

JOINT EVENT

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**Raga therapy as an effective treatment for depression****Jyoti Luxmi Tripathi and Anuradha Sharma**  
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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 makes it intense to work and appreciate life like a man once did. Simply overcoming the day can become difficult. Depression includes losing inspiration and enthusiasm for things, a diminished capacity to appreciate life, and feeling pitiful or down. Depression is a huge supporter of the worldwide weight of sickness and influences individuals in all groups over the world. 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 oversees 850,000 demises consistently. Consequently, depression is the main source of inability worldwide as far as aggregate years lost because of handicap. 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. Raga therapy means healing through the raga. It is the knowledge of how to use raga for healing. According to an ancient Indian text, "Swara Shastra", the 72 melakarta (parent) ragas control 72 important nerves in the body. The explanation, pitch, tone and arrangement of swaras (notes) in a specific raga stimulates, alleviates and cures different illnesses actuating electro-magnetic change 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. Raga therapy has been proved as an effective treatment for depression. Raga therapy was administered on 10 clinical patients (ranging from 15-30 years) as an intervention plan. A 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 raga therapy was found on depression.

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