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### Sangeet chikitsa: Musical dose for healing

**Introduction:** Sangeet chikitsa, here chikitsa means treatment, therapy and sangeet means music, sound. Sound, music has frequently used as a therapeutic agent from the ancient times. An emotional response of the secretion of immune-boosting hormone is induced by certain type of sounds i.e. music. Music decrease the stress related hormone cortisol. Cortisol is the main hormone which weakens the immune system. Ayurveda an ancient Indian medical science mentions the effects of different sounds on different physical levels.

**Objectives:** The objective of the study includes: to find the science behind the Sangeet or music chikitsa; healing using different types of instruments; healing using mantras; healing using ragas. It is low cost chikitsa with no side effects. It not only creates a relaxed atmosphere but it also enables the patient to go in to deeply altered state that is alpha-theta brainwave state, in which healing is stimulated.

**Conclusion:** Healing with sound, using different methods is an effective healing technique that helps people with wide range of physical and emotional illness. Many ailments can be cured with sound therapy. It is also useful to overcome depression, to enhance concentration and memory in children. Thus like seven notes of music- Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa, this sound chikitsa may soon turn in to seven wonders of the medical science.

### Biography

Jaanhavi Sachin Mahadik has completed her Graduation and Post Graduate Diploma in Microbiology from Pune University and Ph.D. in Vastushastra, from the Open International University for Complementary Medicines. After training and certification from various institutions from India , such as Vaastu and Building Biology, Aural Vision Energy, Vastu World Lecher Antenna, now she is a Vaastu Energy Consultant, especially in industrial sector and hospitals , having professional experience of more than 12 years. Jaanhavi is a proud awardees' of Mrs. Pune – 2006.

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