



Role of Music in the reference of Entertainment and Cure for Good Health

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Abstract: *Music is an interdisciplinary use subject in which Entertainment and Cure is primary. Fresh minded and leisure person use the music to entertainment and disease suffered person use the music for cure. Many flavour of savour in Music, classified according to time and season of different situations which give proper relax to needy person. That person needs not to use music as cure that uses the Music in their diet as entertainment etc. because music refresh the mind, is the base of happiness and happiness is the base of good health. We are discussing in this study, how to get Good health with the help of Music.*

Keyword: *Role, Music, Entertainment, Cure and Good Health.*

1. INTRODUCTION:

Music has the power of influence human conciseness and can lead ultimate bliss. It can inspire both listener and creator and can attract any leaving being. Any Musical activity whether it is composing or performing, is capable to engage and to influence our mind in total, and therefore has the power to effect physical mental and emotional process through resonance of the sound vibration. If we real want to experience true music and its transformative effects, then we should be able to understand the deference between the musical harmonious, musical frequencies and discordant harmful sound frequencies (Sharma Subhashini, 2012). We must learn the harmonious art of living, only then a body can act a receptor and can receive the healing energy of harmonious musical frequencies, since music can directly converse with the inner self. Besides entertainment, good music can inspire, it can heal, and has the power create, kindness and peace in world (Sarooha Vinod, 2018).

2. Music work for entertainment:

Music is universal language, and everybody understands and entertained. Entertainment is the food of our psychology hunger. When we listen the music, an exudation from our brain, which give particular satisfaction according to music. As we listen a sound of concha, we get peace and listen the sound of 'Dhol', we dance with the beats. This music is the diet for good health and there is main role to get good health.

3. Music work for Cure:

When we remain healthy, take the flavour of Music as entertainment but when we are suffered from psychological and biological illness, take the flavour of music to get good health. Music give particular relax by particular composition of Music. As Rag 'Darabari' is helpful to recover from sleeplessness.

4. Effect of music on human body :

Music is a very popular topic in present times, music is deeply related to every aspect of a person's life, whether it is happiness or sadness, music can generate emotional responses in human beings, thereby improving the quality of life. , In another aspect, nowadays music is becoming quite boring, but most people like to listen to good and melodious music, which is old and classical music, today's music almost cannot match it, music is very heavy on human body Is. It works effectively (Kemper etl. 2005). Along with this, it also proves to be very effective in fighting stress and diseases. In today's present time, the work of music therapy is being done not only on the human body but also on animals, trees and plants and it is taking us towards great success. Music is such a topic that everyone forgets their sorrows by listening to

it. Music can enhance positive or calming feelings and throughout human history has played an important role in "building health" through its use in rituals and religious services. Music improves concentration but has various neurophysiological aspects, whose effectiveness is moderated by individual preferences. There is so much power in music that it makes a person feel happy even in loneliness. Among all the subjects, music is the only subject which can awaken the emotional reactions of a person and through which the human body can fight against diseases and can also be successful in maintaining mental balance. There is so much power in music that it makes a person feel happy even in loneliness. This subject also has a variety of neurological aspects and can control the effectiveness priorities of a person's life.

Music has been playing a very important role in human life since ancient times and there will be no exaggeration if we say that music is the most essential aspect of human life. It not only keeps us busy in free time but also makes our mental balance positive and removes negative energy from human life, which makes human body happy and keeps it internally pure, so that it can do many things. Could Effective in fighting diseases. Today music has achieved so much success that it is emerging as a successful subject in every subject, today music is curing all diseases, there are many examples of this. It has been found that people who have been in coma for many years recover with music therapy. Music has such a deep impact on human life that by listening to it we can fight many diseases. If music is called the soul of human life, then there will be no exaggeration in it. The well-organized sound that arises from the origin of juice is called music. The effect of the intoxicating tune of music on the living world is not hidden from anyone. Music plays an intrinsic and essential role in our lives. There are different types of music which we can enjoy as per our requirement.

Music surrounds us and excites us, makes us travel in time, gives us strength or fills us with moments of peace. Music can be found anywhere, in every sound, in every rhythm and in every voice. But what actually happens in our mind when we listen to a melody? For example, with music we can activate both hemispheres of the brain and make more connections between them.

The human brain, as we've shown before, is made up of two hemispheres. The left hemisphere is responsible for the most logical part, logic, numbers, language etc. On the other hand, the left hemisphere manages most of the intuitive, imaginative and creative functions. Music therapy allows us to develop ourselves in a new context, get to know each other and explore feelings through music that sometimes accompanies us as background music without attracting the attention of our conscience (Wilkins MK, 2004).

5. Music work for healing for good health :

When we remain healthy, take the flavour of Music as entertainment but when we are suffering from psychological and biological illness, we take the help of music to get good health. There is particular Ragas for particular Rasa as:

Even the seven notes are of Music great importance and can be used individually to treat various ailments. The nature of 'Shadaj' is cooling to the mind. So, it is helpful in healing to the flaw of warm and accelerating bile (Pitta). The nature of 'Rishabh' is dry and cold, which is helpful in curing bile predominant diseases with hot and moist properties. The nature of 'Gandhar' note is compassionate, which removes bile diseases. The nature of 'Madhayam' Note is fickle (Chanchal) and nature is soft and dry. Therefore, it can cure 'Arthritis' and 'sputum' diseases. The nature of the 'Pancham' Note is passionate, which removes the diseases of 'phlegm' (Trappe HJ, 2010). The nature of 'Dhaivat' Note is both happiness and sadness, which removes 'Arthritis' predominant diseases. The nature of 'Nishad' Note is energetic, which is pleasing to the mind, which cures 'Arthritis' disease.

The Ragas of Indian Classical Music express the particular Rasa which is impress the mind as: Raga 'Bhupali' and 'Todi' give relief to the patient of high blood pressure. Rag 'Bageshwari' is helpful to give relief from the pain of migraine. Rag 'Bihag', 'Kafi' and 'Khamaj' is helpful in getting rid of insomnia. Rag 'Malhar' gives relief from asthma and heat stroke. Raga 'Shivranjani' helps in increasing memory power. Raga 'Bhairavi' is helpful in relieving from the problems of T.B., cancer, cold, cough, sinus and dental pain. Rag 'Asawari' Raga 'Asawari' is helpful to give relief in the illness of blood, semen, phlegm etc. Rag 'Darbari' is helpful in healing the diseases related heart; arthritis etc. There is an example of true Raga healing miracles story about Sangeeta Das (21). She was admitted in the hospital in a coma for several days. She came out of Coma after listening to the Raga 'Darbari Kanada', implemented by violin recital N. Rajam. This miracle happened at Seth Sukhlal Karnani Memorial Medical College and Hospital.

Some Indian ragas when sung well said to have caused rains, eased disturbed persons, and even led to crops and cattle giving a better yield. Apparently, some ragas are earmarked for the nine emotions or Navarasas. Some ragas, claim



musicians, have healing effects as these nine emotions rule our body and mind. It is said in Vedic lore 'Samaveda' paved the way for music. Perfect chant with apt stress on each syllable of 'Mantra' emanates its own power. Experiments with sound and its effects proved that the 'Omkaara' Nadam in a particular frequency sound as though lifting mortal soul to celestial heights.

Every design of Musical Compositions as 'Alap', 'Bandish', 'Tana', 'Jhala', 'Laya' 'Tala', 'Paran', 'Tukde', 'mohre' and 'tihayi' etc. phrase of Indian classical Music give particular relief. Even tuning of Musical instrument is helpful in healing the health, because expressing and matching the vibration of sounds gives relax and relief (Yoshii M, 2009).

It has also come out that the lyrics of the notations of singing music can affect the rasa. Therefore, special restrictions can be made for singing music for special diseases. Notations of Music for healing may be modified according to the recovery rate of the illness. It can be a particular subject for welfare of human being (Mansky PJ, 2006). There is a need to give a more importance to Music Therapy for good health. Experimental mind musicologists, who have the thinking of welfare, may pay the main role in this with Ayurvedacharya, psychologists and allopathic doctors. This subject may make the very fruitful for the welfare of human being.

Music was the focussed subject in the matter for good health during the period of COVID- 19. Use of Music in healing has increased in this period. If the government pays more attention to this subject, then this subject can give maximum benefit in human welfare because Music is paramount in subjects like sports, painting, sculpture etc. used for entertainment.

6. Conclusion :

In the brief, when we listen the music of particular Rasa, our mind gets relief. It is auto certified thing that suddenly heard music also turns the person towards itself. Thus, no, Drought that music is the food of Mind and Soul.

Apart from entertainment, music also has a great impact on human health, as it benefits both our body and mind. Everyone starts their day with devotional music and it gives us positive energy, our whole day is full of freshness. We can also listen to music occasionally throughout the day, music in a moderate volume is a very good habit. Music works like a medicine in every person's life, it keeps our mind and body healthy, music practice is the union of the soul with the divine, which can connect us through devotional music. Music gives us energy to do every work, improves our life, music has a positive effect on every part of the human body, due to which it remains healthy. The nature of music is also to encourage and promote, which removes all the negative effects. By removing thoughts, it also works to increase the power of concentration of man. Music is the thing which helps us to relive all the good memories with our dearest person.

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