Music Therapy and Traditional Indian Healing Systems

Prateek Jumar
Washington University in St Louis

WUURD, the Washington University Undergraduate Research Digest, is published by the Office of Undergraduate Research once a semester each academic year. Applications for submission and Statement of Editorial Policy may be found online.

Follow this and additional works at: http://openscholarship.wustl.edu/vol8_iss1

Recommended Citation
Jumar, Prateek, "Music Therapy and Traditional Indian Healing Systems " (2012). Washington University Undergraduate Research Digest, Volume 8, Issue 1.
http://openscholarship.wustl.edu/vol8_iss1/79
Music therapy is a discipline in which credentialed professionals use music within a therapeutic relationship to address physical, emotional, cognitive and social needs of individuals. In the U.S., music therapy is gaining legitimacy as a medical treatment as its methods become standardized and its benefits and mechanisms of healing become more understood. However, the uniqueness of musical healing practices lie in the philosophies, musical background and cultural heritage of the practitioner. In India, music has historically been, and continues to be, an essential component of the practices of traditional healers. The present study aims to profile Indian musical healing practices and to discuss the potential integration of traditional Indian healing systems with music therapy. Methods of analysis include interviews of various practitioners and observations of music healing sessions in several cities in India. Several distinct forms of Indian music healing are identified and comments are made regarding further areas of research and the next steps for the profession in India.