

## IMPACT OF INDIAN MUSIC THERAPY ON THE PATIENTS – A CASE STUDY

*M. Harihara Aiyer*

Bharathiar Centre for Performing & Fine Arts

Lalit Kala Academy

Sangit Natak Academy

Government of Pondicherry, India

*Gowri Kuppuswamy*

University of Mysore, India

### ABSTRACT

**Background.** In India though Indian Classical music has the highest potential of curative powers among all other musical systems of the world, Music Therapy has not been made to use as a curative agent by clinicians. In others words, Music therapy has not become popular among the patients and the doctors as an accredited form of treatment. The therapeutic powers of Indian classical music lie unexplored even today.

**Aims.** The main objective of introducing Music Therapy as a form of treatment to the patients to find out how far Music as a therapeutic and healing agent can reduce Stress, Strain, Mental retardation, Pain, Blood Pressure, Sleeplessness, Post-operative effects, depression. Anger and other psycho somatic illness etc without administering any form of oral or medicinal treatment. In the long run the after effects of medicinal applications can be reduced thereby saving the surviving society towards a healthy atmosphere.

**Method.** The 130 inpatients of the hospital who were admitted for various illness including problems of stress, strain, blood pressure, heart diseases, mentally retardation, and other functional areas were subjected to phased treatment through Music therapy. The 130 patients were divided at random basis after obtaining their preferences for the type of music that they would like to listen and were subjected to random hours of listening at various timing and intervals.

**Results.** The results of the study showed that irrespective of the Musical knowledge and background of Indian Music of the Patients covered under the study, they responded immensely to the music. This showed an intensive and definite results and response to the Therapy program which improved their health and distanced themselves from the illness

**Conclusions.** The study has proved that Indian Music Therapy has considerable effect on the improvement of the health conditions of the patients and can be cured with out administering any drugs and has proved to have no After effects of the on the metabolism or the organic status of the patients.

### INTRODUCTION

Indian Music which is the oldest traditional musical form in the entire universe has innate curative powers within which has been in use in both spiritual and metaphysical format. The saint singers of India most of whom were mendicants were roaming in search of propagating music for curative purposes. The methods were simple. The persons who practiced the text and the music were subjected to curative effects with the powers that were within the music. To cite an example one of the great composers of Indian Tradition Muthuswami Dikshitar composed several compositions with the sole purpose of nullifying the malefic effects of the nine planets on the sufferings of human being. Hence music has the healing and curative powers within itself.

In the Eastern and Western countries, Music has been scientifically made to use for therapeutic purposes both in the clinical and scientific purposes. It has been made an accredited form of curative agent by the Health and Healing communities. The effects of Music on patients has been successfully explored and proved beyond doubt to have made its impact in reducing Stress, Strain, mental imbalances, pain, and tension. The curative effect has been more so become fruitful among the mentally retarded and old aged ones.

In India though Indian Classical music has the highest potential of curative powers among all other musical systems of the world, Music Therapy has not been made to use as a curative agent by clinicians. In others words, Music therapy has not become popular among the patients and the doctors as an accredited form of treatment. The therapeutic powers of Indian classical music lie unexplored even today.

### SCOPE OF THE PROPOSAL

Indian Music was introduced as a therapeutic and curative agent on the patients at select hospital. This was the pioneer Hospital Institution in the entire Indian sub-continent to study Music as a curative form of treatment.

## OBJECTIVES

The main objective of introducing Music Therapy as a form of treatment to the patients to find out how far Music as a therapeutic and healing agent can reduce Stress, Strain, Mental retardation, Pain, Blood Pressure, Sleeplessness,

Post-operative effects, depression. Anger and other psychosomatic illness etc without administering any form of oral or medicinal treatment. In the long run the after effects of medicinal applications can be reduced thereby saving the surviving society towards a healthy atmosphere.

## METHODOLOGY

The inpatients of the hospital who are admitted for various illness including problems of stress, strain, blood pressure, heart diseases, mentally retardedness, and other functional areas were subjected to phased treatment through Music therapy.

The patients were divided at random basis with two groups - Subjective and Non-Subjective. The Subjective groups were open to Therapy program and the Non-subjective groups were not open to Therapy program. But both the group was put to observation to find out the impact and non-impact of the Therapy program. The size, variant, age and gender of the group were determined depending upon the response evinced by the patients.

## SELECTIVITY CASES

All the patients selected for the therapy program were subjected to a response answering module with inbuilt questionnaire. The completion of the formality of submitting the filled up questionnaire was mandatory for all patients before being subjected to the Therapy program. The patients with highest percentage of responsiveness will be short listed before being selected for subjecting them to the therapy program.

## PROGRAMMING INTERVALS

To get the best results out of the therapy program a minimum of ten sittings for each patient in different modules with at least seven variants were included. The seven matrix variants were administered either in combination or in single matrix formulae. The seven matrix variants were;

- a) Being subjected to the same matrix (Simila)
- b) Being subjected to different matrix (contra)
- c) Being subjected to group sitting matrix
- d) Being subjected to individual sitting matrix
- e) Being subjected to live programming matrix
- f) Being subjected to mobile program matrix
- g) Being subjected to self matrix. (Palia)

## MODULES ADAPTED

Since the main plank of the therapy program was Classical and Semi-Classical of both the systems of South and North Indian systems of music, Vocal musical rendering were totally excluded from the modules of North Indian Music.

In other words, Vocal and Instrumental music of top artistes of both the systems of South and Instrumental music of North Indian were the compatible modules selected for the therapy program.

The music were played in Audio-visual and/or in Video clipping format to the patients at regular intervals ranging between 30 to 120 minutes of duration for each sitting in a time extended or reduction formulations.

## DURATION OF THE PROPOSAL

The pilot study was completed within duration of eight weeks and each patient was subjected to a sitting between 10 and 15 sittings of two hour's duration on each day.

## DATA ANALYSIS

The following is the type of samples, situations, and other categories developed for the Pilot survey.

**Total number of patients included: 130**

Categories of illness:

- a) Blood Pressure: 27
- b) Stress & Strain: 29
- c) Depression: 33
- d) Sleeplessness: 16
- e) Muscle pain: 15
- f) Mental retardation: 10

Age group: 40-60

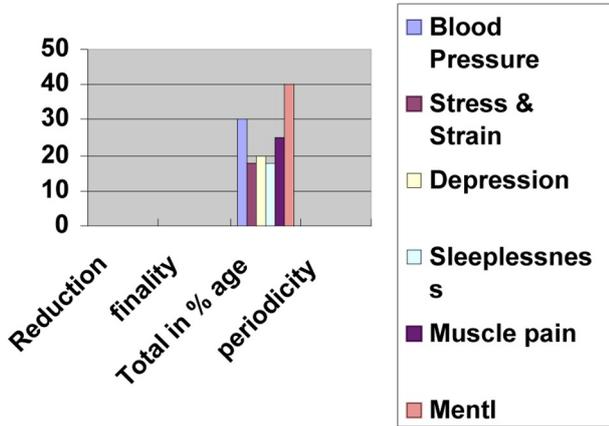
Male: 73 Female: 57

## RESULTS

The results of the study showed that irrespective of the Musical knowledge and background of Indian Music of the Patients covered under the study, they responded immensely to the music. This showed an intensive and definite results and response to the Therapy program which improved their health and distanced themselves from the illness.

**Intensity Reduction Finality total Periodicity (In %age) weeks**

Blood Pressure:	70-85	34 -30	30	4
Stress & Strain:	69-80	22 - 15	18	6
Depression:	76-85	27-10	20	5
Sleeplessness:	63-70	20-18	18	4
Muscle pain:	75-85	33-25	25	7
Mental retardness:	60-65	45-40	40	8



**Figure 1**

**CONCLUSIONS**

The study has proved that Indian Music Therapy has considerable effect on the improvement of the health conditions of the patients and can be cured with out administering any drugs and has proved to have no After effects of the on the metabolism or the organic status of the patients.

**REFERENCES**

1. Hariharan.M. & Gowri Kuppuswamy: Therapeutic Qualities of Music and Musicians. Proc of 64th World Congress of Music Therapy, Washington ,D.C , USA.1999
2. Hariharan.M. & Gowri Kuppuswamy: Information Technology in Music: Proc of 3rd Asia Pacific Seminar on Music Education, 2000, Nagoya, Japan.
3. Hariharan.M. & Gowri Kuppuswamy: Emotional Perspectives of Indian Music, Proc of 7th ICMPC, 2001, Sydney, Australia,
4. Hariharan.M. & Gowri Kuppuswamy: Healing Power of Indian Music: New Dimensions of Music,Dance and Drama Ed.1999. New Delhi.India