

MUSIC THERAPY AS AN ALTERNATIVE MEDICINE

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ABSTRACT

Music is an incredible Art form. Its purpose is to make the mind calm and expressive by using the medium of Dance, vocal and instrument music as its tool. Music is a creative mode of expression that gives outlet to various emotions occurring inside the mind of an individual. Any art is meaningful only if it contributes to the society in a positive manner. The aim of music is not mere entertainment but in deeper sense its aim is to achieve higher goals, to enlighten and empower mind and soul in a creative way. Society is going through the challenges of AI technology today. A large number of diseases, mental disorders, Memory issues, Stress factors and Genetic ailments are growing at alarming rate. Stress has become part and parcel of every human being today from a school going child to an old age person. Stress levels are growing rapidly. In the digital world full of media exposure and gadgets life has been transformed drastically. Excess use of Mobiles, internet, media and AI have brought up unbeatable challenges in our life. This change in life style has affected almost all the areas of our life. Poor nutrition, unhealthy lifestyle, Financial crisis, lack of job security, Inactive social bonding, Genetically transferred diseases, Autism, Parkinson, Alzheimer, Dementia, Hypertension and Diabetes are some of the factors responsible for stress and anger. Although many treatments are available for such diseases in Allopathic, Ayurveda and Homeopathic field of Medicine. But could there be an alternative medicine to help curing these diseases is the area of my research in this paper. Music is strongly associated with the new field of Music Therapy. Previous Researches have shown that Music has a deep impact on each and every living organism in this universe. Music has an amazing power to cure Common Psychological disorders to chronic ones on the basis of sound therapy. The vibrations and frequencies of sound directly affect an individual psychologically and physiologically. This research paper explores the dimension how the constant listening and practicing skills impacts our mind and body. Music serves as a great healing force and is an essential part of our life.

KEYWORDS:

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