

A CLINICAL STUDY OF THE MUSIC THERAPY IN PREGNANT WOMEN (GARBHINI)

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ABSTRACT

The present study was conducted in 30 pregnant women above the 18 years of age. After explaining the therapy, those who were fulfilling the inclusion criteria & giving written consent, were included in the study. Included pregnant women were given music therapy for 7 days in three sessions; **Morning Session** - Omkar chants & Gayatri Mantra chanting. **Afternoon Session** - Listening to soothing instrumental music. **Night Session**- Listening to recorded Darbari Kanada Raga at desired routine time of sleep at night. Special questionnaire was prepared for assessment. Follow up & assessment were taken on 0th day and on 8th day. After thorough assessment & statistical evaluation, music therapy showed marked improvement in pregnant women. Thus it can be concluded that music therapy in combination of these three sessions can be used for a healthier pregnancy.

Keywords: Pregnancy, Ayurveda, *Garbhini*, *Supraja Janana*, Music Therapy

INTRODUCTION

While describing the definition of health Sushruta stated that,

“Health is a state of individual where there is equilibrium between three biological humors, metabolic fire, all the body tissues and components, all the physiological process like excretion of waste products are in perfect unison. And the soul, sensory organs and the mind are in a pleasant state.”^[3]

Ayurveda has given special importance to mind and its well being. Prime doorways of mind are five sense organs. What input these organs give to mind determines the stability of mind and health for that matter. For example, if you see something horrific it disturbs your mind. Similarly, what you listen to

also plays a very crucial role in equilibrium of mind and health. So, health of the mind can be maintained & restored by using the means of sense organs.

It is now universally accepted that fetus is not just a mass of flesh but it is a developing & responsive live human being inside a womb, capable of receiving, understanding and responding to different external stimuli. That’s why it is our responsibility to create positive and enriching environment for fetus in womb.

Ayurveda the science of life promotes & supports the healthy pregnancy. It has given solutions for the mental, spiritual & physical preparation of mother to be for the blissful moment of childbirth. Concept of

“*Supraja Janana*” has been explained in all treatises. Ayurveda gives knowledge about lifestyle and diet of a mother to be.

Along with the other things special emphasis is given on the healthy mind of a pregnant woman by suggesting further thing; Woman from the very first day of pregnancy should remain in high spirit & happy. She should avoid listening or seeing or reading negative & disturbing stories. Pregnant woman should avoid anger, fear and such negative emotions. She should keep her mind fresh. Those activities that are dear to her and beneficial for fetus should be encouraged. Around a pregnant lady there should be spiritual & positive atmosphere. Atmosphere should be maintained by performing daily worships, chanting holy hymns and holy songs.^[4]

In ‘Sutrasthana’ Acharya Charak says; “*Sumanaska Garbhadharanam*” it literally means mind at a pleasant, happy and positive state is the most needed thing for conceiving & nurturing fetus.^[5]

Many scientific studies have proved the effects of mother’s thoughts, her state of mind and hormonal changes occurring due good or bad thoughts affects foetus inside the womb. Being happy facilitates the child health & well being.^[6] State of mind affects the overall health of a person. State of mind is determined by inputs given by sensory organs. So as fetus stays inside the womb of a mother for such a long period what mother listens to affects her and so the child in profound manner.

Omkaara chanting in the morning stabilizes the mind, provide calmness and serenity, normalizes the breathing, improves concentration with ease and improves blood circulation.^[7] Gayatri Mantra is mentioned in Rigveda which helps individual in all aspects. Its chanting calms the mind, reduces depression, and creates positivity.^[8] All this positive energy gives a good and blissful starts to the day.

In *Vimansthana* Acharya Charka have suggested listening to pleasant music in the management of *Pitta Dosh*a Prakopa.^[9] As the afternoon is the time of *Pitta* predominance listening to pleasant instru-

mental music can help, especially in a pregnant women.

In India music is originated from Gandharva Veda and it is still the base for all type of music. Since ancient times music is being used in a therapeutic way. Even today especially classical music is being widely used for the therapeutic purpose. Raga Darbari Kanada is one of the classical Raga which have proved to be effective therapeutically. This Raga is listened at night time, it is effective in treating insomnia & has stress relieving action.^[10]

Hence, to assess the effect of music therapy combining Omkaara & Gayatri Mantra chanting in the morning, soothing instrumental music in the afternoon and Raga Darbari Kanada in the night in the pregnant women this topic was chosen for the study.

Aim: To study the effect of Music Therapy in *Garbhini*.

Objectives:

1. To study the *Garbhini Paricharya*.
2. To study the effect of music therapy in *Garbhini*.

Materials & Methodology:

Pregnant women who found it pleasant to listen to music of the study were selected from Niramay Yog Chikitsa Kendra, Pune. Total 30 pregnant women were selected according to inclusion & exclusion criteria.

Inclusion criteria:

1. Pregnant women above the age of 18 years.
2. Pregnant women who found it pleasant to listen to music of the study.
3. Pregnant women willing to trial & giving written consent.

Exclusion criteria:

1. Major neurological disorders like epilepsy, strokes etc
2. Pregnant women suffering from any critical disorder.
3. Not willing for trial & not giving written consent.

Withdrawal criteria:

1. Pregnant women willing to discontinue the trial.
2. Pregnant women not following the given instructions to the point.
3. Any other physical or mental condition not allowing pregnant women to follow / continue the regime.

PHASES OF TRIAL:-

1. DIAGNOSTIC PHASE
2. INTERVENTION PHASE.
3. ASSESSMENT PHASE.

1. DIAGNOSTIC PHASE-

Pregnant women were selected according to the selection criteria.

2. INTERVENTION PHASE-

After inclusion pregnant women were intervened by the music therapy for the duration of 7 days. Pre recorded music files of the trial were given in the mobile phones and were asked to listen in a comfortable & peaceful ambience of their home in the instructed sessions as below.

Included pregnant women were given music therapy in following manner;

- ❖ **Morning session-** Omkar chanting & Gayatri Mantra chanting.
- ❖ **Afternoon session-** Listening to soothing instrumental music.
- ❖ **Night session-** Listening to recorded Darbari Kanada Raga at desired routine time of sleep at night

Full counseling regarding treatment was done to the patient and her family members.

3. ASSESSMENT PHASE-

The effect of Music Therapy in the pregnant women was assessed on the basis before and after results of the questionnaire.

Follow up schedule-

- 1) **Before Treatment-** 0th day (baseline follow up).
- 2) **After Treatment-** 8th day.

DURATION OF WORK-8 Days

Assessment criteria:

Special questionnaire was prepared consisting of total five questions and assessment was done according to before & after scores. Gradations were done according to the following;

TABLE 1: ASSESMENT CRITERIA

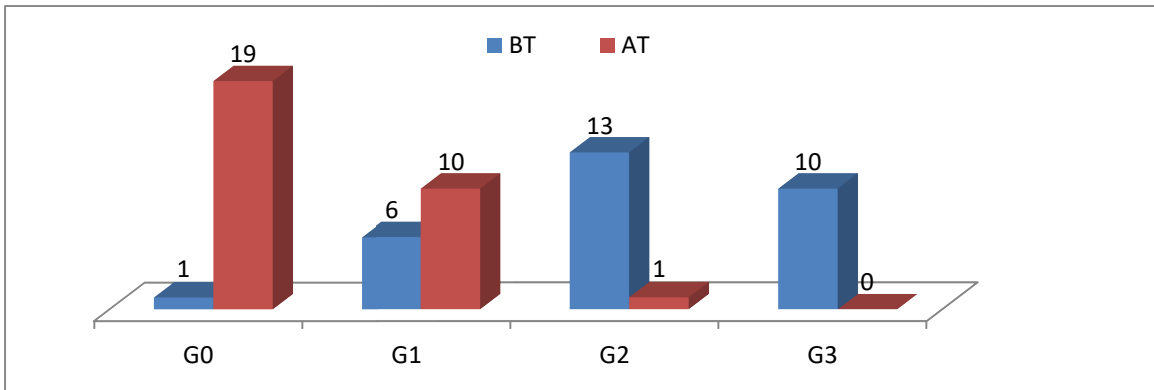
| Sr.No | Questions | Grade 0 | Grade 1 | Grade 2 | Grade 3 |
|-------|--|---------------|-------------------|-------------------|------------|
| 1 | How much sound sleep do you get every night? | Very much | Somewhat | A little | Not at all |
| 2 | Do you feel fresh after waking up in the morning? | Very much | Somewhat | A little | Not at all |
| 3 | How much relaxed you feel the whole day? | Very much | Somewhat | A little | Not at all |
| 4 | How much positive/negative do you feel in your routine? | Very positive | Somewhat positive | A little positive | Negative |
| 5 | How much attachment do you think you have between you & your foetus (maternal-foetal attachment)? | Very much | Somewhat | A little | Not at all |

Observations:

Efficacy of the therapy was assessed according to assessment criteria gradations before and after treatment. The grades were assessed on day 0th i.e.

before starting the music therapy and on day 8th i.e. after completion of the music therapy. The results obtained are presented graphically as below;

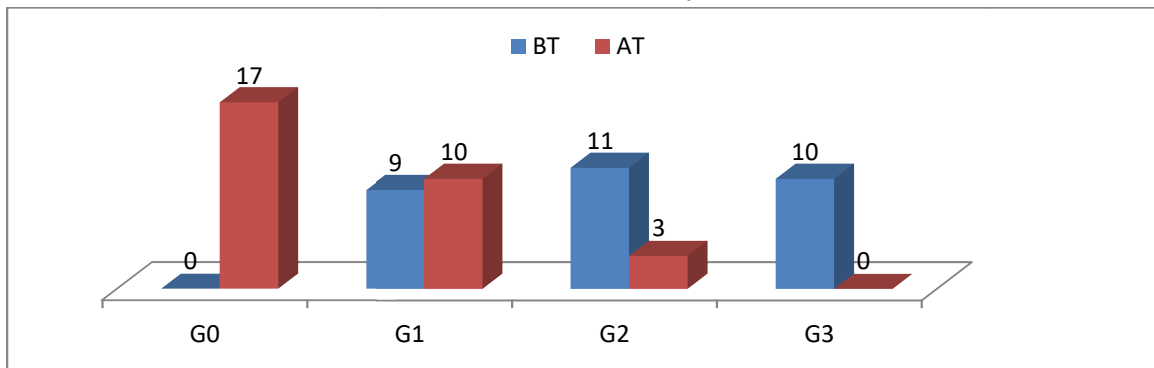
GRAPH 1: GRADATIONS FOR QUESTION 1



Above graph shows that in maximum pregnant women grades 3, 2, 1 reduced to grade 0 & grade 1.

It shows that music therapy improves sleep quality and provides more sound sleep to pregnant women.

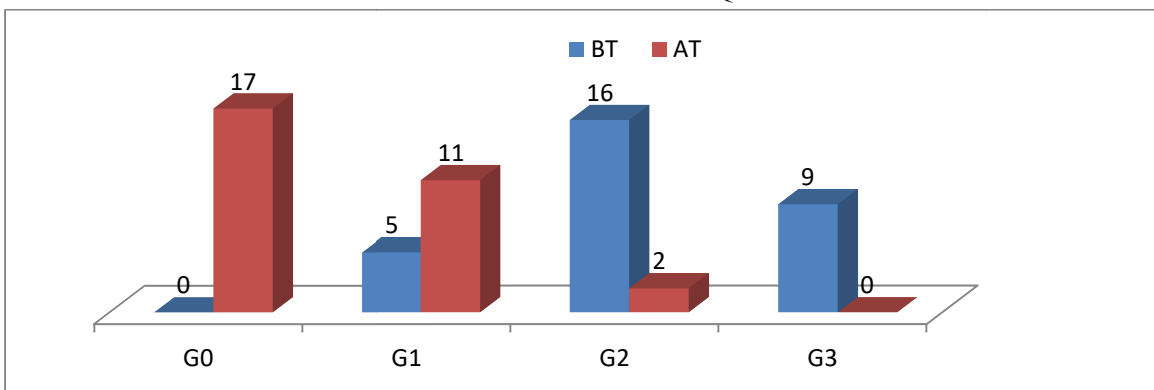
GRAPH 2: GRADATIONS QUESTION 2



Above graph shows that maximum i.e. 17 followed by 10 pregnant women got improvement upto grade 0 & 1 respectively. It can be stated that music thera-

py increases the feeling of freshness after waking up in the pregnant women.

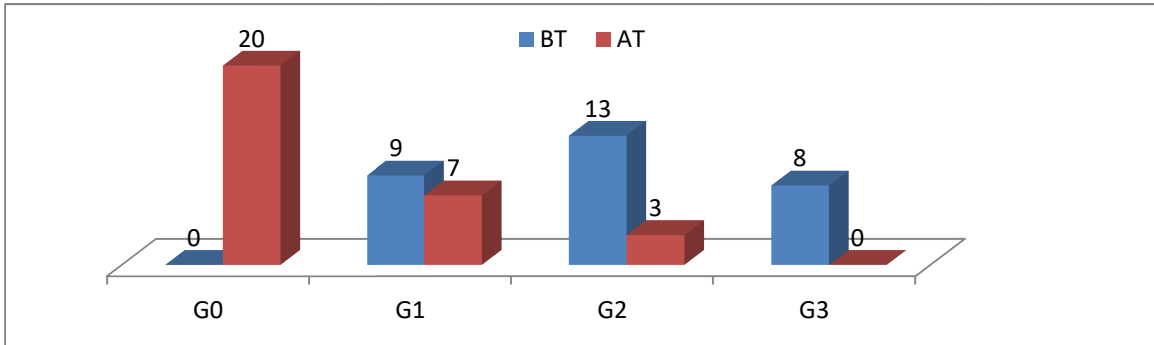
GRAPH 3: GRADATIONS FOR QUESTION 3



Above grade wise distribution of pregnant women of before & after treatment shows that, maximum i.e. 17 pregnant women got improvement upto grade 0

followed by 10 on grade 1 by the music therapy. Here it can be stated that pregnant women feels more relaxed by the music therapy.

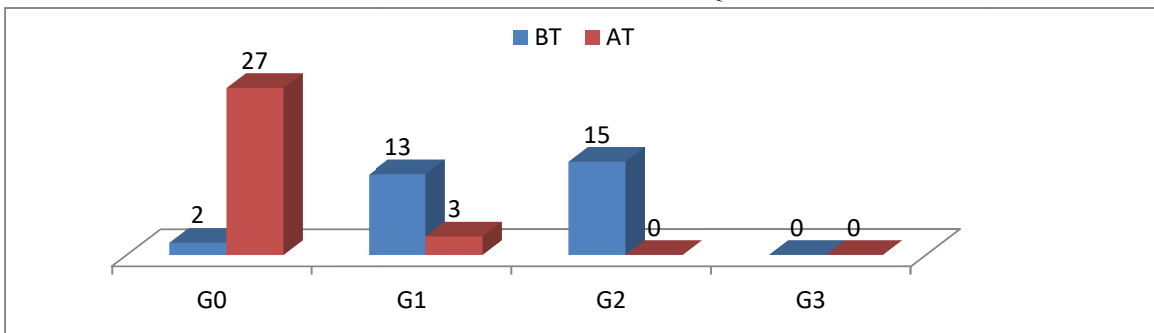
GRAPH 4: GRADATIONS FOR QUESTION 4



This graph shows that from higher grades of 1, 2 & 3 maximum i.e.20 pregnant women showed improvement upto grade 0. So, it can be stated that this

music therapy of three sessions makes pregnant women feel more relaxed the whole day.

GRAPH 5: GRADATIONS FOR QUESTION 5



Here in this graph we can see that all the pregnant women had the feeling of attachment with their foetus upto some extent but after the music therapy in maximum pregnant women i.e. 27 this feeling of

attachment improved upto grade 0. It shows that music therapy is very much effective in increasing the maternal foetal attachment.

Results:

TABLE 2: COMPARISON OF CRITERIAS BEFORE & AFTER TREATMENT

| Sr. No. | Question No. | AVERAGE BT | AVERAGE AT |
|---------|--------------|------------|------------|
| 1 | Question 1 | 2.06 | 0.4 |
| 2 | Question 2 | 2.03 | 0.53 |
| 3 | Question 3 | 2.13 | 0.5 |
| 4 | Question 4 | 1.96 | 0.43 |
| 5 | Question 5 | 1.43 | 0.1 |

GRAPH 6: COMPARISON OF CRITERIAS BEFORE & AFTER TREATMENT

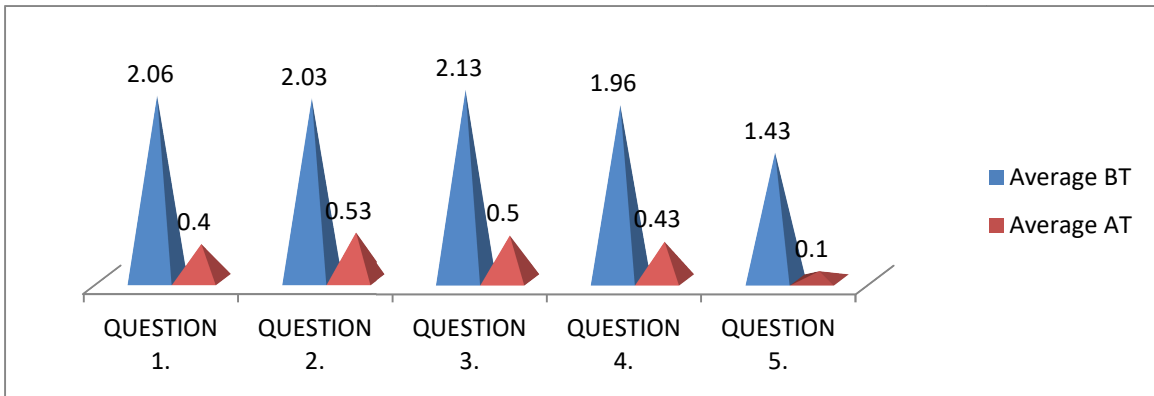
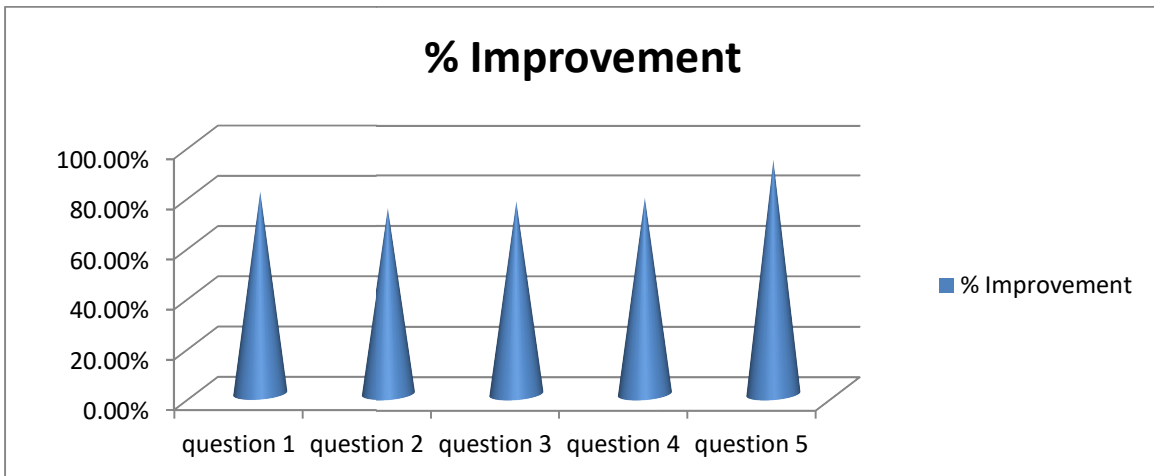


TABLE 3: CRITERIA WISE % IMPROVEMENT

| CRITERIA | % IMPROVEMENT |
|------------|---------------|
| Question 1 | 80.58% |
| Question 2 | 73.89% |
| Question 3 | 76.52% |
| Question 4 | 78.06% |
| Question 5 | 93% |

GRAPH 7: CRITERIA WISE % IMPROVEMENT



OVERALL ASSESMENT CRITERIA:

- A. <25% Improvement- unchanged
- B. 25% to 50% Improvement- Minor Improvement

- C. 50% to 75% Improvement- Moderate Improvement
- D. >75% Improvement- Marked Improvement
- E. 100% Improvement- Complete Improvement

TABLE 4: OVERALL ASSESMENT OF PATIENT

| Sr. No. | A | B | C | D | E |
|---------|---|-----|-----|-----|------|
| 1. | | | | 91% | |
| 2. | | | | 90% | |
| 3. | | | 75% | | |
| 4. | | | | 83% | |
| 5. | | | | | 100% |
| 6. | | | | | 100% |
| 7. | | | 71% | | |
| 8. | | | | | 100% |
| 9. | | | | | 100% |
| 10. | | | | | 100% |
| 11. | | | | 78% | |
| 12. | | | | | 100% |
| 13. | | | | 78% | |
| 14. | | | 75% | | |
| 15. | | | | | 100% |
| 16. | | | | 92% | |
| 17. | | | | 83% | |
| 18. | | 46% | | | |
| 19. | | | | | 100% |
| 20. | | | | 89% | |
| 21. | | | 67% | | |
| 22. | | | 62% | | |
| 23. | | | 60% | | |
| 24. | | | | 80% | |
| 25. | | | | 83% | |
| 26. | | | | 80% | |
| 27. | | | 75% | | |
| 28. | | | 56% | | |
| 29. | | 36% | | | |
| 30. | | | | | 100% |

Overall assessment shows that out of 30 pregnant women 9 got complete improvement, maximum i.e. 11 pregnant women got marked improvement followed by 8 pregnant women who got moderate improvement. Only 2 pregnant women showed minor improvement.

DISCUSSION

In this study out of 30 pregnant women majority of the women belonged to age group between 30-35yrs, followed closely by the age group of 25-30yrs this

shows the prevalence of pregnancy in these age groups. Result of the music therapy was not affected by the age.

Out of 30 pregnant women 12 were of *Vata* dominant *Prakruti*, 11 were of *Kapha* dominant *Prakruti* & 7 were having *Prakruti* of *Pitta* dominance. *Vata* & *Pitta* dominant had higher sleep issue. Maximum women were of *Madhyam Satva* followed by *Pravara* & *Avara* respectively. *Avara Satva* women were having higher grade complaints than that of *Madhyam* & *Pravara Satva*. *Avara Satva* women

with *Vata* dominant *Prakruti* showed less improvement than others. Pregnant women with *Pravara Satva* showed maximum improvement. Results of the therapy were not much affected by other specific factors such as diet, *Agni*, *Koshtha* etc.

On the basis of specially prepared questionnaire of 5 questions assessment of pregnant women & their state of mind was assessed from grade 0 to 3, before & after treatment.

It was observed that 2 women were already having very much attachment with their foetus. Rest 28 women were also having somewhat or a little maternal foetal attachment. There was no any pregnant woman who was not at all having maternal foetal attachment. After taking music therapy for 7 days 27 pregnant women were having very much maternal foetal attachment. 93% improvement was observed in this criterion. This indicates that this music therapy helps a lot to improve maternal foetal attachment. Second highest improvement was seen in the sound sleep. 80.58% improvement was obtained in this criterion after completion of the music therapy. It indicates that this music therapy plays an important role in pregnant women for having a sound sleep.

Feeling of freshness after waking up in the morning, feeling of relaxation in the whole day & positivity showed 73.89%, 76.52% & 78.06% improvement respectively. This indicates that in combination of three sessions this music therapy provides not only sound sleep & maternal foetal attachment but also provides much needed positivity, relaxation & early morning freshness to a pregnant woman.

Omkara chanting in the morning stabilizes the mind, provide calmness and serenity, normalizes the breathing, improves concentration with ease and improves blood circulation.^[11] Gayatri Mantra is mentioned in Rigveda which helps individual in all aspects. Its chanting calms the mind, reduces depression, and creates positivity.^[12] All this positive energy gives a good start to the day and creates positivity in & around a pregnant woman. Listening to soothing instrumental music in the afternoons gives

much deserved relaxation to a pregnant woman by its soothing effect.

Raga Darbari Kanada of the night session has many health benefits such as; it helps settle mental activity, mental ease, calmness & normal breathing. It gives restful quality of sleep. It is reputed to cure insomnia & induce sleep. In recent researches it is clinically proven to play an important role & giving relief in the management of insomnia. Due to these properties of Raga Darbari Kanada it helps in inducing sound sleep in pregnant women hence causing felling of freshness after waking up.^[13]

Many scientific studies have proved the effects of mother's thoughts, her state of mind and hormonal changes occurring due these good or bad thoughts affecting foetus inside the womb. Being happy facilitates the child health & well being.^[14] By the means of music therapy a mind of a pregnant woman gets into a positive and happy state. It facilitates establishing a feeling of attachment between a foetus & a mother to be.

Many pregnant women in the study insisted and continued the same therapy throughout their pregnancy. It can be used as one the best way of *Garbhasanskara*. Further studies should be done by adding more Holy Hymns chanting in the morning session. Specific afternoon Raga based soothing music can be added in the afternoon session for the maximum effect. Along with Raga Darbari more night Ragas can be used as a music therapy in the night session. As during & after this music therapy no any adverse effects were seen, it should be given for nine months by making above changes and the study can be done accordingly.

CONCLUSION

This specially designed music therapy of three sessions i.e. Omkara & Mantra chanting in morning, listening to soothing instrumental music in the afternoon & listening to Darbari Knada Raga in the night, is very effective in pregnant women. This music therapy provides positivity, relaxation, sound

sleep & feeling of freshness after waking up to a pregnant woman and plays an important role in increasing the maternal foetal attachment.

No any adverse effects were found during or after treatment.

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