

Dissertation

**“TO STUDY ON THE POSSIBILITIES OF MUSIC
THERAPY METHODS IN HOLISTIC HEALTH CARE”**

Submitted to the French department of St. Teresa's college Autonomous,
Ernakulam

In partial fulfillment of the requirements for the award of degree of

MASTER OF TOURISM AND TRAVEL MANAGEMENT

(MTTM)

SUBMITTED BY

F TANCY

REG NO: SM20MTTM005

UNDER THE GUIDANCE OF;

MS.AMITA SARAH VARGHEASE



ST.TERESA'S COLLEGE

ERANAKULAM, Cochin -682011

(College with Potential for Excellence)

Affiliated to Mahatma Gandhi University: 2020-2022

DECLARATION

I F TANCY, do hereby declare that the project entitled titled "TO STUDY ON THE POSSIBILITIES OF MUSIC THERAPY METHODS IN HOLISTIC HEALTH CARE" is bonafide record work done by me under the guidance of Ms. AMITA SARAH VARGHESE, French department, St. Teresa's College (Autonomous), Ernakulam, and is submitted to the Mahatma Gandhi University as a dissertation for the Post Graduate Degree in Tourism and Travel Management.

I also declare that this project has not previously been formed on the basis for the award of any academic qualifications, fellowship or other similar title of any other university or board.



F TANCY

Date: 07/06/2022

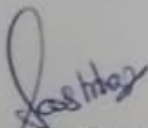
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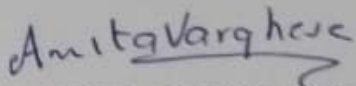
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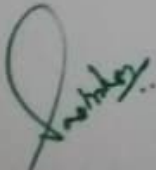
CERTIFICATE


This is to certify that the dissertation report titled "TO STUDY ON THE POSSIBILITIES OF MUSIC THERAPY METHODS IN HOLISTIC HEALTH CARE" submitted by F TANCY towards the partial fulfillment of the requirement for the award of degree of MASTER OF TOURISM AND TRAVEL MANAGEMENT (MTTM) is a record of bonafide work carried out by her during the academic year 2020-2022.


Smt. SABEENA BHASKAR
HEAD OF THE DEPARTMENT


Smt. AMITA SARAH VARGHESE
PROJECT GUIDE

Viva /Voice examination held on.....07.06.2022.


INTERNAL EXAMINER


EXTERNAL EXAMINER

“The Cheerful mind perseveres, and the strong mind hews its way through a thousand difficulties” – Swami Vivekananda

“Healthy citizens are the greatest asset any country can have”- Winston Churchill

1.1 Tourism

Tourism can be defined as travelling to a place which is different from your home city or country for various leisure or business purposes, and staying there for some considerable period of time at a length. It is travelling for some purpose and for stay which is not very long or permanent in nature.

Tourism becomes an activity which builds the base for the wide scale consumption bringing far reaching benefits. Tourism gains importance as an activity which has far reaching positive impacts on industries, economy, society and therefore for the whole growth, progress and development of a country.

The definition of tourism also creates the foundation and the broad context of the tourism industry through which most of the advantages and benefits are received by the country as a whole. Let us now look at what tourism industry is and how it plays such an important role. Tourism is an individual activity of traveling and visiting places. It has created and promoted different styles or types of travelling and travellers.

Tourism industry is important for the benefits it brings and due to its role as a commercial activity that creates demand and growth for many more industries. Tourism not only contributes towards more economic activities but also generates more employment, revenues and plays a significant role in development.

Traveling is a unique experience as it's the best way to unplug from the pushes and pulls of daily life. It helps us to forget about our problems, frustrations, and fears at home. During our journey, we experience life in different ways. We explore new places, cultures, cuisines, traditions, and ways of living.

Every country can be vastly different from another. The dialects, food, music, religion, and traditions differ. Being exposed to these unique cultures allows us to become open-minded and understand that even though we appear to be different, we also have many similarities as humans. In spite of looking different, we share the same hopes and dreams. All cultures love their children, are proud of their culture, and work to improve living conditions for their families. These similarities are what bring us together. Traveling allows us to celebrate differences while encouraging ourselves to be more tolerant of each other.

By traveling, we get to experience how people around the world live their lives. We learn where their priorities lie and how they view family, work, education, the environment, etc. This may question and influence our own ideas and beliefs on how to live life. Traveling will open our mind to a host of new possibilities.

As such, traveling is a great learning experience. And it is up to you on how to apply that learning in your own life

What is Happiness? Can someone spend a day, not worried at all, not tangled up in the worries of tomorrow, changing world, future requirements, responsibilities and duties? Where can we find inner peace? If we interrogate with the strangers, what makes them the happiest, we can expect answers like family, friends, work, love, money etc. But beyond all this unstable peculiarities of life, every individual is always wander to find what really makes them peaceful and valuable. Of course yes, Family, friends, love has different roles in this scenario, but something is there within everyone's souls that urges them to be happy, healed and enjoy every little moment of life at its finest.

Finding our bliss is essentially a journey of self-discovery. Self-discovery is a way for one to discover who they are in the inside and to be able to express their characteristics to others. “Knowing yourself is the beginning of all wisdom.” - Aristotle.

Knowing one’s self isn’t about knowing family heritage, but what one can gain by being around others to help express them. Knowing others before themselves can help one boost their expectation in life. One factor towards discovery is by having self-confidence.

Self-confidence can drive anyone to pursue their interests and excel in what they truly love the most. Another important factor that contributes to self-confidence is loving one’s self and being an independent person. This element towards life can and will lead one down any path of success.

This is a strange world some people never finds reason to be happy, some people finds happiness in every minute reasons and moments, and some others never bothered to be happy.

We should build a positive view in our visuals. Then become more positive about yourself and your capabilities and potential in life. Become more positive about what you deserve and what you can achieve. When you develop a positive mind-set about your worth and capabilities, you are much more likely to put in the work that helps you become successful.

Everyone wants to make a difference – to live a life of valuable contribution and the start of that is to realize that human potential has no limits. In the interior of every being lies a compelling urge for change, for growth into a deeper and richer state of existence. We yearn for immortality, freedom and even perfection because it is the essence of our being. Breaking through the limitation of one’s personality and lifestyle can be accomplished through a hero’s powerful friendship, the struggles throughout a minority’s childhood and even through the analysis of our dreams. Self-discovery whether it would be through a friendship, through your childhood or even through a vivid dream, is something that everybody encounters. One needs to discover themselves for who they are and the traits and emotions they obtain, that make them the person that they are. Self-discovery is a process that lives on throughout your entire lifetime; people keep growing and expanding their horizons as a being. You learn and

grow consistently, even though you may not always notice it is happening. You keep living on, discovery the potentials of your individuality, making you, 'you'. In the interior of every being lies a compelling urge for change, for growth into a deeper and richer state of existence. We slowly go through life discovering hidden emotions and strengths, unlocking the power trapped within us.

My dissertation topic is on search of how Holistic Health Care and Music Therapy work on each individual's life for acquiring a healthy mind and peaceful heart.

1.2 WHY HOLISTIC TOURISM

- * Choosing holistic tourism means that a **tourist can enjoy a different and full experience** which goes beyond the simple contact with cultures, people, places or landscapes.
- * It focuses on self-transformation and on an attempt of people understanding more about themselves.
- * Main motive is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

1.3 Brief review on Holistic Health Care

A holistic lifestyle is a way of living life that lets you look at the big picture – the whole person. I like to think of holistic as being connected to a wholeness. You don't try to make your life better by focusing on one thing like eating well, personal growth, spirituality, or creating contributions. You focus on everything because it's all interconnected.

A holistic lifestyle isn't one size fits all. It just means that you observe yourself – *all* of yourself – and create a lifestyle that nourishes you as a whole. It's a way of thinking rather than an exact system.

A holistic approach to health and wellbeing is oriented towards supplementing what western medicine lacks, which is guidance on how to live an optimally healthy and vibrant life. The main focus of western medicine is treating diseases and injuries, not so much maintaining or optimizing health. Western medicine does not include or support alternative treatments like acupuncture and herbalism.

1. A holistic lifestyle means never visiting the doctor or taking medicines.
2. You have to be rich, high class, or a certain race to achieve the necessary lifestyle for holistic health.
3. A holistically healthy lifestyle involves mysticism and specific spiritual beliefs.
4. Holistic health practitioners are quack doctors, and they just make things up without any scientific evidence.
5. The holistic approach to health and wellbeing means taking a bunch of herbal supplements and different vitamins.

It's pretty well accepted that there are 3 parts of your life to nourish – mind, body, and soul. Some people like to separate mental and emotional or add a social element. I like to view it as just 3 parts to simplify things, but know you can expand on your holistic wellness approach as needed.

Holistic living acknowledges that all three parts of your wellbeing are interconnected. Each affects the other. For example, if you aren't getting enough sleep (body) because you are anxious (mind), you may withdraw from your friends and family (soul). They all work together and they all affect each other.

Holistic Healthcare is a technique or an approach that considers the multidimensional aspects of wellness. It encourages individuals to recognize physical, mental, emotional, social, intellectual and spiritual aspects of life. Taking a holistic approach allows us to step back and assess how we're feeling mentally. The body part of holistic living is usually the easiest to

understand because it's physical. Nourishing your soul requires deepening your connections with others and spending time on meaningful contributions to the world.

1.4 Musical Therapy

Music has powerful effects on the mind. Different styles of music can have a significant effect on a person's mood very quickly, and it can help them experience and process a wide range of emotions, from happiness to excitement, as well as sadness, calmness, and thoughtfulness.

Making music can also be as beneficial as listening to music, and music therapy encourages people to actively create the music they find helpful to them. Music therapy involves using a person's responses and connections to music to encourage positive changes in mood and overall well-being. Music therapy can include creating music with instruments of all types, singing, moving to music, or just listening to it.

Music Therapy is a therapeutic approach that uses the naturally mood lifting properties of music to help people improve their mental health and overall well-being. It is a goal oriented intervention that may include: Making Music, Writing Songs, Singing, Dancing, Listening to music, Discussing Music

This form of treatment may be helpful for people with depression, anxiety and it may help to improve the quality of life for the people with physical health problems. Anyone can engage in music therapy, it is not compulsory for one to need a background in music to experience the beneficial effects of musical therapy.

We all create different sets of vibrations depending on our predominant state of mind. There are trillions of cells in our body and each vibrates on a specific frequency, setting a rhythm to the process. We all have different preferences in music. Some like melancholic, while others enjoy upbeat, fast-paced music. Youngsters are usually attracted towards groovy tunes, while the elderly take to the classics. But have you noticed that a song that

makes you feel happy can be of great annoyance to somebody else. Likewise, a song that bores you can make another person reflective and thoughtful. Here is the reason: we all create different sets of vibrations depending on our predominant state of mind. There are trillions of cells in our body and each vibrates on a specific frequency, setting a rhythm to the process. There is a rhythm to our breath, digestion, menstrual cycle... even our brain. Our whole body operates in accordance with the circadian rhythm. This is why when music plays, we tend to gravitate towards the frequency we are vibrating most at. Music, therefore, can heal or distress. To be healthy we need to be in sync with our inner rhythms.

1.5 Objectives;

- To study on the prospects of musical therapy in Holistic Health care services.
- To evaluate the knowledge of the participation of domestic tourists in about music therapy and holistic healthcare.
- To understand the diversified features of Holistic Health Care and Music Therapy.
- To find the attitude of the society as well as younger generation towards the Holistic Health Care and Musical Therapy.

1.6 Significance of the Study;

The Study helps in attaining an in-depth view of holistic healthcare and music therapy's and how these therapies can influence in one's life. As both holistic and music therapies are capable to cure the disease from its root cause, it can also bring back the spiritual happiness and inner peace of mind.

The study helps for the observation on the prospects of music therapy and holistic health care services and to understand how well these terms are welcomed in our society, and the attitude of the domestic tourists towards searching the inner peace of mind.

Holistic and Music therapy are different in its form and but the outcomes are same. It goes deep to the root cause of the disease and finds the remedies involving nature in its healing process. There is no age limit or certain limitations for taking these therapies.

There is a set of diversified features and treatment methods that make both the holistic therapy and music therapy unique, it is has been observed and clarified in a limit through this study

1.7 Research methodology;

Research of this study is conducted by a systematic analysis. Collection of data and interpretation of data has created as the answer to the queries. The Primary data collected by means of questionnaire and survey and the secondary data required for the study has collected from different articles, books and from the internet sources. The details of the study are as follows;

1.8 DATA COLLECTION

Primary Data

The primary data collection methods used in the study:

- Observation Method
- Interview Method (Questionnaire)

Secondary Data

- Brochures and data's that are available in the websites
- Journals and publications that are available in the internet.

1.9 Scope of the study

The study has been conducted as the search for the similarities and dissimilarities of connection between music therapy and holistic health care. How these therapies really influence and cure human bodies from its root cause by travelling to the historical significance of therapies. The possibilities of musical therapies in holistic health care services are conducted among the questionnaire prepared for public survey.

1.10 Limitations

1. Time and Cost Constraints.
2. The Survey has been conducted among a small group of people
3. The sample size has been small which may not reflect the broader picture.
4. Bias on the response.

2.0 Introduction

This Chapter describes the evolution of Holistic health care and Musical therapy in brief. Various research papers, books and journals have been reviewed in order to gain knowledge about the topic.

2.1 Holistic Health Care

Holistic medicine is a form of healing that considers the whole person - body, mind, spirit, and emotions, in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health - the primary goal of holistic medicine practice - by gaining proper balance in life.

Holistic medicine practitioners believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected. In this way, if people have imbalances (physical, emotional, or spiritual) in their lives, it can negatively affect their overall health.

Holistic Health Care is a traditional method which encourages human beings to achieve physical, mental, social, intellectual health and prevent diseases. It includes a vast variety of therapy.

A holistic practitioner may use all forms of health care, from conventional medication to alternative therapies, to treat a patient. For example, when a person suffering from migraine headaches pays a visit to a holistic doctor, instead of walking out solely with medications, the doctor will likely take a look at all the potential factors that may be causing the person's headaches, such as other health problems, diet and sleep habits, stress and personal problems, and preferred spiritual practices. The treatment plan may involve drugs to relieve symptoms, but also lifestyle modifications to help prevent the headaches from recurring.

2.2 HISOTRY OF HOLISTIC HEALTH

Holistic medicine is all about believing in the importance of healing the entire person instead of the specific illness, certain body parts, or symptoms. Holistic comes from the Greek word “*holos*” which means whole. Emotions, environment, and lifestyle can play a role in health just as much as medicine can. A doctor can say that a health problem cannot be solved until you heal your emotions or the patient is removed from the toxic environment. The history of holistic medicine goes back 5,000 years ago before medicinal treatments came into the picture.

There are different types of herbal medicine practices such as Ayurveda which originated in India in 6th century B.C. by Sushruta known as “*the father of surgery.*” It focuses on the five elements of the universe, the seven elements of the body, and the three “*doshas*” or biological energies that each element represents. Herbal medicine is the oldest form of health care where you achieve holistic balance and learn about the medicinal properties of plants. Western herbalism originated in Ancient Greece and Rome, and then spread to Europe, then North and South America.

Hippocrates was known as the father of medicine in 4th century B.C. and was the first one to encourage self-healing of the body. Physicians began to pay less attention to holistic medicine after it was discovered that germs were the cause of diseases. The emphasis was placed solely on symptoms and conditions and that medicine was the solution for everything. It was discovered later that not all medicine can cure diseases and many scientific treatments had failed. Holistic medicine came back to teach others about living a healthy lifestyle, environmental factors, and emotional health.

The modern Western holistic movement began in the late 1960s as people thought modern medicine focused too much on drugs and medical technology for diagnosing and treating diseases. Holistic practitioners have the same degrees as traditional doctors but might get additional training in herbal therapies, nutrition, and environmental hazards. The first National Conference on Holistic Health came in California in 1975, the Holistic Medical

Association came in 1978, and the American Holistic Nurses Association came in 1981. Holistic medicine has been used in nutrition, massage therapy, chiropractic medicine, homeopathic medicine, and acupuncture. How we feel mentally can affect how we feel physically and it is important to be able to control both in order to live a healthy life.

Holistic health practitioners have many ways of healing, but they share a common basic approach. They believe in the ancient idea that healing is most effective when you consider the whole person, rather than focusing on specific illnesses, body parts or symptoms.

As Socrates said in the 4th century B.C., *“the part can never be well unless the whole is well.”*

Holistic health is a state of balance, not simply an absence of illness. A holistic health education teaches the interconnection of mind, body, spirit and environment—just as it has for thousands of years.

2.3 Ancient Roots of Holistic Health

Long before penicillin or X-rays, healers recognized the importance of emotional and spiritual well-being in achieving physical health. Two of the most well documented ancient holistic health traditions are Traditional Chinese Medicine (TCM) and Ayurveda.

TCM originated almost 5,000 years ago and has continued to evolve into a complex system of diagnostic and treatment methods that are still practiced today.

From the very beginning, TCM viewed the human body as a small universe of interconnected systems, including physical elements as well as subtle energies, such as “qi,” or life force, and “shen,” or spirit.

There are three ancient medical traditions in holistic health:

- **Ayurveda** – Ayurveda is the ancient medical tradition of India. Ayurveda traces its origins to a text written by Sushruta, “the father of Surgery,” in the 6th century B.C. The healing practise incorporates beleifs in the five great elements of the universe, the seven primary constituent elements of the body, and the three “doshas,” or biological energies, that each represent. Using a system of eight treatment disciplines, ayurvedic holistic health practitioners guide their patients to balance and moderation.
- **Herbal medicine** – Herbal medicine emphasizes holistic balance and is the oldest form of health care known to mankind. Indigenous people all over the world and throughout history have drawn on the medical properties of plants. Herbalism is a critical element of TCM and Ayurveda.
- **Western herbalism** – Western herbalism originated in ancient Greece and Rome, the spread throughout the rest of Europe and eventually to North and South America, focusing on the medicinal attributes of plants and herbs.

2.4 Holistic Health and Modern Medicine

Hippocrates, the father of medicine, who lived in the 4th century B.C., stressed the healing power of nature. He believed in encouraging the self-healing efforts of the body. Other early physicians were more interested in actively stepping in to correct illness. These two approaches—support versus intervention—were debated for centuries until the scientific revolution of the 19th century.

Support vs. Intervention

With the discovery of germs as a disease-causing agent, Western medicine became thoroughly focused on intervention. Diseases were treated as invaders to be destroyed with medicines such as penicillin.

Physicians paid less attention to healthy lifestyle choices, environmental factors, and emotional health. The emphasis was on symptoms and syndromes. Patients were discouraged from participating in their own health care and began to believe that medicine should simply “fix” them.

Renewal of Interest in Holistic Health

It took almost a century for the limitations of this approach to become clear. Some scientific medical cures proved more harmful than the diseases they sought to treat. Other diseases and chronic conditions failed to respond to scientific treatment.

Eventually people began to seek alternative forms of medicine. This led to a renewal of interest in holistic health education in the West.

The first National Conference on Holistic Health was conducted in California in 1975. The American Holistic Health Association (AHHA) and the Holistic Medical Association were formed soon after.

2.5 Holistic Health Today

We live in a time of great imbalance. There are more pollutants and chemicals in our food and environment than ever before. We face epidemic rates of obesity and chronic disease. Most people have poor diet and exercise habits. Almost everyone in our fast-paced society struggles to manage daily stress, and many are afflicted with chronic depression and anxiety. Because of all this, consumers are concerned for their health. There has never been a greater need for the holistic health approach, and people are demanding medical alternatives and actively seeking better options for their personal wellness. This has resulted in constant research and development in the wellness industry.

Even so, very few medical doctors practice holistic health care, so professionals trained in holistic health schools are in high demand.

These holistic health practitioners offer healing alternatives such as massage therapy, nutrition, chiropractic medicine, acupuncture, meditation, and homeopathic medicine. While no holistic health practitioner or wellness professional can be an expert in every form of health restoration, each offers a unique toolbox of skills and knowledge to help patients achieve whole body health and balance.

2.6 Principles of Holistic Medicine

Holistic medicine is also based on the belief that unconditional love and support is the most powerful healer and a person is ultimately responsible for their own health and well-being.

Other principles of holistic medicine include the following:

- All people have innate healing powers.
- The patient is a person, not a disease.
- Healing takes a team approach involving the patient and doctor, and addresses all aspects of a person's life using a variety of health care practices.
- Treatment involves fixing the cause of the condition, not just alleviating the symptoms.

2.7 Holistic Medicine: Types of Treatments

Holistic practitioners use a variety of treatment techniques to help their patients take responsibility for their own well-being and achieve optimal health. Depending on the practitioner's training, these may include:

- Patient education on lifestyle changes and self-care to promote wellness. This include diet, exercise, psychotherapy, relationship and spiritual counselling, and more
- Complementary and alternative therapies such as acupuncture, chiropractic care, homeopathy, massage therapy, naturopathy, and others
- Western medications and surgical procedures

2.8 The Importance of Holistic Health

While people are living longer today they also are experiencing chronically high levels of stress and fatigue, are consuming nutrient depleted foods, and are exposed to hundreds of potentially harmful chemicals through our air, water, cleaning, and personal care products daily. So to say that holistic health is important would be an understatement.

For many living with chronic disease and undiagnosable symptoms, the modern-day healthcare industry has failed them, and it is time that a more holistic, whole-body solution became a standard part of the way we treat and support the health of the billions of people living on this planet.

Holistic health also takes into account the many external and environmental factors which could be supporting or impacting our overall health and wellness, and with climate change impacting our surrounding environments more and more each day, it is important that we have a systematic way of addressing health in the future.

The 5 Aspects of Holistic Health

When it comes to holistic health we are looking beyond the physical body and are addressing physical, emotional, social, spiritual, and intellectual health. All of these 5 aspects of holistic health are what enable a person to truly live each day in the healthiest, happiest way possible and if one area is compromised, most likely other areas will be as well.

Physical

Our physical health is what most people think about when they think of health. This is mostly because it is the physical body that often shows us physical signs and symptoms of either optimal or sub-optimal health. These physical signs and symptoms are also more easy to track and measure, versus other non-physical signs and symptoms that can feel more abstract.

When it comes to supporting your physical health there are few key practices that everyone can benefit from and can make a huge difference on your overall well-being:

Sleep for 8 hours each night. This will allow your body to truly rest and repair from the day.

Eat a nutrient dense diet that is high in plant-based foods and organic/pastured animal products.

Maintain a balanced blood sugar by eating meals and snacks that contain fat, carbohydrates, and protein every 3-4 hours.

Move your body for 30 minutes each day. While every person's exercise routine will be different, everyone can benefit from at least 30 minutes of movement each day.

Limit processed foods and hydrogenated oils which are highly inflammatory and can increase risk of chronic disease.

Do not smoke, and avoid excessive alcohol consumption.

Emotional

While often overlooked, our emotional health is just as important as our physical health — especially because our emotional health can affect our physical health if it is not prioritized.

Ways you can support your emotional health:

Seek out therapy when needed. Therapy is an essential part of supporting our emotional health and should be utilized whenever necessary.

Practice mindfulness and stress reduction habits that can help you better manage life's daily stressors.

Keep a journal to record your thoughts and feelings. Use your journal to record what you are grateful for as it can help bring positivity into times of stress.

Social

Research has shown that the happiest people on earth have deep connections with their friends, family, and community. This is often why religion is connected with happiness as it can provide a deep sense of community and support, no matter what faith a person chooses.

Ways that you can support your social health:

Make time for in-person connection. While technology has allowed for us to feel connected more, research has shown that virtual connection still does not provide us with the same level of happiness as in-person connection does.

Get involved in your local community. Whether this is through your church, local volunteer organizations, clubs, or programs at your kids school — getting involved in your local community is one of the best ways you can support your social health and improve happiness.

Set boundaries with people in your life that may increase stress or bring about toxic energy.

Also do not be afraid to walk away from friendships and relationships that are negatively affecting your health

Spiritual

Spiritual wellness does not necessarily mean that you need to become religious, although the two often have overlapping practices and principles. Instead your spiritual health should focus on how you are connecting with your inner soul, and the greater world around you.

Ways you can support your spiritual health:

Spend time in nature

Spend a few minutes each day meditating

If you are religious, take the time to practice your faith

Mental

The last aspect of holistic health is our mental health, which often overlaps with both our emotional and physical health. The big distinction between our mental and emotional health though is that while our emotional health refers mostly to our daily mood and emotions, our mental health refers to our cognitive abilities that affect how our brain functions.

Ways that you can support your mental health:

Always keep your mind active by seeking out learning opportunities and problem solving practices that challenge your brain.

Incorporate grounding activities like gardening, meditation, yoga, and other mindfulness practices that calm your mind and ground your body in the present.

Consume nutrient dense foods that are high in antioxidants and omega-3 fatty acids that will help reduce overall inflammation and support cognitive function.

Avoid excessive drinking, smoking, and consuming recreational drugs.

Improve gut health with gut healing foods like bone broth and prebiotic and probiotic rich foods. Since the brain is directly connected to the gut a healthy gut is essential for a healthy mind. By focusing on these 5 aspects of holistic health in our daily lives we can learn to start looking at our bodies as the incredible systems that they are, and start addressing and identifying issues in our health from a more holistic and whole body perspective.

2.9 Music therapy

The **World Federation of Music Therapy (WFMT)** is an international non-profit organization bringing together music therapy associations and individuals interested in developing and promoting music therapy globally through the exchange of information, collaboration among professionals, and actions. Founded in 1985 in Genoa, Italy, it is the only worldwide professional organization representing music therapy in many areas of the world. The members of the Federation are music therapy organizations, training programs,

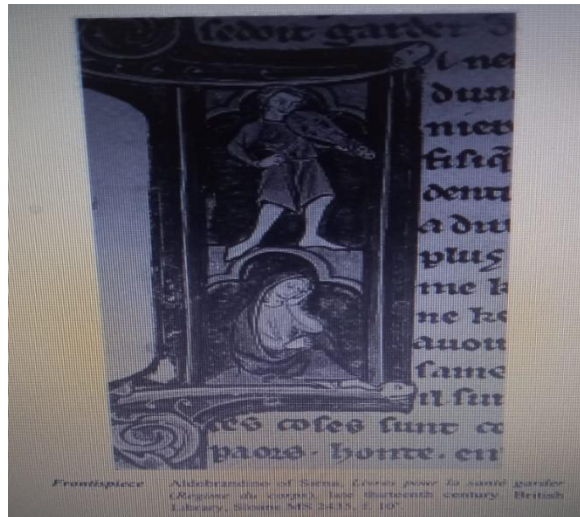
certified music therapists, music therapy students, and individuals associated with music therapy. WFMT is an international body, with officers, commissioners, and regional liaisons in all regions of the world.

The World Federation of Music Therapy's official definition is correspondingly open-ended: Music Therapy is the use of music and/or musical elements (sound, rhythm, melody, and harmony) by a qualified music therapist, with a client or group, in a process designed to facilitate and promote communication, relationships, learning, mobilisation, expression, organisation and other relevant therapeutic objectives, in order to meet physical, emotional, mental, social and cognitive needs. Music Therapy aims to develop potentials and/or restore functions of the individual so that he or she can achieve better intra- and interpersonal integration and, consequently, a better quality of life through prevention, rehabilitation, or treatment.

2.10 HISTORY

Music was not in the regular armoury of the educated physician in ancient Greece, Rome, India or China. Whether we look at the corpus of writings ascribed in Hellenistic times to Hippocrates, at the still more voluminous canon of Galen's works, the fundamental treatises of Ayurveda, or the Chinese Inner Canon or the Canon of Problems, therapy involving music is scarcely described or recommended. It is philosophy and religion that make conceptual room for music therapy. Indeed, within those currents of writing, as within literature more widely, music therapy may be of absorbing conceptual interest.

The connection between music and medicine is very ancient. In all probability (though there is no direct proof) it goes back to palaeolithic times. Pre-scientific man had no conception of viruses or bacteria or the degeneration of cells. Illness was something of supernatural origin, caused probably by an enemy's evil magic, or by the angry spirits of the dead.



The only way to counter it, therefore, was by using magical techniques of one's own. In most primitive societies this meant engaging the services of the specialist, the witchdoctor or shaman, the man who alone knew the requisite techniques and possessed the necessary equipment with which to deploy them. This was a man able to contact and command the spirits, able if need be to travel to the other world and negotiate with the spirits or actually to fight and overpower them. The most primitive musical instruments had the potential to be used for magical purposes, and specifically for the purposes of conjuring spirits from the other world.

The drum, made of skin stretched over a frame, produced a booming sound. The hunter's bow, when one end of it was put in the mouth to provide a resonator, became a musical bow, which made a twanging sound; it was from this that the harp eventually developed. The flute, made by drilling holes in a hollow bone, gave out a series of high whistling notes. And the horn of a cow made a simple sort of trumpet.

We can find traces of this idea, that the dead creature can speak through the musical instrument made from its body, in Greek and later literature, no longer as a serious doctrine, but in the realm of the riddle, the metaphor, and the folk-tale. The Homeric Hymn to Hermes tells the amusing story of how the infant god Hermes, on the very first day of his life, slipped out of his cradle and stole Apollo's cattle. On the way he found a tortoise, and told it, 'when you die, you will sing sweetly'. Then he killed it and made its shell into a lyre, thus inventing the instrument.

The list of problems or clinical contexts for which music therapy more generally has been pronounced helpful would of course be much longer. To offer no more than an alphabetical sample: asthma, AIDS, aphasia, autism, bereavement, cancer, deafness, dental problems, depression, dementia, eating disorders, emotional disturbance, epilepsy, inflammatory bowel disease, kidney failure, schizophrenia, multiple sclerosis, sexual abuse.

The relationship of music to medicine is portrayed as almost always having been close. An analogy is implicitly drawn with traditional ways in which the regularity of music (harmonic or rhythmic) has been thought to alleviate irregularity or imbalance (dissonance) in the mind or body.

music can have a significant and positive impact on living organisms:¹⁰ A study conducted in India showed that experimental plants exposed to sound waves in the form of Nadeshwaram music showed more vigorous growth . . . In the US, Hicks demonstrated that corn receiving broadcast of a continuous low note had an increased yield . . . Retallack conducted a study in which plants showed a positive reaction when exposed to Ravi Shankar or Bach, growing toward the speaker, while a second group of plants exhibited a negative reaction to acid rock, growing away from the speaker and showing a random growth pattern.

The World Federation of Music Therapy draws members from some twenty-eight countries, including China, Poland, Israel and South Africa. (Only the Russian Federation and the Muslim Middle East seem unrepresented.) 126 training courses are known to be available, over 70 of them in the USA. There is clearly massive investment in the future of this profession.

2.11 MEDICAL VALUE

Music is one of the natural cure that suitable for people of any age , from the toddler who try to by heart the first lessons by rhymes and to the old man who reminiscing his entire journey of his life , music travels along with a person from his childhood to his old age. It has a power to activate the regions of brains that influence memory, emotions, movement, sensory relay, some involuntary functions and decision making etc.

Music therapy is a therapeutic approach that uses the naturally mood lifting properties of music to help people improve their mental health and overall well-being. It has some levels of healing in lowering the heart rate , blood pressure, relax muscle tension, releases endorphins etc.

2.12 Music, Melancholy, and Medical Spirits in Early Modern Thought

Early modern medical practitioners and the educated lay public had very clear ideas about how music could cure sickness, what diseases it was associated with, and why it could heal or harm people.¹ In the literature of the period, music's relationship to medicine is typically manifested in two distinct, but ultimately connected, ways. First, the activity of listening to or performing music may be conceived of as a remedy for particular diseases, as a general aid to convalescence, or conversely as a cause of sickness. With few exceptions the diseases involved were those associated with the passions of the mind.

2.13 Music Therapy: Some Possibilities in the Indian Tradition

There are practitioners of music therapy in present-day India and among Indian communities outside the subcontinent. A recent source book³ of Indian medicine funded by the Indian University Grants Commission refers to musical therapy as a 'young discipline being well cultivated in some modern countries, e.g. the United States and France', and merely recommends investigation of the principles of Indian music as a promising extension of the field.

The physician, according to the classical medical *samhitās*, is to be responsible for protecting a newborn child and its mother both with medicines and with apotropaic actions, while the room in which they rest should be 'enlivened with songs and music' and other environmental aids. Specifically for the counteracting of snake poisoning, alongside the application of drugs and unguents there is a therapeutic prescription of the sounding of the musical instruments (drums) *bherī*, *mrdanga* and *pataha*. The whole of cultivated life was conceived in terms of the 'sixty-four arts'; vocal and instrumental music and dance were placed by *Vātsyāyana* (in his *Kāmasūtra*) and other writers on erotics and the life of courtesans at the head of a comprehensive list which embraces training in sciences, languages, culinary arts, and so on. It was possibly from such a list that vocal and instrumental music were picked out to stand for general cultivation and education among the requisite qualities in those fit to attend the sick; here again, music figures as part of a general statement on physical and psychological health.

The best-known medical classic of Ayurveda, the *Suśrutasamhitā*, states in its *Sūtrasthāna* that a person should, after eating, 'enjoy soft sounds, pleasant sights and tastes ... in short anything that ravishes the soul and enwraps the mind with raptures of joy, since such pleasurable sensations greatly help the process of digestion. Sounds which are harsh and grating, sights which are abominable etc. ... or a loud side-splitting laugh after a meal [are] followed by vomiting'

The greatest of the medieval Indian music theorists was *Sārṅgadeva*, a thirteenth-century scholar from a Kashmiri family who worked at the southern Indian *Yādava* court of *Devagiri* in the Deccan (near *Aurangabad*). His father appears to have been a distinguished physician, and the Ayurvedic connection may help to explain the particularly detailed account of human anatomy and the 'physiological' (in this case indebted to *Yogic* and *Tantric* concepts) genesis of sound which his music treatise, the *Saṅgītaratnākara*, offers in its introductory section; at all events, anatomical and medical models were commonly used in the theoretical explanation of musical sound. Furthermore, the classical theory of aesthetics made use of a detailed typology of emotions and their bodily and psychological manifestations.

There is a strong tradition, in the technical literature, of accounting for the genesis of sound and musical material. While the Indian classical medical literature takes little detailed account of music, the classical Sanskrit music-theoretical texts draw from medical theory (Āyurveda), Yoga, and linguistic philosophy to explain how the human body and mind produce and apprehend music. The fullest expression is found in the great thirteenth-century classic already mentioned, the Sangītaratnākara of Sārṅgadeva, where the extensive introductory section of the text is devoted to the structure of the human body.³⁴ The body is a composite of the five mahabhūtas, gross elements, each one being the origin of certain physical and psychophysical functions: ākāśa (ether) - gives sound, faculty of hearing etc. vāyu (air) - gives touch and movement etc. agni (fire) - gives the body sight, colour and form etc. jala (water) - gives sense of taste, relish etc. pṛthivī (earth) - gives sense of smell, as well as qualities like fortitude, weight etc. This is the physical composite in which musical activity takes place - a holistic view of the body and the person, from the Āyurvedic standpoint.

The contribution of Yogic philosophy comes in the use of the cakras, or psycho-physical centres of the body as in the Hathayoga system; arranged from the genital region to the head, these are depicted as the seats of various emotions. Correct meditation on certain of the cakras is related to the cultivation of music, for it is in the production and passage of air through the body, striking at various locations, that leads to articulate sound.³⁵ From linguistic philosophy the music theory of the Sangītaratnākara borrowed and adapted some categories of phonetics and language analysis, and equated with them those of musical structures. The Sangītaratnākara tells us that music, like speech, starts with the soul [ātman] experiencing a 'desire to speak'; whereas speech arises when the soul comes together with the intelligent and reasoning mind and moves the air in the body through various places of articulation to produce different sounds, in the case of music the soul activates the 'body-harp' [śarīravīṇā] - a metaphorical harp placed within the human frame. This idea, seemingly older in origin than the Sangītaratnākara, involves the image of strings [nādīs] stretched across the various sthānas (positions corresponding roughly to the places of articulation in phonetic theory, though of course differently located); the air strikes the strings and produces musical notes of different pitches.

2.14 Music Therapy and trauma

Music as Cause and Cure of Illness in Nineteenth-Century EUROPE

Music therapy had consolidated into the specialist discipline that it has become today, physicians, musicians, priests and philosophers throughout Europe had, as we have seen, imagined ways in which music might be used for curative purposes. In the nineteenth century these speculations acquired an increasingly mechanical bent as medical contrivances exhibiting a fantastic, even sinister, inventiveness were conceived for harnessing the so-called power of music. So, for example, at the very beginning of the nineteenth century, a prominent German physician, Johann Christian Reil, urged the ‘catpiano’ for the treatment of mental illnesses. As implied by its name this instrument consisted of a series of cats selected by pitch and placed with their tails pointing backwards towards a keyboard of sharp nails. According to Reil, a fugue played upon such an instrument would be able to cure most any condition, ‘especially if the patient be placed so as to witness the physiognomic reactions and gestures of the animals in question’ .1 Though peculiar, Reil’s piano was not peculiarly impractical. This was not the wild ratiocination of a crank working on the fringe of educated society. Reil enjoyed considerable public esteem in his day, and was one of the preferred physicians of, among others, Goethe and Schelling.² What is most striking, however, is not Reil’s faith in medical contrivance but his assumption that musical sensation has medicinal qualities. He believed the effects of music to be primarily psychological, not physical, and consequently promoted its use for the treatment of mental disorders, not somatic ones.

Romantic music was also tonic as well as toxin. In 1840 the Czech physician, Leopold Raudnitz, published a popular book on music therapy summarizing the views of his French and German counterparts and presenting his own findings as director of the Prague insane asylum.¹⁰ Raudnitz claimed to have witnessed delirious patients ‘cease to babble’, melancholy ones ‘find comfort and calm’, maniacs ‘relax their tense posture’, idiots ‘become relatively animated’ and even delusional patients ‘show marked improvement’ under the influence of restorative music. Raudnitz dedicated this book to Liszt, the very man whose music allegedly produced those same mental disorders. Yet this was not as paradoxical a

gesture as it might seem. Besides driving his listeners out of their minds, the young Liszt also dabbled in some amateur music therapy.

In 1807 Peter Lichtenthal published a popular book entitled *Der musikalische Arzt* [The Musical Physician], advocating a musical therapeutics in which each note of the scale was believed to have a distinct psychological effect.¹⁵ C-sharp correlated with ‘innocence, naiveté’ and ‘baby-talk’ while B-flat is ‘somewhat cranky and unhappy’.¹⁶ Although Lichtenthal held that mental disorders could be treated by means of a suitable musical composition, he never specified the psychological mechanism underlying this musical transference. He did, however, emphasize that receptivity to music depended upon the patient’s frame of mind when the musical cure was being administered. Listening, he maintained, is an event which requires careful psychological preparation: When listening to fine music we should not be distracted by any foreign interferences; rather, we must listen attentively with our general perception, with clear awareness, in order to pick up all that is in our power to pick up. For example: what is the theme? what is the tempo? what is the key, what harmonic relations have been used, what embellishments, transitions, phrases? How has the composer planned the piece: that is, how does the theme unfold, how much does it resemble the object it is supposed to reflect? and, most importantly, what is the instrumentation? the answers to all of these [questions] will enable us to see whether • the composer has created a meaningful achievement or not. Once we have inspected this what and how, we will have heard the 17 music.

3.0 Theoretical Framework: Holistic health is a means of measuring our current state of health that takes into account the whole person in mind, body, and spirit. Through complementary and alternative healthcare practices that blend with western medicine, a holistic health approach to healthcare enables us to support our health from the perspective of our whole body system, versus treating one symptom at a time.

- * Holistic medicine is a form of healing that considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness.
- * Holistic medicine practitioners believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected.
- * Holistic medicine is also based on the belief that unconditional love and support is the most powerful healer and a person is ultimately responsible for their own health and well-being.

Other principles of holistic medicine include the following:

- * All people have inborn healing powers.
- * The patient is a person, not a disease.
- * Healing takes a team approach involving the patient and doctor, and addresses all aspects of a person's life using a variety of health care practices.
- * Treatment involves fixing the cause of the condition, not just alleviating the symptoms.

3.1 WHAT IS HOLISTIC TOURISM

- * Choosing holistic tourism means that a **tourist can enjoy a different and full experience** which goes beyond the simple contact with cultures, people, places or landscapes.
- * It focuses on self-transformation and on an attempt of people understanding more about themselves.
- * Main motive is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

3.2 5 AREAS OF HOLISTIC TOURISM

- * Holistic health care or **holistic medicine** may seem a novice term, but it is not. It has its roots embedded in age-old healing methods.
- * The holistic care experts are independent in their therapeutic approach to treat diseases. Yet the principle of treatment remains the same; to treat an individual as a whole.

Holistic health care caters to the following five dimensions of our healthiness.

- * Physical
- * Emotional
- * Social
- * Spiritual
- * mental

3.3 SPECIFIC HOLISTIC PRACTICES

- * Traditional Chinese Medicine (TCM) focuses on achieving health and wellbeing through the **cultivation of harmony** within our lives.
- * **Traditional Chinese medicine (TCM)** is an alternative medical practice drawn from traditional medicine in China.
- * Acupuncture
- * Chinese herbs
- * Cupping
- * Dermal friction
- * Moxibustion
 - **Acupuncture** involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to **treat pain**. Increasingly, it is being used for overall wellness, including stress management. Reduced Stress, Reduced Back Pain, Neck Tension and Relieve Joint Pain in the Hands and Arms, Relief from Headaches, Reduced Eye Strain, Improved Immune System and Reduced Sick Days, Enhanced Mental Clarity and Increased Energy, Relief from Digestive Conditions.
 - **Chinese herbology** is the theory of traditional Chinese herbal therapy, which accounts for the majority of treatments in traditional Chinese medicine (TCM). The term herbology is misleading in the sense that, while plant elements are by far the most commonly used substances, animal, human, and mineral products are also utilized, among which some are poisonous.

WHY DO PEOPLE TAKE?

They can be used for a variety of things, such as supporting proper digestion or relieving low back pain. A lot of people like to use different Chinese herbs for arthritis—they can help regulate inflammation or the entire immune system. There are herbs for more chronic conditions like asthma, menstrual issues, or fertility.

- **Cupping therapy** is a form of alternative medicine in which a local suction is created on the skin with the application of heated cups. Its practice mainly occurs in Asia but also in Eastern Europe, the Middle East, and Latin America. Cupping practitioners attempt to use cupping therapy for a wide array of medical conditions including fevers, chronic low back pain, poor appetite, indigestion, high blood pressure, acne, atopic dermatitis, psoriasis, anemia, stroke rehabilitation, nasal congestion, infertility, and menstrual period cramping
- **Dermal friction therapy** (called "gua sha" and pronounced "gwa Shaw") is a method that involves increasing circulation at the surface of the skin by means of "scraping" the skin vigorously with a blunt edged object. Practitioners use dermal friction as a way of treating early stage colds and flu, muscle pain, headache, and fever. It is also frequently used as a home remedy in the treatment of fevers associated with colds and flu, and is especially favored in the treatment of children
- **Moxibustion** is a form of therapy that entails the burning of mugwort leaves. This is a small, spongy herb that is believed to enhance healing with acupuncture. As such, the leaves are burnt close to the skin's surface using a stick to apply heat. The practice is derived from Chinese medicine. It plays an important role in the traditional medical systems of China, Tibet, Japan, Korea, Vietnam, and Mongolia. They can use it indirectly, with acupuncture needles, or burn it on the patient's skin.

- **Ayurveda** is an alternative medicine system with historical roots in the Indian subcontinent. Therapies include herbal medicines, special diets, meditation, yoga, massage, and medical oils. Ayurvedic preparations are typically based on complex herbal compounds, minerals, and metal substances (perhaps under the influence of early Indian alchemy or *rasashastra*). Ayurveda, or ayurvedic medicine, is a healthy-lifestyle system that people in India have used for more than 5,000 years. Ayurveda emphasizes good health and prevention and treatment of illness through lifestyle practices (such as massage, meditation, yoga, and dietary changes) and the use of herbal remedies. Ayurvedic medicine is holistic, which means viewing the body and mind as a whole. Ayurveda not only treats a person's physical complaints, but it also changes lifestyle practices to help maintain or improve health.
- **Mind-body practices** are techniques designed to enhance the mind's positive impact on the body. These techniques practices include behavioral, psychological, social, expressive, and spiritual approaches.
 - Meditation
 - Prayer
 - Cognitive behavioral therapy
 - Guided imagery
 - Yoga

- **Cognitive behavioral therapy (CBT)** is a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. Though it was originally designed to treat depression, its uses have been expanded to include the treatment of many mental health conditions, including anxiety, substance use disorders, marital problems, and eating disorders.
- **Guided imagery is a method for managing your stress.** It's a relaxation technique that involves visualizing positive, peaceful settings like a beautiful beach or a peaceful meadow. This technique is also known as visualization or guided meditation. Botanical medicine comprises plants (or substances that come from plants) that are used to treat or prevent disease. Plants have been used in this way in all cultures from pre-history on.

Many people use the term *herbal remedies*, which is fine. We use the term *botanical medicine* because it includes plant parts that are not strictly herbs, such as bark, seeds, roots, and stems.

The term "aromatherapy" is to refer to the therapeutic application of plant essential oils (usually diluted in some type of solution) by qualified aroma therapists or other individuals.

There is a growing body of research from laboratory and clinical studies that points to the remarkable healing properties of essential oils. They are widely available in markets and pharmacies and are increasingly used in clinics and hospitals.

Essential oils can be used for:

- * Nausea, Pain, Fatigue, Bacterial infections, Headaches
- * Massage is the manual manipulation of soft body tissues (muscle, connective tissue, and ligaments) to enhance health and wellbeing.
- * But whether there is a specific goal or not, massage therapy tends to increase the general health and wellbeing of the recipient.

Massage can:

- * Relieve pain, Reduce stress, Enhance athletic performance, Improve general wellbeing
- * **Chiropractic** is a form of healthcare that focuses primarily on the diagnosis, prevention, and treatment of musculoskeletal disorders, most commonly involving the spine.
- * The word “chiropractic” combines the Greek words *cheir* (hand) and *praxis* (action), and simply means “done by hand.”

Individuals seek chiropractic care for:

- * Back pain, Headaches, Joint pain, Sprains
- * **Therapeutic touch** (commonly shortened to "TT"), known by some as "**non-contact therapeutic touch**" (NCTT), is an energy therapy which practitioners claim promotes healing and reduces pain and anxiety.
- * A practitioner of therapeutic touch states that by placing their hands on, or near, a patient, they are able to detect and manipulate what they say is the patient's energy field.
- * **Reiki** is a Japanese form of energy healing.
- * Reiki practitioners use a technique called *palm healing* or *hands-on healing* through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

3.4 Music therapy

Bruscia (1991) defined music therapy as *‘an interpersonal process in which the therapist uses music and all of its facets to help patients to improve, restore or maintain health’* (Maratos, Gold, Wang & Crawford, 2008).

Music Therapy increases positive feelings like calmness, relaxations, emotional intimacy, euphoria, confidence and empowerment in human body in a holistic level. Key findings from the clinical studies have shown that music therapy may be helpful for the people who all suffer in depression, anxiety, sleeping disorder and even cancer. Music therapy is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health and overall well-being. A goal oriented intervention that involve;

- ✚ making music
- ✚ writing music
- ✚ singing
- ✚ dancing to the rhythm
- ✚ listening to the music
- ✚ discussing music

This form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life for people with physical health problems. Anyone can engage in music therapy; you don't need a background in music to experience its beneficial effects.

Modulation of Attention

The first aspect is the modulation of attention (Koelsch, 2009). Music grabs our attention and distracts us from stimuli that may lead to negative experiences (such as worry, pain, anxiety and so on) (Koelsch, 2009). This may also explain the anxiety and pain-reducing effects of listening to music during medical procedures (Koelsch, 2009).

Modulation of Emotion

The second way music therapy work is through modulation of emotion (Koelsch, 2009). Studies have shown that music can regulate the activity of brain regions that are involved in the initiation, generation, maintenance, termination, and modulation of emotions (Koelsch, 2009).

Modulation of Cognition

Music also modulates cognition (Koelsch, 2009). Music is related to memory processes (including the encoding, storage, and decoding of musical information and events related to musical experiences) (Koelsch, 2009). It is also involved in the analysis of musical syntax and musical meaning (Koelsch, 2009).

Modulation of Behavior

Music therapy also works through modulating behavior (Koelsch, 2009). Music evokes and conditions behaviors such as the movement patterns involved in walking, speaking and grasping (Koelsch, 2009).

Modulation of Communication

Music also affects communication (Koelsch, 2009). In fact, music is a means of communication (Koelsch, 2009). Therefore, music can play a significant role in relationships, as alluded to in the definition of music therapy (Koelsch, 2009).

Ragacikitsa –

The very first talent a child develops is singing, cooing with the tunes heard, may be that of a koil, or a lullaby which is ragaless , rhythmless, but rich in the bhava of love, compassion, creating a feeling that I belong. Life, like music, is an ordered rhythmic activity, beautiful, yet totally non-predictable, since the singer, God may decide to apply some rare manodharma, change the entire course of the art piece creating a new bhava and rasa. Therefore, the rhythms and patterns of life change, and we have to get adjusted to every new epoch, get the time order altered according to it, so that it is most enjoyable to us and to those around us. This self-organization in life is made easy with music.

3.5 Types of Music Therapy

Music therapy can be an active process, where clients play a role in creating music, or a passive one that involves listening or responding to music. Some therapists may use a combined approach that involves both active and passive interactions with music.

There are a variety of approaches established in music therapy, including:

- **Analytical music therapy:** Analytical music therapy encourages you to use an improvised, musical "dialogue" through singing or playing an instrument to express your unconscious thoughts, which you can reflect on and discuss with your therapist afterward.
- **Benenzon music therapy:** This format combines some concepts of psychoanalysis with the process of making music. Benenzon music therapy includes the search for your "musical sound identity," which describes the external sounds that most closely match your internal psychological state.
- **Cognitive behavioural music therapy (CBMT):** This approach combines cognitive behavioural therapy (CBT) with music. In CBMT, music is used to reinforce some behavioural and modify others. This approach is structured, not improvisational, and may include listening to music, dancing, singing, or playing an instrument.

- **Community music therapy:** This format is focused on using music as a way to facilitate change on the community level. It's done in a group setting and requires a high level of engagement from each member.
- **Nordoff-Robbins music therapy:** Also called creative music therapy, this method involves playing an instrument (often a cymbal or drum) while the therapist accompanies using another instrument. The improvisational process uses music as a way to help enable self-expression.
- **The Bonny method of guided imagery and music (GIM):** This form of therapy uses classical music as a way to stimulate the imagination. In this method, you explain the feelings, sensations, memories, and imagery you experience while listening to the music.
- **Vocal psychotherapy:** In this format, you use various vocal exercises, natural sounds, and breathing techniques to connect with your emotions and impulses. This practice is meant to create a deeper sense of connection with yourself.

3.5 Music Therapy vs. Sound Therapy

Music therapy and sound therapy (or sound healing) are distinctive, and each approach has its own goals, protocols, tools, and settings:

- Music therapy is a relatively new discipline, while sound therapy is based on ancient Tibetan cultural practices.
- Sound therapy uses tools to achieve specific sound frequencies, while music therapy focuses on addressing symptoms like stress and pain.
- The training and certifications that exist for sound therapy are not as standardized as those for music therapists.
- Music therapists often work in hospitals, substance abuse treatment centers, or private practices, while sound therapists may offer their service as a component of complementary or alternative medicine.

3.6 Techniques

When you begin working with a music therapist, you will start by identifying your goals. For example, if you're experiencing depression, you may hope to use music to naturally improve your mood and increase your happiness you may also want to try applying music therapy to other symptoms of depression like anxiety, insomnia, or trouble focusing.

During a music therapy session, you may listen to different genres of music, play a musical instrument, or even compose your own songs. You may be asked to sing or dance. Your therapist may encourage you to improvise, or they may have a set structure for you to follow.

You may be asked to tune in to your emotions as you perform these tasks or to allow your feelings to direct your actions. For example, if you are angry, you might play or sing loud, fast, and dissonant chords.

You may also use music to explore ways to change how you feel. If you express anger or stress, your music therapist might respond by having you listen to or create music with slow, soft, soothing tones.

3.7 What Music Therapy Can Help With

Music therapy may be helpful for people experiencing:

- Alzheimer's disease
- Anxiety or stress
- Autism
- Cardiac conditions
- Chronic pain
- Depression
- Diabetes
- Difficulties with verbal and nonverbal communication
- Emotional deregulation

- Feelings of low self-esteem
- Headaches
- Impulsivity
- Negative mood
- Post-traumatic stress disorder (PTSD)
- Problems related to childbirth
- Rehabilitation after an injury or medical procedure
- Respiration problems
- Substance use disorders
- Surgery-related issues
- Traumatic brain injury (TBI)
- Trouble with movement or coordination

Research also suggests that it can be helpful for people with:

- Insomnia
- Obsessive-compulsive disorder (OCD)
- Schizophrenia
- Stroke and neurological disorders

Music therapy is also often used to help children and adolescents:

- Develop their identities
- Improve their communication skills
- Learn to regulate their emotions
- Recover from trauma
- Self-reflect

Benefits of Music Therapy

Music therapy can be highly personalized, making it suitable for people of any age—even very young children can benefit. It's also versatile and offers benefits for people with a variety of musical experience levels and with different mental or physical health challenges.

Engaging with music can:

- Activate regions of the brain that influence things like memory, emotions, movement, sensory relay, some involuntary functions, decision-making, and reward
- Fulfil social needs for older adults in group settings
- Lower heart rate and blood pressure
- Relax muscle tension
- Release endorphins
- Relieve stress and encourage feelings of calm
- Strengthen motor skills and improve communication for children and young adults who have developmental and/or learning disabilities

Research has also shown that music can have a powerful effect on people with dementia and other memory-related disorders.

Overall, music therapy can increase positive feelings, like:

- Calmness
- Euphoria
- Confidence and empowerment
- Emotional intimacy

3.8 Effectiveness

The uses and benefits of music therapy have been researched for decades. Key findings from clinical studies have shown that music therapy may be helpful for people with depression and anxiety, sleep disorders, and even cancer.

Depression

Studies have shown that music therapy can be an effective component of depression treatment. According to the research cited, the use of music therapy was most beneficial to people with depression when it was combined with the usual treatments (such as antidepressants and psychotherapy). When used in combination with other forms of treatment, music therapy may also help reduce obsessive thoughts, depression, and anxiety in people with OCD

In 2016, researchers conducted a feasibility study that explored how music therapy could be combined with CBT to treat depression. While additional research is needed, the initial results were promising.

Insomnia

Many people find that music, or even white noise, helps them fall asleep. Research has shown that music therapy may be helpful for people with sleep disorders or insomnia as a symptom of depression. Compared to pharmaceuticals and other commonly prescribed treatments for sleep disorders, music is less invasive, more affordable, and something a person can do on their own to self-manage their condition.

Pain Management

Music has been explored as a potential strategy for acute and chronic pain management in all age groups. Research has shown that listening to music when healing from surgery or an injury, for example, may help both kids and adults cope with physical pain.

Music therapy may help reduce pain associated with:

- **Chronic conditions:** Music therapy can be part of a long-term plan for managing chronic pain, and it may help people recapture and focus on positive memories from a time before they had distressing long-term pain symptoms.
- **Labor and childbirth:** Music therapy-assisted childbirth appears to be a positive, accessible, non-pharmacological option for pain management and anxiety reduction for laboring people.
- **Surgery:** When paired with standard post-operative hospital care, music therapy is an effective way to lower pain levels, anxiety, heart rate, and blood pressure in people recovering from surgery.

Cancer

Coping with a cancer diagnosis and going through cancer treatment is as much an emotional experience as a physical one. People with cancer often need different sources of support to take care of their emotional and spiritual well-being.

Music therapy has been shown to help reduce anxiety in people with cancer who are starting radiation treatments. It may also help them cope with the side effects of chemotherapy, such as nausea.

Music therapy may also offer emotional benefits for people experiencing depression after receiving their cancer diagnosis, while they're undergoing treatment, or even after remission.

3.9 Things to Consider

On its own, music therapy may not constitute adequate treatment for medical conditions, including mental health disorders. However, when combined with medication, psychotherapy, and other interventions, it can be a valuable component of a treatment plan.

If you have difficulty hearing, wear a hearing aid, or have a hearing implant, you should talk with your audiologist before undergoing music therapy to ensure that it's safe for you.

Similarly, music therapy that incorporates movement or dancing may not be a good fit if you're experiencing pain, illness, injury, or a physical condition that makes it difficult to exercise.

You'll also want to check your health insurance benefits prior to starting music therapy. Your sessions may be covered or reimbursable under your plan, but you may need a referral from your doctor.

3.10 Musical Therapy Clinical Use

Music therapy is the clinical use of music to accomplish individualized goals such as reducing stress, improving mood and self-expression. It is an evidence-based therapy well-established in the health community. Music therapy experiences may include listening, singing, playing instruments, or composing music. Musical skills or talents are not required to participate.

Music therapy may help you psychologically, emotionally, physically, spiritually, cognitively and socially. A short list of benefits includes:

- Lowering blood pressure.
- Improving memory.
- Enhanced communication and social skills through experiencing music with others.
- Self-reflection. Observing your thoughts and emotions.
- Reducing muscle tension.

- Self-regulation. Developing healthy coping skills to manage your thoughts and emotions.
- Increasing motivation.
- Managing pain.
- Increasing joy.

Formal music therapy was defined and first used by the United States War Department in 1945. It helped military service members recovering in Army hospitals with occupational therapy, education, recreation and physical reconditioning.

Who do music therapists work with?

People of all backgrounds, ages and cultures can respond to music, and to music therapy. Notable groups music therapists have helped include:

Military service members and veterans. Music therapy helps you cope with trauma.

People with Autism Spectrum Disorder (ASD) Individuals on the spectrum learn best when there is familiarity, structure, predictability and consistency.

Individuals with Alzheimer's disease. Music therapy may help with memory and stimulate your mind because of predictability, familiarity and feelings of security.

People in correctional settings If you're incarcerated, in a mental health facility, half-way house or group home, music therapy may help with problem-solving, communication skills, relaxation and decreasing impulsivity.

Victims of trauma and crisis. If you've experienced trauma and crisis, you might have anxiety, stress and pain. Music therapy can help you with decreasing those three experiences, improving your mood, feeling confident and in control and providing a non-verbal outlet for emotions.

Those who are physically ill. The list includes, but is not limited to people with chronic pain, diabetes, cardiac conditions, cancer, headaches, recent surgery and people in rehab.

Individuals with mental health disorders. If you're dealing with a mental health disorder, music therapy can help you with communication and expression, help you explore your thoughts and feelings, improve your mood and concentration and develop coping skills.

People with chronic pain. Music therapy can help decrease your pain, anxiety, fatigue and depression.

Substance abusers. Music therapy may help if you have a substance abuse disorder. Research has shown that it can increase motivation and self-esteem, reduce muscle tension, decrease anxiety, improve self-awareness and strengthen coping skills.

Where does music therapy take place?

The most common settings are hospitals, schools, nursing homes, outpatient clinics, mental health centres and residences for individuals with developmental disabilities. Music therapists also go to juvenile detention facilities, schools and private practices.

Is music therapy outpatient or inpatient?

Whether the music therapy is delivered outpatient or inpatient depends on the individual program. You may be able to come in for sessions during the day (just like a counseling appointment), or a music therapist may come to you while you're admitted into the hospital or at school. Sometimes music therapy is held in groups.

Do music therapists work with children and adolescents?

Yes. Music therapy may help with the following:

- Behaviour disorders.
- Mood and anxiety disorders.
- Attention deficit/Hyperactivity disorder (ADHD).
- Autism spectrum disorders (ASD).
- Trauma.
- Substance abuse disorders.

PROCEDURE DETAILS

What happens before music therapy?

Before the session, your music therapist will assess your needs and your strengths. You may discuss:

- Emotional well-being.
- Physical health.
- Physiological responses.
- Perceptual/motor skills.
- Social functioning.
- Communication abilities.
- Cognitive (mental and intellectual) skills.
- Musical background and skills.
- Trauma history.
- Trauma triggers.

Your music therapist will also talk with you about any background you might have in music and your musical preferences. They will then work with you to identify goals and design appropriate music therapy experiences for the session. In doing so, they'll consider:

- Your music preferences and interests
- Your age and developmental level.
- Your physical abilities.
- Your cognitive abilities.
- Your trauma triggers.

What happens during music therapy?

During music therapy you and your therapist will do one or more of the following:

- **Create music.** You might compose music, write lyrics, or make up music together
- **Sing music.** Use your voice to share a piece of music.
- **Listen to music.** Enjoy the sound and lyrics.
- **Move to music.** It can be as simple as tapping your toes together or as complicated as a coordinated dance.
- **Discuss lyrics.** Read or listen to the lyrics of a song and talk about their meaning.
- **Play an instrument.** Use an instrument like a piano, guitar, drums, etc. to share music.

What are the benefits of music therapy?

Research in music therapy supports its effectiveness in six areas: psychological, emotional, physical, spiritual, cognitive and social.

Emotional:

- Music can call up repressed (bottled up) emotions that may then be released.
- Music can lessen feelings of isolation.
- Improved mood.
- Decreased depression.
- Anxiety reduction.
- Self-expression.
- Stress management.

Physical:

- Music can affect the body by changing your heart rate and lowering blood pressure and respiration (breathing) rate.
- Improved motor development or processing.
- Relaxation and/or improved sleep.
- It can physically stimulate conscious or unconscious body movements, such as toe tapping or large body movements, and improved gait (walking) and speech.
- Management of and/or distraction from pain.
- Reduced asthma episodes.
- Reduced pain.
- Help premature infants with weight gain and sleep.
- Help people with Parkinson's disease improve their motor functions.

Spiritual:

- Music can open the door spiritually and allow you and your family the opportunity to explore your own spiritual beliefs.

Cognitive:

- Music can provide an increased sense of control.
- Coping skills.
- Lessen the effects of dementia.

Social:

- Music can bring people together socially, not just at large gatherings such as parties, weddings, or funerals, but in more informal, intimate, shared experiences, like a hospital room
- Help autistic children improve communication.

RECOVERY AND OUTLOOK (PROGNOSIS)

Through musical involvement in the therapeutic context, your abilities are strengthened and transferred to other areas of your life. For example, you might work on vowel sounds by singing, which supports using those sounds when speaking. Music therapy can have a positive effect on many aspects of your life.

4.0 DATA COLLECTION: My data collection for this dissertation has been conducted successfully through the questionnaire and observation method. This section helps in easy reviewing of data and to arrive at conclusion. Data regarding the objectives are interpreted through pie chart, bar chart and table from 4.1 to 4.26.

4.1 Frequency of Nationality

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Indian | 73 | 100% |
| Total | 73 | 100% |

Table 4.1 of nationality

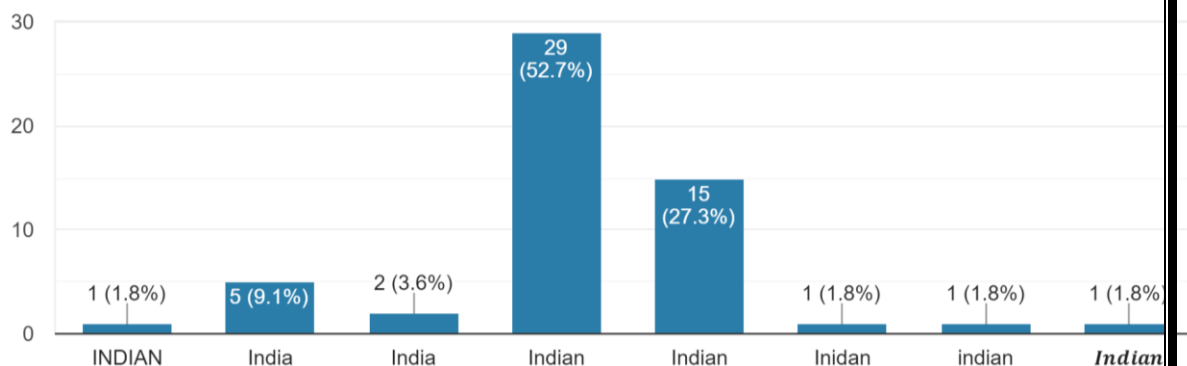


Figure 4.1 of Nationality

INTERPRETATION

From this graph, it is evident that the survey for the dissertation is completely conducted among the natives of India.

4.2 Age Group

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Below 20 | 8 | 12.7% |
| 20-25 | 53 | 72.7% |
| 25-30 | 6 | 7.3% |
| Above 30 | 6 | 7.3% |
| Total | 73 | 100% |

Table 4.2 of Age Group

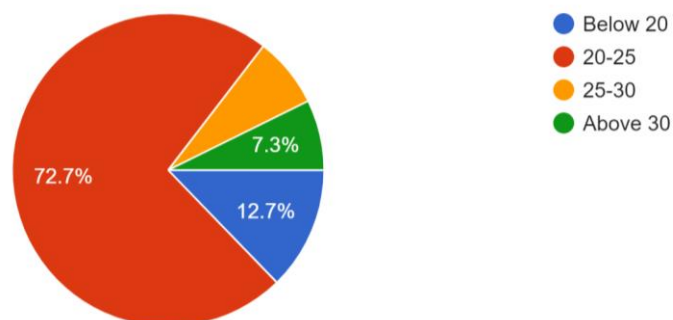


Figure 4.2 Age Group

INTERPRETATION

From this graph it can be interpreted that the most number of people responded to this survey falls under the age category of 20 – 25, that is 72.75% and 12.7% below 20 , 7.35% each in 25 – 30 and above 30 of age group.

4.3 Gender

| Response | Respondents | Percentage |
|-------------------|-------------|------------|
| Male | 16 | 21.8% |
| Female | 57 | 78.2% |
| Prefer not to say | 0 | 0% |
| Total | 73 | 100% |

Table 4.3 Gender

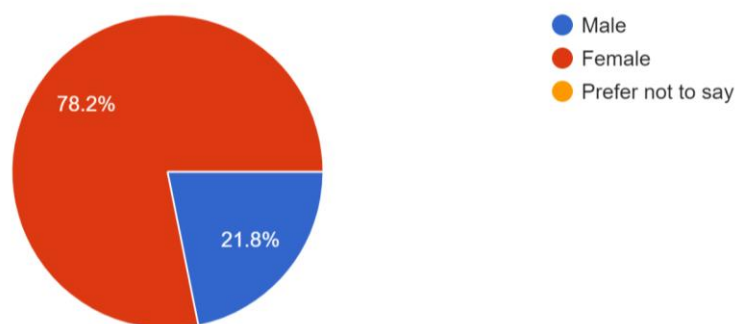


Figure 4.3 Gender

INTERPRETATION

From this graph it can be interpreted that 78.2% of the respondents to this survey are female and 21.8% are male.

4.4 Marital status

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Single | 56 | 76.4% |
| Married | 17 | 23.6% |
| Total | 73 | 100% |

Table 4.4 Marital status

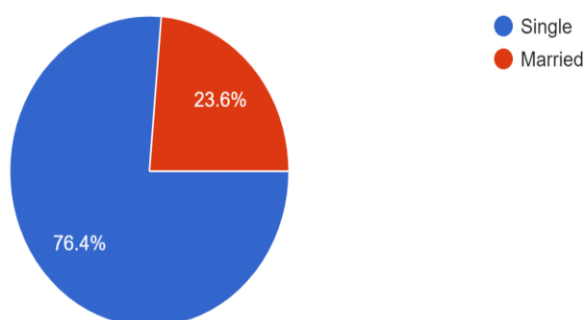


Figure 4.4 Marital status

INTERPRETATION

From this data it can be interpreted that 76.4% of the respondents to my survey are not married and 23.6% are married.

4.5 PROFESSION

| Response | Respondents | Percentage |
|---------------------|-------------|------------|
| Student | 44 | 60% |
| Business | 3 | 3.65% |
| Government Employee | 0 | 0% |
| Daily wager | 3 | 3.65% |
| Other | 23 | 32.7% |
| Total | 73 | 100% |

Table 4.5 PROFESSION

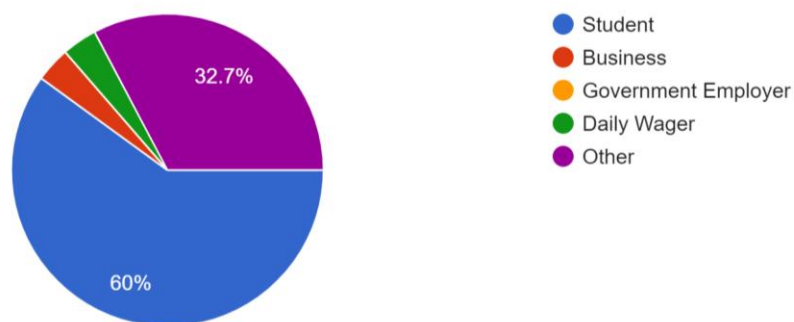


Figure 4.5 PROFESSION

INTERPRETATION

From this graph it can be interpreted that, the number of people more often filled the survey is students 60% and 3.65% each business professionals and daily wagers. 32.7% of the respondents are belonging to other category.

4.6 Stress Intervention

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 33 | 43.6% |
| No | 15 | 21.8% |
| Maybe | 25 | 34.5% |
| Total | 73 | 100% |

Table 4.6 Stress Intervention

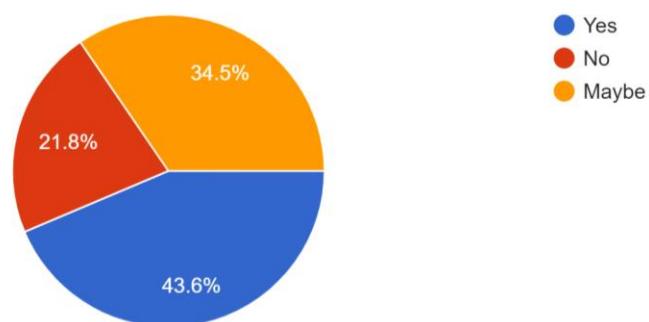


Figure 4.6 Stress Intervention

INTERPRETATION

From this graph it can be interpreted that 43.6% of the respondents agrees that they are constantly suffers sudden stress, 21.8% of the people are not and 34.5% are not aware or sure about the fluctuations of stress in their life.

4.7 Nature of Anxiety

| Response | Respondents | Percentage |
|-----------------|--------------------|-------------------|
| Physical | 47 | 65.5% |
| Emotional | 8 | 10.9% |
| Psychical | 8 | 10.9% |
| Other | 10 | 12.7% |
| Total | 73 | 100% |

Table 4.7 Nature of Anxiety

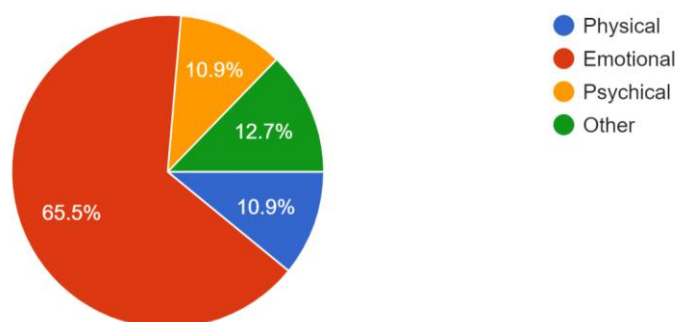


Figure 4.7 Nature of Anxiety

INTERPRETATION

From this data it can be interpreted that 65.5% of the people responded the nature of the anxiety they often feel was physical, 10.9% each emotional and psychical while 12.7% responded the nature of anxiety they often encounter is other than above suggested.

4.8 Steps to control Emotional breakdown

| Response | Respondents | Percentage |
|-----------------------------|-------------|------------|
| Yoga & Meditation | 5 | 7.3% |
| Conversation with relatives | 10 | 29.1% |
| Listening to music | 50 | 70.9% |
| Other | 8 | 10.9% |
| Total | 73 | 100% |

Table 4.8 Steps to control Emotional breakdown

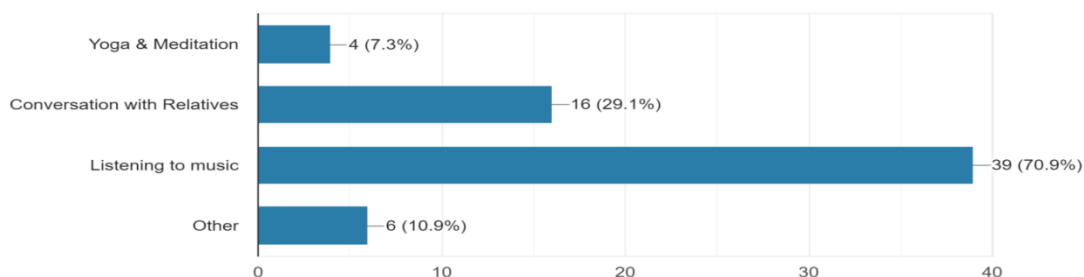


Figure 4.8 Steps to control Emotional breakdown

INTERPRETATION

From this graph it can be interpreted that the majority of the respondents that is 70.9% listen to music as a measure to control their emotional breakdown while 7.3% does yoga and meditation, 29.1% engage in conversation with relatives and 10.9% choose other medium.

4.9 Treating Emotional breakdown

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 22 | 30.9% |
| No | 29 | 38.2% |
| Maybe | 22 | 30.9% |
| Total | 73 | 100% |

Table 4.9 Treating Emotional breakdown

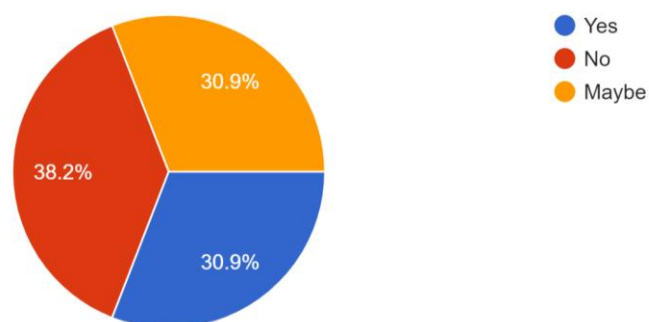


Figure 4.9 Treating Emotional breakdown

INTERPRETATION

From the table and graph it can be interpreted that 30.9% of the respondents thought of healing their emotional breakdown through holistic healing while 38.2% had not even thought to treat, 30.9% may give a try on treating their emotional breakdowns.

4.10 Awareness of Holistic health care

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 32 | 43.6% |
| No | 41 | 56.4% |
| Total | 73 | 100% |

Table 4.10 Awareness of Holistic health care

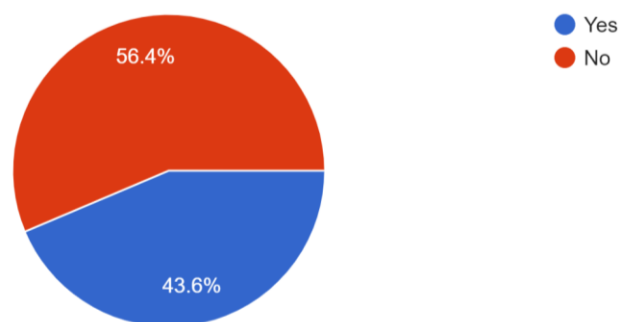


Figure 4.10 Awareness of Holistic health care

INTERPRETATION

From this data it can be interpreted that majority of the people that is 56.4% are not aware of the holistic health care while 43.6% are aware of the holistic health care and its practices.

4.11 Holistic health care centre

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 6 | 7.3% |
| No | 67 | 92.7% |
| Total | 73 | 100% |

Table 4.11 Holistic health care centre

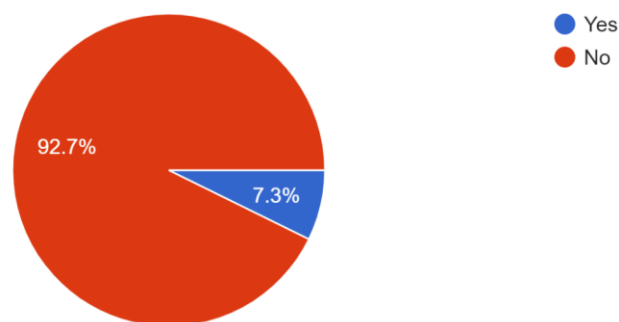


Figure 4.11 Holistic health care centre

INTERPRETATION

From the above data it can be interpreted that 7.3% of the respondents have visited holistic health care centre for some therapies and 92.7% have not performed nor visited any of holistic health care centre.

4.12 Performed Therapy

| Response | Respondents | Percentage |
|-----------------------------|-------------|------------|
| Yes | 5 | 7.0% |
| No | 63 | 86.0% |
| Yoga, Meditation & Ayurveda | 5 | 7.0% |
| Total | 73 | 100% |

Table 4.12 Performed Therapies

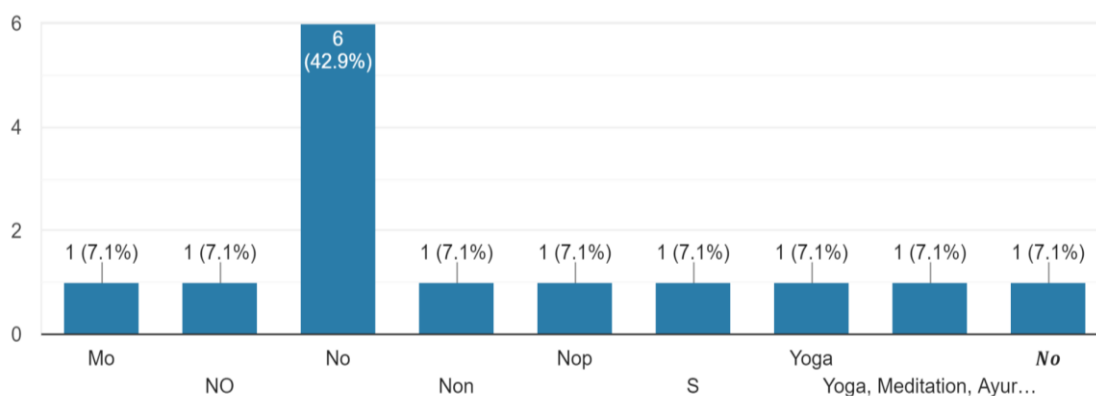


Figure 4.12 Performed Therapies

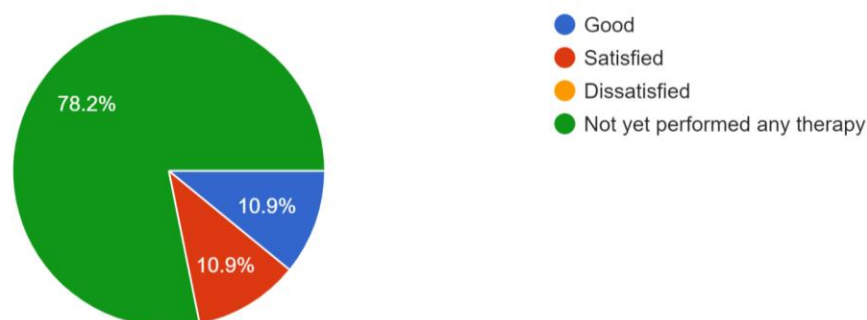
INTERPRETATION

From the above data it can be interpreted that 86% of the respondents have not performed any holistic therapies while 7% of each performed like yoga, meditation and Ayurveda therapies.

4.13 Feedback of the therapy

| Response | Respondents | Percentage |
|-------------------------------|-------------|------------|
| Good | 8 | 10.9% |
| Satisfied | 8 | 10.9% |
| Dissatisfied | 0 | 0% |
| Not yet performed any therapy | 57 | 78.2% |
| Total | 73 | 100% |

4.13 Table of feedback



4.13 Figure of feedback

INTERPRETATION

From this graph it can be interpreted that 10.9% of the respondents are satisfied for the therapy they performed and the 10.9% suggested good while 78.2% of the respondents are not yet performed the therapy.

4.14 Unique Aspect of Holistic Health Care

| Response | Respondents | Percentage |
|---------------------|-------------|------------|
| Treatment method | 23 | 30.9% |
| Physicians approach | 7 | 9.1% |
| Affordable expenses | 9 | 12.7% |
| Other | 34 | 47.3% |
| Total | 73 | 100% |

Table 4.14 Unique Aspect of Holistic Health Care

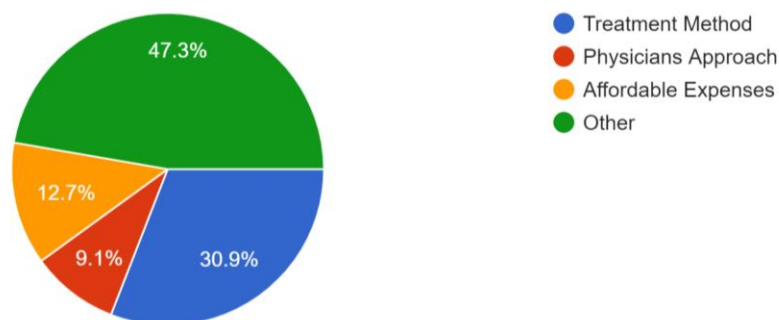


Figure 4.14 Unique Aspect of Holistic Health Care

INTERPRETATION

From the above data it can be interpreted that 30.9% of the respondents suggests treatment method of the holistic health care is the unique aspect while 9.1% suggests physicians approach 12.7% suggests expenses are affordable in holistic health care , 47.3% suggests there is some other aspect that is unique in holistic health care services.

4.15 Music as Remedy

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 65 | 90.9% |
| No | 8 | 9.1% |
| Total | 73 | 100% |

Table 4.15 Music as Remedy

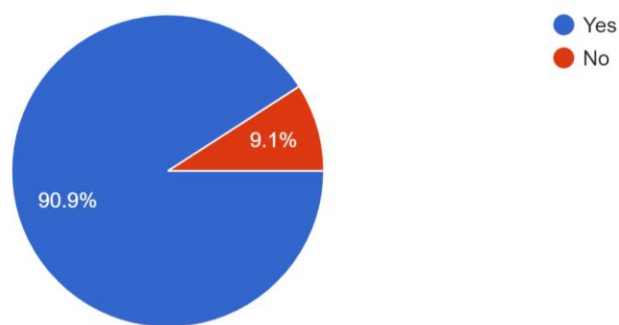


Figure4.15 Music as Remedy

INTERPRETATION

From the above mentioned table and figure it can be interpreted that 90.9% of the respondents reacted yes to affirm that they felt music as a remedial for their stress relief or emotional breakdown while the other 9.1% responded No.

4.16 Familiarity of music therapy

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 48 | 65.5% |
| No | 25 | 34.5% |
| Total | 73 | 100% |

Table 4.16 Familiarity of music therapy

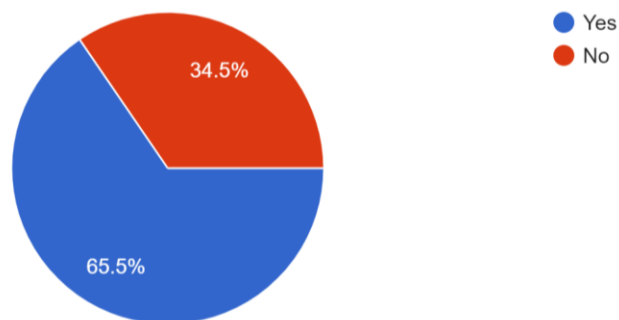


Figure 4.16 Familiarity of music therapy

INTERPRETATION

From the data collected, above shown table and figure can be interpreted that 65.5% of the respondents are familiar with music therapy and the other 34.5% are not.

4.17 Awareness about the Possibilities of Music therapy

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 58 | 80% |
| No | 15 | 20% |
| Total | 73 | 100% |

Table 4.17 Awareness about the Possibilities of Music therapy

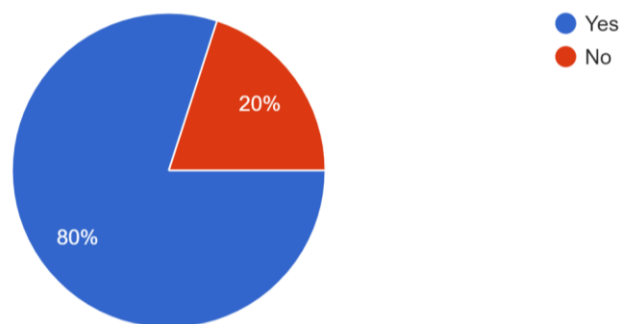


Figure 4.17 Awareness about the Possibilities of Music therapy

INTERPRETATION

The above shown table and figure can be interpreted that 80% of the respondents are aware of the possibilities that music therapy can heal our mental, emotional and spiritual health while 20% are not.

4.18 The most suggested treatment method

| Response | Respondents | Percentage |
|---------------------------|-------------|------------|
| General medical treatment | 23 | 32.1% |
| Ayurveda treatment | 9 | 13.2% |
| Homeopathy | 9 | 11.3% |
| Therapeutic treatments | 9 | 11.3% |
| Not above mentioned | 23 | 32.1% |
| Total | 73 | 100% |

Table 4.18 The most suggested treatment method

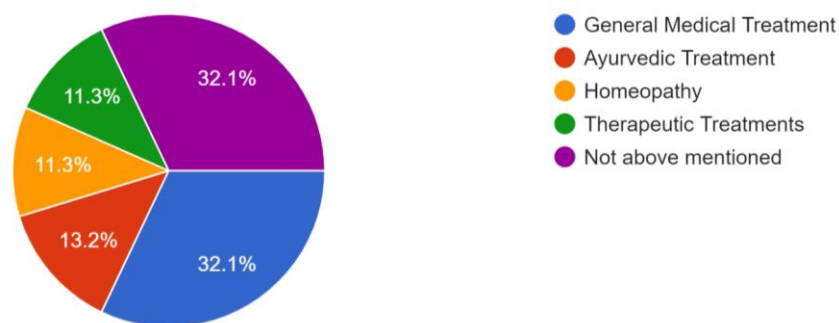


Figure 4.18 The most suggested treatment method

INTERPRETATION

From the above table and figure it can be interpreted that 32.1% of the respondents seek general medical treatment more often than other treatment procedures and 13.2% suggests Ayurveda over other treatments, 11.3% choose homeopathy other 11.3% choose therapeutic treatments and 32.1% of the respondents choose other treatment which are not mentioned in the survey.

4.19 Awareness of the Healing power of Nature

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 58 | 81.1% |
| No | 3 | 3.8% |
| Maybe | 12 | 15.1% |
| Total | 73 | 100% |

Table 4.19 Awareness of the Healing power of Nature

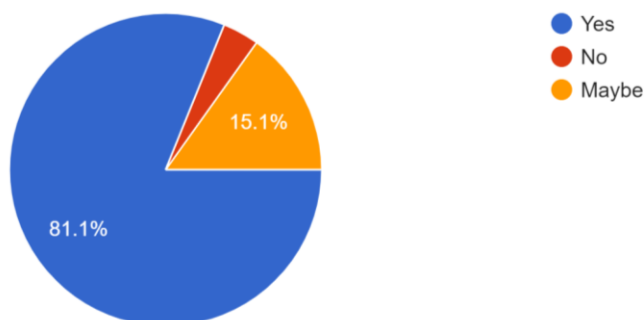


Figure 4.19 Awareness of the Healing power of Nature

INTERPRETATION

From the above data it can be interpreted that 81.1% of the respondents are aware and sure about the fact that nature has the greater healing power while 3.8% is not and 15.1% is not sure about the fact.

4.20 Investigation about the topic

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 25 | 34% |
| No | 23 | 32% |
| Maybe | 25 | 34% |
| Total | 73 | 100% |

Table 4.20 Investigation about the topic

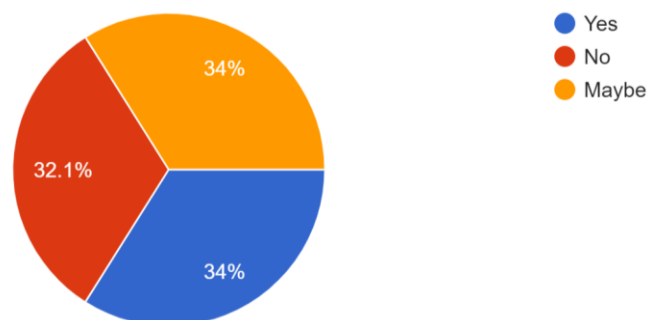


Figure 4.20 Investigation about the topic

INTERPRETATION

From the above table and figure it can be interpreted that the 34% of the respondents felt the survey topic is interesting so that they would investigate more about the topic while 32% are not interested and other 34% are not sure.

4.21 Intension for Holistic or Musical Treatment

| Response | Respondents | Percentage |
|----------|-------------|------------|
| Yes | 18 | 25.5% |
| No | 32 | 43.6% |
| Maybe | 23 | 30.9% |
| Total | 73 | 100% |

Table 4.21 Intenson for Holistic or Music Treatment

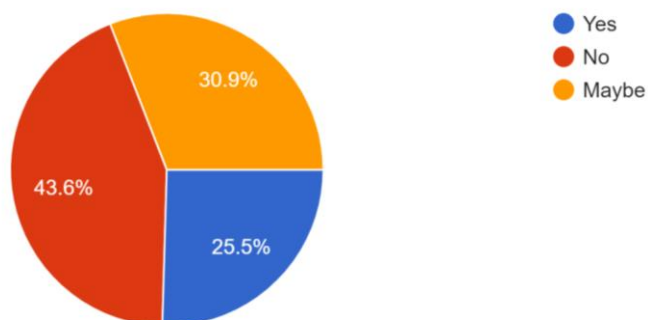


Figure 4.21 Intension for Holistic or Music Treatment

INTERPRETATION

From the above data it can be interpreted that, from the total respondents 25.5% of the respondents has an intension to take holistic or musical treatment in future and 43.6% responded they have no intension to do so and 30.9% not sure about it.

Findings

- Today's world is constantly encountered with the lifestyle diseases or deficiency that can be a threat to the whole society and eventually to the progress of the nation.
- Holistic Health Care and Music Therapy are the two types of therapeutic treatment that are very effective and necessary in this world of ****
- Cancer, Chronic respiratory diseases, Diabetes, Depression, Anxiety, Stress etc. can be cured and a good health conditions can be attained by performing these therapies.
- Most of the people constantly suffer from sudden stress and emotional breakdown.
- Listening to music and engaging in small talks with their relatives are the escaping formulas most of the people choose.
- Holistic health care has the ability to address the root causes of illness, as well as symptoms and can cure it from its root.
- Even though the treatments are more effective for the natural healing abilities of the body majority of the people are not aware of the importance, benefits and need of the treatments.
- Music therapy is an evidence-based treatment that helps with a variety of disorders including cardiac conditions, depression, autism, substance abuse and Alzheimer's disease.
- It can help with memory, lower blood pressure, improve coping, reduce stress, and improve self-esteem and more.
- Music therapy is a wonderful option for children and teens in the hospital battling illnesses.

SWOT ANALYSIS

*** STRENGTH**

- Improved health and quality of life.
- No harmful side effects as the synthetic chemical drugs.
- Can promote beyond boundaries/Nations.
- Employment Option
- Able to generate National Income

*** WEAKNESS**

- More complex and comprehensive than western medicine.
- There is a lack of studies on material basis, active ingredients and mechanism of action.
- Attitude of natives towards Holistic and music therapy due to its unpopularity.
- Not enough application of advanced technology

*** OPPORTUNITY**

- People seek for natural medicine due to obvious toxic and side effects of chemical drugs
- Remedy for treating and preventing many incurable and chronic diseases.
- Opportunity for economic globalization

*** THREAT**

- Marketing of Holistic and Music therapy are very slow at rate.
- Take over Foreign pharmaceutical Enterprises
- Limitations of technical trade barriers.

Suggestions

- It is the fact that nature is the source to every energy and has the entire cure to every disease since it is the provider, it is necessary for everyone to return to nature.
- Chemical drugs can be replaced and side effects can be fully avoided.
- These therapeutic approaches are necessary that can make and up held the human emotions in a strong way.
- Awareness programs should be introduced to make people to use natural remedies for lifestyle diseases.
- More promotional strategies should be introduced among the national, international tourists as well as among the natives of every nation about these therapeutic approaches.

Conclusions

Choosing holistic tourism means that a tourist can enjoy a different and full experience which goes beyond the simple contact with cultures, people, places or landscapes. It focuses on self-transformation and on an attempt of people understanding more about themselves. Main motive is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. Holistic healing treats the entire body, mind, and spirit as one in order to address the underlying causes of disease and enhance overall wellness. Holistic therapies have proven to be quite effective in helping people overcome vices, overcome sleeplessness, relieve stress, and so on Music therapy at the same time is Music can call up repressed (bottled up) emotions that may then be released. Music can call up repressed (bottled up) emotions that may then be released. Music can lessen feelings of isolation. Improved mood, Decreased depression, Anxiety reduction, Self-expression, Stress management.

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APPENDIX

Survey Questionnaire

1. Name*

2. Nationality*

3. Gender*

- Male
- Female
- Prefer not to say

4. Age Group*

- Below 20
- 20-25
- 25-30
- Above 30

5. Marital Status*

- Single
- Married

6. Professional Status*

- Student
- Business
- Government Employer
- Daily Wager
- Other

7. Are you a person who often encountered with stress?*

- Yes
- No
- Maybe

8. The Nature of Anxiety you always encountered with..?*

- Physical
- Emotional
- Psychical
- Other

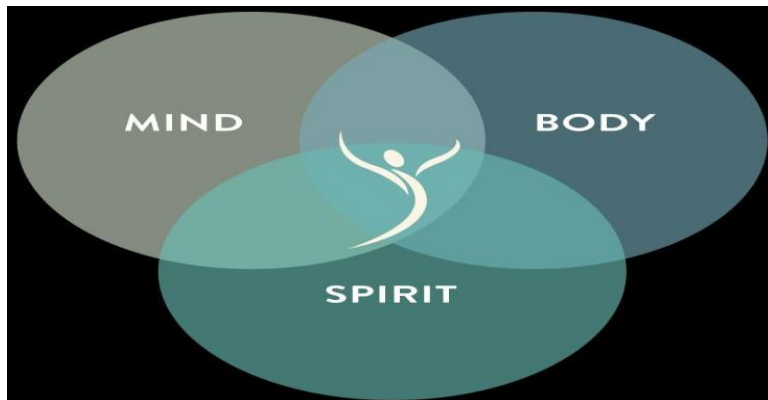
9. Which of the following steps you prefer more to control your stress or emotional breakdown?*

- Yoga & Meditation
- Conversation with Relatives
- Listening to music
- Other

10. Have you ever thought of treating your emotional breakdown or stress?*

- Yes
- No
- Maybe

11. Are you aware of Holistic Health Care?*



- Yes
- No

12. Have you ever visited a Holistic Health Care Centre?*

- Yes
- No

13. If Yes, Mention the therapy you performed there

14. How do you feel after performing the therapy?*

- Good
- Satisfied
- Dissatisfied
- Not yet performed any therapy

15. Which aspects of Holistic Health Care do you think is unique?*

- Treatment Method
- Physicians Approach
- Affordable Expenses
- Other

16. Have you ever felt music as a remedial for your stress relief/Emotional breakdown?*

- Yes
- No

17. Are you familiar with Music Therapy?*



- Yes
- No

18. Are you aware of the possibilities that music therapy can heal your mental, emotional and spiritual health?*

- Yes
- No

19. Which is the mode of treatment you often suggest?*

- General Medical Treatment
- Ayurvedic Treatment
- Homeopathy
- Therapeutic Treatments
- Not above mentioned

20. Are you aware of the fact that nature has a greater healing power?*

- Yes
- No
- Maybe

21. Can you suggest any reason, why people choose general medicine over other therapeutical treatment?

22. Do you wish investigate more about the topics?

- Yes
- No
- Maybe

23. Do you have any intension to take Holistic or Musical Treatments?*

- Yes
- No
- Maybe

24. Suggestions, if any, *
