

A Conceptual Review on the Effect of Raga Vrindavani Sarang on Rasavaha Strotas Dushti with Special Reference to Ati - Chintanat (Excessive Stress) as a Hetu

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Abstract—Stress (Ati-Chintanat) is a major causative factor (hetu) in the disturbance of Rasavaha Strotas, leading to imbalances that manifest as both physiological and psychological disorders. Ayurveda emphasizes the maintenance of mental calmness and systemic equilibrium through holistic interventions. Music therapy, particularly through classical ragas, has been increasingly recognized for its role in stress reduction and emotional regulation. Raga Vrindavani Sarang, a serene and soothing raga, is traditionally associated with relaxation and tranquility. This review conceptualizes its potential role in preventing and mitigating Rasavaha Strotas Dushti caused by stress. Integrating Ayurvedic principles with modern perspectives on music therapy, the article highlights the therapeutic significance of Raga Vrindavani Sarang as a non-pharmacological intervention for stress management.

Index Terms—Raga Vrindavani Sarang; Rasavaha Strotas; Dushti; Ati-Chintanat; Stress; Ayurveda; Music Therapy; Manasik Vyadhi; Non-Pharmacological Intervention

I. INTRODUCTION

Stress has become one of the most prevalent challenges of modern life, affecting physical, mental, and social well-being. In Ayurvedic literature, Ati-Chintanat (excessive worry or over thinking) is described as an important causative factor for

Rasavaha Strotas Dushti. The Rasavaha Strotas is responsible for the transportation and nourishment of rasa dhatu, which plays a vital role in maintaining systemic vitality. Disturbances in this channel lead to weakened immunity, mental instability, and chronic disorders.

श्रुतसुखमदं मु धुस्मनोअनुगानां च गीतवा□द्वाराणां श्रवण ।
(Cha.Vi.6/17) ^[1]

Music is a technique of complementary medicine that uses music prescribed in a skilled manner. Music Therapy is a branch of Ayurvedic science where music is used as an effective management for numerous diseases. Music therapy follows the principle that a sound (naad) generates some vibrations that tend to move in space and in the process produce some healing effects in the human body. The sharirik doshas i.e., vata, pitta & kapha and mansik doshas i.e., raja & tama can balance by this therapy. ^[2]

Indian rishis discovered the Raga chikitsa (music therapy), the therapeutic value of music. Samveda, one of four Vedas deals with music. Raga chikitsa has been explained in Ayurved also. Music Therapy is referred as 'Gandharvaveda' in Ayurveda. Ayurveda says maximum disorders are caused by imbalance of three doshas - vata, pitta and kapha. India classical 'Ragaas' have been acclaimed to have healing effects. A Raga, in Indian classical music, is

a melodic structure with fixed notes and a set of rules depicting a certain mood conveyed by a performer. They stimulate the brain, ease tension and remove fatigue. ^[3,4]

Music therapy has been practiced since ancient times as a means of harmonizing the mind and body. In Indian classical music, ragas are not merely melodies but specific combinations of notes designed to evoke certain emotional and psychological responses. Raga Vrindavani Sarang is particularly associated with inducing peace, reducing tension, and balancing emotions. Considering the increasing burden of stress-related disorders, exploring its role in the context of Ayurvedic concepts becomes highly relevant.

II. AYURVEDIC PERSPECTIVE ON STRESS AND RASAVAHA STROTAS

According to Ayurveda, Rasavaha Strotas is directly linked with nourishment and vitality. Its vitiation (dushti) is caused by several hetus, among which Ati-Chintanat occupies a significant place. Excessive mental stress impairs digestion, circulation, and manasik bala (mental strength), leading to psychosomatic illnesses. Classical texts emphasize that balance in manas (mind) is as crucial as balance in doshas for overall health. Thus, preventive and therapeutic strategies addressing mental stress are integral to the maintenance of strotas health.

Over thinking about any subject can affect the manovaha srotas (mental health). Mental health is responsible for proper physical development. Due to vitiation of rasavah srotas as hetu atichinta can affect dhatu specially rasa dhatu. Hence atichinta (excessive overthinking) vitiate **[Ch.Vi.5/13]** ^[6]

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III. RAGA THERAPY AND STRESS REDUCTION

Music, in Ayurvedic philosophy, is considered a form of manas chikitsa (psychological therapy). Specific ragas influence brain waves, hormonal secretion, and emotional states. Raga Vrindavani Sarang, belonging

to the Kafi thaat, is performed during the afternoon and is known for its serene and devotional essence. Listening to this raga has been reported to induce calmness, lower anxiety levels, and enhance positive emotions. Modern studies also suggest that exposure to soothing ragas can reduce cortisol levels, stabilize heart rate, and promote relaxation.

Stress negatively affects the immune system of the body. Compromised immunity increases the susceptibility to diseases. Furthermore, damage to neurons and shrinking of the hippocampus of the brain is known to occur in chronic stress. Alternative therapies like yoga, deep breathing and meditation promote relaxation, serenity, joy and reduce psychological disorders. Growing body of evidences suggest that music therapy may also have such beneficial effects on health, and it may also lower sleeping problems. ^[5]

Stress is characterized as a physiological reaction to an outside jolt that triggers the “fight-or-flight” response. ^[8]

Stress reduction has become increasingly important in health care practices of many professional fields, including music therapy. Continuous high levels of stress have been shown to negatively affect our health. ^[10]

Music Relaxation Technique has been put forward as a cost-effective and accessible intervention for symptoms of sleep disturbances, anxiety, depression and distress. Primary benefits of music therapy are being completely risk-free, showing cost effective and no side effects. Based on a psycho physiological theory synthesized from literature, sedative music induces relaxation and distraction responses, which reduce activity in neuro-endocrine and sympathetic nervous systems, result in decreased anxiety, heart rate, respiratory rate, blood pressure. Music has been found as a simple, safe and effective method of reducing potentially harmful physiologic and psychologic responses. Music Therapy can help in the release of the underlying pent-up energy and help in keeping many psychological and physical ailments away. ^[9,11]

IV. CONCEPTUAL CORRELATION

AYURVEDIC VIEW:

Ati-Chintanat causes imbalance in manas and leads to Rasavaha Strotas Dushti.

MUSIC THERAPY VIEW:

Raga Vrindavani Sarang reduces hyperactivity of the nervous system, helping in stress modulation.

INTEGRATION:

By calming the mind and reducing physiological stress markers, this raga potentially prevents strotodushti and preserves systemic harmony.

V. DISCUSSION

Stress-induced disorders are multifaceted, involving both mind and body. Ayurveda provides a comprehensive understanding of their causation through the concept of hetu and strotas dushti.

Atichinta can vitiate rasavaha srotas and vitiated rasa srotas can affect manavaha srotas and developed above enlisted problems. So by the help of music therapy can improve mental health. Good mental health can't have vitiated manavaha srotas. So as atichinta as rasva srotas dushti hetu can't affect the rasa dhatu.

On the other hand, modern science explains stress through neuro-endocrine mechanisms. Raga therapy bridges these perspectives by offering a natural and holistic means of regulating stress. Raga Vrindavani Sarang, in particular, holds potential as an adjunct therapy for stress management within the Ayurvedic preventive healthcare model. Its regular use may not only reduce the impact of Ati-Chintanat but also promote mental clarity, emotional stability, and overall wellness.

VI. CONCLUSION

The conceptual review suggests that Raga Vrindavani Sarang has significant potential in mitigating Rasavaha Strotas Dushti arising from Ati-Chintanat. Integrating Ayurvedic wisdom with modern insights into music therapy highlights the therapeutic role of this raga as a non-pharmacological intervention for stress management. Further clinical research is required to validate its efficacy and establish standardized protocols for its therapeutic use.

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