

MUSIC FOR HEALING AND WELL BEING

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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.*

Article History

Received: 18 Jul 2025 | Revised: 27 July 2025 | Accepted: 07 Aug 2025
