

Importance of Classical Music in Human Life.

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“नाहं वसामि बैकुण्ठे योगीनाम हृदये न च
मदभक्ता यत्र गायंती, तत्र तिष्ठामी नारदः”

Describing the divinity and superiority of music, in Vishnu Purana, Lord Vishnu himself has told DevarshiNarada that neither I live in Baikunth nor in the heart of yogis, O Narada, I live where my devotees sing for me. That is why music has been associated with spirituality since ancient times. Our music is the best music in the world not because it is our music but because the whole world recognized the greatness of our classical music. Indian classical music owes its origins to the primordial sounds of the Vedas and to the organic sounds of nature. From these were born the seven basic notes of classical music, which later evolved into the “raaga” system that we know today. If literature is the mirror of a society, then music is its heartbeat. Music analysts can easily tell about the environment, food, living habits and customs etc., by analyzing the music of any place, because the music of the world is associated with its land, it contains the fragrant aroma of the soil there. In it, there is a panoramic depiction of the festival season, and nature.

Music has developed along with human civilization. When language, dialect and script were not born, music was still there. Then, through this man introduced his thoughts and his feelings to others, the vibrations of sound and this display of physical postures became the source of singing, acting and dance creation. The seven swaras of music have originated for the expression of different bhavas, rasas and feelings. Music has this quality in abundance that it can bring about a change in the mood and feelings of a person, make a sad person comfortable in his mental state by listening to melodious or warm music or by listening to an angry and agitated person with compassionate or calm nature. Only the desired change can be brought. The whole system of music therapy has been developed on this basis. Music is related to us and we are deeply connected with music, it can be understood from this that it is associated with every moment of our life, every auspicious occasion, every ritual. If the music of the world is cosmic because of its association with folk, on the other hand it is religious and transcendental also because of its association with religion, the flute in the hands of

Krishna, the damaru in the hands of Shiva, the veena in the hands of Saraswati, Mridanga in the hands of Ganesha. Veena in the hands of Narada, there are many tales of musical proficiency of Vishnu, Hanuman and Indra etc. Whether it is BhajanKirtan sung in temples, Qawwalis sung in Dargahs, Guruvani sung in Gurudwaras or David sung in churches, who can deny his musicality, the prayers of Buddhist and Jain temples are composed of songs. The father of the nation, Mahatma Gandhi, while highlighting this, once said that the hymns of Samaveda are the mine of music, not a single verse of Quran Sharif goes anywhere without a voice and in Christianity, if you listen to David, it seems As if we are listening to Samveda

So it is clear that all religions, every moment of all human beings, every moment of nature is created in music and is incomplete without music. Music is still such a vibrant medium in Indian fine arts that gives a deep introduction to the cultural heritage of our country. Music seekers here have done tireless efforts to preserve their art and worship method, which has been rare and rare in other art mediums. While assimilating everything in the Indian way of life, the spiritual practice of music, which provides the fullness of joy to human beings with the culture of the picture, is unique in itself. For this reason a supernatural world is seen through this medium. although we can say that The alignment of the raagas with the time of day and its association with emotions or rasas, Indian classical music sets the stage for spiritual and physical healing As humans, living through everyday stresses, as well as deeper life struggles, can have a degenerative effect on our minds, spirits and bodies. This degeneration appears in myriad forms – as maladies of the body, as emotional upheaval and as spiritual unrest. Nature, on the other hand, is innately regenerative. So, it is no surprise that things that are intricately linked to nature and creation seem to have a profoundly healing effect, like a beautiful sunrise or a cool breeze, and of course, classical music, or we can say other kind of music!

Apart from being profoundly emotive and pleasing, Indian classical music has one hidden quality which is only now beginning to be explored scientifically --- its ability to heal.

While arguably, any music that pleases the heart has potential to heal, Indian classical music is unique. Because of its organic roots, the alignment of the raagas with the time of day, and its association with a gamut of emotions or “rasas”, Indian classical music sets the stage for spiritual and physical healing. Our indigenous spiritual wisdom speaks of the multi-dimensional nature of our being, the body being the outermost gross manifestation of existence, the layers of the mind being at a subtler level, and the spirit constituting the most subtle plane.

Truly durable wellness and health, therefore, can spring only a holistic pursuit across these planes of existence. Indian classical music, due to its organic origins, has potential to bring us closer to our inner being. Besides mood transforming powers, Indian classical music has powerful effects on a person’s ability to be mindful, as it make us more emotionally aware. SurRiyaaz, playing an instrument, trying to sing raagas or even listening to the drone of the taanpura, allows us to easily slip into meditative states. All these aspects of engaging with Indian classical music powerfully aid healing processes to kick in. While the manner of engaging with Indian classical music can be varied, there is always undoubtedly a profound impact, resulting in a better emotional, mental and physical state.that is why it is rightly said that Indian classical music is the mother of all music.since ancient times in our india the sages and sages did a lot of research on musicand concluded that classical music is really adivine gift and a blessing to human being from God.In today's run-of-the-mill life, if we want to find peace, then we should go closer to classical music, we should listen to it, learn it, it is not only important for our life, our mind, but it is also very important for our classical music our heritage. Classical music is disappearing, its popularity is decreasing, so it is absolutely necessary that we understand the importance of our heritage of classical music and contribute in preserving it.

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