



WHAT IS MUSIC?

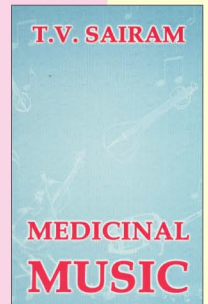
authored by Dr. T V Sairam

In this book, the author giving a very good introduction about music, has brought out a comprehensive understanding of the different perspectives and roles of music in human lives. Apart from discussing the salient features and building blocks of music like, Pitch, Note, Rhythm and Melody, the various psychological, emotional, philosophical and scientific aspects of music are featured. A new insight on the combination of traditional and modern practices of modern therapeutic mechanism like Nada Yoga and Neuro musicology are of special mention. The book also presents a useful bibliography of the terms associated with music.

MEDICINAL MUSIC

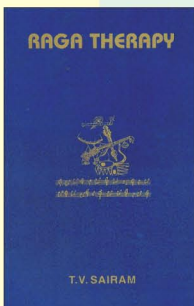
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Medicinal Music, a sequel to What is Music by the same author Dr T V Sairam, provides an insight on the medicinal role of music in general and Indian music in particular. The author blending his experience with both Indian and western music explains what makes music as an unique healthcare system. He points out the synchronization aspects of sound and music, which enable them to blend with all forms of treatments such as allopathy, ayurveda, siddha, unani, aromatherapy, physiotherapy, psychotherapy and alternative medicine. According to Sairam, a daily intake of music – like food or medicine – is essential requirement for the men and women of the modern world, which faces a dilemma, torn between the basic human needs of love and compassion on the one hand and the technology-driven human behaviour for registering success in mundane, materialistic life on the other.



RAGATHERAPY

authored by Dr. T V Sairam



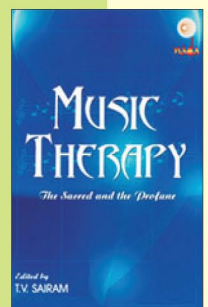
Raga Therapy is an eye opener to introduce music as therapy in health care and the author T V Sairam advocates Raga chikitsa, an Indian old tradition as a method to heal ourselves and heal others through the use of ragas to fight diseases of the body, mind and spirit. He also examines the various probable therapeutic components and the healing aspects of different ragas for specific illnesses which could be done by manipulation of the pace or gait by exploiting certain swaras or ragas through altering or their methods of rendering as in meend or glissando, staccato, iteration, progression etc. The book also reports recent researches made in support of these probable healing aspects in Ayurveda and Indian Classical music and the author stresses the need for undertaking scientific studies in these ragas to revive the ancient tradition of raga therapy and to bring to the forefront, the possible prophylactic and therapeutic role.

MUSIC THERAPY:

The Sacred and the Profane

edited by Dr. T V Sairam

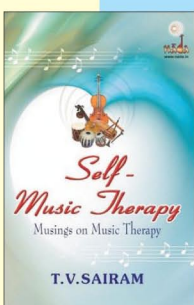
Though music therapy is being increasingly talked about as a 'future medicine', its therapeutic application is archaic and time-tested. Traditions and rituals involved in shamanism and nada yoga have all increasingly employed rhythms and resonance for varying one's consciousness levels aimed at alleviating the human sufferings, thereby paving way towards human welfare. In this new book, Music Therapy: The Sacred and the Profane, we have attempted to bring together the renowned and expert music therapists from all over the world under one roof. Each article contained in this compendium not only sings the glory of music but also makes us contemplate how much more we have to do in our day to day life to align with those healing rhythms and resonance, which promise a wonderful time ahead to all those who are prepared to listen to.



SELF-MUSIC THERAPY:

Musings on Music Therapy

authored by Dr. T V Sairam



This book paves way for a new approach to life through music called 'Self-Music Therapy'. It guides on the prudent use of sounds and rhythms to aim at one's overall health and what one gains through music. Renowned author, Dr. T. V. Sairam through this book indicates by a compendium of different articles how music is capable of transforming our thinking processes, mood complexes and attitudinal traits into a healthy pattern.