The DINacharya Institute recognizes the power of meditative sound as a medicinal tool. Indeed, the sciences of Nāda Yoga, Gandharva Veda, Rāga Chikitsa, and Sangeet Ayurveda all refer to the power of sound produced in frequencies that interact with the human body's healing potential. They are linked to the oldest systematic scientific texts created by humankind, the Vedas, which are precise treatises on philosophy, feeling, and instructions for life and healthy living. The 64 kālas shown in the Sanskrit texts are intercompatible and reflect harmony of thought, understanding, and discussion between the scientists of ancient times.

Research potential, clinical practice, and experiential modules in Indian Classical Music are explored at DINacharya. The Institute guesthouse regularly hosts top artists in the field, including Pandit Ajoy Chakroborty, Brajeshwar Mukherjee, Pandit Kumar Bose, and Pandit Tejendra Mazumdar. Instruments and a library of books on related subjects add to the resources.

DINacharya has co-sponsored concerts in Indian Classical Music in New York and in Kolkata, and encourages students to delve into study and clinical use of rāga-based music for healing. The Mohini Foundation in Kolkata works with DINacharya to promote the propagation of Indian Classical Music in the mainstream population. Watch for Jhaptal, an upcoming film by E10ST Productions, about the modern world of Indian Classical Music worldwide.

Medicinal Use of Rāga
According to the ancient Indian text, Swara Shastra, the seventy-two melakarta rāgas (parent rāgas) control the 72 important nerves in the body. If sung with authentic devotion, adhering to the rāga lakshana (norms) and sruti shuddhi (pitch purity) the rāga can affect and heal those particular nerves in the body.

Hindustani Classical Music, unlike most modern forms of music, decreases heart rate variability and impacts the alpha brain waves.

Modern medical science validates that physical properties of sound interact deep in our brains to alter neurochemicals and pre-frontal cortex function.

A frequency range from 25 to 45 Hz is said to be useful for ailments connected with feet, ankle, calves, knees, upper thighs, and sacrum; a range between 45 and 60 Hz is said to affect coccyx, sacrum and lumbar region, whereas 60 to 80 Hz is reported to affect the thoracic cavity, shoulders, neck and head region.

Drone in Music is essential and is often attained through the Tanpura for harmonizing expanding pitches and providing repeated basic pitches and semitones that can interact with the electrophysiology of the heart.

**Remedy for Defusing Mental Tension**
- Rāga Darbari Kanhada
- Rāga Durbari - to be played in the late night
- Rāga Kamaj
- Rāga Pooriya

**Remedy for Reduce Severe Stress**
- Rāga Durga
- Rāga Kalavati
- Rāga Amsadhwani
- Rāga Shankarabharanam
- Rāga Tilak Kamod

**Remedy for Headaches**
- Rāga Jayjaywanti
- Rāga Darbari Kanhada
- Rāga Sohni

**Remedy for Melancholy / Dejection**
- Rāga Bilahari - to be heard at very early dawn hour

**Remedy for Depression**
- Rāga Bhupalam
- Rāga Kedarm
- Rāga Malaya marutham
Rāga Raaga Bilahari

**Remedy for Unresolved Grief**
Rāga Marwa

**Remedy for Insomnia**
Rāga Bageshri
Rāga Nilambari

**Remedy for Softening Adamancy/Stubborn Mind**
Rāga Nandanamakriya

**Remedy for Hypertension**
Rāga Ahirbhairav
Rāga Anandabhairavi
Rāga Bhairavi
Rāga Bhupali
Rāga Darbari
Rāga Durga
Rāga Kalavati
Rāga Puriya
Rāga Todi
Rāga Kalyani / Yaman

**Remedy for Low Blood Pressure**
Rāga Malkauns/Hindolam - to be heard in the morning

**Remedy to Promote Action**
Rāga Bilahari
Rāga Kedaram

**Improving Intelligence**
Rāga Shivaranjani - to be played at night - 22nd Melakarta

**Restoration of Mental Peace**
Rāga Saama

**Remedy for Anger and Inner Violence**
Rāga Punnagavarali
Rāga Sahana

**Remedy for Gastric Hyperacidity**
Rāga Deepak

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**Further Reading**


Music: Physician For Times to Come, Don Campbell (ed), 1991


The Healing Energies of Music, Hal A. Lingerman, Quest Books, 1983


The Raga Guide: A Survey of 74 Hindustani Ragas, Joep Bor, Nimbus Records, 1999


Theory of Indian Music, Ram Avtar, Pankaj Publications, New Delhi, 1999

This is Your Brain on Music: The Science of a Human Obsession, Daniel J. Levitin, Plume Books/Penguin Group, New York, 2006
**Remedy for Constipation**  
Rāga Gunkali  
Rāga Jaunpuri

**Remedy for Intestinal Gas**  
Rāga Malkauns  
Rāga Hindolam

**To aid Digestion/Assimilation**  
Rāga Sriraga

**Remedy for Malarial Fever**  
Rāga Marva

**Remedy for Paralysis**  
Rāga Dvijaavanti

Many thanks to Dr. TV Sairam for his lucid interpretation of Rāga Chikitsa in the information above.