer makes the shows of the snake and also catches them by taking out from their holes. The wild hunters know the art of charming the deer by their art of playing on the flute and were habitual in catching them by spreading nets. Those who know this art felt easy in adopting it (music).

So much is said that musicians succeeded in relighting the extinguished lamp by singing the Raga Deepak and causing the rain by singing the Raag Megh Malhar to a great extent. It cannot be said that how far this will succeed in the present circumstances. The utility of the music is not confined on that besides recreation also affect thoughts. At the same time it is also useful in strengthening the physical and mental health removing the diseases and that it can be developed into a special kind of a therapy. To improve the debility and destroy the bacteria, it is helpful. It is a vital tonic.

Music treatment has been much successful in removing insomnia. To make the children sleep mothers in ancient times would sing lullabies. Now to avoid that trouble, records of light music are played. Not only are these, the adult which sleep late, also helped by the sound-waves music.

*Dr. Mac Muller* of Chicago made music a medium with treatment of mental diseases and earned much fame. That method of Dr. Atkinson has faded, in which he treated
the patients by making them count the numbers from one to ten. In the spiritual therapy it is said that by chanting, ‘Rama’ or ‘OM’ sleep is quickened. Some people opine that they fall sleep by reading book.

Due to various cold and hot seasons, the effect causes severe diseases. During the winter, cold, coughs, pains, pneumonia etc complaints arises. Heat strokes, loss of appetite, headache, insomnia, and inflammation etc diseases break out during summers. The scientists have experimented appropriate sound waves to treat their diseases, and their result is not less than common medicines but has been found to be more effective.

For concentration of mind through smadhi, the effort of naad Brahman is the easiest and the newest. The yogins of ancient times would hear the divine cosmic sounds, arousing the internal audio strength. Now this job is even possible with the coarse sound flows. Thus for concentration and dharma many types of sound flows can be utilized. This is comparatively easier. This is the discipline of Naada Brahman.

Music can increase the atmosphere of joy and enthusiasm manifold. This is why our festivals, sites occasions, special program of music and instrument is organized. In marriages etc. women remain busy in such activities and please their own and others minds. The male singers too utilize their talents on the basis of their experiences and become helpful in enhancing gaiety.

Some birds are famous for their audio-sweet chirping. The cooing of the cuckoo bird, the declaring sweet sound of the peacock and the buzzing of the drones, are all famous. Not only the whistling of the Jhingur insect the crocking of the frog excites the heart of nature and fascinates the hearers. There are also several other such birds whose fascinating chirp increase the joyful elements of the nature. All the animate and inanimate are influenced with that.

According to the opinion of the scientists, in the human bio-construction the monkeys and the rabbits are prominent. Similarly the bio construction of the rats is much similar to that of the human beings. On this basis to know the effect of the
music, experiments were made on the above animals. Among the experiments Dr. George Fair Wilson has been prominent. He tested the effect of various signals from difference in nature and opined that if the choice is correct, these animals can be benefitted with the music at various stages. There is definitely encouraging effect in their increase and joy.

Several animals with the exercise of music for 34 days can be trained in such a way as with emanating with of their dear sound waves. They forget even to search their food and become restless to hear those sweet sound waves. They express their displeasure and annoyance when the sounds are stopped. It has been observed that the animals like these sounds that are similar to their own.

The apes, chimpanzees, gorillas, are used to human nature. They can be encouraged to play sweet music. The animals of these categories prefer the sound of flute and violin to that of other instruments.

The hippos and rhinos are famous for their deep sleep. Only their oppressive hunger can awake them from their sleep. The effect of music has been seen more successful in awakening them. Hearing the musical notes they become cautious and instead of running about to and fro and sitting at their places remain absorbed in listening the music till it stops. On playing sarod they have been seen gapingly enjoying their mouth. The elephants and horses have been seen dancing with musical notes. The bears and monkeys also imitate this.

The pipe band has been observed to provide more enthusiasm to the wild cats. The crocodiles too when use to enjoy music begin to wave with the sound waves and express the favorite reaction. In the same way the dogs and the foxes has also been observed to be influenced with music.

It is worthwhile to consider that when common beasts and birds, snakes, scorpions are influenced by music, why will music not influence a thoughtful being like men? This influence often proves beneficial.