

INTRODUCTION TO RAGA RAGANI VIDYA

The purpose of this paper is to introduce and explain the concepts and methodology of Indian music

I. ORIGIN OF INDIAN MUSIC *

Invitation to Indian Music

Islam

Hindustan

Ancient Period 4,000 to 1,000 B.C.

Medieval Period

Modern Period

"Sound is not what one should desire to understand. One should know the hearer." - *Kaushitaki Upanishad*, vs 3:8

"We worship that divine sound, the life of consciousness in all beings and the supreme bliss, unmanifested in the form of the universe. By the adoration of sound, the Gods Brahma, Vishnu and Shiva are truly worshipped, for they are the embodiment of sound."

Sangitaratnakara, VS. 1.3.14

sruti, swara nada

nada

nada:

**"Now I shall ex-pound the highest definition of nada:
Without nada, song cannot exist."**

Without nada, the scale degrees cannot exist.

Without nada, the dance cannot come into being.

For this reason the entire world becomes the embodiment of nada.

In the form of Nada, Brahma is said to exist; In the form of nada, Vishnu;

In the form of nada, Parvati; in the form of nada, Shiva.

That inner region which is said to be the abode of Brahma is called the brahmagranthi.

Vital air is situated in its center, from this mass of vital air fire arises.

From the combination of fire and air, nada is born."

Brhaddesi of Matanga

ABOUT RAGAS

vadi samvadi.

Shuddha Madhyama

I 1

IV 19

2 20

3 21

4 22

5 23

6 24

II 7

V 25

8 26

9 27

10 28

11 29

12 30

III 13

VI 31

14	32
15	33
16	34
17	35
18	36

Prati Madhyama

VII	37
-----	----

X	55
---	----

38	56
39	57
40	58
41	59
42	

52	70
53	71
54	72

ma

II. WESTERN MODES OF MUSIC IN SOUND HEALING

III. RAGA RAGANI CHIKITSA: INDIAN MODE OF MUSIC THERAPY

Raga Chikitsa

Scale	Name	Abbreviation	Derivation	Meaning	Presiding Deity
-------	------	--------------	------------	---------	-----------------

CHAKRARAGA

PLANERAGA

RAGAS

Carnatic RAGAS

BENEFITS

SOUND AND THE FIVE ELEMENTS

EARTH

WATER

FIRE

AIR

ETHER

CREATING A RAGA

Raga Kirvani is the 21st raga in the Melakarta, and has earth as its predominant element. This means that it resonates primarily with the Muladhara chakra and has a prabhava for joint and back pain remedy. How the raga is rendered and what sounds of the synthesizer are chosen to support it affect the different nadis emanating from the Muladhara chakra.

USING RAGAS IN TREATMENT

Bill Osmer December 2006

*** *"The Power of sound*

"The Hindu,"

v. BIBLIOGRAPHY

