CHAPTER 4

CASE STUDIES

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Bhakti-Sangeet

Film Music

Findings
Case No: 1

Personal Details:

The patient was a 30-year-old unmarried female, live along with her 55-year-old mother and 32 year old sister. The patient is educated up to S.S.C. The patient used to stay at home and used to do every household work. Her mother was a laborer in a factory. Her sister was working in an institute called ‘Sevasadan’.

The patient lost her father when she was only one and half year old. She was brought up by her mother with the help of her maternal uncle. The patient’s sister was handicapped by legs. Since their childhood the patient’s mother used to ask the patient to escort her sister. The patient used to stay with her sister and they would remain aloof from others.

Brief History of illness:

When the patient was about 15 years old, she had an affair with a boy who was belonging to a different community. The affair with that boy lasted for about 7 year. The boy was very close to the family. The boy was interested in the estate owned by her mother and that was the only reason he wanted to marry to the patient. The boy started threatening the patient and her family that if they would not give him the property he would kidnap or trouble the patient. The situation created high mental trauma for the patient and the patient tried to commit suicide. But the attempt was a failure. Since then the patient was suffering from nervousness. Patient used to complain about Sinusitis and multiple somatic complaints.

Chief Complaints:

Low mood, insomnia, decreased interest in surrounding, fatigue, decrease in appetite, and body-ache.
Interest towards Music:

The patient sometimes used to listen to Hindi as well as Marathi film music and Bhakti-Sangeet. The patient did not feel to listen to music and she was not listening to music from last 7 - 8 years.

Initially the patient was hesitant to attend the sessions and showed distrust on the therapeutic aspect of music. The patient attended five sessions.

Responses to music according to the specified domains:

**Classical Music**

a) The patient found both vocal and instrumental music refreshing. The effect of music was found desirable in all five sessions.

b) In the 1st session, the patient felt like she was sitting in a temple and experienced pious atmosphere. In the 2nd session, she visualized Lord Krishna playing flute and experienced holy atmosphere.

c) The patient perceived happy bhava in the 1st, 2nd and in the 3rd session. The effect of music was soothing in the 4th and in the 5th session.

d) The effect of laya was found desirable.

e) The effect of pitch was found desirable.

f) The patient found the lyrics desirable.

g) Memories were not evoked.

h) The patient was listening to classical music for the first time. The patient's interest towards music gradually increased during music sessions. The patient started listening to music regularly at home. The patient could get peace of mind on listening to music.
Case Studies

*Bhakti-Sangeet*

a) The effect of music was found desirable in all five sessions.

b) The patient perceived *Bhakti-bhava* from the music.

c) In the 1st session, the patient visualized the game among Lord Krishna and *Gopi*. She experienced the feeling like she was sitting in a temple. In the 2nd session, the patient remembered the *Satyanarayan Pooja* (a ritual) and visualized the rituals that generally perform during the *Pooja*. She also experienced the holy atmosphere during the session. She experienced the pious atmosphere in the 3rd session as well. In the 4th session, she visualized the garden in front of their house and the beautiful flowers in the garden.

The visualizations augmented the pleasure during music listening.

d) The effect of *laya* was found desirable in the 1st, 2nd and in the 4th session. In the 3rd session, the patient disliked the fast *laya* of the *Bhajan* and found the *laya* undesirable. In the 5th session, the patient disliked the slow *laya* of the *Bhajan* and found the *laya* undesirable.

e) The effect of the pitch was found desirable.

f) The patient would listen to the lyrics, the tune and the background music with interest. The patient liked the lyrics evoking devotional *bhava*.

g) The patient remembered the holy ceremony, *Satyanarayan-Pooja* in the 2nd session and got delighted. In the 3rd session, she remembered the fasts she used to keep and experienced the holy atmosphere. In the 4th session, she remembered the garden in front of her house and the beautiful flowers in the garden. These memories gave her happiness.

h) The patient used to listen to *Bhakti-Sangeet* with considerable interest. During the sessions she could listen with concentration and hence could get a great pleasure. The patient's interest in *Bhakti-Sangeet* found to increase during music sessions. She expressed her wish to purchase radio-cassette player and cassettes of *Bhakti-sangeet*. She started listening to music regularly. Sometimes she also would do humming.
Film Music

a) The effect of music was found undesirable in the 1st and in the 2nd session. In the 3rd session, the patient was unwilling to listen to film song. The effect was found desirable in the 4th and in the 5th session.

b) The patient did not get visualization.

c) The patient did not find music soothing in the 1st and the 2nd session. The bhava perceived in the 1st session was depressing. In the 2nd session, she did not specify the bhava but reported that she disliked the bhava evoked by the song. The music was not played in the 3rd session.

d) The patient found the laya undesirable in the 1st and the 2nd session. The patient found the laya desirable in the 4th and the 5th session.

e) The patient found pitch undesirable in the 1st and the 2nd session. She found pitch desirable in the 4th and the 5th session.

f) The patient found the lyrics depressing in the 1st session. She did not like the lyrics in 2nd session. She found the lyrics desirable in 4th and the 5th session.

g) The patient got painful memories and perceived depressive bhava in the 1st session. She did not get memories in rest of the sessions.

h) Initially the patient found film music depressing. She did not like listening to the music and would not get soothing effect of music. But gradually she started listening to music and did not feel depressed.

Findings

a) Classical vocal and instrumental music and Bhakti-Sangeet showed high therapeutic effect on the patient.

b) The visualization during listening to classical music and Bhakti-Sangeet gave great pleasure to the patient.

c) Initially the patient found film music depressing but gradually she liked listening to the music.
Case No: 2

Personal details

The patient, a 55-year old widow worked as a maid-servant but had to leave her job because of her present illness. The patient's husband had been an alcohol dependent, until his death two years ago. The patient had 4 children-2 daughters aged 22 and 18 and 2 sons aged 15 and 14.

Her eldest daughter had 3 children, and was deserted by her husband. The daughter and her 3 children stayed at the patient's small house. The estranged daughter had filed for divorce and the patient would attend to all court matters. The patient's younger daughter was studying in the 12th standard. The patient's younger son was working, but the elder one did not have a job.

Brief history of the illness

The patient had to shoulder the responsibilities of her 4 children. Attending to her daughter's divorce case was very stressful for her. She was also facing acute economic crises, since the entire family was financially dependent on her. She was unable to withstand this on-going stress and for the past two years was showing symptoms of depression.

Chief Complaints

Decreased in sleep and appetite, low mood, loss of interest in all pleasurable activities, palpitation, headache, and giddiness.

Interest towards music:

The patient was very fond of music, but initially, was unwilling to attend music sessions. The patient used to listen to music on radio but because of the present
illness, had stopped listening to music. The patient was interested in Marathi Abhangas; she also used to sing Abhangas.

*Responses to music according to the specified domains:*

**Classical Music**

a) The patient found the music desirable in the 1st and the 2nd sessions. In the 3rd session she found the music desirable when the laya was slow, but found the music undesirable when rendered in fast laya. In the 4th session, the patient insisted on listening to Bhakti-Sangeet instead of classical music.

b) The patient perceived happy bhava and found the music soothing in the 1st and the 2nd sessions. She liked the music in slow laya in the 3rd session but could not tolerate the music in fast laya.

c) The patient did not visualize during listening.

d) The patient found the laya desirable in the 1st and the 2nd session. She found the fast laya undesirable in the 3rd session.

e) The pitch was found to be desirable in the 1st and the 2nd session. In the 3rd session, she found the rendition of swaras irritable when rendered in the upper register.

f) The patient did not respond specifically towards the lyrics.

g) She memorized the song, which was based on the raga played on the flute, in the 2nd session. She also recollected the music she used to listen on radio; these memories made her happy.

h) The patient rarely used to listen to classical music. By listening to classical music in the sessions, she would get peace of mind.
Bhakti-Sangeet

a) The patient felt contented on listening to Abhangas.

b) The patient perceived calming effect of music.

c) The patient did not get any visual images while listening to the music.

d) The patient found the laya desirable.

e) The patient did not respond specifically to the pitch.

f) The patient listened to lyrics carefully. She was very pleased to listen to lyrics evoking devotional bhava.

g) She recollected the songs she had earlier heard on the radio. She sang the songs during music sessions and used to hum along with the singer.

h) The patient had deep faith in God. She stated that music gave her moral support. At home, she started listening to music regularly.

Film Music

a) The patient found the music desirable in the 1st session. In the 2nd session, she found the music undesirable, while in the 3rd and 4th sessions, she insisted on listening to Bhakti-Sangeet instead of film music.

b) The patient perceived calming effect of music in the 1st session. She found the music depressing in the 2nd session.

c) The patient did not visualize while listening to music.

d) The patient found the laya desirable in the 1st session and neutral in the 2nd session.

e) The patient did not respond specifically to the pitch.

f) Lyrics were found to be undesirable in the 1st and the 2nd sessions. In the 2nd session, the lyrics made her feel depressed.
g) The songs evoking feelings of love revived the patient's past memories and experiences. The memories made her sad, as she had not experienced such feelings in her life. She said that her husband was alcohol dependent who used to harass her until his death; due to all these events, she felt her life was full of sad memories.

h) The patient showed little interest in film music and insisted on listening to Bhakti-Sangeet. Film music was not played in 3rd and the 4th session.

Findings:

a) The patient was fond of music and was found to get soothing effect of music.

b) The effect of Bhakti-Sangeet was found to be highly therapeutic. The patient liked listening to classical vocal and instrumental music in slow laya. Film music was not found to be therapeutic for the patient.

c) The patient found the music irritating when rendered in fast laya and also in the upper register.

d) The patient had deep faith in God; she would insist on listening to Marathi Abhangas.

e) She expressed that Abhangas revived her spirits and lifted her mood, giving her moral strength.

f) Film music was found to evoke painful memories, making the patient depressed.

g) Music sessions sensitized the patient. The patient started listening to music regularly at home.
Case No: 3

Personal details

The patient was a 24-year-old unmarried male, working as an accounts' assistant in a private company. The patient was a Commerce graduate. The patient's father was a retired Ayurved doctor. The patient was staying with his father. The patient had two elder sisters, of which one was married. The other (elder) sister stays with him; she was unmarried and was not working.

Brief History of illness

The patient's mother died one year ago. He was very close to his mother. His mother's death was a mental trauma for the patient. The patient's father was an alcohol dependent. Three years ago patient's father was retrenched and lost his job. Now, the patient was the sole earner in the family. The responsibilities had created a constant pressure on the mind of the patient.

The patient's father would never appreciate his work and would always underestimate him. After his mother's death, the patient started feeling lonely. The patient would feel low, as he did not have anybody to share his emotions and stress.

It was found later on that during college days the patient was in love with a girl, but the girl was not interested. During those days, the patient used to remain aloof and showing lowered self-esteem.

Chief Complaints

Low mood, decreased appetite, sleep disturbance, decrease in concentration, loss of interest in all pleasurable activities, irritability, restlessness, hopelessness, suicidal-ideation.
*Interest towards Music*

The patient was fond of music and used to listen to old Hindi film songs during his college days. Sometimes, he also used to sing songs. The patient would listen to sad film songs, especially songs sung by Mukesh (the renowned Hindi film music singer) and would remain in 'blue mood'. The patient's father disliked music and would not allow him to listen to music. The patient did not feel listening to music because of the illness. In all, the patient attended six music sessions.

*Responses to music according to the specified domains*

*Classical Music*

a) The patient found vocal and instrumental classical music desirable. The patient showed more interest in listening to instrumental music than vocal music.

b) The patient found music soothing and could concentrate on music without getting any other thoughts.

c) The patient did not get visualization.

d) The patient liked music in medium and fast *laya*. He could not concentrate on music when the *laya* was slow especially during the rendition of *alap*.

e) The patient found pitch of the music desirable.

f) The patient found lyrics in classical music desirable.

g) He recollected his unfulfilled wish to learn the harmonium. He also remembered the songs he used to listen to.

h) The patient’s interest in classical music increased gradually. The patient started listening to music at home and also purchased cassettes on classical music. The patient expressed his desire to learn classical music and play the Harmonium.
Case Studies

Bhakti-Sangeet

a) The patient found the Bhakti-Sangeet desirable during all sessions except in the 2nd session.

b) The patient found the music calming and soothing. In the 2nd session, the patient could not concentrate on music and did not feel listening to music.

c) The patient did not get any visualization.

d) The patient’s response to laya was desirable.

e) The effect of pitch was also desirable. The patient liked the voice of the singers and felt nice.

f) The patient displayed indifference to the lyrics. The lyrics did not seem to matter; he was interested in the tune and background music.

g) In the 1st session, the patient remembered a similar song he had heard earlier; the association gave him a great pleasure.

h) The patient would say that he has no faith in God and had never listened to devotional music even though he found the music calming. He found to get peace of mind on listening to the music.

Film Music

a) The patient found music desirable in the 1st, 5th and 6th sessions. He found the music undesirable in 2nd, 3rd and 4th sessions.

b) In the 1st, 5th and 6th session, the patient found the music calming. The music in the 2nd, 3rd and 4th sessions was felt depressive.

c) The patient did not get visualization.

d) The patient found the laya desirable.

e) The effect of pitch was also desirable.
f) The patient found lyrics desirable in the 1\textsuperscript{st}, 5\textsuperscript{th} and 6\textsuperscript{th} sessions and undesirable in the 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} sessions. The lyrics, expressing the feelings of separation or love found to be undesirable for the patient. The patient associated his life experiences with the lyrics and became depressed.

g) In the 1\textsuperscript{st}, 5\textsuperscript{th} and 6\textsuperscript{th} session the patient was not affected by the lyrics. He reported that he should not associate the lyrics with his life experiences and to enjoy the music as an art.

h) In the 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} sessions, the patient remembered his friend and the girl he loved. The memories made him depressed. In the 5\textsuperscript{th} and 6\textsuperscript{th} session he did not get any painful memories and enjoyed the music.

i) Initially the patient found the film songs depressing. But gradually he started enjoying the songs and also listening to the songs at home.

Findings

a) Classical music showed great therapeutic effect on the patient. The patient enjoyed instrumental music more. He perceived calming bhava from the music.

b) The patient has no faith in God. He was least interested in the lyrics of Bhakti-Sangeet but found the tune and the laya soothing.

c) Initially the patient found the film music depressing. The memories evoked during listening disturbed him. But gradually he started enjoying the music.

d) The patient's interest in music increased gradually. He expressed his wish to learn classical music and play the Harmonium. He purchased cassettes of classical music. He started listening to classical music and to film music regularly.
Case No: 4

Personal details

The patient, a 35-year-old married female, was working in a factory. The patient left her husband’s house and was staying with her father. She has a son who is staying with her. The patient’s mother died when the patient was 15 years’ old. The patient has two elder brothers and two elder sisters. The patient’s father got remarried and the patient has one stepsister and one stepbrother.

Brief History of illness

The patient was in good health before her marriage. The marriage was against her will. Her ex-husband is a farmer and lived in a village. The patient’s upbringing was in a city and hence she could not adjust with the culture in the village. She was also finding difficulty in getting adjusted with her husband.

The patient’s father and father-in-law had a quarrel during marriage regarding the amount of dowry. Her father-in-law and her husband used to quarrel with the patient regarding the same. Such things used to make her sad and she used to keep on thinking about the same. Excessive thoughts and worries made her irritable and depressed. The patient was not happy with her married life. She attempted suicide twice, but failed. After two years of her marriage, she left her husband and started staying in her father’s house.

She was feeling lonely and was unable to concentrate on work, both, at home and office. The patient did not feel like taking care of her son because of her illness. The patient had thoughts about remarriage, but her father and brother were not agreeable to it. This made her more depressed.

Chief Complaints

Headache, irritability, low mood, sleeplessness, decreased appetite, suicidal ideation.
Interest towards music

The patient was fond of music. She used to listen to old Hindi film songs. But she did not feel like listening to music because of the illness. The patient sometimes listens to sad and slow film songs, which would make her depressed. The patient dislikes new Hindi film songs. She could not tolerate music in high volume. The patient attended four music sessions.

Responses to music according to the specified domains

Classical Music

a) The patient found vocal and instrumental classical music desirable. In the 2nd session, patient insisted on listening to vocal music because of which the music scheduled for 3rd session was played. Hence the responses to music scheduled for the 1st, 3rd, 4th and 5th session were recorded.

b) The patient found the music soothing. The music gave her peace of mind.

c) She did not get visualization.

d) In the 4th session, she felt that she was sitting in a temple and perceived calming effect of music. She did not get any visual images.

e) The effect of laya on the patient was found desirable in all sessions except for the music in 5th session. The patient found the laya undesirable when swaras were rendered in fast laya. Especially, tannas on flute in the 5th session made her irritable and depressed.

f) The effect of pitch was desirable in all sessions except in the 5th. The fast rendition of swaras in lower, middle and upper register made her irritable.

g) The effect of lyrics was found desirable.

h) It was noted during the music sessions that the recurrent thoughts that she would otherwise get were reduced. But in the 5th session the patient got painful memories and felt depressed.
Case Studies

i) Despite the fact that the patient was listening to classical music for the first time, she enjoyed listening to it. She also started listening to the music at home.

Bhakti-Sangeet

a) The effect of Bhakti-Sangeet was found desirable.

b) The patient found the music happy, soothing and mood-elevating. In the 4th session patient liked the song but found the background music depressive.

c) The patient did not get visualization.

d) The effect of laya was found desirable.

e) The effect of pitch was found desirable.

f) The patient has deep faith in God hence she liked the lyrics with devotional emotive content.

g) The patient remembered the song and also the cassette gifted by her father. The patient recollected her visits in the temple and the Kirtans and the Bhajans she used to listen.

h) The patient reported that listening to music at home would not give her the same degree of pleasure, which she got during the sessions. When she would listen to music at home, she would get past memories, which would disturb her. The patient purchased a cassette of Bhajans and started listening to them at home regularly.

Film Music

a) The effect of the music in 1st and 4th session was found desirable. Film music was not played in 3rd and 5th session. In the 3rd session, the patient was feeling restless and in the 5th she was in a hurry.

b) The effect of music was found soothing.
c) The patient did not get visualization.

d) The patient found the laya desirable.

e) The patient did not respond specifically to pitch of the music.

f) The effect of lyrics was found neutral.

g) It was found that the patient liked listening to the film songs during music sessions. She reported that whenever she listens to the film songs at home, painful memories got evoked and made her feel depressed. It was found that the patient associated her life events with the meaning of the songs and felt sad.

h) The patient did not listen to film music at home. The patient reported that she did not get love from her husband. She would get past memories on listening to film songs and would feel depressed.

**Findings**

a) The effect of classical vocal and instrumental music and Bhakti-Sangeet was soothing for the patient.

b) Therapeutic effect of Bhakti-Sangeet was found to be the highest, followed by classical music.

c) The patient could not tolerate the music when swaras rendered in fast laya.

d) As interest in Bhakti-Sangeet increased, the patient purchased music cassettes and started listening to music regularly.

e) Initially the patient did not like listening to film music but later on she liked listening to the music.
Case No: 5

Personal details

The patient, a married male, age 32, was working as a servant in a Government Hospital. The patient was living with his parents. His father was a retired servant from the Indian Railways. His brother’s family also stayed in the same small house. After seven months of his marriage, his wife left him taking with her their girl child.

Brief history of illness

Personality of the patient was anxious. From his childhood he had witnessed big quarrels among his parents. His father was short tempered by nature and was alcohol dependent. Social and economic condition of the family was poor.

The patient’s wife wanted to stay separately but the patient did not agree with her; this issue led to frequent quarrels between them. Because of this disagreement, his wife left him taking with her their girl child. The patient’s wife also had filed a Court case of maintenance. The patient had to attend the family court; every court hearing would disturb him.

He was upset because of his marital discord. The patient would keep on thinking about his past life and about his child. He was feeling lowered in self-esteem and would think that it was because of his gentleness, his wife deceived him. Continuous stress from childhood made him vulnerable to depression after his marital discord. From last three years the patient was on medication. He was symptomatic when enrolled for music sessions.

Chief Complaints

Disturbed sleep, low mood, anxiety, forgetfulness, decrease in concentration, suicidal ideation, palpitation, and decrease in appetite, excessive thoughts.
Interest towards Music

The patient was fond of music. He used to listen to old Hindi film songs regularly but he did not feel like listening to the songs because of his present illness. The patient has deep faith in God. He would get peace of mind by visiting the temple and listening to Kirtans and Bhajans there. The patient attended four music sessions.

Responses to music according to the specified domains

Classical Music

a) The patient preferred vocal music than instrumental. The patient found music desirable in the 2nd and 3rd session and undesirable in the 1st and 4th session.

b) In the 1st session, the patient did not understand the music and hence disliked the music. The patient perceived happy and soothing bhava in the 2nd and 3rd sessions respectively. In the 4th session, the patient was very upset because of the court case. He was restless and hence could not concentrate on the music. Hence he found the music depressing.

c) In the 2nd session, he visualized running deers, flowing water, bright sunlight, and a pleasant morning. The visualization gave him a great pleasure.

d) The effect of the laya was found desirable in 2nd and 3rd session while in the 1st session it was found neutral and in the 4th session undesirable.

e) The patient found pitch of the music desirable in the 3rd session. He did not respond specifically to pitch in rest of the sessions.

f) The patient did not respond specifically to lyrics in classical music.

g) In the 2nd session, the patient remembered the Shehnai he had heard in the film 'Gunj Oothi Shehnai'. In the 3rd session, he remembered the music of Pt. Bhimsen Joshi, which he had listened on television. The reminiscences gave him a great pleasure.
h) The patient had no interest in classical music before he was introduced to the music during the sessions. But he was found to enjoy the music gradually during the sessions.

**Bhakti-Sangeet**

a) The patient has deep faith in God. The effect of music was found desirable during every music session.

b) The patient perceived happy bhava from the music.

c) The patient did not get visualization.

d) The laya of the music was found desirable.

e) The patient did not respond specifically to the pitch of the music.

f) The patient liked the lyrics of the devotional bhava. He appreciated the tune and the background music more than lyrics in the music.

g) The patient remembered his visits to the temple and the devotional songs viz.- Bhajan and Kirtan he listened in the temple.

h) The patient found to get sensitized during the sessions. The patient wished to purchase music cassettes of Bhakti-sangeet.

**Film Music**

a) The patient found the music desirable.

b) The patient perceived happy bhava in 1st, 3rd and 4th sessions. Though he perceived sad bhava in 2nd session, he liked listening to the song.

c) The patient did not get visualization.

d) The effect of the laya was found desirable.
e) The patient did not respond specifically to the pitch in the music.

f) The patient liked the lyrics and got pleasure from the familiar songs. The effect of lyrics was found desirable.

g) The patient remembered the days when he used to listen to film songs regularly. He remembered the songs and those memories made him happy.

h) The patient is fond of Hindi film songs but he was not listening to the songs because of the present illness. The memories evoked during the sessions gave him a great pleasure and motivated him in listening to the music again.

**Findings**

a) The patient perceived soothing effect from the music during music sessions. The responses of the patient clearly imply that the effect of music was therapeutic for the patient.

b) The effect of all the three types of music i.e. classical vocal and instrumental music, Bhakti-Sangeet and Film Music was found therapeutic for the patient.

c) Music sessions motivated the patient and the patient started listening to music regularly with interest.

d) During listening, recurrent painful thoughts found to get reduced and the patient would get peace of mind.
Case No: 6

Personal details

The patient, age 32 years, married female living with her husband and children - 3 daughters and 1 son. Her husband was very kind and her children took care of her. The patient was a housewife and educated up to primary level.

Brief History of illness

The patient was anxious and short-tempered. The patient was worried about her daughter's marriage. A year ago, her mother expired and this had triggered her low mood.

Chief Complaints

Low mood, decreased appetite, disturbed sleep, fatigue, loss of interest in all pleasurable activities, reduced weight, hopelessness, giddiness, palpitation.

Interest towards music

The patient was fond of music and liked listening to Marathi Bhakti-sangeet and Bhavga. The patient would ordinarily sing and listen to music, but because of her low mood did not feel like singing or listening to music.

Responses to music according to the specified domains

Classical Music

a) The patient found vocal as well as instrument classical music desirable.
b) The patient liked listening to classical music and perceived happy bhava. In the 5th session, the patient reported that she felt like continuing to listen to music as she got peace of mind.

c) The patient found the laya desirable except for zala of sitar in the 4th session. She found the music irritable when zala was rendered on sitar. She reported that she liked listening to soft and soothing music.

d) The patient found pitch of the music desirable.

e) The patient found the lyrics in classical music desirable.

f) She recollected the songs she used to listen and sang those songs in the 1st and 5th music sessions.

g) The patient was stimulated by music sessions and started listening to music at home. The patient sang her favourite songs during the sessions and thus participated actively during the sessions.

**Bhakti-Sangeet**

a) The patient found Bhakti-sangeet desirable.

b) The patient perceived soothing effect of music during the sessions. In the 2nd session, she reported that she felt contented listening to the music.

c) The patient did not get any visual images while listening.

d) She found the laya calming and soothing.

e) The patient found pitch of the music desirable.

f) She has deep faith in God. Lyrics in the music would give her peace of mind.

g) In the 5th session, the patient recollected the song and felt nice.

h) The patient started listening to Marathi Abhangas and Bhava-geet on radio regularly. The patient started attending functions and festivals and would sing on such occasions.
**Film Music**

a) During the sessions, the patient found film music desirable.

b) She perceived soothing effect of music during the sessions.

c) The patient did not get visualization.

d) The patient found the *laga* desirable.

e) She did not respond specifically to the pitch.

f) The patient enjoyed listening to lyrics of film songs.

g) In the 4th session, the patient recollected songs she used to sing / listen to and felt happy.

h) During the sessions, it was noticed that the patient's interest in music increased gradually.

**Findings**

a) The patient found all the three types of music soothing, i.e. - the classical vocal and instrumental music, *Bhakti-sangeet* and film music.

b) The patient showed great interest in devotional songs. She sang songs during the sessions. Therapeutic effect of *Bhakti-sangeet* was found to be higher than classical and film music.

c) Patient could not tolerate music in fast *laga* especially the *tannus* in vocal classical music and *zaln* of the sitar.

d) Music sessions motivated the patient. Patient's interest in music was found to increase gradually. Patient started attending and participating in get-togethers and social events. She expressed that she felt good to sing in the presence of her friends and relatives.
Case No: 7

Personal details

The patient was a 39-year-old married male, educated upto 9th standard. He was working as a traffic police. The patient has three daughters. His wife was tuberactomised at the time of her 4th delivery. The patient was desperate to have a son. Because of his desire for a son, he and his parents were contemplating his remarriage. His wife opposed the idea. Patient was in a dilemma. He had suicidal ideas. The patient was on medication for the past 9 years. Stress in his married life got resolved gradually, the patient now faced a different stress.

History of illness

The patient was very much irritated because of his neighbour's behavior. His neighbour used to listen to music at a very high volume throughout the day, which was a nuisance for the patient's family. The loud music made it difficult for the patient's daughters to concentrate on their studies. The patient tried to convince his neighbours but they refused to reason with him.

Strain in the past life had lowered his self-esteem and he was already suffering from depression. This coupled with the fact that despite being in the police, he was unable to manage the situation about his neighbors, made him feel low and anxious.

Chief Complaints

Low mood, increased anxiety, decreased sleep and appetite, crying spells, loss of interest in all pleasurable activities, suicidal ideations, lowered self-esteem, decreased confidence, hopelessness, worthlessness.

Interest towards music

The patient used to listen to Hindi film songs but had stopped listening to music from the past two years. He used to feel that music would disturb his daughters in
their studies. The patient was very anxious and hesitant to attend music sessions. He said that music had created stress in his life and did not believe that music could prove therapeutic for him. After two meetings, the patient agreed to attend the music sessions. His heavy work schedule prevented him from attending all the sessions; he could attend only two music sessions.

Responses to music according to the specified domains:

Classical music

a) The patient found vocal music undesirable in the 1st session. He liked instrumental music in the 2nd session.

b) He did not like the music in the 1st session. But he found the music calming in the 2nd session.

c) The patient did not get any visualization during listening.

d) The patient did not like fast laya in case of vocal music. He found tanna in the vocal music irritating. He enjoyed tabla in case of instrumental music.

e) In the 1st session, the patient found the music irritable when swaras were rendered in upper register. He found pitch desirable in the 2nd session.

f) The patient did not respond specifically to lyrics in the music.

g) Memories were not evoked.

h) Initially the patient insisted on listening to music rendered only by well-known artists; he had a particular preference for two artists - Lata Mangeshkar and Anuradha Podwal and showed disinterest in classical vocal music. He liked instrumental music and was found to engrossed in listening to the flute. He did not get any disturbing thoughts and enjoyed soothing effect from instrumental music.
Bhakti-Sangeet

a) *Bhakti-Sangeet* showed dramatic effect on the patient in the 1st session. He liked the *Bhajan* very much and felt like singing with the singer. The patient enjoyed the *Bhajan* in the 2nd session as well.

b) The *bhava* perceived from the *Bhajans* was soothing. In the 1st session, the patient expressed that the *Bhajan* refreshed his mind.

c) The patient did not get visualization during the sessions.

d) The patient found the *laya* desirable.

e) He did not respond specifically to the pitch of music.

f) The patient found the lyrics desirable.

g) Memories were not evoked.

h) The patient inquired about availability of music cassettes, as he wanted to listen to *Bhajans* at home. He felt that he should start listening to music at home as well.

Film Music

a) The Patient enjoyed listening to film music during the sessions.

b) He perceived happy *bhava* from the music.

c) The patient did not get visualization during listening.

d) The patient found the *laya* desirable.

e) The patient did not respond specifically to pitch in the music.

f) The patient found the lyrics desirable.

g) The patient recollected the songs during listening. He remembered the days when he used to listen to the film songs and the memories made him happy.
h) The patient was pleased to listen to the known songs during the sessions. He would get soothing effect from the film songs.

Findings

a) Initially the patient was hesitant to attend the music sessions. But he got ready to attend the sessions and found the music soothing.

b) The music during the sessions was found to be therapeutic for the patient.

c) Except vocal classical music, the patient liked listening to instrumental classical music, Bhakti-Sangeet and film music during the sessions.

d) The patient got sensitized during the sessions. He inquired regarding the availability of music cassette and wished to listen to the music at home. Patient also felt like singing during the session.
Case No: 8

Personal details

The patient was a 33-year old married male, educated up to 7th standard, working as a farmer. The patient left his school because of the financial problems at home. The patient's father expired when he was 7-year old. After father's death, his uncle asked him to vacate the house. To make his living possible he started working from his childhood. His mother expired when he was 17-year old. The patient got married fifteen years back and is having three sons.

Brief history of illness

Two years ago, the patient had got 1st episode of depression, when he sold his buffalo, as it had grown old. He had a loss of 1000 rupees, since then started worrying and became symptomatic. This was followed by 2nd episode of depression because of the tensions on the farm. During the illness he consumed cannabis and had a quarrel with family members. Then the patient was admitted in the Psychiatry ward of a Government Hospital, he absconded once and readmitted in the ward.

Chief complaints

Head-ache, weakness, restlessness, low mood, palpitation, loss of interest in all pleasurable activities, work-impairment, decreased sleep and appetite, suicidal ideas but no active plan or no history of suicidal attempt.

Interest towards music

The patient is fond of listening as well singing music. The patient had deep faith in God. The patient used to listen to devotional songs. He used to attend Kirtans. Sometimes he used to listen to classical music on television. But he did not feel listening to music because of the present illness. The patient showed intolerance towards music at high volume. The patient attended five music sessions.
Responses to music according to the specified domains:

Classical Music

a) The patient liked listening to both vocal and instrumental music during all five sessions.

b) The patient perceived happy bhava from the music during all the sessions.

c) The patient did not visualize during listening.

d) The patient expressed that he liked the progression of laya i.e. from slow to fast laya, in the music.

e) The patient found pitch of the music desirable.

f) The patient did not respond specifically to lyrics in classical music.

g) The patient memorized the programme based on devotional songs ('Santavani') that he used to listen on television.

h) The patient would get engrossed in the music and felt continuing to listen to the music. The patient expressed that he could have enjoyed the music more if he could understand the technicalities of the music.

Bhakti-Sangeet

a) The patient enjoyed listening to Bhakti-Sangeet and got peace of mind.

b) The patient perceived happy bhava from the music and felt singing along with the singer, during the sessions.

c) The patient did not visualize during listening to the music.

d) Laya of the music was found desirable.

e) The patient found the pitch desirable.
f) The patient would listen to the lyrics, carefully and felt nice on listening to the lyrics evoking ‘Bhakti-bhava’.

g) The patient memorized the Abhangas of similar tunes in the 2^{nd} and the 3^{rd} session and remembered the days when he used to attend Kirtanas. The memories gave him happiness.

h) The patient would get engrossed in the music and did not get any painful thoughts. He would feel like singing the Abhangas along with the singer during the sessions.

**Film Music**

a) The patient found the music desirable during all sessions except in the fifth session. In the 5^{th} session, he disliked the song evoking sad feelings.

b) He perceived happy bhava from the music in all sessions except in the 5^{th} session. He perceived depressive bhava from the song in the 5^{th} session.

c) The patient did not visualize during the sessions.

d) Laya was found to be desirable during all sessions except in the 5^{th} session.

e) The patient did not respond towards pitch of the music.

f) The patient would listen to the lyrics, carefully. He found the lyrics desirable during all the sessions except in the 5^{th} session. He found the lyrics, depressing in the 5^{th} session.

g) The patient did not get any memories.

h) He liked listening to the songs during the sessions. The patient used to listen to the film songs at his twenties but showed great interest in devotional songs during the sessions.
Findings

a) The patient would get engrossed during the music sessions. He found the music soothing and did not get any painful thoughts during listening to music during the sessions.

b) All the three types of music selected had shown therapeutic effect on the patient.

c) The effect of Bhakti-Sangeet for the patient was profound as compared with the classical and film music.

d) The patient found himself motivated by music sessions. The patient showed increase in the interest towards Bhakti-Sangeet during the sessions.
Case No: 9

Personal details
The patient, a 36-year-old married female, was working as a maidservant. The patient’s husband was having an extramarital affair. The patient’s husband left her when she delivered their 2nd child. The patient was living with her 2 sons. The elder son, age 18, studied in the 10th standard, the younger son, age 13, studied in the 4th standard.

Brief history of illness
The patient had to shoulder the responsibility of her two sons. The patient used to reflect on her marital discord and would feel sad. Her family was facing serious economic crisis. The patient’s younger son, who stayed in a remand home, was absconding. This incident caused a big trauma for the patient. She became very anxious and used to feel hopeless and helpless. Because of the excessive thoughts, she could not concentrate on work and left her job. The patient had no financial or social support. The feelings of helplessness and anxiety gradually developed into depression.

Chief Complaints
Low mood, decreased sleep and appetite, excessive thoughts and worries, fearfulness, chest-pain, hopelessness, helplessness, loss of interest in pleasurable activities.

Interest towards music
The patient was not a regular music listener. She had deep faith in God and was fond of devotional songs. She also liked listening to Marathi film music and Bhava-geet.
Because of the illness, she did not feel like listening to music. She could not tolerate loud music; instead, she preferred soft music. The patient attended four music sessions.

**Responses towards music according to the specified domains**

**Classical Music**

a) During the sessions, she found classical vocal and instrumental music desirable. In the 2nd session, listening to the music made her feel sleepy and she experienced the calming effect of music.

b) The patient found the music soothing and calming. She would feel relaxed during the sessions.

c) The patient did not get any visual images.

d) The effect of the laya was found desirable.

e) The pitch was found desirable.

f) The patient was indifferent to the lyrics.

g) The patient did not get memories or any other thoughts while listening to the music during the sessions.

h) The patient had not heard classical music prior to attending the music sessions. She liked listening to music during the sessions. The patient said she did not feel like listening to music at home. Recurrent memories of her son would make her disturbed and she would find music irritable at home.

**Bhakti-sangeet**

a) The patient had deep faith in God. She found music desirable in all sessions except in the first; because of excessive thoughts about her son and her past life; she could not concentrate on music in the 1st session.
b) The patient perceived calming effect of music.

c) The patient did not get any visual images.

d) The effect of the laya was found desirable.

e) The pitch was found desirable.

f) She liked the lyrics evoking devotional feelings.

g) In the 1st session, the patient got memories of her son and became restless and found the music undesirable. In later sessions, she did not get memories and hence could concentrate on music.

h) Abhangas were found to give her peace of mind. Gradually, she started listening to music at home. The patient expressed that it was only during the music sessions that she found peace of mind; at home, she would have recurrent thoughts about her son, which made her irritable.

Film Music

a) The music played in the 2nd and the 4th session was found desirable. During the 1st and 3rd session, film music was not played, as the patient was not feeling well.

b) The patient found the music soothing in the 2nd and the 4th sessions.

c) The patient did not get any visualization.

d) The effect of the laya was found desirable.

e) The pitch was found desirable.

f) Lyrics were found desirable.

g) The patient did not get any memories.

h) The patient used to listen to Marathi and Hindi film songs. But because of the illness she did not feel the urge to listen to music; however, during the sessions she found music soothing.
Findings

a) All three types of music viz. classical vocal and instrumental music, *Bhakti-Sangeet* and film music were found to be soothing for the patient.

b) *Abhangas* showed greater therapeutic effect than classical and film music on the patient.

c) Listening to music during the sessions reduced painful thoughts, which otherwise would disturb the patient.
Case No: 10

Personal details

The patient, a 22-year-old unmarried female, was working in a private factory as an operator. The patient was a commerce graduate. She was staying along with her parents. Her family was facing financial problems, which forced the patient to begin working at an early age. Her mother was a housewife. Her father had retired from employment and was alcohol abused. The patient had one elder sister and two younger brothers. The patient's elder sister was doing a part-time job and both brothers were completing education.

Brief history of illness

Personality of the patient was anxious. The patient showed past history of acute stress reaction at the age of 8. The patient was apparently normal one and half months' back and had resumed her job after a long leave of six months. She was the only employee from last batch and all other employees were fresh. She started facing problems at office; she would constantly get a scolding from her seniors and would then become anxious. She stopped conversing with her colleagues would instead engage herself in work. Her seniors had warned her, asking her to concentrate on her work. The patient started experiencing their behavior as harassment. She was worried about the security of her job; she remained pre-occupied with these worries. One day the patient got furious and consumed a poisonous substance (roger – a pesticide); this was a planned, lethal and intentional attempt. The patient was then admitted in the I.C.U. of a Government Hospital for four days, after which she recovered from toxic effect.

Chief Complaints

Socio-verbal withdrawal, decreased sleep and appetite, crying spells, irritability, restlessness. The patient was unable to speak properly because of the tube inserted to wash stomach; because of this, her breathing was not normal.
Interest towards music

The patient was fond of music. The patient listened to Hindi and Marathi film-music, Bhakti-geet and Bhava-geet. The patient wanted to learn instruments like Sitar or Guitar. She did not play music but would listen to music if someone in the house happened to listen to music programs on the radio or television. The patient attended 3 music sessions; the 4th session was scheduled, but the patient could not attend the same, as she was not feeling well.

Responses towards music according to the specified domains:

Classical Music

a) The patient preferred vocal classical music to instrumental music.

b) The patient found the music pleasant and calming.

c) She did not get any visualization.

d) She found laya desirable in the 1st and the 3rd sessions. In the 2nd session, she liked the music when rendered in slow laya but found irritable when the swaras rendered in fast laya.

e) The patient found pitch of the music desirable in the 1st and the 3rd sessions. She did not like the music when swaras rendered in the upper register in the 2nd session.

f) She found the lyrics in classical music desirable.

g) The patient recollected similar music and would enjoy the pleasant memories. In the 3rd session, she remembered the music of Tansen, a serial that she watched on television and felt nice. The patient could concentrate on music but sometimes she would get disturbing thoughts about her suicidal attempt and the pain she underwent during hospitalization.

h) The patient had not previously listened to classical music, but gradually started listening to it.
Bhakti-sangeet

a) The patient enjoyed listening to Bhajans during the sessions.

b) The patient perceived happy bhava and felt like singing with the singer.

c) The patient did not get visualization.

d) The patient found the laya desirable.

e) She found pitch of the music desirable in the 1st and 3rd session. In the 2nd session, she could not tolerate the music when swaras rendered in upper register.

f) The patient found the lyrics desirable.

g) The patient did not get any memories. She could concentrate on music and did not get any painful thoughts.

h) The patient was not a regular listener of the music but started listening to music regularly at home. She expressed her desire to learn instrumental music.

Film Music

a) The patient felt nice on listening to film music.

b) She perceived happy bhava from the music.

c) She visualized the film-actors on which the song was picturized. She received more pleasure from the music on visualization.

d) She found the laya desirable.

e) The patient found pitch of the music desirable.

f) The patient liked the lyrics and felt like singing with the singer.

g) The patient could recollect the songs and felt happy. The patient did not get any painful thoughts or memories.

h) The patient started listening to music regularly at home.
Findings

a) All three types of music showed desirable effect on the patient. The patient enjoyed listening to music during the sessions.

b) Music in slow and medium laya was found to be suitable for the patient than fast laya.

c) Music rendered in upper register was found to be undesirable for the patient.

d) It was found that the patient could not tolerate music in high volume.

e) Music evoked pleasurable memories. Music sessions stimulated the patient and she expressed her desire to learn music.

f) Interest towards music increased gradually and the patient started listening to music regularly.
Case No: 11

*Personal details*

The patient was a 28 year old married male, working as a watchman in a private company. The patient lives in a joint family, with his parents, 3 elder brothers and their families. After one year of marriage, his wife left him, taking with her their one-year old son. She then stayed with her parents.

The patient showed history of psychiatric illness in the family. His father was admitted to mental hospital for 3 weeks for treatment on Psychosis. The father was alcohol abused. Psychiatric illness in mother characterized by depressive episode.

*Brief History of illness*

The patient was normal 1½ years back. He was having constant fights with his wife regarding their sexual relationship. She had left his house 3 times in the past after they had such quarrels. Since 1½ years he has been having low mood but it was not pervasive and persistent. After his wife left him taking their son with her, his symptoms worsened. He got suspicious about his wife as he thought she was having an affair with some other man. He would get anxious about their marriage; he would also think about his son.

*Chief Complaints*

Low mood, anxiety, decrease in concentration, decrease in sleep and appetite, increased forgetfulness.

*Interest towards music*

The patient was fond of music. He listened to Hindi and Marathi film songs and devotional songs. He used to listen to music with interest but he showed decrease in interest in music because of the illness. The patient attended six music sessions.
**Responses to music according the specified domains**

**Classical Music**

a) The patient found vocal and instrumental classical music desirable. In the 5th and 6th sessions he did not concentrate properly because of some disturbing thoughts.

b) He perceived happy bhava and found the music refreshing.

c) The patient did not get visualization.

d) The patient found slow as well as fast laya desirable.

e) The patient did not respond specifically to the pitch of classical music.

f) He found the lyrics of classical music desirable except in the 6th session. In the 6th session, the patient found the lyrics depressing, but later in the session, liked them.

g) Memories were not evoked during listening to classical music.

h) The patient was not a regular listener of classical music. His interest in classical music increased gradually and he started listening to classical music at home as well.

**Bhakti-Sangeet**

a) The patient found Bhakti-Sangeet desirable during all sessions except in the 6th session.

b) The patient perceived soothing bhava of music. He got peace of mind after listening to Bhakti-Sangeet. In the 2nd session, he found the music motivating. In the 6th session, he found the lyrics depressing and perceived sad bhava.

c) The patient did not get visualization.

d) He found the laya desirable.
e) The patient did not respond specifically to the pitch of music.

f) He had deep faith in God. He appreciated the lyrics and found the music soothing.

g) In the 3\textsuperscript{rd} session, he felt nice as he remembered a song from a T.V. serial, similar to the song he listened in the session.

h) The patient found Bhakti-Sangeet calming. The patient's interest in Bhakti-Sangeet increased to a high degree. He inquired about the availability of cassettes of Bhakti-Sangeet. He purchased a record player and music cassettes. He started listening to music regularly.

\textit{Film Music}

a) The patient liked listening to film music in the 1\textsuperscript{st} and the 6\textsuperscript{th} session. He did not like the music in 2\textsuperscript{nd} and the 3\textsuperscript{rd} session. Film music was not played in the 4\textsuperscript{th} and the 5\textsuperscript{th} sessions.

b) The patient found the song happy in the first session. In the 2\textsuperscript{nd} and the 3\textsuperscript{rd} sessions, he found the music depressing and felt sad. In the 4\textsuperscript{th} and the 5\textsuperscript{th} sessions, film music was not played as the patient insisted on not listening to film music. In the 6\textsuperscript{th} session, he liked the music but found the song depressing.

c) The patient did not get any visualization.

d) He found the \textit{laya} neutral.

e) He did not respond specifically to the pitch of music.

f) The patient liked lyrics in the 1\textsuperscript{st} session. He found lyrics depressing in the 2\textsuperscript{nd}, 3\textsuperscript{rd} and the 6\textsuperscript{th} sessions. Lyrics evoked memories of his wife and depressed him. He said that he did not feel like listening to film songs - specially love songs.

g) In the 1\textsuperscript{st} session, music evoked pleasant memories of his life and college days, when he used to listen to film music. But in the 2\textsuperscript{nd}, 3\textsuperscript{rd} and the 6\textsuperscript{th} sessions, painful memories of his marital discord depressed him.
h) The patient used to listen to film songs during his college days but he did not feel like listening to film music any longer because of his illness.

Findings

a) The patient was found to get peace of mind on listening to Bhakti-Sangeet and classical vocal and instrumental music.

b) Effect of Bhakti-Sangeet was found to be most therapeutic followed by classical music, while film music was not found therapeutic for the patient.

c) The patient would get painful memories on listening to film music and would get depressed.

d) The patient’s interest towards music increased and he started listening to music regularly at home.

e) The patient reported a reduction in recurrent thoughts while listening to music during sessions; he also said that he found peace of mind. However, when he would listen to music at home, recurrent thoughts would disturb him and he would be unable to concentrate on music.
Case No: 12

Personal details

The patient was a 26-year old unmarried female from semi-urban background, working as a Machine operator in a private company. The patient has a younger sister studying in the 12th standard. The patient’s mother was working in a factory. Her mother was suffering from a mood disorder for which she was undergoing treatment in a Government Hospital. Because of her poor financial condition, she had to drop out from school after 11th standard; thereafter she took up a job. The patient was staying with her grandmother since her childhood. The patient’s father deserted her mother when patient was only 5 years of age. Since then, the patient, her mother and her sister were staying with the patient’s grandmother. The patient’s father was living with some other female. The patient had no contact with her father; she said that he was as good as dead for her.

Brief History of illness

The patient’s maternal aunt used to harass the patient’s family on trivial matters. After the death of the patient’s grandmother, the aunt asked them to quit the house they were staying in. Since then the family started staying separately. The patient’s grandfather died soon after the grandmother’s death. The grandfather’s death was a big trauma for the patient as she felt that nobody was left to look after her and her family; she realized that she had to shoulder all responsibilities and provide for her family. The patient’s mother, who was suffering from a mood disorder, was once again admitted to hospital. At that time, the patient was alone to take care of her mother, and she found the situation very stressful. The continuing stress gradually developed into depressive features. The patient would stay alone engrossed in her thoughts. That caused lack of concentration and interest at workplace and at home as well.
Chief Complaints

Low mood, loss of interest in all pleasurable activities, disturbed sleep, decrease in appetite, excessive worry, decrease in concentration, fatigue, feeling of worthlessness, fleeting suicidal ideation.

Interest towards music

The patient used to listen to old Hindi and Marathi film songs. The patient showed interest in Marathi devotional songs - mainly Abhangas of Lord Vitthala. The patient reported that these days she had no inclination to find time to spare for music. Initially, the patient showed disinterest in music and was hesitant to attend music sessions. After the 2nd meeting, the patient accepted the offer but showed distrust in the therapeutic aspects of music. It was after the 1st session that the patient became compliant. In all, the patient attended six sessions.

Responses to music according to the specified domains

Classical Music

a) The effect of music was found desirable in the 1st, 3rd, 5th and 6th sessions; in sessions 2 and 4, it was found to be undesirable.

b) The patient perceived happy and calm bhava in the 1st, 3rd, 5th and 6th sessions respectively. The patient found music depressing in the 2nd and in the 4th session.

c) The patient did not get any visualization.

d) The patient found the music soothing when rendered in slow laya. The effect of laya was found desirable in the 3rd and in the 5th session. The patient found swaras irritable when rendered in fast laya. Hence the effect of the tannas rendered in the 1st and in the 2nd session and the zala of sitar in the 4th session was found undesirable.

e) Pitch of the music was found desirable in the 1st, 3rd, 5th and 6th session but undesirable in the 2nd session. In the 4th session, it was found that the effect of pitch was neutral.
f) The patient found the lyrics desirable.

g) The patient did not get any memories.

h) The patient could concentrate on music. Interest towards music increased during music sessions. The patient started listening to music at home as well.

\textit{Bhakti-Sangeet}

a) The effect of music was found desirable in the 1\textsuperscript{st}, 3\textsuperscript{rd}, 4\textsuperscript{th}, and 5\textsuperscript{th} sessions while it was found undesirable in the 2\textsuperscript{nd} and 6\textsuperscript{th} sessions. The patient did not like male voice hence she disliked the song in the 2\textsuperscript{nd} session. But gradually she started listening to the songs sung by male singers and was found to enjoy all songs in the remaining sessions.

b) The patient perceived happy \textit{bhava} in the 1\textsuperscript{st} and in the 4\textsuperscript{th} session. The \textit{bhava} perceived in the 3\textsuperscript{rd} and in the 5\textsuperscript{th} sessions was soothing. The patient did not like music in the 2\textsuperscript{nd} and 6\textsuperscript{th} session.

c) The patient did not get visualization.

d) The patient found the \textit{laya} desirable in the 1\textsuperscript{st}, 3\textsuperscript{rd}, 4\textsuperscript{th} and in the 5\textsuperscript{th} sessions, but undesirable in the 2\textsuperscript{nd} and 6\textsuperscript{th} sessions.

e) In the 1\textsuperscript{st}, 3\textsuperscript{rd}, 4\textsuperscript{th} and in the 5\textsuperscript{th} sessions, the patient found pitch of the music desirable, while it was found undesirable in the 2\textsuperscript{nd} and in the 6\textsuperscript{th} sessions.

f) The patient found the lyrics desirable in the 3\textsuperscript{rd}, 4\textsuperscript{th}, and in the 5\textsuperscript{th} sessions and undesirable in the 2\textsuperscript{nd} and in the 6\textsuperscript{th} sessions. The effect was found neutral in the 1\textsuperscript{st} session. The patient was fond of songs composed on Lord Vitthala. She stated that she did not like the song from the 2\textsuperscript{nd} session, as it was not composed on Lord Vitthala.

g) In the 2\textsuperscript{nd} session, the patient remembered her friend who used to sing songs on Lord Vitthala; the memories made her happy. In the 6\textsuperscript{th} session, the patient
remembered her grandfather who was very close and dear to her. The memories made her emotional and happy as well.

h) Initially the patient insisted on listening to playing songs rendered by a female. This may be because of her anger towards male individuals in her family, viz.- her father and her uncle. She could have been associating their voices whenever any songs in male voice were played. The patient was fond of songs on Lord Vitthala, hence she would insist on listening to songs on Lord Vitthala. Though initially she preferred listening only to songs in praise of Lord Vitthala or songs rendered by a female, in later sessions her attitude changed and she became compliant. The patient also started regularly listening to music at home.

Film Music

a) The effect of music was found desirable in the 1st, 3rd and in the 4th session. Film music was not played in the 5th session, as the patient did not feel to listen to music. The effect of music was found undesirable in the 2nd and in the 6th sessions.

b) The patient perceived happy bhava in the 1st and in the 4th session. The patient perceived sad bhava in the 2nd session but did not get disturbed and found the music soothing. In the 2nd session, the patient was not feeling well due to which she found the music undesirable. The patient did not like the music in 6th session.

c) The patient did not get visualization.

d) She found the laya desirable in the 1st, 3rd and in the 4th session and it was found undesirable in the 2nd and in the 6th session.

e) The patient found pitch of the music desirable in the 1st, 3rd and in the 4th sessions, but undesirable in the 2nd and in the 6th sessions.

f) The patient was pleased to listen to lyrics of the song in the 1st session. She found the lyrics desirable in the 1st, 3rd and 4th session and it was found undesirable in the 2nd and in the 6th sessions.
g) The patient recollected the songs that she had heard before. She was found to get pleasure on listening to the songs again.

h) The patient used to listen to Marathi and Hindi film songs on radio with her sister and friends. She got motivated after listening to the songs and started listening to music regularly at home.

Findings

a) Initially the patient was hesitant to attend the music sessions.

b) Music showed therapeutic effect on the patient. The effect of classical vocal music was found to be more therapeutic than classical instrumental music on the patient. The effect of Bhakti-Sangeet and film music was found to be calming for the patient.

c) The patient could not tolerate music when rendered in fast laya.

d) Initially, the patient did not like music in male voice, but gradually she started listening to the music.

e) The patient gradually started enjoying music and became a frequent listener as she got peace of mind.
Case No: 13

Personal Details

The patient, a 27 year old married female was staying with her parents. She was a commerce graduate. The patient was brought-up by her maternal grandmother. She had no household responsibilities at her grandmother’s house. After completing her school education, the patient was staying with her parents. She would get upset with frequent quarrels her parents had because of their financial condition. The patient would never demand for anything and would not express her feelings relating to her interests and wishes.

Brief history of illness

The patient got married after completing her graduation. The patient could not adjust with her husband. She would get depressed because of the harassment from her in-laws. Due to her continued harassment, the patient left her husband after one month of marriage. Marital discord gave her mental trauma. The patient started feeling worthless and lonely. As the patient was unable to manage household work, she got humiliating treatment from her family members, which precipitated her low mood. She would get anxious and depressed if someone spoke to her about her marital discord. The patient would sit alone and not interact with anybody. Her excessive thoughts and feelings of worthlessness increased gradually and developed into depression.

Chief Complaints

Low mood, palpitation, loss of interest in all pleasurable activities, decreased sleep and appetite, excessive thoughts, worthlessness and hopelessness.

Interest towards music

The patient was fond of music. She was learning music for 2-3 months when she was in college. She used to listen to film music and Bhakti-Sangeet. She also used to sing Bhajans and Hindi film songs. After her marital discord, she started listening to slow
and sad film songs. Music used to make her depressed and she stopped listening to music. Initially the patient was not willing to attend music sessions. The patient showed distrust towards the therapeutic aspects of music. After 2-3 meetings, the patient was willing to attend the music sessions. The patient attended 5 music sessions.

*Responses to music according to the specified domains*

**Classical Music**

a) The patient found the music desirable in 2nd, 4th and 5th sessions, and undesirable in the 1st and the 3rd session. The patient enjoyed listening to instrumental classical music. Effect of the flute was found to be extremely good on the patient. The patient did not understand and hence disliked the *alap* in vocal classical music. In case of instrumental music, she liked *swara* patterns synchronized with the *laga* especially the *Jugalbandi* of Flute with Tabla.

b) The patient found instrumental music refreshing and perceived happy *bhava*. She found vocal classical music soothing in the 5th session.

c) The patient did not get any visualization.

d) The patient found the music irritable when rendered in fast *laga*. She could not tolerate *tannas* in vocal music and *zala* on sitar.

e) The patient did not like music when *swaras* were rendered in the upper register.

f) The patient found the lyrics in classical music desirable.

g) In the 5th session, she experienced the association of the *swaras* with the morning melody and remembered music she had previously heard. She found herself engrossed in the music, and did not get painful thoughts.

h) The patient gradually became interested in music, and started listening to music at home. The patient would also sing during sessions and feel happy. She
inquired about the availability of music cassettes and also music classes. The patient expressed her desire to learn music.

**Bhakti-Sangeet**

a) Bhakti-sangeet was found to be soothing and relaxing in the 1st, 3rd and 5th sessions, for the patient. The patient did not like the Bhajans in the 2nd and the 4th sessions.

b) The patient felt satisfied and perceived calm bhava on listening to Bhajans. The patient enjoyed devotional bhava from Bhajans.

c) The patient did not get any visualization.

d) The patient found the laya of the Bhajans desirable in the 1st, 3rd and 5th sessions but undesirable in 2nd and 4th sessions. She did not like the slow rendition of swaras, i.e. the alap

e) The patient found the pitch desirable.

f) The patient liked lyrics of the Bhajans. The patient was engrossed in the devotional bhava of the Bhajans and would get peace of mind.

g) She remembered the Bhajans she had sung earlier. She also recollected memories of the music class that she used to attend.

h) The patient gradually started taking interest in listening as well as singing Bhakti-Sangeet. She also inquired about the availability of music cassettes and expressed her desire to learn Bhakti Sangeet.

**Film music**

a) The patient found the music undesirable in the 1st, 2nd and 3rd sessions. She found the music desirable the 4th and 5th session.

b) The patient perceived depressive bhava in the 1st, 2nd and 3rd sessions. She found the music calming in the 4th and 5th session.
c) The patient did not get any visualization.

d) The patient expressed that she did not like listening to music that made her sad. She disliked the *laya* of the music in the 1st, 2nd and 3rd sessions. The patient found the *laya* desirable in the 4th and 5th session.

e) The patient did not respond specifically to the pitch of the music.

f) In the 1st, 2nd and 3rd sessions, the patient associated certain events of her life with lyrics of the songs. The patient expressed that she had not experienced love in her marital life and hence the emotive content of the songs depressed her. She liked the lyrics in the 4th and 5th sessions and found the music soothing.

g) In the 1st, 2nd and 3rd sessions, music was found to evoke sad memories of her life and the patient would then feel sad. In the 4th and 5th session, she recollected the songs she used to listen, and sang those songs during the sessions.

h) Initially the patient found film music depressing. The patient would associate her memories with the songs, but gradually she started enjoying the music.

**Findings**

a) Instrumental classical music had shown therapeutic effect on the patient; the flute particularly, was found to be refreshing for the patient. Classical vocal music was not found to be suitable for the patient as a therapeutic intervention.

b) The patient found the music irritable when rendered in fast *laya*.

c) The patient found the music undesirable when rendered in upper register.

d) The patient derived moral support on listening to *Bhajans*. Devotional *bhava* gave her self-satisfaction and motivation.

e) Initially, film music evoked past memories and depressed her. But gradually, she started taking interest in film music. She gradually started listening as well as singing music during the sessions and at home.
Case No: 14

Personal details

The patient, a 30 year-old married female, was separated from her husband after only fifteen days of marriage. The patient was the 2nd wife of the husband. She was not aware about his first marriage, before she got married. When she came to know about his first wife and 5-year old girl child from that marriage, she got furious and left his house. After that, the patient started staying with her parents. The patient started working in a hosiery mill. She is the eldest in the children and has 3 younger sisters and one younger brother.

Brief History of illness

Marital discord was a major cause of her illness. The patient’s father had a heart attack. The patient was anxious about her father’s health. Her sister was married off against her will; the incident disturbed her. The patient’s family was forcing her for remarriage but the patient thought it would be too big a risk to take. The complications in her life were stressful for her. Once she had attempted suicide but she failed.

Chief Complaints

Low mood, increased sleep, decreased appetite, loss of interest in all pleasurable activities, palpitation, headache, forgetfulness, noise intolerance, tingling sensation in head, irritability, and suicidal ideation.

Interest towards music

The patient was fond of music. She liked listening to old Hindi film music. She used to listen to sad Hindi songs. She was also fond of Marathi devotional songs and Marathi light music. She was not listening to music because of the present illness. Excessive thoughts would make her irritable and hence she could not concentrate on
music and would stop the music. The patient used to insist to play music in low volume. The patient attended five music sessions.

**Responses to music according to the specified domains**

**Classical music**

a) The patient found the music desirable in the 1st, 2nd and 5th session. In the 3rd and 4th session, she found the music soothing when rendered in slow *laya* and undesirable when rendered in fast *laya*.

b) The patient found the music soothing in the 1st, 2nd and 5th session. The music in the 3rd and 4th session was found soothing when the *swaras* were rendered in slow *laya*. She could not tolerate *tannas* in vocal music and *zala* of the sitar in the 3rd and the 4th session.

c) The patient did not get visualization.

d) The effect of *laya* was found desirable in 1st, 2nd and 5th session. The slow *laya* was found desirable in the 3rd and 4th session but the fast *laya* was found undesirable. She found the fast rendition of *swaras*, viz- the *tannas* in vocal classical and *zala* in sitar irritable.

e) The pitch was found desirable during the sessions except in the 3rd session. The *swaras* rendered in upper register were found undesirable to the patient.

f) The patient did not respond specifically to the lyrics in classical music.

g) The patient did not get memories during the sessions.

h) The patient expressed that she enjoyed music during the sessions but could not enjoy music at home. She would get recurrent thoughts and could not concentrate on music at home.
Bhakti-Sangeet

a) The patient found the music soothing during the sessions.

b) The patient perceived happy bhava from the music except in the 5th session. She liked the music in the 5th session except for the background music, which she found depressing. She would get engrossed while listening to the music during the sessions.

c) The patient did not get any visual images.

d) The patient found the laya calming.

e) She found pitch of the music desirable

f) She liked listening to the lyrics comprised with devotional bhava.

g) The patient did not get any memories.

h) The patient found to get peace of mind while listening to the music. She was listening to the Bhajans for the first time, her interest found to increase gradually during the sessions.

Film Music

a) The patient found music desirable during the sessions except in the 1st session. She did not enjoy listening to music in the 1st session.

b) The patient perceived sad bhava in the 1st session. The patient liked music in the 2nd and the 5th session. Film music was not played in the 3rd session, as the patient was not feeling well. The patient perceived calming effect of music in the 4th session.

c) The patient did not get any visual images while listening.

d) The patient found the laya desirable
e) The patient found the pitch desirable during the sessions except in the 2nd session. She found the music irritable when swaras were rendered in upper register.

f) The patient found the lyrics depressive in the 1st session. She liked listening to the lyrics during rest of the sessions.

g) The patient would find film music depressive at home. The songs evoking emotions of love or of despair would make her depressed. The associations with the music would evoke painful memories and the patient would get upset. But she could enjoy the music during music sessions. She expressed that during the sessions she did not get any memories or painful thoughts.

h) The patient used to listen to the music at home regularly but it was because of the illness that she stopped listening to the film songs. She listened to the music at her work place.

Findings

a) The patient found music soothing during the sessions. The effect of Bhakti-Sangeet was found to be highly therapeutic, followed by classical vocal and instrumental music.

b) The patient could not tolerate high volume. The patient found music irritable when rendered in fast laya and also in upper register.

c) She found film music soothing but could not enjoy listening to the music at home.

d) The patient expressed that she could not stop recurrent thoughts at home and hence would find music irritable at home. During the sessions she could manage her thoughts and could enjoy the music, would get peace of mind.
Case No: 15

Personal details

The patient, a 61 year-old married male, was working for the Indian Air Force as a safariwala. The patient had retired from service a year ago. He had no formal education. The patient had 3 sons and 3 daughters. All his children were married and well-settled. The patient’s wife was ill due to paraplegia since the past four years.

Brief history of illness

The patient was facing continued stress because of the medical condition of his bedridden wife. After his retirement, the only activity that he engaged in was attending to his ill wife. The patient’s 3 sons were demanding their share in his property. Since the patient had little support from his sons, he was unable to shoulder his responsibilities, leading to stressful situations. The patient started feeling low. He would constantly think about the problems and became anxious. The patient started experiencing abnormal abdominal movements. He used to feel in-drawing of the abdominal wall when he used to think about his problems.

Chief Complaints

Abnormal abdominal movements, excessive worries, loss of interest in all pleasurable activities, decreased appetite, disturbed sleep.

Interest in music

The patient was not a regular listener of music. He had deep faith in God and he liked watching serials on religious epics and stories. He attended four music sessions.
Responses to music according to the specified domains

Classical Music

a) The patient had not heard classical music prior to the first session. He found both, vocal and instrumental music desirable.

b) The patient perceived happy bhava on listening to music.

c) The patient did not get any visual images while listening to music.

d) The patient found the laya desirable

e) He did not respond specifically to pitch of the music.

f) The patient did respond specifically to lyrics.

g) The patient did not get any memories.

h) The patient was able to concentrate on music and he did not get any recurrent thoughts while listening. In the 3rd session, the patient expressed that he was not experiencing any abnormal abdominal movement; he would feel normal while listening to the music during the music sessions.

Bhakti-Sangeet

a) The patient enjoyed listening to Bhajans during music sessions.

b) He perceived a soothing effect of music.

c) He did not visualize while listening.

d) The patient found the laya desirable.

e) He did not respond specifically to pitch.

f) The patient liked the lyrics evoking devotional feelings.

g) The patient did not get any memories.
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h) The patient was very pleased on listening to devotional songs. He expressed that he was not experiencing any abnormal movement in the abdomen and feeling very relaxed. He said that he had no troublesome thoughts in his mind and the music gave him peace of mind. The patient also inquired about the availability of certain music cassettes and wished to listen to the music at home.

Film music

a) The patient found the film music desirable.

b) He perceived soothing effect of music.

c) The patient did not get any visual images.

d) The patient found the laya desirable. He expressed that he did not like listening to fast music.

e) The patient found the pitch of the music desirable.

f) The patient would listen to the lyrics carefully. He found the lyrics depressing in the 3rd session but liked listening to the songs.

g) The patient did not get any memories.

h) The patient felt that music calmed his mind. He felt that he should start listening to music at home.

Findings

a) The patient found that listening to music calmed his mind during the sessions.

b) The patient would feel normal while listening to music and the abnormal abdominal movements were found reduced during the sessions.

c) All the three types of music were found to be therapeutic to the patient; but Bhakti-Sangeet showed great therapeutic effect than the other music types.
d) The patient had no associations with the music and hence no memories were evoked.

e) The patient was not a regular listener of music. He found himself motivated listening to music during the sessions. He also started listening to music at home.