CHAPTER- 1
INTRODUCTION
INTRODUCTION:

It is surprising that, although we are all very much human, we are still so different from each other. It is to be understood that though two people may be dissimilar in so many ways (in terms of physical features, tastes, thought process), it is still possible to derive health and happiness by following the same rules of wellness.

From time immemorial man has been interested in trying to control diseases. The medicine man, the priest, the herbalist and the magician, all undertook in various ways to cure man's disease and / or to bring relief to the sick. In an almost complete absence of scientific medical knowledge, it would not be fair to say that the early practitioners of medicine contributed nothing to the alleviation of man's suffering from disease. Medical knowledge in fact has been derived to a very great degree, from the intuitive and observational propositions and cumulative experiences gleaned from others.

A history of medicine thus contributes a review of accomplishments and errors false theories and misinformation and mistaken interpretations. It is also a study of the evolution of man and of human knowledge down the ages; of the biographies of eminent individuals who developed medicine; of the discoveries and inventions in different historical periods and of the ever-changing concepts. In the course of its evolution which proceeded by stages, with advances and halts, medicine has drawn richly from the traditional cultures of which it is a part and later from biological and natural
sciences and more recently from social and behavioral sciences. Medicine is thus built on the best of the past. In the crucible of time, medicine has evolved itself into a social system heavily bureaucratized and politicized.

Though health and fitness awareness is increasing today we are left confused. Some fitness gurus reveal that the best possible method of conditioning your body is only gym, cardio schedules, than there are those who swear by ancient yoga techniques etc. In general, the layman is left baffled. He is unable to decide which options to follow from his endless list of health mantras. All this simply adds to our confusion and we do not gain effectively in terms of health and happiness. On the same hand we also very well know that psychological illness creates more problems in our lives. So the first and foremost thing a person can do is to keep his/her mind healthy.

Definitions of Health

"Health" is one of those terms which most people find it difficult to define although they are confident of its meaning. Therefore, many definitions of health have been offered from time to time, including the following:

a. "the condition of being sound in body, mind or spirit, especially freedom from physical disease or pain" (Webster)

b. "soundness of body or mind; that condition in which its functions are duly and efficiently discharged" (Oxford English Dictionary)

c. "a condition or quality of the human organism expressing the adequate functioning of the organism in given conditions, genetic and environmental"
d. "A Modus Vivendi enabling imperfect men to achieve a rewarding and not too painful existence while they cope with an imperfect world"

e. "A state of relative equilibrium of body form and function which results from its successful dynamic adjustment to the forces tending to disturb it. It is not passive interplay between body substance and forces impinging upon it but an active response of body forces working toward readjustment" (Perkins)

The widely accepted definition of health is that given by The World Health Organization (1948) in the preamble to its constitution which is as follows:

"Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity" In recent years, this statement has been amplified to include the ability to lead a "socially and economically productive life”

*New philosophy of health*

In recent years, we have acquired a new philosophy of health, which may be stated as below:

- Health is a fundamental human right
- Health is the essence of productive life, and not the result of ever increasing expenditure on medical care.
- Health is an integral part of development.
- Health is central to the concept of quality of life.
- Health involves individual’s state and international responsibility.
➢ Health and its maintenance is a major social investment.

➢ Health is worldwide social goal.

The human body is like a musical instrument expressing numerous frequencies and rhythms in a constantly changing spectrum of life. It responds and resonates in consonance with music, sounds, speech and thoughts from the environment and undergoes changes of heart beats, breathing, blood chemistry and circulation of energy centers (chakras of the body). Noise and disharmonious music are equally responsible for disturbing the space around us as well as within us.

It is said that a disciplined mind is a free mind. Gain control over your thoughts and you gain control over your life. Retrain your mind and you regain your freedom. Calming the mind is a behavioral technique used to interrupt, minimize and eliminate ‘psychological noise’, Obsessive, repetitive thoughts, anxiety and fears are all the parts of negative self destructive patterns that can be very well benefit from the power of music.

*What is a Therapy:*

It is very important for us to know what a therapy means in medical terms. Below given are the main definitions of therapy according to experts.

The word ‘therapy’ comes from the Greek ‘therapeia’ meaning ‘a service or an attendance’ which in turn is related to the Greek verb ‘therapeuo’ meaning ‘I wait
upon’. Therapy was and is a service done to the sick. A generic term used to describe the application of any medical psychiatric, psychological or alternative designed to promote health and well being is called a therapy. Therapy might include exercise, splitting, positioning, using compressing garments, transparent face masks or treatment intended to cure or alleviate an illness or injury whether physical or mental.

It has been also observed that medicines may or may not cure the patients in every aspects like- motivation, enjoyment in life, optimism left untreated and hence non pharmacological supportive therapies like aromatherapy, massage therapy, water therapy, chemotherapy, music therapy, heliotherapy, Immunotherapy, infrared therapy, physiotherapy, shock therapy, speech therapy, occupational therapy, etc. should supplement the principal treatment. In this thesis we will come across with the music therapy.

**What is Music Therapy:**

Music can be an incredibly important way of healing the body. Every time we listen to it, dance to it, music brings together all the parts of the body that are able, active and creative to help heal the rest of the body. Modern science and medicine are now re-discovering the healing powers of music. Music therapy is an emerging discipline in India that warrants more research in this area to make it evidence based. While music therapy is being widely and commonly used in the western countries, it is not so much common in India. With our rich traditions and classical music of centuries, the potential
beneficial effects of such music need to be explored scientifically and get well documented.

Now let’s see what does Music Therapy mean - It is the use of music within a therapeutic relationship to sustain, restore or improve emotional, cognitive, physical, and spiritual health.

- Music therapy is different from music education and music lessons, recreation and entertainment.
- Although music therapy may share common aspects with these pursuits, it is fundamentally distinct because of its emphasis, approach and aims.
- Music therapy integrates the elements of music - its rhythms, melodies, and harmonies - with specific therapeutic treatment goals.
- As a therapy, it is unique in its ability to open up avenues of self awareness, self expression, and communication that can lead to improved functioning.
- It is an active and process-oriented therapy that employs singing, listening and moving to music, songwriting and playing instruments that do not require any skill or previous training.
- Music therapy is prescribed by members of the client's treatment team. Members can include doctors, social workers, psychologists, teachers, case workers, or parents.
- Music is the primary therapeutic tool. Using music to establish a trusting relationship, the music therapist then works to improve the client's physical and mental functioning through carefully structured activities. Examples can include
singing, listening, playing instruments, composition, moving to music, and music and imagery exercises.

- Music is administered by a trained music therapist. A music therapist's education and training is extensive. Musical interventions are developed and used by the therapist based on his/her knowledge of the music's affect on behavior, the client's strengths and weaknesses, and the therapeutic goals.

- Music therapy is received by a client and it targets a wide range of clinical populations and client ages.

- Music therapy works towards specific therapeutic goals and objectives. Goal area includes communicative, academic, motor, emotional, and social skills. It is important to be aware that while clients may develop their musical skills during treatment, these skills are not the primary concern of the therapist. Rather it is the affect such musical development might have on the client's physical,

- Psychological and socio-economical functioning.

The researcher here would like to mention the contents of the remaining chapters in short so that the readers will have an idea of how the present thesis will deal in finding out the therapeutic potentiality of the Indian classical music.

CHAPTER-2: RESEARCH METHODOLOGY

This chapter includes in detail the research methodology used for the present work. It also includes the details of the pre-pilot study and the
pilot study done in order to get a clear picture of how the main study will proceed.

CHAPTER 3: INDIAN CLASSICAL MUSIC

This chapter will give the details regarding the history of the Indian classical music. It includes the evolution of the Indian classical music from the Vedas. This section also includes the details of the basic terms from the Hindustani classical music, Raga, its meaning and purpose.

CHAPTER 4: A LOOK AT THE LITERATURE- MIRROR IMAGE OF THE TRUTH

This chapter will give a glance of how the music therapy has evolved from history till present day in India and some of the music therapy works done in India. It will also include the details of the evolution of the music therapy in the western countries and some of the music therapy works carried out in the western countries.

CHAPTER 5: EFFECT OF THE HINDUSTANI CLASSICAL MUSIC (instrumental) ON ESSENTIAL HYPERTENSION

This chapter will deal with the details of the disease Essential Hypertension and the case studies done in order to know the effect of the Hindustani classical music (instrumental) on the disease. The researcher
in this section has tried to document the effect and find the therapeutic potentiality of the music on the disease.

**CHAPTER-6: EFFECT OF THE HINDUSTANI CLASSICAL MUSIC**

*(instrumental)* **ON TYPE 2 DIABETES MELLITUS**

This chapter will deal with the details of the disease Type 2 Diabetes Mellitus and the case studies done in order to know the effect of the Hindustani classical music (instrumental) on the disease. The researcher in this section has tried to document the effect and find the therapeutic potentiality of the music on the disease.

**CHAPTER-7: COMPARING THE EFFECT OF HINDUSTANI CLASSICAL MUSIC** *(instrumental)* **ON THE HYPERTENSIVE PEOPLE INVOLVED IN REGULAR YOGA PRACTICE**

In this chapter the researcher has tried to compare the effect of music and the effect of yoga on the hypertensive subjects which was a help to further test the therapeutic potentiality of the Indian classical music.

This is an introduction to the new research study and therefore the theoretical framework and the rationale of this, as well as a discussion of the basic concept of the methods are prefaced here. Some of the literature cited for the purpose here is inevitably explored again in more details in the Chapter No 4 and this chapter aims to give an overview of what will be discovered in detail in the subsequent chapters.
The potentials users of my observations and experiences can repeat the experiments in their lives and surroundings and evaluate their own experiences in comparison to mine. This research is both science and art. Logics, clarity and precision are needed for science. Originality, freshness of experience and sincerity of purpose with compassion are needed for artistic works. This research attempts to preserve both and introduce art into medical science and medical science into the art of music for social change and for creating employment opportunities for thousands of music students and for healing the needy and developing the younger generation of citizen for world peace and preserving the heritage of India for the entire humanity.