

EFFECT OF MUSIC ON HUMAN BODY WITH SPECIAL REFERENCE TO HINDUSTANI INSTRUMENTAL MUSIC

Dr. Jagdev Kumar

Assistant Professor

Department of Music (Instrumental)

Government Mohindra College, Patiala

INTRODUCTION

Music being a universal art, it is not surprising to find that musicians and musicologists of one country feel interested in the music of the other countries. Instrumental Music is a form of art that involves audible sounds which expresses ideas and emotions through the elements of rhythm, melody and harmony. It is a universal and living language that has been developed over centuries and continues to be refined and reinvented by composers, musicians, researchers till today. Any set of systematic sounds which have been planned and usually noted too much so that the sound is largely consistent all the time for its functioning of Hindustani String Instrumental Music (HSIM). So, the researcher has observed, studied, and evaluated the compiled and collected material for the needs and potential of this study for future generation.

In this synopsis, "**EFFECT OF MUSIC ON HUMAN BODY WITH SPECIAL REFERENCE TO HINDUSTANI INSTRUMENTAL MUSIC**" will be analyzed and examined theoretically and scientifically on the basis facts and fiction. In this universe, a beautiful creation of the nature is Human being. **HINDUSTANI INSTRUMENTAL MUSIC** effects our biologically level. Internally, it can affect blood pressure, heart rate and even our nervous system. Music touches the limbic system of our brain. It is a set of structures of our brain and deals with emotion and memory and the learning ability of our languages. It has an extra ordinary power to control our emotions, sentiments and even develop feelings. Externally, our personality and social behaviour. Instrumental Music has a powerful social, emotional, and educational implication for the overall growth of human beings. It is a constructive relationship between mind and body. Instrumental music binds us where language separates us. But in short, Music is a divine source of energy. On behalf of this, Instrumental Music connects individual energy into cosmic energy. With the power of Instrumental music, musicians, composers and researchers can

help the society and form a connected world. Hindustani String Instrumental Music has the capacity to improve ourselves everyday and its capacity to perceive, to understand and to manage our own emotions as well as others like,

1. Self awareness means 'to know what we feel'.
2. Self management means 'ability to develop discipline and self control'.
3. Social relationship means 'ability to understand the emotional makeup of other people and to treat them according to their emotional reactions'.
4. Relationship management means 'ability to create networks and find common grounds'.

Hindustani String instrumental Music creates a bond among the people, cultures and other traditional civilizations in the whole world. The stature of Human beings varies continuously from the longest to the shortest about sex, languages and memory. This study will undertake the problems of sex differentiation, the concept of LSRW (listening, speaking, reading and writing) of any languages, and memory through the synchronization of Brain.

In these days, I have sent a numbers of mail to different professors of different universities of the United States like **Prof. Giuseppe Gerbino, Prof. Ellie M. Hisama, Prof. Aaron A. Fox, prof. Waler Frisch, director and Prof. Brad Garton, prof, Joseph Dubiel, Prof. and director Magdalena Stern- Baczewska, Prof. Susan Boynton of The Department of Music, Columbia University in the City of New York,** and such Associates of the Harvard Music Department 2018-19 like **Noel Bisson,** Harvard University, **Phoebe Carrai,** Harvard Baroque Chamber Orchestra, **Tom Everett,** associate, **Edward Jones,** Gund university organist and choirmaster, **Mark Oison Director of the Harvard Bands, Thomas Sheehan, Memorial Church, and Steven Takesugi,** associate faculties of the department of Music of the Harvard University, **Dr. Emil Moss, Prof. Jeffrey Benedict, Prof. Michael Caldwell, Prof. Paul DeCastro, Prof. James Ford, Prof. Sara Graef, Prof. Christopher Gravis, Prof. Susan Kane, Department of Music, University of CAL STATE Los Angeles,** and last but not least the strings faculty of the **University of Southern California Thornton School of Music, Dean Robert Cutiletta, Prof. Bruce Alan Brown, Prof. Veronika Krausas, Prof. Adam Knight Gilbert etc.** I am feeling too blessed because I've received a healthy and motivational consent from above scholars for my future research. In such research, the researcher would like to examine an experimental reports from **USC Thornton school of**

Music, California and SOAS University of London, AIIMS (All India Institute of Medical Sciences), New Delhi and PGIMER (Post Graduate Institute of Medical Education & Research), Chandigarh research branch.

OBJECTIVES

The following objectives will be theoretically and practically examined during the period of this research like-

1. The meaning, definitions, origin and historical development of the **EFFECT OF MUSIC ON HUMAN BODY WITH SPECIAL REFERENCE TO HINDUSTANI INSTRUMENTAL MUSIC.**
2. **Place of practical experiments will be examine from these competent authorities like USC Thornton school of Music, California and SOAS University of London, AIIMS (All India Institute of Medical Sciences), New Delhi and PGIMER (Post Graduate Institute of Medical Education & Research), Chandigarh research branch.**
3. How the Hindustani String Instrumental Music (HSIM)works as a music therapy like
 - a. Neurological and Psychological (Behavioral studies through Hindustani String instrumental Music) studies of the human mind through HSIM?
 - b. How HSIM help human memory, language (LSRW-listening, speaking, reading and writing) Skills and sex?
4. A comparative study of the Hindustani String Instruments like Tanpura, Veena, Sitar, Swarmandal, Surbahar, Sarod, Santoor, Rabab, Saranda, Taus, Dilruba, Israj etc. will be practically examined. A complete practical implementation of the above instruments will be also comparatively analyzed through *Notations System, melody versus harmony, Chordal and Rhythmic, Symphonic and Monophonic etc)*
5. Impact of Hindustani String Instrumental Music on 6 rasa out of 9 Rasa. e.g. Love-Shringara, Wonder-Adbhuta, Courage-Veera, Peace-Shanta, Sadness-karuna, Anger-Raudra on human mind and body will be practically examined in the Neurological and Musical laboratories.

REVIEW OF LITERATURE

The status of the reviews of literature concerning this research will be examined internationally and nationally. A numbers of books, good reviews and the outline of the relevant data's are available in the following books and thesis and journals, recordings

and external link. In short, researcher can say that these books are providing me a little bit knowledge about my research title from the brief references of such books, thesis and links e.g.

Books

1. An illustrated Encyclopaedia, *Musical Instruments of the World*, New York, Sterling Press and Company, 1997.
2. Anil Mihirperna, *New instrumental Composition for North Indian Music*, Indica Books, Jan 1 2007.
3. Arthur Jacobs, ed, *New Penguin Dictionary of Music*, England: Penguin Books Ltd.,1997.
4. Ewen, David, *Panorama of American Popular Music*, Practice Hall, 1957
5. Ferris, Jean, *America's Musical Landscape*, Brown & Benchmark, 1993
6. Krishnaswami, S., *Musical Instruments of India*, Publication Division, Ministry of Information and Broadcasting, Govt. of India, 1967.
7. Slobin, Mark, *Music in culture of Northern Afghanistan*, Tucson Publication for wanner- Gren foundation for Anthropological Research by University of Arizona press, 1976.
8. Slobin, Mark, *Kirgich Instruments of Music*, New York, Society for Asian Study, 1969
9. Kalsiwal, Suneera ,Dr., *Classical Musical Instruments*, Publication Rupa and Company, New Delhi.

Thesis

1. Mamta Sharma. *Musicality Extraversion and Neuroticism in Mental Relaxation Under the influence of Music and Biofeedback*, Department of Psychology, Punjabi University, Patiala.
2. Monica Sharma, *An analytical Study of Western Notation of Music and its relationship with Indian Notation System of Music*, Department of Music, Punjabi University, Patiala
3. Shaji, John, *A study of Music therapy and Meditation on performance in professional shooters*, Department of Sport Science, Punjabi University, Patiala. These thesis are showing a little bit resemblance with researcher future study but the objectives, scope of the study and hypothesis will be totally different as compared to them.

HYPOTHESIS

The area of HSIM induced emotions using a Neuro physical approach involving bio-sensors is relatively new and due to its vast scope and applications in everyday social life, extensive research is going on in different parts of the world to tackle a number of unanswered questions that this domain evokes. Information retrieval, music psychology and cognitive neuroscience of the Classical String Instrumental Music, will be required to know the answer to all of these-

1. How the auditory and motor systems interact to produce HSIM (Hindustani String Instrumental Music)?
2. How people encode and recognize HSIM?
3. How Music Induce emotional reactions?
4. How HSIM experience and training affect brain development?
5. How HSIM training/ exposure affects language, cognitive and social abilities in both children and adults?

SCOPE OF THE STUDY

The Hindustani String Instrumental Music is a powerful and wonderful form of performing arts. It lifts up the individual self into the social self and sometime even beyond that. It is a bond of social and cultural unity. HSIM would unite the whole world (Human races) in love and peace.

All human and various non-human living species love Music and but biotic species respond to it. It is a nature direct wireless message. In this study, a number of different types of experimental and documentary information will be analyzed and collected from North-America and South Asian countries like Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka with Cultural exchanges and variations. This research mainly focuses on the following research points:

1. Experimental values will be compiled through string instrumental melodic vibration on particular ragas like Bhairav, Aahir Bhairav, Jaunpuri, Malkauns, Bhairvi, Sohni and Brindabani Sarang.
2. Implication of the string instruments on Human mind and Body specially in the limbic area of the brain (chemical reactions of dopamine and other hormones)
3. Hindustani String Instrumental Music must be a part and parcel of our curriculum and should be incorporated in our social, cultural and academic system.
4. Geo-Musical variation will be encountered during this research.

5. How HSIM increases the Skills of LSRW (listening, Speaking, Reading and Writing) and Languages skills? To what extend HSIM promotes human memory? And To what extend HSIM is responded by different cultural groups?
6. In what ways and to what extend HSIM therapy can help various human mood and brain disorders?
7. What to see in North American CSIM through South Asian eyes and vice a versa?

RESEARCH METHODOLOGY

The present study will be based on the collection of literary facts in the forms of manuscripts, coins, symbols (Descriptive and Historical analysis) from North America and South Asia. The experimental facts and sample will be collected and examined in the Neurological and musical laboratories with the help of Neuro-Surgeon and String instrumental music composers for the patient of mental disorder. Research data will be compiled through primary and secondary sources, surveys methods, interviews (directly and indirectly) and through sampling. Intelligence test will practically used during research. The Scale consists of 60 problems divided into 5 sets of 12. The five sets provide opportunities for grasping the method and five progressive assessments of person's capacity for intellectual capacity. It is non verbal, cultural and free test of intelligence. The Self-administered or group test (adults) grading will be done by seeing the Neuro-Science labs reports (percentile points) of the adjacent score for said age group according. Grading will be done according to the grades given in the manual of S.P.M. (Standard Progression Matrices)

LIMITATIONS

In the present research work, 'Individual' sessions were conducted and the patients were given pre-recorded cassettes to listen to the music. Methods such as the group therapy method, or improvisation of music were not studied. The effect of live HSIM or the active participation of the patients of Dementia, Schizophrenia and Parkinson's diseases during the sessions could be done because of constraints relating to administering and monitoring the same. In the classical string instrumental music, only *five ragas (ragas- Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang were selected*, rendered by select renowned artists. Only a few were selected in this research work. Using different music pieces, one can find out the various possibilities of the therapeutic effect of music in depressed patients. This study will focus on the following limitations only like:

The Effect of Music on Human Mind with special reference to Hindustani String Instrumental Music.

1. To what extent HSIM (Hindustani String Instrumental Music) is responded by different cultural groups?
2. In what ways and to what extent HSIM therapy can help various human mood and brain disorders?
3. What to see North American HSIM through South Asian eyes and vice a versa?
4. What to extend string instrumental biological impact in the neurological laboratories and Musical labs?
5. Geo-Musical impact of HSIM on the patient of mental disorder.
6. Place of practical experiments will be examine from these competent authorities like **USC Thornton school of Music, California and SOAS University of London, AIIMS (All India Institute of Medical Sciences), New Delhi and PGIMER (Post Graduate Institute of Medical Education & Research), Chandigarh** research branch.

The experimental method can also be used to obtain statistical evidence of the effects of music on depressed patients. The present study is a descriptive study; statistical tests have not been applied to the data.

Tentative Chapterisation

Chapter 1st Origin and development of Music

Chapter 2nd Effect of Music on Human Mind

Chapter 3rd Literary aspects of the Hindustani String Instrumental Music

Chapter 4th An Experimental facts of the Hindustani String Instrumental Music

Chapter 5th A comparative study of the Hindustani String Instrumental Music and Other countries String Instrumental Music

a. Similarities

b. Dissimilarities

c. Impact of Classical String Instrumental Music on 9 Rasa.

d. Effects of Hindustani String Instrumental Music (HSIM) on Management of mood, Stress, Immunity, Aid to social bonding.

e. Impact of the HSIM on the patient of dementia, Alzheimer Schizophrenia and Parkinson's diseases.

Chapter 6th Social, Cultural and Educational Findings of HSIM

Chapter 7th Conclusion: main findings and implications of the study.

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