It is a known fact that music is an integral part of our lives and has a profound effect on human beings. Since ancient periods, music has been used on different occasions and for various purposes by humans. Music is a way of expression. Through music, one can express and can also experience one's feelings, thoughts and ideas. Humans seek out stimulus such as music, which motivates, calms or excites them. Different types of music have evolved according to the psychological needs of human beings.

It is often observed that human beings get afraid of loneliness. An interaction with others in any form viz.- any art form, books or any sport, is always appreciated by humans. Music is a natural way of expression and can be used as a refined form of communication. Music can be used to calm one's mind or to excite one's emotions. This is the power of music which people in the world can harness, to strengthen their morale.

The researcher is studying music, both its performing and theoretical aspects, for the past fifteen years. A keen interest in the application of music and its healing effect made the researcher pursue her study in the field of Music Therapy. Being a student of music, the researcher always would contemplate varying responses of people to music. It is also observed that various factors determine an individual's responses to music, and the same music does not necessarily evoke consistent responses.

Music evokes some kind of feeling in the mind of a listener. It is a proven fact that music soothes human mind and alleviates pain. But there are certain factors, which are to be investigated before using music as a therapy in depression. A number of issues deserve minute attention in deciding the appropriateness of adopting music as a therapy; some of the issues that prompted the researcher to conduct research into these aspects are:

- How do persons suffering from depression respond to different types of music? Whether they like or dislike the music appreciated by normal people?
• Whether music appreciated by normal people can be used as a therapy for people in emotional distress?

• What are the factors that contribute to music acting as a therapy?

• What are the aspects (of both, the music and the patient) that should be considered before using music for therapeutic purposes?

The need of the present study:

The National Association for Music Therapy (‘NAMT’), based in Maryland, United States of America was founded in the year 1950 and was the first institution dedicated to the study of Music Therapy. Music Therapy is an established discipline in Western countries. Musicians, psychologists and psychiatrists are pursuing research in the field of Music Therapy for both psychological and physiological illnesses. Qualified Music Therapists are practicing Music Therapy in different modalities viz. - in Mental disorders, for Handicapped children, in illnesses like Alzheimers and also in different Rehabilitation centers.

A related literature review reveals us that music is being used as a supportive therapy for different illnesses in different cultures all over the world. From ancient times the therapeutic power of music is recognized in India, but is not being applied commercially as yet. Musicians have always been offering great pleasure to normal population. But it is observed that few musicians are contributing their knowledge in the field of Music Therapy in India.

Very few researchers are doing systematic and scientific research in the field of Music Therapy in India. As yet, no specific research methodology has been developed in India, to study the therapeutic aspect of music. Extensive research is necessary to ensure successful application of music as a therapy in practice.

When you describe the term 'Music Therapy', it specifies the therapeutic use of music in a particular modality. Thus, being an interdisciplinary work it is a must for the researcher to study the disciplines involved in the research. In the present endeavour, the researcher had tried her best to use and to corelate the fundamentals
of disciplines such as Music, Psychology and Psychiatry, to find solutions to the problem of the thesis.

It has been observed that medicines may or may not cure the depressed patient in every aspect. After medication, one may see certain aspects viz. motivation, enjoyment in life, optimism left untreated and hence the supportive therapies such as Psychotherapy, Counseling, Art therapy, Music Therapy, should supplement the principal treatment.

It is the need of the hour that Indian music, which shows a great therapeutic effect and a rich and ancient tradition, be practiced and applied for therapeutic purposes.

The present endeavour is a scientific and sincere effort in the same direction.