

1st
WORLD
CONGRESS



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ON HEALTHY AGEING

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Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health
Organization

MUSIC THERAPY IN HEALING

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Music therapy





MTA

Research

Music has a way of reaching us, touching our souls and

Mozart Effect

A set of research results that indicate that listening to Mozart's music may improve spatial-temporal reasoning. Spatial-temporal reasoning is the ability to visualize spatial patterns and measure them. This ability is important for generating and conceptualizing solutions to multi-step problems.

What music can do....

Eversince I started music , I feel peaceful, and I am no more a lonely person.....

MUSIC



An artistic form of auditory communication

Incorporating instrumental or vocal tones

In a structured and continuous manner

“Any pleasing and harmonious sound”

Music is universal and yet it is also relative and subjective.

What may be music to one may not be so to another.

Music



Sense organ



Produces electrical charge/Emotions



Interpreted brain

Sound/Vibration

Detecting danger, Navigation, Communication





Nature of body- Sound can protect our natural balance

Ayurveda describes that each person has physical and mental constitution.

In other words everyone is born with a unique nature or personality.

In order to maintain good health, it is important to

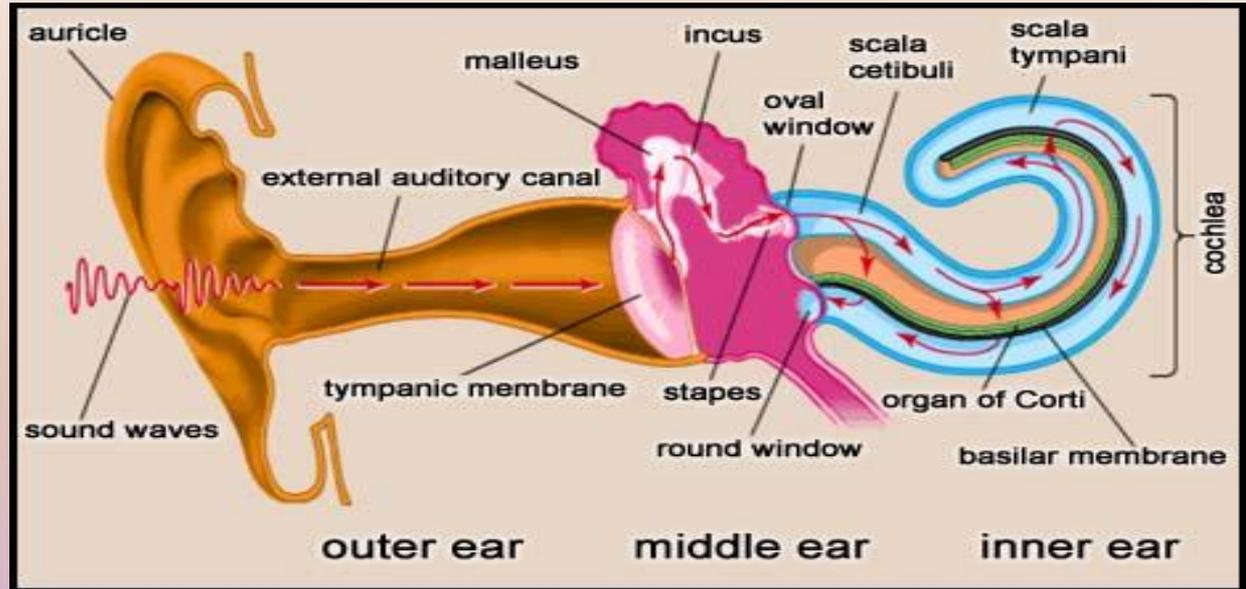
maintain this “original” Prakriti or nature. This is done by eating foods and performing activities that are in harmony with our nature.

Thus a state of natural balance is maintained at physical, psychological and spiritual level.

However, a disturbance in the state of natural

balance leads to damages in the natural set of body even at the minute level including the genes.

Human can hear sounds between 20 Hz and 16,000 Hz



Hair cells- Sensory receptors



Effect of sound in Body

High-frequency sound waves can trigger "audiogenic seizures."

The emotional reactions to music can cause "musicogenic seizures"

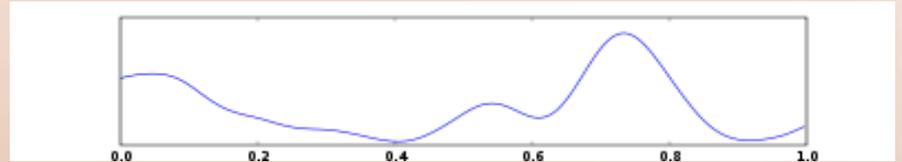
Sound and salt pattern



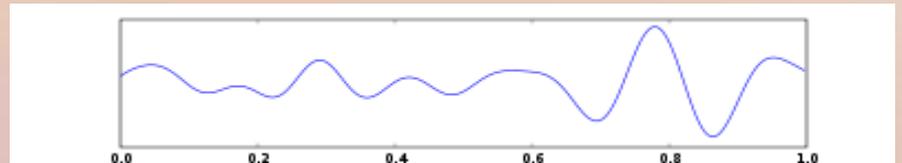
BRAIN WAVES

DELTA 1-3 Hz
Deep, dreamless

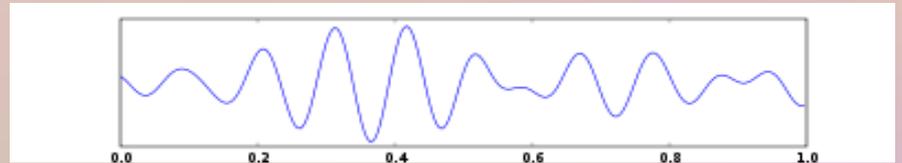
sleep.



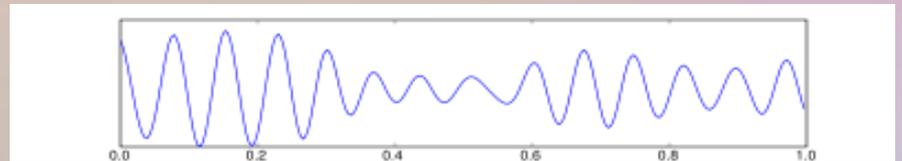
THETA 4-8 Hz
Deep relaxation and meditation



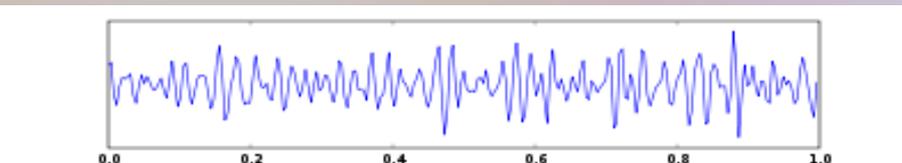
ALPHA 9-13 Hz
Relaxed, calm not thinking.



BETA 14-30 Hz
• Awake, normal, alert consciousness



• GAMMA 30-100 Hz-Binding neurons



VATHA



People of vata nature have a predominance of the
They tend to become cold easily and often prefer to
They are usually the last to turn on the air conditioning and first to complain when a
They like to sleep with extra blankets. They are often of lower body weight and this
Many fashion models have a vata type of body with long legs, long necks and long t
Their mobile nature is seen in their fast speech patterns and chatty nature. It can al



People of pitta nature are most often hot. They are likely
Because they have a greater amount of internal heat, it is not unusual to see the
Heat often builds up in the intestines and leads to softer and looser stools or dia
People of pitta nature often have a clear but sharp way of communicating. Their
Their challenge revolves around a lack of patience for those who are not as focu

People of kapha nature are most often heavy,
Their bones are shorter and thicker. Often their neck appears to be sitting close to
These people speak and move slowly and are not likely to get upset. They often ha

Vatha aggrevation

Worried Tired,
Can't relax,
Fatigue,
Poor stamina Nervous,
Can't concentrate Anxious,
Fearful Agitated mind Impatient,
Shy, insecure,
Restless
Cannot make decisions

Vatha aggrevation

Nail biting
Rough, flaky skin
Fainting spells
Heart palpitations
Constipation,
Intestinal bloating, gas,
Belching, hiccups
Dry, sore throat,
Dry eyes

Vatha aggrevation

Weight loss,
Under weight
Insomnia;
Wake up at night and can't go back to sleep
Generalized aches,
Sharp pains,
Arthritis, stiff and painful joints
Agitated movement
Very sensitive to cold

Living organisms

Recognize those stimuli

Perceptive mechanisms

Significant for their survival

To obtain food

Protected from attacks, etc

But perception only solves a part of the survival problem

Because perception just recognizes the stimuli and identifies them

SENSE ORGANS



Stimuli are not enough for living beings survival.

Stimuli are useful and favorable for their survival.

They need some kind of mechanism to know if what they have perceived is favorable for their survival

They need some kind of mechanism to know if what they have perceived is favorable for their survival



EMOTION

Emotion

Well being
Happiness
Healthy
Health
Strength



- *Discomfort*
- *Sickness*
- *Healthy*
- *Sadness*
- *Weakness*



Emotions



Complex experiences

Poets -words

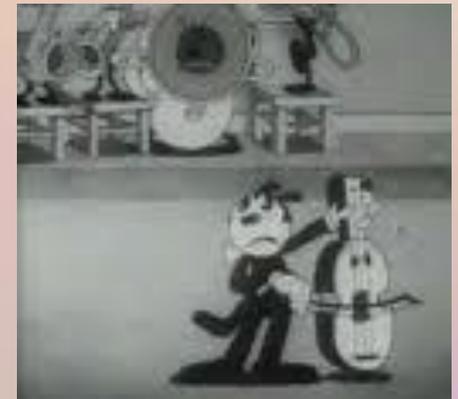
Gestures

- Due to infinite extension of emotional phenomena,
It is impossible to make a full description of all the emotions that we can experience.

Mechanism of emotion

Acting as a compass

To move towards favorable situations to survive



Move away from those unfavorable for survival



Degree of favorability of the perceived situation

Emotion

Favorable

Unfavorable

Happiness, satisfaction, peace, etc.

(Sadness, sorrow, etc.)

Emotions (Rasas)

The *Natya Shastra*, an ancient treatise on Indian Performing Arts (believed to have been written by Bharata Muni, somewhere between 400 BC and 200 AD), talks about the '*navarasas*' - nine types of rasas or emotions.



Emotions (Rasas)

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The nine types of Emotions (Rasas)

Shringara
(Love)

Hasya
(Mirth)

Karuna
(Compassion
/Pathos)

Raudra
(Anger)

Veera
(Valour)

Bhayanaka
(Fear)

Bibhatsa
(Disgust)

Adbhuta
(Wonder/Am
azement)

Shanta
(Peace/Sere
nity)



Ragas



"That which is a special dhvani (tune), is bedecked with swara (notes) and varna and is colorful or delightful to the minds of the people, is said to be rāga" – Matanga in the Brihaddeshi

Ragam and emotion

Every raga is capable of giving rise to some emotion, both in the person singing it and among the general audience too



SOUND

Many diverse
physico-chemical
mechanisms

Elaboration of the
emotions is an
involuntary
process

Emotional
control



One is able of
concealing the
emotions that is
experiencing

Fundamental
mechanism that all
the living beings
possess to be
guided in their
struggle for
survival.

An organism knows, consciously
or unconsciously, if a situation is
more or less favorable for its
survival

SOUND

Many diverse
physico-chemical
mechanisms

Affects your
thinking pattern

Affects your
decisions

Affects your
health

Affects your
performance



Subconscious mind

Sound has a profound influence upon us at levels below our conscious awareness



Music as an Human

Antivirus

Exposure to specific music



Helps to trigger Positive emotions



Improves our health

Sound - Cinema, spa,
radio, news, tv, handphone,
watch, toys, vehicles etc...



Music

Emotions

Concentration,

**Involves
memory**

Learning

Listening

Cooperation

Counting

Ability to recall information

Understanding of language

**Creating an environment more
conductive to learning in other
areas**



Music therapy

Specific music

Continuous exposure

Silence



Dosage of Music

- | 20 min to One hour per day
- | 7 days course or multiples
- | Evening before sleep
- | Morning hours.

Raga demo

HAMSADWANI



Raga Demo

MOHANAM



Raga Demo

Revathy

Raga Demo

Hindolam

Raga Demo

Madhyamavathy



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