

Affect of Carnatic music on mind

- **Srujana Vanguri**

I knew that music has power but realized that the power is different for every form of music we listen to. Our mind reacts on the type of music we listen, in fact, more often and eventually, we start to react to what our mind says. It is something like **"Our mind controls us and Music controls our mind"**. There were many researches made on many forms of music in the world which also includes Carnatic Music.

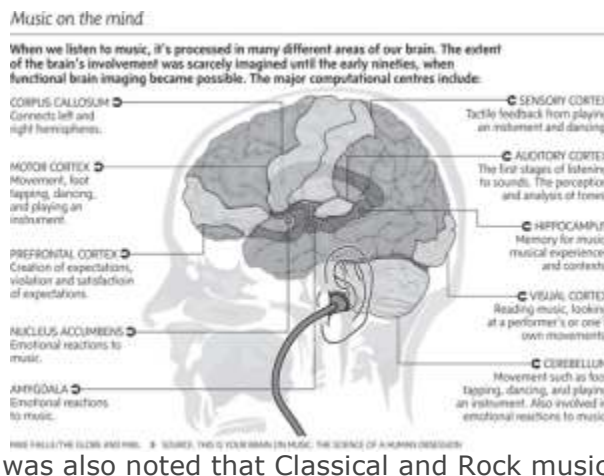
—>**Some of the Affects of Music on Our Mind:**

Music has a magic in it and it benefits us many ways such as,

- Increasing our thinking ability
- Decreasing our stress and relaxing our mind
- Happiness and calmness in heart
- It can also decrease many diseases
- It helps in increasing children's thinking ability and cognitive ability.
- To improve their imaginary power etc.

—>**Research on Carnatic and Other Forms:**

While listening to music, our mind goes to Alpha state which gives pleasant and calmness to our mind. It is a state where mind takes rest.



Many tests were conducted on Carnatic and Rock music. In these tests, people were asked to listen Carnatic music, Rock music, Noisy and Verbal music and some were asked to do nothing (musicians and non-musicians). Behavioral tests were conducted between musicians and non-musicians and it was found that the musicians showed high accuracy than non-musicians. Also, the amplitude of mismatch of negativity was more in musical and non-musical subjects. It was also noted that Classical and Rock music increase concentration.

—>Comparing the Result of Two Ragas on Mind:

Tests were conducted between Mandhyamavati and Sankarabharana ragas and they found that Madhyamavati raaga showed more effect on brain parts than Sankarabharana raaga. Listening to Madhyamavati raaga increased emotional experience and many brain parts were activated. Whereas, in Sankarabharana raga, emotional experience decreased and only right dorso-lateral prefrontal cortex was activated in individual picture. While listening to music, tests were conducted between musicians and non-musicians. Most of the results showed that the brain ability was increased while listening to Carnatic music and decreased listening to Rock music. It was also noted that in musicians, the left hemisphere of brain region was dominant and the right hemispheric dominance in non-musicians.

—>Conclusion:

Most of the Software employees quit their jobs due to stress. Music can reduce their stress while work. While reading this article, I felt that Music is one of the important arts we have. It is also said that while singing, all the nerves in our brain will get stretched and get relaxed and may be that is one of the reasons that many people are listening to music while sleeping but it is always preferred to listen to smooth and melody songs or tunes while sleeping as they are more pleasing than rock or fast beat songs.

Happy Listening!

Srujana Vanguri

<http://suraaga.files.wordpress.com>