

Role of Music and Yoga in Controlling Human Brain

Dr. Paramjeet Kaur

Associate Professor, Music Instrumental, S.D. College, Ambala Cantt.

Abstract

Yoga originated in India as a spiritual practice and becomes an important practice of religion. Amongst the six schools of philosophy in Hinduism- yoga has an important place and it played a major part of preaching in Buddhism and in meditation also. Similarly Samveda is the oldest scripture of music. Basic thrust of music in ancient time was to practice NadaBrahma as a mean of salvation. In modern time the purpose of both yoga and music is to develop cognitive skill such as learning and memory. These also help to strengthen thought, attention, awareness and unity of mind and body- a type of networking. Knowing the benefits of yoga and music in our daily life people attention is drawn to celebrate these as World Music Day and World Yoga Day which are luckily fixed on same day i.e 21st June. These both speak the universal language of Love and Happiness.

Yoga and Music are golden Mantra for good mental and physical health. If music provides respite to stressed mind, Yoga keeps mental and physical health in unison. In other words Music and Yoga are complimentary for well being of a human being. Keeping this in mind perhaps World Music Day and World Yoga Day are celebrated annually on 21st June. "Listening to music and practicing yoga are activities that despite their differences and origins are inherently similar. They make us feel good and enhance our well being. They both speak the universal language of love."¹ Studies has also shown that " the effects of yoga can have on the brain(like lowered cortisol and enhanced cognitive function)keep our monkey -mind scurrying back to our mats for more"² Music has enormous power to mitigate stress and resume interest in doing repetitive work with more vigor.

A new term is in vogue as a "flow state" coined by Mihaly Csikszentmihalyi as an (optimal state of consciousness where we feel our best and perform

Yoga in Modern Era

best)."³ This stage helps to deactivate the brain from outside world and an individual lost in himself. A regular practitioner in yoga has long telomere of chromosomes which are responsible for slow down of aging process. "Studies using MRI scans and other brain imaging technology have shown that people who regularly did yoga had a thicker Cortex (the area of the brain involved and hippocampus (the area of the brain involved in learning and memory) compared with non practitioners. These area of the brain typically shrink as your age, but the older yoga practitioners showed less shrinkage than those who did no yoga."⁴ Ascetic people and thinkers of ancient India depended largely on yoga and Naad - sadhana for meditation and salvation and lived long life.

Shakti yoga is an ancient practice that uses hymns and chants to stimulate the chakras and prepare the senses for higher consciousness. This experience is direct and yet beyond the senses." Meditation, practical experiences and application turned the cognitive experiences into eternal truths. Like the taste perception of a dumb person, the experiences of yoga were confines to the individual, whereas the same consciousness got diverse expressions in the form of music and got strength to make the nook and corner of the spheres resonate or echo with various sounds (typified with musical instruments) just as the experiences obtained from yogic practices made the entire consciousness of the solitary yogi " still" on one hand and a resonator of cosmic consciousness on the other."⁵

Practicing Asanaas or Strenuous work in a gym is not everyone's cup of tea. This is where music sweeps in. Similarly difficult steps of dance are done effortlessly with music. So amalgamation of both Music and Yoga not only affects our brain but also enhance our power of working.

The choice of music listening along with yoga should be harmonious .Unnecessary loud Rock or Metal music does not help an individual doing exercises to gain anything. India is a torchbearer to show the world, the mystery of yoga and its benefits. Indian classical music is more suited with yoga.

Now need of the hour is to experiment various Ragas combination with yoga and showcase before the world, the mystery of our ancient gems of joy and happiness.

References:-

1. Wanderlust.com.
2. -----do-----
3. -----do-----
4. Harvard Health Publishing – Harvard Medical School
Vimala Musalagaoniar – Music and Sound in Yoga