

TIMES.
music



Music Therapy for

HIGH BL D PRESSURE (Hypertension)

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Pt. Shashank Katti's

**POWER OF
MUSIC**

Jayanthi Kumaresh (Veena) & Chirag Katti (Sitar)

POWER OF MUSIC

Music Therapy is a concept that has been existent since ages and contrary to what most people believe, it is anything but new. In Ayurveda, it is known as Gandharva Veda. This therapy is believed to have flourished during the time of Tansen, the great musician from Mughal Emperor Akbar's court. However, later as music became recognized as an entertaining art, the knowledge of treating with music or in other words, music therapy, seemed to fade away into obscurity.

Ayurveda, the ancient Indian science of lifestyle and medication, has references on Music Therapy based on Indian Raga Music. This therapy was well-known as Gandharva Ved. The references explain how the different types and pitches of sounds work on three major energy systems working in our body, which, in Ayurveda, are known as Vat Dosh, Pitta Dosh and Kaph Dosh. With this it can be easily concluded that Indian Ragas were designed with rules and regulations to regulate the working of these Doshas at their optimum levels in their functioning time period and thus for the betterment of the health of mankind.

But when the doshas are not at their optimum level, imbalance occurs in the body and ailments are generated. To treat the ailments, the Ragas must be played in a particular organized format to enhance or decrease the functioning of the affected dosha/dodhas. Sometimes, the Ragas are to be modified according to the requirement of imbalance of the dosha.

Since 1997, Pt. Shashank Katti, a renowned sitar artist, has been working on Music Therapy. He has been developing a specific theory for the same with the help of well-qualified doctors and Vaidyas of Ayurveda.

In this new science, he amalgamates modern medical inventions in Ayurvedic principles with traditional Indian Classical Music. It was observed that after hearing certain modified Ragas at a specific stipulated time regularly for one month, patients started reporting favourable results. According to Pt. Katti, this is a supplementary therapy and is to be given along with regular medicines. Patients would eventually have to simply reduce the doses of their regular medicine with advice from the doctor.

The treatment is very simple and less stressful for the patients since it involves simply listening to certain tracks at a stipulated time.

'Power Of Music' is based on 'Sur Sanjeevan', a Music Therapy system developed by Pt. Shashank Katti that decides the basic Raga, with essential modifications, to be applied for a particular ailment. Two different Ragas of different times are used to treat the ailment.

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Hypertension or High Blood Pressure is the effect of vitiated vyan vayu. Any disturbance in the activity of the heart & vyan vayu acts as the causative factor & leads to hypertension. The heart being the seat of the mind & sadhak pitta, stress also acts as one of the major factors in causing Hypertension. Calming the mind and regaining the activity of the sadhak pitta & vyan vayu reduces Hypertension.

Both the Ragas used in tracks for Hypertension have serious moods. They can calm you down and give peace to your mind. Raga Todi played on Sitar is used in the first track. It is to be heard between 7 am to 10 am. Raga Puriya played on Veena in the second track that is to be heard between 7 pm to 10 pm. Stressing on the note Teevra Ma [Higher level Ma] and the serious mood of these Ragas help in regaining the activity of sadhak pitta and vyan vayu.

INSTRUCTIONS:

1. Sit comfortably or lie down in a calm and quiet environment.
2. Before playing the music, relax your mind and body by practicing slow breathing.
Do this approximately ten times.
3. Use a good CD player and headphones to listen to the music with full concentration.
4. Allow the music to enter you and treat your ailment.
5. Recovery should be observed at the end of each month. Remember that this is a supplementary therapy.
6. The music should be heard only at the prescribed time.
7. After recovery, reduce the frequency of dosage.

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MUSIC THERAPY FOR
HIGH BLOOD PRESSURE

TDIWL 012C

Music Therapy for

HIGH BLOOD PRESSURE

(Hypertension)

'Power Of Music' is based on a Music Therapy system developed by Pt. Shashank Katti that decides the basic Raga, with essential modifications, to be applied for treating Hypertension. Two different Ragas of different times are used to treat this ailment. Please follow the instructions given inside.

Track 1

Based on Raga Todi (23:47)

Listening time: Between 7 a.m and 10 a.m

Sitar: Chirag Katti

Track 2

Based on Raga Puriya (24:16)

Listening time: Between 7 p.m and 10 p.m

Veena: Jayanthi Kumaresh



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