

1.38 A Study of Music Therapy in Hindustani Ragadhari Music (With special reference to the Psychotherapy of Music)

Ruwin Rangeeth Dias

Visual arts, Designing and Performing Arts Unit, University of Kelaniya

Manoj Pushpa Kumara Jinadasa

Department of Mass Communication, University of Kelaniya

ABSTRACT

Music is the finest of Fine Arts and is a Universal Language. It influences all levels of human existence. It is a medium of effective mode of communication, which can be both a pleasant and healing experience. Modern science and medicine are now rediscovering the healing powers of music. And music therapy is the specialized use of music in treating persons with special needs in mental and physical health, rehabilitation and special education. In the west it is now an accepted form of treatment even within orthodox medical practice.

Hindustani music (Ragadhari) is also very much considered as a form of therapy. There are certain research and study centers for music therapy in Hindustani music as well as western music. The Raga Research centre in Chennai, India is currently making a comprehensive study of Indian ragas and evaluating their therapeutic potential with the help of musicians, Doctors and psychiatrists. It is believed that classical Indian ragas can produce remedies for a whole host of conditions ranging from insomnia, high and low blood pressure to schizophrenia and epilepsy.

Music is capable of improving happiness, peace, health and concentration. It is however important to know the method and duration for which music therapy is to be administered. This knowledge can be obtained through regular experiments and experience. The first step towards this is the correct diagnosis of the disease and then the selection of the precise raga that will be helpful. Procedure, discipline and a systematic method will help achieve this goal.

Key terms; *Music Therapy, Hindustani Music. Psychotherapy, diagnosis, psychiatry*