

Efficacy of Bhairav Ang Ragas as early morning time factor Modality in Homeopathy practice

Dr. Urmi Upendrakumar Jani

MD (HOMEOPATHY) MA (HINDUSTANI CLASSICAL VOCAL MUSIC)
 Professor, Head of department of Practice of medicine
 CVM Homoeopathic Medical College & Hospital (CVMHMCH)
 New Vallabh vidhyanagar, Anand, Gujarat.
 The Charutar Vidya Mandal (CVM) University

Abstract:

Traditionally each raga has an emotional significance and symbolic association with time and mood. Healing power of the music identically during the specific time will help the physician to find the way for betterment of the patient along with the most similar medicine. This article deals with the combine effect of music and time factor modality as a therapeutic approach in day to day practice.

Keywords: Bhairav, Calmness, Cortisol, Early morning, Homoeopathy, Indian classical music Modality, Prahar, Raga's wheel, Time Modality.

Objective:

Objective of this study is to compare and to understand the relationship between Bhairav ang raga and their timing in context of homoeopathic time modality factor as auxiliary measures in therapeutic practice.

Methods (Data sources):

Classical music literature; like, Sangeet visharad shashtra, Various articles related to music - Acharya Vishwanath Rao Ringe 'Tanarang', Effect of Time of Day on Performance, Hormonal and Metabolic Response during a 1000-M Cycling Time Trial, Influence of music on steroid hormones and the relationship between receptor polymorphisms and musical ability: a pilot study, 5 Benefits Of Starting Your Morning By Listening To Music, etc.

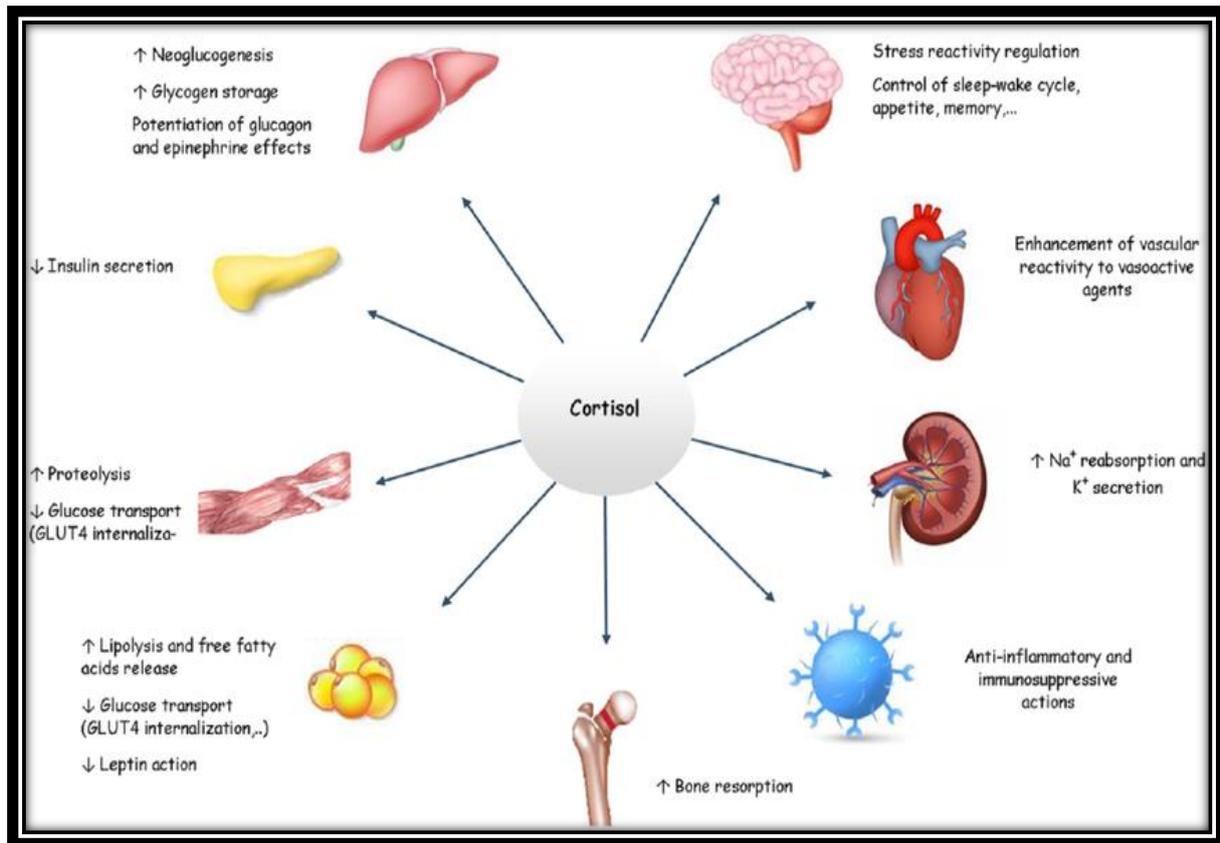
Homoeopathy literature: Boenninghausen's lesser writing, Allen's intermittent fever, Boger's Time modality and moon phases, Allen's the Encyclopedia of pure materia medica. Hering's The guiding symptoms of our Materia Medica.

INTRODUCTION:

In today's time many individuals grab a cup of coffee or check their emails as soon as they get up early in the morning which establishes their tone for the rest of the day.¹ **A variety of hormones vary across the 24-hour because they highly regulated by the circadian and sleep-wake cycles.**² Cortisol levels were markedly increased in the early morning hours with the peak in the morning and decrease linearly throughout the day with the lowest value being reached at 8:30 pm. This increase in the morning is indication for an increased physiological stress.³

It decreased significantly in both gender under influence of the Music which help a person to face the day with more serenity and peace.^{1, 4}

Early morning effect of music on living organism:		
Awakening effect on the spirit will elevate the mood	Cognitive function are markedly improves by increasing focus and productivity	It produce perfect atmosphere for an optimistic and successful day. ¹



ROLE OF CORTISOL IN PHYSIOLOGY⁵

MUSIC AND TIME MODALITY – RELATIONSHIP:

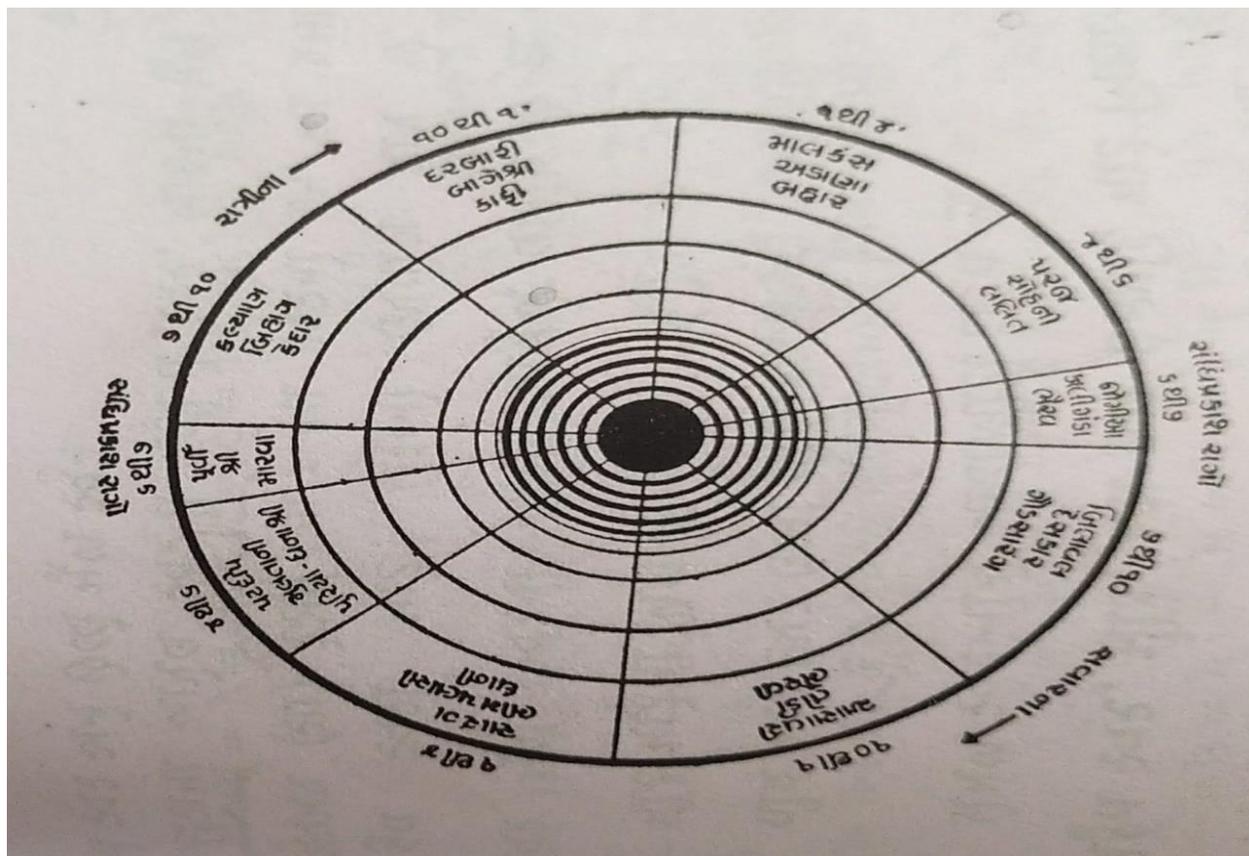
In Indian classical music, each raga has their own affinity to act on particular time but in exceptional cases ragas like Bhairavi can be sung or played anytime which is known as SADABHAHAR RAGAS.

A well-known Musicologist, Kumar Prasad Mukherji explains that the idea of rendering a raga at a designated time is credited to Bishnu Narayan Bhatkhande and it is fascinating to know that the concept is as old as 1920.⁶

Indian classical music ragas are also classified as per their efficacy in particular time of the day in relation with the sunrise to sunset. If we are considering one day as the 24 hours, then they will divide into total 8 prahar in which each is made up of 3 hours. According to our Hindu religion, sunrise is considered as a starting point for the 1st prahar which we roughly consider around 6 o'clock. Dr. Doshi further classifies this morning and early evening or night prahar ragas as "SANDHIPRAKASH RAGAS" [Bhairav, Jogiya, Kalingda – 6 to 7 AM] which falls under timing of 6 to 7 am or pm. In these ragas, shuddh madhyam (ma) is predominantly seen in comparison to the tivra madhyam (ma').⁷

The expression, pitch, tone, and specific arrangement of swars (notes) in a particular raga stimulates, ameliorates, and cures various ailments by inducing electromagnetic change in the body.⁸

In ragas, especially Bhairav and ragas that significantly produce a rich atmosphere in the morning, as they also know as the king of the morning ragas, which have most devotional, merciful, and profound nature. The komal Rishabh (re) and komal Dhaivat (dh) used in these ragas are oscillating, which is strongly recommended in these ragas to make the mood intense and produce a rich Ocean-like feeling in the person.⁹



RAGCHAKRAS⁷

SWARAS	Rishabh and Dhaivat Komal. Rest All Shuddha Swaras
JATI	Sampurna-Sampurna
THAAT	Bhairav
VADI/SAMVADI	Dhaivat/Rishabh
TIME	1st Prahar of the day (Sunrise)
VISHRANTI STHAN	S; m; P; d; - S'; d; P; r;
MUKHYA - ANG	r r S ; d d P ; G m d d P ; G m r r S ; ,N S;
AROH/AVROH	S r G m P d N S' - S' N d P m G r S;

RAG BHAIRAV⁹

HOMOEOPATHY AND TIME MODALITY – RELATIONSHIP:

Music has a very long history which has a deep roots reaching to the ancient Orphic school in Greece. Pythagoras, Plato and Aristotle all the famous stalwarts were aware of the prophylactic and therapeutic powers of music. Even Hippocrates, the father of modern medicine, used music to cure human diseases.⁸

MODALITY:

Dictionary explains Modality as, Modal quality, Natural modifiers of the sickness, and a specific mode in which some thing exists or is expressed/experienced.¹⁰

Dr William Boericke stated that¹¹, “The modalities of a drug are the pathognomic symptoms of the material medica.”

Modality can be defined as the circumstances of occurrence, aggravation and amelioration of any abnormal sensation reported by the patients.¹²

To select the similar remedy, time factor modality principally considered among all other because of its precision nature.¹⁰ since, the time of the Hippocrates to the modern era, great attention has been given to the period of time in various phases and stages of the disease.

Two major factors should always be considered during the choice of remedy which is mentioned by Von Boenninghausen in his book, The Lesser writings, as an explanation of the Hexamers 'QUANDO':

FACTORS	
1. Period of return of morbid symptom after longer or shorter period of cessation	2. Aggravation and increase depends on time of the day.

In drug proving on the healthy human being, homoeopaths also learn such peculiarities in the therapeutic practice which is based on law of similia.¹³

Dr Boger in his book "TIMES OF THE REMEDIES & MOON PHASES: explains about the different time modalities in relation to the medicines.

In that explanation, the medicine which is significantly effective in time period between **6 A.M to 7 A.M** are, Arum-T., Cal-P., Chin., Coc-C., Dros., Mezer., **Sulph.**¹⁴

H.C. Allen, in his work, "The Therapeutics of intermittent fever", also explains about the remedies and their paroxysmal time modality especially in relation to cases of fever. **6 to 7 AM** – Bov., Dros., Graph., Hep., Natr. M., Nux V., Sil., Stram., etc.¹⁵

6 to 7 AM time modality in Materia medica:

MEDICINE	SYMPTOMS
Bovista	<ul style="list-style-type: none"> ➤ Urging to stool without effect with passage of flatus at 6 am. ➤ Beating and roaring and Some fine stitches in the right side of the head at 7 am, when coming into room from cold air.¹⁶
China Officinalis	<ul style="list-style-type: none"> ➤ On waking, anxious thoughts, confusion, heaviness with feeling of weight in head, dull headache, and bleeding from the nose – between 6 to 7 AM.¹⁶
Chininum Sulfuricum	<ul style="list-style-type: none"> ➤ Headache started from forehead extends upto the occiput at 7 AM, which lasted for an hour. ➤ Drawing and cutting type of the pain in the intestine accompanied with diarrhea at 6:45 AM. ➤ Palpitation with abnormal impulse felt through chest at 6:45 AM.¹⁶
Coccus Cacti	<ul style="list-style-type: none"> ➤ Short cough after rising at 6 AM
Mezerium	<ul style="list-style-type: none"> ➤ Cough between 6 to 7 AM.¹⁶
Natrum Muriaticum	<ul style="list-style-type: none"> ➤ Nausea from 7 AM.¹⁶
Nux Moschata	<ul style="list-style-type: none"> ➤ Apparently nervous chill comes on every morning during fever at 7 AM.
Nux Vomica	<ul style="list-style-type: none"> ➤ Pain in forehead every morning from 6 to 12 PM. ➤ Tertian chill that last for 20 min. and hot stage last for 10 min. for 2 months at 7 AM.¹⁷
Silica	<ul style="list-style-type: none"> ➤ Violent chill between 1 to 7 AM. ➤ Sweat at 6 AM.¹⁷
Sulphur	<ul style="list-style-type: none"> ➤ Aching pain in the forehead at 6 AM, after waking which goes off after getting up and washing. ➤ Sneezing at 7 to 8 AM.¹⁶

RESULTS:

This work helps in the curative side of the medical practice esp. in cases of homoeopathy as it gives importance to the time factor modality which serves as a key to find the most similar remedy with the help of the above mentioned raga.

IMPLICATIONS AND CONCLUSIONS:

Time factor is a one of the very important section in the classification of modality which is helpful in case of disease diagnosis as well as medicinal prescription. Music is one of the types of the auxiliary therapy which help the physician to heal the patient. Each Indian classical raga has a special affinity for the particular time or prahar in a day as well as night. Homoeopathic literatures like, Boger's time modality and moon phases, Boenninghausen's lesser writings, Allen's intermittent fever, etc. have a profound number of material in relation to time factor. This article is specifically trying to show the beneficiary effect of the Bhairav ang raga in the 6 to 7 am time period in relation to homoeopathic medicine as a time factor modality.

REFERENCES:

1. 5 Benefits Of Starting Your Morning By Listening To Music [https:// 5 benefits of starting your morning by listening to music | The Times of India \(indiatimes.com\)](https://5benefitsofstartingyourmorningbylisteningtomusic|thetimesofindia.com)
2. Shechter A., Boivin D. B., Sleep, Hormones, and Circadian Rhythms throughout the Menstrual Cycle in Healthy Women and Women with Premenstrual Dysphoric Disorder Sleep, Hormones, and Circadian Rhythms throughout the Menstrual Cycle in Healthy Women and Women with Premenstrual Dysphoric Disorder (hindawi.com)
3. Fernandes A. L., Lopes- Silva J. P., Effect of Time of Day on Performance, Hormonal and Metabolic Response during a 1000-M Cycling Time Trial Effect of Time of Day on Performance, Hormonal and Metabolic Response during a 1000-M Cycling Time Trial - PMC (nih.gov)
4. Fukui H., Toyoshima K., Influence of music on steroid hormones and the relationship between receptor polymorphisms and musical ability: a pilot study. Influence of music on steroid hormones and the relationship between receptor polymorphisms and musical ability: a pilot study - PMC (nih.gov)
5. Oprea A., Bonnet N., Novel insights into glucocorticoid replacement therapy for pediatric and adult adrenal insufficiency https://www.researchgate.net/figure/Physiological-effects-of-cortisol_fig1_330836812
6. Chakraborty S., Ranganayakulu R., Chauhan, S., Solanki S., Mahto K., An interesting comparison between a morning raga with an evening one using graphical statistics by https://scholar.google.com/scholar?start=10&q=bhairav+raag&hl=en&as_sdt=0,5#d=gs_qabs&t=1713241620929&u=%23p%3DtztLBADmGkJ
7. Dr Doshi M., Sangeet visharad shashtra, paravin parakashan PVT. LTD., Rajkot, Gujrat.
8. Sarkar J., Biswas U., Indian classical ragas to cure diseases. https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=bhairav+raag&btnG=#d=gs_qabs&t=1713241416156&u=%23p%3DlmsKHVasGfEJ
9. Acharya Vishwanath Rao Ringe 'Tanarang', Tanarang, www.Tanarang.com - Hindustani Classical Music
10. STUDY THE IMPORTANCE OF TIME MODALITY IN SELECTING HOMOEOPATHIC REMEDIES USING BOGER'S SYNOPTIC KEY (PDF) STUDY THE IMPORTANCE OF 'TIME MODALITIES' IN SELECTING HOMOEOPATHIC REMEDIES USING BOGER'S SYNOPTIC KEY (researchgate.net)
11. Dr Tiwari S., essentials of repertorization, B. Jain Publishers (P) LTD
12. Dhawale M. L., Principles and practice of Homoeopathy, B. Jain Publishers (P) LTD.
13. Boenninghausen, The Lesser Writings, B. Jain Publishers (P) LTD
14. Boger C. M., Time modalities and moon phases, B. Jain Publishers (P) LTD
15. Allen H. C., The Therapeutics of intermittent fever, B. Jain Publishers (P) LTD.
16. Allen T. F., The encyclopedia of pure materia medica., B. Jain Publishers (P) LTD.
17. Hering C., The guiding symptoms of our Materia Medica, B. Jain Publishers (P) LTD.
18. Time Modalities" are considered principally as it can be precisely differentiating factor