

## **Therapeutic Value of Indian Classical Music – A Brief Introduction**

The magic of Indian Classical Music is not limited to its grandeur in performance and presentation alone. The depth and span of Music Therapy using Indian music as a subject has been studied in detail. The outcome of such studies has directly benefited people across ages who have listened to our music with open ears and more importantly open hearts.

Indian Classical Music and its approach can directly alter the mood of the listener thereby elevating the entire experience of their existence. Music Therapy is a subject that needs to be introduced to kids as early as possible for them to appreciate the benefits of listening to good music.

For instance, the concept of **Raga Chikitsa** can be used to solve a multitude of problems ranging from emotional, social, creative and self expression. Many studies have found that certain Ragas, Beat Patterns and Improvisational Techniques increase **frontal theta activities** which directly co-relates to evoking positive emotions.

**Navarasas** or the 9 emotions in Indian art forms can also be used to evoke states of bliss happiness, calmness etc in listeners.

A bird's eye view of the understanding of what Music Therapy is, how a performance of Indian Classical Music will uplift the mood of a community of people is important to guide the younger generation in the right direction of appreciation of our art forms.

Amith Nadig

9731223666

[amith.nadig@gmail.com](mailto:amith.nadig@gmail.com)