
Music Therapy: An Approach For Stress Management

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Introduction

Music is one of the most beautiful natural way to wellness and healing. Science has proved the effect music has on our mind, body and soul. It is now being extensively applied in medical science as an adjunct to alternate therapy in leading healthcare centres in India and abroad. Especially Indian classical music, is designed in such a way that the musical notes, ragas and mantras if heard or sung in a prescribed manner under the supervision of a trained music therapist, can be effective in preventing and curing many life style related problems. Stress is one of the major causes of all health problems we face. Listening to music or singing keeps us stress free, elated and happy which triggers synthesis of happy hormones like dopamine and serotonin which in turn promotes holistic wellbeing.

Experiment

An experiment was conducted with a group of 20 adults (40-45 years of age) and 20 Children (10-15 years of age). They were given active as well as passive music therapy for 15 mins for 15 days. In active music therapy they were made to listen an omkar music clip recorded by Shri Govind Saraswati. In passive music therapy, they were made to sing omkar along with the music clip in a prescribed manner.

Result

100 % of the adults and children felt relaxed and destressed after listening to omkar clip given to them for 15 mins for 15 days. Both adults and children showed considerable improvement in breathing rate, heart rate, concentration and positive thinking. All of them felt relaxed, rejuvenated and energized after 15 days. Listening to omkar had a calmative and relaxing effect on their mind.

Conclusion

It is concluded that music therapy can be effectively used to overcome and prevent stress, depression and anxiety related disorders if used regularly in a prescribed manner under a supervision of a music therapist. It has a potential to be used in preventive as well as curative healthcare as an adjunct therapy. In depth research is on way to quantify the effect music has on brain functioning.

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