

## MUSIC FOR HEALING AND WELL BEING

**Dr. Manoneet Kaur**

*Assistant Professor, Department of Music, Government Rajindra College, Bathinda (PB.)*

### ABSTRACT

*Music is one of the finest arts in the world through which one can express deep emotions effortlessly and effectively. The Magic of music lies in its tones, Melodies, Rhythm patterns and notes. Each and every note has been originated from Naad (Sound). Music is considered to be a healing mind and body with sound. It works upon mitochondria of each and every cell existing in our body. Every single cell of our body resonates with the vibrations of music. The human mind goes through various circumstances and diverse phases in life. In today's digital world everyone is going through emotional, financial, Physical, Mental crisis in one or the other way and is under the influence of stress and anger, loss of power. The consequences of such environment are various types of illnesses or diseases at Psychological and mental level. The area of my research is to apply music to use as an alternative treatment to cope up with such situations to deal with emotional imbalances, diseases such as Parkinson's, Alzheimer, Blood pressure, Autism, Anxiety, stress and Mood disorders in a musical way. One other aspect of mental illness is the drastic change in Lifestyle. The preferences that have changed. The decreasing level of morality, the self-centered approach of living and nuclear family system has changed the scenario to a great extent. The need of the hour is to inculcate good values to the young minds to make a country of responsible citizens. As it is well said a healthy mind lives in healthy body so we have to work on mind first to make every emotion Aligned. Although music has entered a new field of cure and therapy it's not a complete treatment for a patient but a strong tool to support his ailment medication and well-being. Music has been adopted as a therapy at international level but needs more attention at national level. Music is a great tool in serving society especially in rehabilitation centers, hospitals and school for special children. By regulating the mood swings of teenagers it can rejuvenate the old age people too. Music and medicine is a field of immense possibilities. The area of my research work is to find the positive impact of music as therapy on various human beings related to different age groups.*

**KEYWORDS:** *Music as Therapy, treatment of diseases, Psychological disorders, Mental illness, Revival Therapy.*

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### INTRODUCTION

Music is a performing art that is the best medium to express hidden expressions and emotions. An outlet to diverse emotions. The purpose of music is not only to entertain people with melodious compositions or popular songs but it is more than a healing force for several ailments from which large group of people is suffering today. It cannot be named as a traditional type of treatment but may be considered as a new hope to sustain life in terms of Music Therapy. Music is an alternative form of treatment now days other than allopathic, Homeopathic or Ayurvedic Treatment. Music and its notes are directly connected with thoughts and emotions. The emotions ultimately decide the form of energy we generate either

positive or negative. The Rasa theory in music, Time theory of music, Moods or Nature of Ragas, are all the factors that impact the mood, emotion or behavior of the recipient. No art is art if it does not contribute to society. That's the role of music in society. No matter caste, region, culture music has a profound impact on all the mind and brains of society with positive and constructive impact. Every third person in our nation is suffering from one or the other disease today. Having an unhealthy life style is a prime factor behind these diseases. Diseases may vary from early childhood to adolescent or adolescent to old age. Several kinds of mental disorders, Ailments, Psychological disorders, Mental Traumas, depression, Anxiety, Memory loss, Brain Fog are the consequences of today's digital world of WhatsApp, Facebook and Instagram. No more social bonding is surviving, Joint family systems are diminishing, and Self-centered approach is taking place in society. Indian culture is following western culture in terms of food, clothing and lifestyle patterns. The mother with poor dietary habits and unhealthy life style is responsible for unhealthy birth of an infant. Many researches have explored how Music therapy has given health benefits among a large number of people including infants to old persons with Alzheimer and Parkinson disease. The infant grows in the influence of mobile is engrossed in screen till he becomes a youngster who do not need society to meet his emotional needs. His body movement becomes inactive most of the time and he suffers from loneliness and depression in future. Same is the case with the old persons as by age their mobility also decreases. They suffer from depression, anxiety, memory loss and mood disorders. Other categories include single parent, persons with some kind of disability, Autism or any Neurological problem suffer from mental illness. These diseases impact their neural pathways, Brain connections, Cognitive system and motor activity in a drastic way. Most of the old people are staying alone these days, most of the children are growing in the hands of maids, parents have no time for children to play or discuss warm thoughts, and overall society is getting degraded. Many mishappenings are going on in society with criminal activities blooming more and more. These kind of persons, youngsters need to be sensitized with the help of our rich forms of performing arts and rich culture. The area of my research revolves around the impact of music in healing minds and achieving their wellbeing to create a healthy society with the tool of Music as training or a therapy. Music reduces pain and treats stress. It has been recognized as an effective form of therapy to provide an expression to emotions, the idea of using song, sound frequencies and rhythm, tones, Notes to treat physical ailments is a relatively new domain other than traditional form of music , says psychologist Daniel J. Levitin, Ph.D., who studies the neuroscience of music at McGill University in Montreal. A wealth of new studies is touting the benefits of music on mental and physical health. For example, in a meta- analysis of 400 studies, Levitin and his postgraduate research fellow, Mona Lisa Chanda, PhD, found that music improves the body's immune system function and reduces stress. Listening to music was also found to be more effective than prescription drugs in reducing anxiety before surgery (*Trends in Cognitive Sciences*, April, 2013).

## **MATERIALS AND METHODS**

Various Databases have been searched related to music and its impact on well-being and Psychological aspects of diseases. Several research papers have been studied for research. Overall impact of music on healing and well-being has been analyzed with a qualitative approach. This is a descriptive and analytical study based on secondary sources of information from various resources. Reference books, articles, websites, research reports, e- content were used to study the topic thoroughly.

### Music as a Healing Force in the Form of Music Therapy

Music is an essential part of our life. From time immemorial man has made music to add a further dimension to his expression of the magical or mystical, the emotional or the martial. Because of his ability to analyze, interpret and distinguish, he found some sounds in nature pleasing to ear. Music exists in all societies. It functions in the sphere of religion and through the whole man's experience to the realm of pure attainment. The effect of musical chords and modes (Ragas) is much more far reaching than our ears are able at first, to allow us to perceive. Our ear can apparently be satisfied by a very approximate accuracy. But perfectly accurate interval does not react only on our ears, it produces a transformation in all the cells of our body, a slowing down or an acceleration in the movements of every molecule in ourselves and in the surrounding matter. This effect was utilized not only in India but in Greece, and later in Persia and Arabia, for curing certain diseases.<sup>1</sup> The implementation of music therapy enhances the overall psyche and personality of a person and impacts its well-being. It gives rich taste, gentle approach towards life, consciousness and enlightenment to being. It develops precious qualities of humanity, kindness and sympathy too. A musician /Trainer /Music Therapist expresses his innovative ideas through the medium of various performing arts especially through musical melodies. It is one of the healing tools for mankind. Music does not depend on age, caste and creed. It is universal in terms of language. Listening to music creates effective and immediate response to brain and releases dopamine. Not only familiar tones may affect our brain but unfamiliar tones also provide a new source of energy as a person listens to his favorite piece of music constantly. Music is a great mood regulator that regulates our emotions and stress levels in a therapeutic manner. The Rhythmic patterns, repetitive phrases and variation in sounds / genres calm mind and balance mood disorders. It transforms depressive, anxious and stressed state to a healthiest one. Many more songs are there in our life cycle connected with our past. When a patient or a person suffering from Psychological or neurological disease correlates his brain with old favorite melodies he reconnects with it and starts healing with its profound impact. Many researches have shown that music serves as therapy for the persons suffering from Alzheimer, Parkinson, memory loss, and sleep disorders, Hypertension, Autism and Depression. Alzheimer's disease (AD) is currently the most widespread and fatal progressive neurodegenerative disorder among the elderly. Music therapy, which utilizes rhythm, movement, voice and creativity to try to improve Parkinson's disease (PD), the central impairments of people with autism spectrum disorder (ASD) affect social interaction and communication. Music therapy uses musical experiences and the relationships that develop through them to enable communication and expression, thus attempting to address some of the core problems of people with ASD. Depression is a mood disorder and a common mental illness that affects more than 300 million people worldwide. Depression is projected to become the leading cause of disability by the year 2020. At its worst, depression can lead to suicide, and it has been linked to approximately 800,000 cases of suicide per year. Depression is characterized by core symptoms of persistent low mood, diminished interest, loss of pleasure, and lack of energy, along with other symptoms such as sleep disturbance, appetite and weight disturbance, poor concentration, psychomotor changes, and feelings of guilt, worthlessness, and low self-esteem. Affective disturbance is at the core of depression. If you feel unhappy, depressed, uneasy, need to boost energy just listen to your favorite genre of music and it will surely enhance your mood. It will help you to come out from adverse situations. Reciting or playing music is not mere a Physical activity but a great tool to release stress spontaneously giving brain instant relief from pain and anxiety. Music or even by rhythmical dance movements. Several untold stories / Traumas remain hidden in subconscious mind since long period of time, may be since childhood. Music helps such emotions to get a path through the tool of artistic notes. Music also affects Physiology / Motor connectivity of a person. The lower vibrations of music lowers the blood pressure, reducing the heart rate by soothing the

mind of person with calm music and controls the cortisol hormone which is considered to be a stress hormone. On the other hand songs generating higher vibrations (Fast beat songs with higher pitch) plays significant role in faster motor movements of an individual. Music surely activates auditory cortex, motor systems and improves circuits in the Brain. The outcome of such exercise is improved motor co-ordination, increased tolerance for pain and anxiety. Immune system gets better. Music not only enhances the cognitive capability but also works wonder in Academics of a learner. Music can be utilized not only through a setting lead by professional music therapist but also with individuals and groups in a variety of settings. A wide range of musical styles and instruments can be used, including the voice, enabling people to create their unique music language to explore and connect with the world and express themselves. Bringing out emotions and thoughts through methods of verbal and non-verbal expression and exploration such as dance and body movement, music, art and expressive writing.<sup>2</sup>

Music has expanded to the area of Therapy also Known as Music Therapy. Music Therapy is a popular therapy these days. It develops our brain and the abilities associated with it. It is Beneficial for developing skills of children and other age group individuals. Music therapy helps in curing dangerous and some chronic diseases.<sup>3</sup>

At national level more work is going on by various organizations such as: IHIF rehab centre (Delhi), Meera centre for music therapy, Education and research (Bengaluru), Indian music Therapy association (Pune), Manonaad Music Therapy centre (Gurugram). Junagadh Civil Hospital, Ahmedabad has installed music systems in all its forty wards since May 25, 2005. Civil Surgeon G.K. Gadhesariya says, "Research has proved that music aids in faster recovery and helps patients relax".

The American music therapy association (AMTA), The Canadian music therapy association (CAMT) The Royal Marsden NHS Foundation Trust (United Kingdom) are doing remarkable work internationally. All these organizations are working on healing therapies on clients suffering from chronic diseases too. The method of healing cum training varies from one institute to another. There are various approaches related to such agencies.

## **APPROACHES TO UTILIZATION OF MUSIC AS A HEALING FORCE FOR WELL BEING**

- Receptive approach belongs to listening to music and reflecting on it.
- Re-Creational approach is engaging the client in familiar musical melodies and other musical creative activities.
- Compositional approach includes Creating innovative musical phrases or composition small pieces.
- Improvisational approach belongs to spontaneously creating music phrase in the moment.

Many organizations arrange workshops on music therapy for well-being organizes in various schools , universities, Hospitals , clinics ,Rehabilitation centers, Elderly care facilities, Community centers and social service organizations.

### **Music as a Sound Therapy**

The origin of music is from Naad (Sound). Sound is further originated from vibration. More the vibrations more the sound is released. There are two types of Naad (Sounds) Musical/Melodious and non-musical that are not more than a noise. The melodious Naad (sound) gives pleasant affect to our mind and body and hence good for our well- being. Naad gives us energy to heal. Every note in music has profound effect on our physiology. Since ancient times Naad is meant to be

synonym of Lord Brahma (The creator of universe) and hence is called Naad Brahma. Such as OM is considered to be a universal sound (Naad). By the recitation of OM in continuation one can attain peace and Harmony. OM is considered to be the first sound from which the universe came into being. Chanting OM thus is said to align a person with the divine, the higher force. It is like a bridge between the finite and infinite, and promotes a sense of connection to the supreme. Further, the vibrations generated during the chant have a Soothing effect on our nervous system. It is said that regularly chanting the beej mantra (OM) reduces stress, anxiety, restlessness and promotes being calm. Chanting OM also leads to a heightened state of mindfulness. Regular chanting of OM can enhance self-awareness, self- acceptance and spiritual growth.<sup>4</sup> similarly in music each and every note, scale, genre, Raga generates diverse effect on Psychology and Physiology of human beings. As each of these forms generates rises of various temperaments through their practical use. Each individual needs different type of music to get healed according to his/her Physical and mental state. The persons suffering from various diseases shows rise in heartbeat, rise in blood pressure, rise in respiration, rise of hormone Level in Blood, rise in Level of blood Sugar. By giving them individual or group session by music trainers or music therapists they start to recover steadily depending upon supervision of the trainer and co-operation of family members. Music when combined to devotional aspect becomes magical too. Various studies have shown that listening to devotional music can reduce stress and anxiety, increase positivity, and promote a sense of inner peace. The calming and focusing effects of devotional music can be beneficial for mental health and well- being. Devotional music can also inspire hope and offer solace during difficult times. So it's also considered to be a good practice for healing one's inner self with reciting hymns and mantras. In North Indian music the concept of **Prahar** (Time theory of Ragas) are great source of healing when sung at proper time. Genres of music may be used by observing the problem of client by observing history, temperament, Age, Environmental factors, Capability, willingness and grasping ability of an individual.

### Impact of Music on Overall Well-Being

Music has contributed a lot in the area of well-being. Music listening and music making have been associated with a broad range of positive outcomes in the domains of health and well-being.<sup>5</sup>

- It's a proven fact that children who learn to play a musical Instrument (Percussion/Non- percussion/wind) builds stronger brain circuits enhancing good memory, Focus, Attention and better emotional regulation. Many researches have shown that such children score up to 17% higher in Mathematics and Reading skills positively.
- Music activates key regions in the brain that belongs to focus, active memory and impulse control. This exercise helps the student to remain active and attentive in the class and they succeed to manage their emotions in a better and innovative way.
- By rehearsing music on daily basis a learner develop mental and physical stamina. The learner learn to stay focused, rectify mistakes and improve skills leading to improved performance.
- The focus and concentration gained by music skills results in good academic skills with improved cognitive system.
- Many of the brain scans shown by neuroscientists have shown more grey matter observed in the brains of musically trained children. They learn more co-ordination and emotional strength by practicing musical skills. This practice also strengthens their prefrontal cortex.

- Children trained in musical skills develop stronger connections between the left and right hemispheres which contributes in improving their balance in emotional and logical work conduct.
- Music Training impacts the overall well-being and discipline of an individual. As learning music skills in itself is an organized plan to work in a structured way and achieve required goals. It helps kids suffering from ADHD or focus challenges benefit a lot from music.
- Music actually rewires the developing brain in powerful ways and energizes person through various combinations of melodious phrases, notes, tones and Rhythmic patterns.

## CONCLUSIONS

Music has its deep origin from sound. Sound is related to vibration. The whole universe is generated through various types of vibration. This vibration generates energy which is essential for each and every living organism in universe. Our body also generates and moves because of energy and when this energy is depleted or imbalanced within our body we get sick, imbalanced, non-aligned, out of our original self. We become victim of several Physical and mental diseases but except taking medication for a long period one can heal himself/herself with the help of Music. May be from a trainer or an educator or Music therapist. It works wonders. Music enhances our mood, behavior and temperament with a positive vibe. Many diseases like Autism, Parkinson's, and Alzheimer's are not completely curable but can be cured to live a better life condition with the help of music therapy. Music therapy is basically sound energy therapy. The basis of its effect is that when specific vibrations of musical sounds match with the vibrations of specific organs of the body, healing occurs. This was in 1920 that the studies reported that music affected blood pressure. Music can alter certain bio-chemicals, such as plasma beta endorphin levels. Music therapy has been applied in the treatment of various ailments of human psyche, cardiac diseases, blood pressure, stress management, relieving pain and anxiety. Many organizations are putting their efforts to apply Music Therapy as an alternative medicine in our country but more financial assistance from Government is required. Naad (Sound) is music beneficial for mankind. More and more efforts are strongly needed to save and secure the mental health of our citizens. Healing is directly connected with well-being. As it is said healthy mind lives in healthy body. We can fulfill our mind with good melodies and live a life with beautiful vibes. Therefore receptive and intentional listening to diverse genres of music and instruments were found to reduce pain and anxiety through changes in Physiological arousal in studies. Different notes, Tones and genres of Music compositions or phrases have direct impact on the patients in Hospitals. Music Listening has decreased anger, agitation resulting in improved posture, cognitive movement and well-being of patients suffering from dementia Parkinson and Alzheimer's. Adapting any music genre of music or opting any percussion or non-percussion, wind instrument can enhance the well-being and overall health of school going children, Youngsters and old people suffering from various Psychological and Physical disorders.

Even the women residing as single parent, women with postnatal depression or sedentary women having obesity may come out from their mental fog by adopting various music genres, instruments, song writings and composing various songs and various Phrases positively. Such activities related to music helped the well-being of marginalized people through positive effects on social and cultural inclusion and connection, self-esteem and empowerment.

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