

Certificate in Integrative Palliative Care – 3
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Week-08
Lecture 65: Music Therapy: Intervention & Raga

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Hi, greetings from IIDL, NAPCAIM. I am Dr. Piyush Gupta, Secretary of Cancer Aid Society and Secretary of National Association of Palliative Care for Ayush and Integrative Medicine. Dear students, in this presentation we'll be covering about music therapy, the interventions and raga. This presentation has been prepared by my colleague Bhuvneshwari Ramesh.

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So, first we'll be covering musical interventions.

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The purpose of music therapy as you know is as a creative complementary approach to maintain or improve quality of life. Specific goals are support of symptom management, improvement in regulation of emotions and enhancement of communication and spiritual experiences. Music has been found to work in four dimensions.

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The Purpose of Music Therapy

Music has been found to work in four dimensions:

1. **Social Functions:** such as the expression of one's identity or personality.
2. **Emotional Functions:** such as the induction of positive feelings
3. **Cognitive Or Self-related Functions:** such as escapism
4. **Arousal-related Functions:** such as calming down or passing time

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The first dimension is social functions such as expression of one's identity or personality.

Emotional functions such as induction of positive feelings, cognitive or self-related functions such as escapism, arousal-related functions such as calming down or passing time.

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Music Therapy Interventions

- Music therapy interventions are **broadly categorized as active interventions and receptive interventions**. In general, all forms of music therapy interventions use the power of tunes and sound waves to penetrate the human mind and help it attain a peaceful state. Whether a person is creating music, playing it, or listening to it, the instant emotions that the process evokes help bring about the positive shift in focus.
- Active music interventions are the ones where clients and therapists are equally involved in the therapeutic process. Activities such as dancing, group singing, solo performances, or musical games are ideal examples of active interventions of music therapy.

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Music Therapy Interventions

- The Ancient Greek civilization also leaves traces of how they incorporated music into their lives and believed that it is the only way to restore the peace of mind and body.
- Musings of Plato and Pythagoras have several indications of how the Greeks tried to support each other through music and encouraged music education and awareness in their communities (Pavlicevic and Ansdell, 2004; Stige, 2002; 2003; Stige, Ansdell, and Pavlicevic, 2010; Stige and Aaroe, 2012).

The slide features a white background with a rounded border. In the bottom right corner, there is a small video inset showing a man with dark hair, wearing a pink shirt and a dark tie, looking towards the camera. A small orange circular icon is visible in the bottom left corner of the slide.

The interventions involved in the ancient Greek civilization, it leaves traces of how they incorporated music into their lives and believe that it is the only way to restore the peace of mind and body. Musings of Plato, Pythagoras have several indications of how the Greeks tried to support each other through music and encouraged music education and awareness in their communities.

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Role of Music Therapy Intervention

- Quality of Life in physical, psychological, social and spiritual dimensions.
- Moods and Relationships
- Immediate relief from pain
- perceived benefits of alleviating anxiety and worries, bringing in peace of mind and comfort.
- Psychological responses like feeling supportive, confident, happy and being relaxed brings in a sense of control in the patients and helps to perceive the pain to be less or no pain.



Role of music therapy in intervention Quality of life in physical, psychological, social and spiritual dimensions moods and relationships, immediate relief from pain, perceived benefits of alleviating anxiety and worries, bringing in peace of mind and comfort, psychological responses like feeling supportive, confident, happy and being relaxed brings in a sense of control in the patients and helps to perceive the pain to be less or no pain.

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Active Intervention
Moods and Relationships



Active intervention on moods and relationships.

Receptive Intervention



Receptive intervention.

Receptive Intervention



Again, this is another example of receptive intervention.

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In part two, we are covering about raga of Indian classical music, the healing therapy of India.

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What is raga? Raga also or Rangam or Rag is a melodic framework for improvisation in Indian classical music akin to melodic mode. Raga is central to classical Indian music and a unique feature of the tradition.

No equivalent in western classical music. Each raga concept consists of an array of melodic structures with musical motives and from the perspective of the Indian tradition,

the resulting music has the ability to color the mind as it engages the emotions of the audiences.

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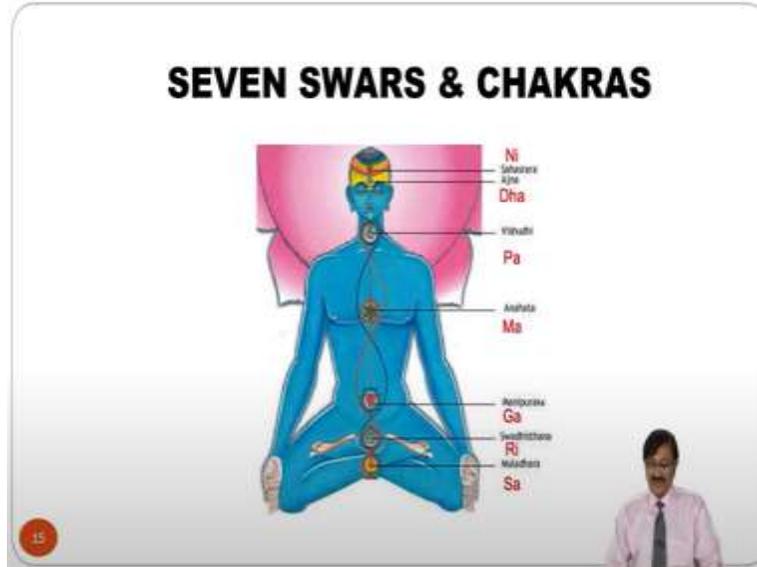
HISTORY & SIGNIFICANCE

The original ragas of the Indian classical music (Shastric Music) are created according to the deep knowledge of **harmonious consonance between the seven swaras and chakras**. This is why shastric musical compositions are found to have significant positive effect on the mind-body system and also have the potential to awaken the otherwise dormant faculties. There are several historical examples of the immense remedial power of the Shastric ragas.

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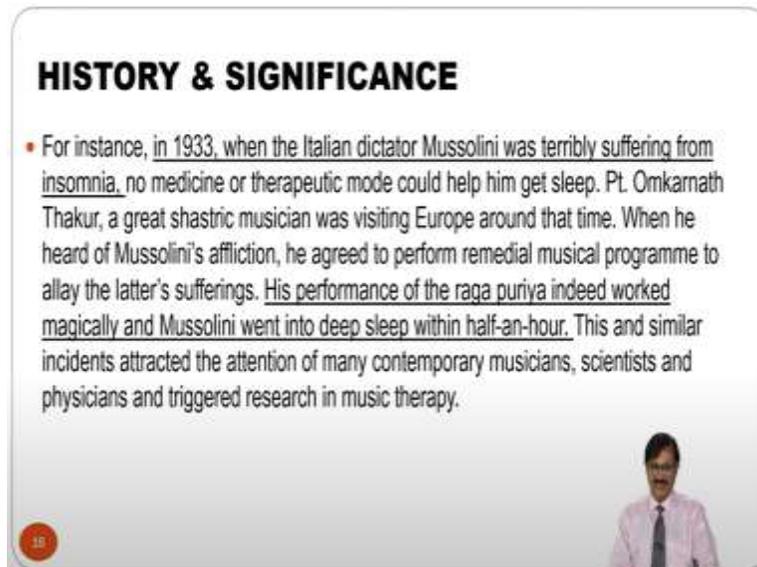
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Now here we can see the seven swars and chakras and correlate. From down upwards, sa relates to muladhara chakra, ri to swadhisthana, ga to manipuraka, ma to anahata, pa to vishudhi, dha to ajna and ni to sahasrara.

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What is the history and significance? In 1933, when the Italian dictator Mussolini was terribly suffering from insomnia, no medicine or therapeutic mode could help him get sleep. Pandit Omkarna Thakur, a great Shastric musician, was visiting Europe around that time when he heard about Mussolini's affliction, he agreed to perform remedial musical program to allay the latter's sufferings.

His performance of the Raga Purya indeed worked magically and Mussolini went into deep sleep within half an hour. This and similar incidents attracted the attention of many contemporary musicians, scientists and physicians and triggered research in music therapy.

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HISTORY & SIGNIFICANCE

- Raga, along with performance arts such as dance and music, has been historically integral to Hinduism, with some Hindus believing that music is itself a spiritual pursuit and a means to moksha (liberation). Ragas, in the Hindu tradition, are believed to have a natural existence. Artists do not invent them, they only discover them.
- Music appeals to human beings, according to Hinduism, because they are hidden harmonies of the ultimate creation. Some of its ancient texts such as the Sama Veda (~1000 BCE) are structured entirely to melodic themes, it is sections of Rigveda set to music. The ragas were envisioned by the Hindus as manifestation of the divine, a musical note treated as god or goddess with complex personality.

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HISTORY & SIGNIFICANCE

- During the **Bhakti movement of Hinduism**, dated to about the middle of 1st millennium CE, raga became an integral part of a musical pursuit of spirituality.
- Bhajan and kirtan were composed and performed by the early South India pioneers. A bhajan has a free form devotional composition based on melodic ragas.
- A Kirtan is a more structured team performance, typically with a call and response musical structure, similar to an intimate conversation. It includes two or more musical instruments, and incorporates various rāgas such as those associated with Hindu gods Shiva (*Bhairav*) or Krishna (*Hindola*).



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Bhajan and Kirtan



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Krishna, Hindola. So bhajan and kirtan, we can see a photograph of that.

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HISTORY & SIGNIFICANCE

- The tradition of incorporating raga into spiritual music is also found in Jainism, and in Sikhism, an Indian religion founded by Guru Nanak in the northwest of the Indian subcontinent.
- During the Islamic rule period of the Indian subcontinent, particularly in and after the 15th century, the mystical Islamic tradition of Sufism developed devotional songs and music called qawwali. It incorporated elements of raga and tala.
- The Buddha discouraged music aimed at entertainment to monks for higher spiritual attainment, but encouraged chanting of sacred hymns

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HISTORY & SIGNIFICANCE

- There are two main classical music traditions, *Hindustani* (North Indian) and *Carnatic* (South Indian), and the concept of *rāga* is shared by both.
- *Rāga* are also found in Sikh traditions such as in *Guru Granth Sahib*, the primary scripture of Sikhism.
- Similarly, it is a part of the *qawwali* tradition in Sufi Islamic communities of South Asia.
- Some popular Indian film songs and ghazals use *ragas* in their composition.



There are two main classical music traditions, Hindustani north Indian and Carnatic south Indian . And the concept of Raga is shared by both. Raga are also found in Sikh traditions such as Guru Granth Sahib, the primary scripture of Sikhism. Similarly, it is part of the Qawwali tradition of the Sufi Islamic communities of South Asia. Some popular Indian film songs and gazelles use ragas in their composition.

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Classical Music



So, this is an example of classical music.

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Carnatic RAGAS	BENEFITS
Ahir Bhairav	Gives free relaxed feeling and mitigates dust allergies and skin disease. Good for arthritic conditions
Amrutavarshini	Ushana vyathi nasini (alleviates diseases related to heat)
Ananda Bhairavi	Suppresses stomach pain in both men and women. Reduces kidney type problems. Controls blood pressure



So I'll be going through the Carnatic Ragas and the benefits. Ahir Bhairav, it gives free relaxed feeling and mitigates dust allergies and skin disease, good for arthritic conditions. Amrutavavarshini, Ushana Vyathi Nasini, alleviates the diseases related to heat. Anand Bhairavi suppresses stomach pain in both men and women, reduces kidney type problems, controls blood pressure.

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Carnatic RAGAS	BENEFITS
Bagesri	Helps in attaining Guru's grace
Bhairavi	Reduces anxiety, pressures, skin, disease, allergies
Bhupala	To awaken someone out of deep sleep



Bagesri helps in attaining Guru's grace. Bhairavi reduces anxiety, pressures, skin, disease, allergies. Bhupala to awaken someone out of deep sleep.

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Charukesi Bhajan: Shantirastu Pushtirastu	26th raga in the melakarta scale (parent) of the south Indian classical music. Rejuvenates the mind helping one to age gracefully. It enlivens the singer and listener.
Desh	The suppression of the senses releases a negative force. The process of sublimation needs a spiritual path. Rag Desh can provide that. Its energy gives the listener serenity, peace, inner joy, right valor, universal love and patriotism
Dwijavanti	Quells paralysis and disorders of the mind
Ganamurte	Helpful in diabetes



Charukesi bhajan shantirastu pushtirastu. 26th raga in the Melakarta scale, parent of the South Indian classical music, rejuvenates the mind helping one to age gracefully.

It enlivens the singer as well as listeners. Desh, the suppression of senses, relaxes a negative force. The process of sublimation needs a spiritual path. Rag Desh can provide that. Its energy gives the listener serenity, peace, inner joy, right valor, universal love and patriotism.

Dwijavanti quells paralysis and disorders of the mind. Ganamurti helps in diabetes.

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Hansadhwani	Energy giving. Provides good thinking, chaitanya. Sarvarogaharini (panacea)
Hemavati Bhajan: Sambho Samba	Good for joint and back pain
Kindolam	Improves digestive power. Cures stomach related diseases.



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Hansadhwani, energy giving, provides good thinking. Chaitanya, sarvarogaharini, panacea. Hemavati bhajan, sambho samba, good for joint and back pain.

Kindolam, improves digestive powers, cures stomach related diseases.

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Kalyani Bhajan: Jai Jai Ganapathi	Gives energy and removes tension and acts as general tonic. Dispels the darkness of fear; Gives motherly comfort and increases confidence. Kalyani means mangalam. Recited with faith and devotion, it is believed to clinch marriage alliances. Many authentic reports exist about the raga's power to destroy fear in many forms: fear of poverty, of love, of power, of ill-health, of death, and so on.
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Fear of poverty, of love, of power, of ill health, of death and so on.

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Kapi	Sick patients get over their depression, anxiety. Reduces absent mindedness
Karaharapriya	Curative for heart disease and nervous irritability, neurosis, worry and distress.
Kedaram	Gives energy and removes tension
Keervani	Promotes dhyana (meditation) at mental and physical levels
Kokilam	Helps to prevent stone formation, burning sensations, sleeplessness and anxiety.
Madhuvarshini	Good for nerves. Cures diseases like slight headache, sleep and sinus problems.

Kapi, the sick patients get out their depression, anxiety, reduces absent-mindedness. Karaharapriya, curative for heart disease and nervous irritability, neurosis, worry and distress. Kedaram, gives energy and removes tension. Keervani promotes dhyana, meditation at mental and physical levels.

Kokilam helps to prevent stone formation, burning sensation, sleeplessness and anxiety. Madhuvarshini is good for nerves, cures diseases like slight headaches, sleeplessness and sinus problems.

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Madhyamavati	Clears paralysis, giddiness, pain in legs/hands, etc. and nervous complaints
Malaya Maruta	To awaken someone out of deep sleep
Maya Malava Gowla	Counters pollution. It can be called the Gateway to Carnatic music. The history of Carnatic music says that the blessed musician, Purandaradasar, introduced the system of



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Bhajan: Inner Self	Mayamalava gowla. This raga has the power to neutralize toxins in the body. Practicing it in the early hours of the morning, in the midst of nature will enhance the strength of the vocal chords.
Mohana Bhajan: Ishapathisha	Mohana is present where beauty and love coexist. It filters out the ill-effects of kama (desire for sex) , krodha (anger) and moha (lust), bestowing immense benefits on the listener. Also said to cures chronic headaches, indigestion, and depression.

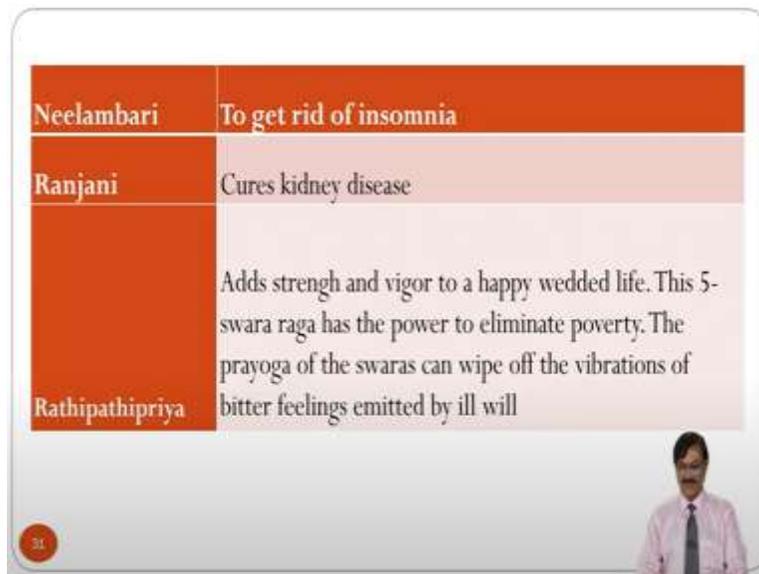


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Maya Malava Gowla. This raga has the power to neutralize toxins in the body. Practicing it in the early hours of the morning in the midst of nature will enhance the strength of vocal cords.

So this is bhajan inner self. And Mohana bhajan, Ishapathisha. Mohana is present when beauty and love coexist. It filters out the ill effects of kama, desire for sex, krodha, anger and moha, lust bestowing immense benefits on the listener. Also said to cures chronic head aches, indigestion and depression.

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Neelambari	To get rid of insomnia
Ranjani	Cures kidney disease
Rathipathipriya	Adds strength and vigor to a happy wedded life. This 5-swara raga has the power to eliminate poverty. The prayoga of the swaras can wipe off the vibrations of bitter feelings emitted by ill will

Nilambari is to get rid of insomnia. Ranjani cures kidney disease. Rathipathipriya adds strength and vigor to the happy wedded life. This five swara raga has the power to eliminate poverty. The Prayoga of the Swaras can wipe off vibrations of bitter feelings emitted by ill will.

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Rohini	Cures back pain, joint pain, etc.
Sama	Makes mind sober, tranquil, induces good sleep. Good for world peace.
Saramati Bhajan: Concert in Berlin	Elevates from depressed state. Cures balagraha dosham in children (undiagnoses crying and irritability). For sleeplessness, itching, eye and ear problems, skin problems, and the problems of hearing irregular sounds



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Rohini cures back pain, joint pain, etc. Sama makes mind sober, tranquil, induces good sleep, good for world peace. Saramati Bhajan, concert in Berlin elevates from depressed state. Cures Balagraha Dosham in children and diagnosis crying and irritability for sleeplessness, itching, eye and ear problems, skin problems and problems of the hearing, irregular sounds.

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Sindu Bhairavi	Removes sins and sorrows and saves from unforeseen events
Sivaranjani	Powerful raga for meditation; bestows benevolence of God. Removes sadness, ushna roga santi (diseases related to excess heat). Good for general health
Sandhya Kalyani	Cures ear, nose and eye diseases. Relieves chronic clods. Gives good sleep and freshness
Shankarabharanam	The power of this raga is incredible. It cures mental illness, soothes the turbulent mind and restores peace and harmony. If rendered with total devotion for a stipulated period, it can cure mental disorders said to be beyond the scope of medical treatment. It also is said to have to shower wealth.



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Sindhu Bhairavi removes sins and sorrows and saves from unforeseen events. Sivaranjani, powerful raga for meditation, bestows benevolence of God, removes sadness.

Usana roga saniti, Disease related to excess heat. Good for general health. Sandhya kalyani Cures ears, nose and eye diseases. Relieves chronic clots.

Gives good sleep and freshness. Sankarabharanam, The power of the raga is incredible. It cures mental illness, soothes the turbulent mind and restores peace and harmony. If rendered with total devotion for a stipulated period, it can cure mental disorders. Set to be beyond the scope of medical treatment, it also is said to have the power to shower wealth.

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Shanmugapriya	Sharpens the intellect of the singer as well as the listener. Instills courage in one's mind and replenishes the energy in the body.
Subhapanthavarali	Alleviates mental dilemmas and indecisiveness
Suddha dhanyasi	Remover of sorrows. Gives a happy feeling. Tonic for nerves. Cures rhinitis and migraine.
Suruti	Mitigates stomach burn, insomnia, fear, disgust
Vakulabharanam	Alleviates asthma, bronchitis, heart disease, depression, skin disease and skin allergy

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Varali Bhajan: Nakam Vinayakam	Varali is good for vayu tatva, heart, skin ailments and gastric problems.
Vasanta / Vasanti	Controls high and low blood pressure, cures heart as well as nervous diseases. Can clear the fog of confusion when a series of medical tests has to be analysed. It heals nervous breakdowns.
Vasantham	Cures paralysis
Viswambari	General tonic, acts quickly
Yamuna Kalyani	Gives freshness and dynamism



Varali Bhajan, Nakam, Vinayakam, Varali is good for Vayu tatva, heart, skin ailments and gastric problems.

Vasanta, Vasanti controls high and low blood pressure, cures heart as well as nervous diseases, can clear the fog of confusion when a series of medical tests has to be analyzed. It heals nervous breakdowns too. Vasantham cures paralysis. Viswambari is general tonic and it acts quickly.

Yamuna Kalyani gives freshness and dynamism.

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Role of the Music Therapist

- Presence with **compassion, love and Empathy**
- Identify ways/methods by which he/she can connect with the patient **musically**
- Identify **Patient's need, personal strengths and weaknesses**
- Support patient's need in music



Now what is the role of music therapist? His presence with compassion, love and empathy. Identify ways or methods by which he or she can connect with the patient musically, identifies the patient's need, personal strengths and weaknesses, supports the patient's need in music.

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So here we can see a music therapist with the patient.

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What are the methods of music therapy? Improvisation, express emotions, communicate non-verbally, singing together builds reality orientation. Playing of musical instruments allows free flow of emotions.

Receptive listening experiences regulates emotions, soothes the client psychologically, physically and spiritually, helps with pain management. Composing and lyric discussion, expressing and understanding their fears.

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Here we can see the photographs of receptive music. Here is a photograph of health club. Singing together, expressing the emotions. Thank you.