RAGATHERAPY AS AN EFFECTIVE TREATMENT FOR DEPRESSION

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ABSTRACT

Background: The typical high points and low points of life imply that everybody feels tragic or "is feeling down" now and again. In any case, if void and despondency have grabbed hold of a man's life and won't leave, he/she may have depression. **Depression** includes losing inspiration and enthusiasm for things, a diminished capacity to appreciate life, and feeling pitiful or down. Today, depression is evaluated to influence 350 million individuals. It influences 121 million individuals around the world. Depressive issues regularly begin at a youthful age; they lessen individuals' working and frequently are repeating. At its most serious depression can prompt suicide and is in charge of 850,000 demises consistently. The call for controlling depression and other psychological well-being conditions is on the ascent universally. **Raga** is the sequence of selected notes (swaras) that lend appropriate 'mood' or emotion in a selective combination. It's a yoga system through the medium of sonorous sounds. **Ragatherapy** means healing through the raga. It is the knowledge of how to use raga for the purpose of healing (Bill Osmer, 2006). According to an ancient Indian text, "Swara Shastra", the 72 melakarta (parent) ragas control 72 important nerves in the body. Performing or listening to a raga at the proper allotted time can affect the health of human beings. Symphonies of raga ensure a certain comforting influence on the mind and body.

Methodlogy and Results: Ragatherapy intervention was administered on 10 clinical patients (ranging from 15-30 years). BDI-II questionnaire was administered on them before and after the intervention. Different sequences of ragas were administered to them for 10 days for duration of 15 minutes each day. A significant effect of ragatherapy was found on depression.

Keywords: Raga, Raga therapy, Depression

Biography

Jyoti Luxmi Tripathi is a PhD candidate with particular interest in clinical psychology, test construction, hypnotherapy, counselling and Music. She holds Master's degree in Applied Clinical Psychology from Jamia Millia Islamia University, a diploma in music from Prayag Sangeet Samiti, Allahabad and a B.A. in Psychology honors from the University of Delhi.



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