

A STUDY OF INDIAN MUSIC THERAPY

Sangita Roy

Research Scholar, Department of Music, CSJM University, Kanpur, Uttar Pradesh, India

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ABSTRACT

When compared to Indian Classical Music, Western Music is far more often used in the field of music therapy. This is due to the fact that Western Music is considered to be more accessible. The author contends that the subjectivity of Indian classical music creates a barrier to universality, which is the root cause of this discrepancy in perceptions of the genre. The author made the assumption that the current therapeutic techniques of Western music are, to some degree, similarly relevant or extensible to Indian music also by attempting to find the correlation between the Western musical notes and the Indian musical notes.

KEYWORDS: *Musical Notes, Svara, Raaga, Disease, Healing, Frequency, Harmonic Ratios.*