

Raga–The therapy that resonates deep within the soul

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Abstract

Music has been since long thought as a relaxation of mind. But in 21st century wide spectrum utility of Raga has been deciphered. The psychological impact of music of not only humans but also on plants and animals shows us a new dimension for raga therapy in our busy life.

Key words. psychological impact, music, Raga Therapy.



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Introduction

In the present condition of global pandemic we are advised to stay at home and to take proper care of us. Staying at home has given us appropriate time to do whatever we like, whatever we enjoy and this gives us happiness which is necessary for healing our body and soul. Our body and soul need healing to maintain a healthy life.

A healthy body and a healthy mind both are equally important for us as well as for the society. It helps in living a well balanced life and contributes in making the surroundings appropriate for living for others as well. The purity of soul is reflected by the activities that we perform and by the means we choose for performing any activity. We often come to know about various activities happening in our country as well as all around the world which are inappropriate according to the social norms. The reason behind this is the mind which is working in a wrong direction. In the search of satisfaction people do not even hesitate to take wrong steps and also learn inappropriate things which are not constructive but which are destructive in nature and which destroy the beauty of the mankind. For saving the beauty of mankind and for making the world a beautiful place for everyone we need to take care of the means we choose for the satisfaction of our needs and for fulfilling our dreams. The young generation should also get proper education in this regard and a small step taken by us can bring a noticeable change in this regard.

Sounds with correct frequencies are liked by everyone and we call it music. We often hear that being happy is what we need for a healthy life and we love to do such things which make us happy and satisfied. Happiness and satisfaction plays an important role in the smooth running of life. We are not unaware from the term 'Raga Therapy', which explains that ragas can heal us. Ragas not only show a positive impact on our minds but these act as medicines for bodies as well. Ragas are not just the patterns of different musical notes but these are the emotions which directly touches our hearts. Ragas have energies, different emotions which connects with our soul.

Not only ragas but any good musical piece can touch our hearts. It does not matter which genre of music you are listening, the thing that matters is whether you can feel a connection with the musical piece or not.

Human beings are full of emotions, without emotions a person cannot be considered as a living being. Emotions give us sudden energy for performing any work and we perform any work for the satisfaction of our needs. For expressing our emotions the medium of any type of art is considered as the best medium. These help in expressing emotions as well as for the purpose of entertainment. Musical notes have the power to express the emotions, to heal the body and the soul, to improve the quality of brain which is important for handling different situations that we face in our lives and many more.

A good music can touch mind and body through ears which can help in modification of behaviour too. You may easily observe the behaviours of various students who are deeply involved in any extra curricular activities and notice how they are different from others in a positive way. They have a disciplined life and they use their extra time in a productive way. A good music has the power to heal as well as to develop the personality. 'Personality' does not mean only the physical appearance of a person but it includes the inner qualities of the person as well. Music also helps students in their academics because it improves the mental aspect of the personality. It helps in learning new skills, new lessons in an effective way and helps in remembering those learnt skills and lessons for a long time in an easy way. Music has the power to convey any difficult concept in an easy way to make the students learn easily and effectively.

Music does not mean only singing or vocal music, it is more than this. Playing any musical instrument is also music. The sounds from musical instruments can also give peace to the mind.

The things that only matter is the sound with the correct frequency and the sound with which you can feel a connection.

Nature and nurture or heredity and environment both are equally important for the development of a child. A child can get good inner qualities from ancestors but for development of those qualities one need proper environment. After birth, when a child starts interacting with the environment then the child learns a lot of new things and the mind of that child also develops accordingly. Hence, it is the duty of all the people of the society to make an appropriate environment for the child's learning and development. A good environment will have a good impact on the personality development of a child. As we have discussed that the musical notes have the power to connect with the mind of the people and show a positive impact on the mental development then it can be used as a part of students learning.

In Indian society, traditional music has an important place. India is a land of different traditions and rituals and these cannot be imagined without music. For each ritual there is a specific kind of musical peace or songs, whether it is a birth of a child or any other ceremony. Despite of having so much of importance of music in our lives, there are some people who have a negative point of view regarding music. They think that music is not a good thing, learning music is not appropriate for all of us and they often discourage the people who want to learn this beautiful art form. The thinking of those people must be changed. Change is the rule of the world and hence, we observe changes around us and within us. Now it is the time to change the point of view towards music also.

Many Indian philosophers such as Mahatma Gandhi, Rabindranath Tagore have also emphasized on teaching with the help of different activities and also on learning by doing. Different activities include co- curricular activities such as music, drama, handicrafts, sports etc. which helps in the development of inner quality of the students as well as development of the students in their academics. Learning music can be beneficial in learning different subjects also. It can help in learning languages, mathematics and science. Musical notes are set on a rhythmic pattern, *also known as taal*, to make it a song and understanding of various rhythmic patterns can make a child learn basic mathematics in an easy way and the concept of friction can be easily taught with the help of bowing skills of the Violin. There are numerous ways to merge music with other subjects.

Conclusion

Music with numerous benefits has always proved to be useful in all the aspects. Scientifically it's manifested that the vibration of sound waves also enhances the plant growth by synthesizing more nutrients. So not only for mankind it's benignant for the entire creation. So, we must encourage our new generation to learn this beautiful art form and unfurl to the whole of the macrocosm. This can help in preserving our tradition and our culture too while bringing the human and Mother Nature, harmony.

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