

Music Therapy and Ayurveda

Non drug Psychotherapy

Dr. Yashashri Vitonde

Ayurveda is a science of life and it is existing since ancient time. Atharva-Veda, describes that mental illness may result from divine curses. Ayurveda is made up with two word that Ayu -age and Veda which is the science that gives life to individuals, (here life should be considered as healthy life). Ayurveda not only deals with the body or physical symptoms but also it give complete knowledge about spiritual, mental and social health. So, it is a qualitative, holistic science of health and longevity, a philosophy and system of healing the whole person's body and mind. The ideal health according to this science is complete balance between the mind, body and soul. In my experience as a Music Therapist and Ayurvedic Health Counselor, I continually see this to be true. A person / patient come to this music therapy session or class with a specific physical ailment they want to address but often find that this work of "whole-being well-being" is operating at many levels.

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