

Effect of Sound as Music (*Naad* and *Shabda*) in Living Creatures

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Abstract— Sound as Music is believed to have two forms; the first being *Shabda*- that is being spoken by the common people and the second one is the *Naad* that is useful in Music. However, *Naad* has two parts- *Aahat* and *Anaahat*. In India, *Sound* has been related to the lord of Creation i.e. Lord 'Brahma'. The term *Naad* is deeply related to Music and the term *Shabda* is considered as the medium to express the feelings in our daily life. Since ancient times, these terms *Naad* and *Shabada* are not only used for expressing our feelings but also have been in use for the achievement of knowledge, in treatment, hypnotism as well as a means to be close to the God. It can thus be inferred that, with the help of sound and by following a disciplined daily routine with respect to good food habits, thinking etc. we can overcome almost all problems of our life. In Ancient times the practitioners of Music had not only to undergo a routine rehearsal of the above but also had to lead a strict and stringent living style, due to which an abundance of sacrifice, helping attitude, love, serenity, etc. existed among people. This implies that, the span of Music is not limited to teaching as a subject, but is a complete life in itself. In today's modern living-style there is a need to realize this. In this paper, an attempt to discuss this has been made.

Keywords— Music, Naad, living creatures, Ahat, Anahat.

I. INTRODUCTION

In a country like India, there exist several different concepts and theories behind the origin of Music, viz. spiritual, philosophical, developmental and scientific. However, all experts in the field of music together agrees to the single fact that, Music has originated from *Naad* i.e. sound.

According to the Indian noble scholar and famous musician, *Sharangdev* – not only the songs, playable instruments, rhythms and dance have evolved from *Naad* (sound) but also the nature in its entirety too has originated with sound and is filled all-around with it (*Naadatmak*) [1].

According to *Acharya Shubhankar* – without the existence of Naad, it is impossible for the *raagas*, *swaras* and *songs* to exist[2]. Even the basis of the whole Universe is *Naad*. Without *Naad*, existence of knowledge is meaningless. Even *Lord Shiva*, who is believed to be the protector of this existing nature, himself symbolizes *Naad(OM)*. In other words, absence of *Naad* implies there is no Lord Shiva, and that is impossible [2].

Due to the above reasons, *Naad* has been considered to the form of *Lord Brahma* himself (i.e. *Brahmaswaroopa*) and the embodiment of *Naad* or the word *Brahma* by any individual

within himself or herself gives the realization of the greatest truth of this Universe- *Parbrhama*. This realization or achievement of *Parbrhama* does not mean mere closeness to God or Goddesses but it implies the achievement of complete knowledge, a good conscience and all round success. In other words, a completely disciplined and satisfied life.

II. DISCUSSION

Basically Two types of Bodily Naad (*Shariri Naad*) is known:

1). *Ahat Naad*- a sound that is produced by friction or by striking.

2). *Anahat Naad*- a sound that is produced without friction or striking.

Among the above two forms of *Naad*, the first one i.e. *Ahat Naad* is only popular since the *Anahat Naad* is extremely feeble (sound) and can only be realized by a few during deep meditation. That's why , with the passage of time its importance has also faded, and remained limited to a handful of people practicing deep meditation.

But now a day, the importance of meditation in our daily life has started to be realized by many and has become an integral part of life, being universally accepted too. The implication here is that, people have started learning and realizing the importance of meditation i.e. *yoga* .

In this era, people have again started practicing the disciplines and teachings that were followed/ practiced by our ancestors. Yoga, physical exercises, correct fooding and sleeping habits, discussions on spirituality and moral values etc have become an integral part of people's daily life.

It is believed that human body is built up with five matters or components i.e.(*Air, Water, Fire, Earth, and Sky*), in other words *Panchatatva*. There exists *Seven Chakras*, that controls our whole life. They are named as follows:

1. Muldhara Chakra
2. Swadisthana Chakra
3. Manipura Chakra
4. Anahata Chakra
5. Vishuddhi Chakra
6. Agya Chakra
7. Sahasrara Chakra

The *Vaayu*(air) of Anahata Chakra (4th Chakra located in the middle of our chest), when it comes in contact of the *Agni*(fire) then the friction caused between them originates *Naad*(sound).

Naad is believed to exist in different forms or classified into the following types:

- a). When it originates from the *Navi* (Umbelicus), it is too feeble to be heard(very low pitched) – *Atishukshma*.
- b). When it originates from the *Hridaya* (Chest), it is low pitched – *Shukshma*.
- c). When it originates from the *Kantha* (Throat/ Voice box) ,it is clear.
- d). When it originates from the *Talu*(Palate), it is *Apustha* or *Awvyakt* (inexpressible).
- e). When it originates from the *Mukha* (mouth), it is artificial - *Kritrim*.

There exist scientific explanations behind all of the above types of *Naad*. Also while singing, when we use the *three Octaves*, then in all of these three octaves we use our belly, chest and mouth(*mukha*) for producing sound.

The three attributes of *Naad* are – pitch, intensity (volume) and timbre (quality), that describes a *Naad*. If there is a minimum of 16/20 vibrations per second in the sound and the maximum number of vibrations are 40,000 times per second, then the sound is said to be within the range or limits of *Naad*. However, *Naad* that is considered to be useful for singing, fall within the range of 20 to 4000 vibrations per second only.

According to Glabe Anfilov, in his book of *Physics of Music*[9] has stated that sound vibrations of 16 times per second may be named as *whispering*. A sound comprising of 21 vibrations per second(although a very small frequency), is audible to normal human ears. Almost all sound with vibrations ranging from 1000-2000 times per second are considered to be melodious. In particular, females were considered to have a voice in this range. But, according to Glabe, females may have much greater range than is mentioned above.

The Persian singer Mador Robin(died 1960), could sing to a level of as high as 2300 vibrations per second. Apart from this, the Indian Classical Music singers like Shobha Mudgal, Begum Parveen Sultana etc. falls in the same group who could sing at much higher octaves. If the frequency of voice used in singing, range more than 2500- 3000 Hz, then it becomes non-melodious and is known as shouting (noise).

Ahat Naad is also considered to be of two types:

Regular and stable vibrations- these are considered as melodious or vibrations useful for singing.

Irregular and unstable vibrations- these are considered as non-melodious and harsh.

Naad or sound produces a great impact on our life-style. Through psychological studies it has been established that, the mental status(understandability, thinking capability etc) are greatly affected by the type of sound one listens for the entire day or for long hours. Consequently, their life is also badly affected.

The practice of modern life-style has surrounded us with ailments like tension, depression, anxiety, high temperament (angriness) etc, which is directly affecting our digestive system, resulting into loss of appetite, indigestion, constipation, etc. This has now become a part of our daily life. At this juncture, it becomes essentially important that we should all include *yoga* (*Anahat Naad*), in our living style.

III. CONCLUSION

After several studies and researches it has been concluded that people residing in Metro-cities has a life-style where there is lots of hustle and bustle, everywhere people can be seen shouting at each other, noise of running vehicles, their screaming horns and self-centered people continuously running after small monetary gains, can also be seen. They are living it as a part of their daily routine life and consequently seen to be suffering more from the ailments (stated earlier in the discussion) than those people residing in the villages or rural areas. The poison of never ending ambition of becoming more esteemed with respect to power and money along with noise all around, have grabbed people into its grip so badly that it is dragging their life towards an emptiness(lifeless feeling) at a much faster pace where only Music and *yoga* or *Anahat Naad* is the only path of rescue, that remains.

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Mitali Mukherjee was born in the year 1985 in Jharkhand, India. She has earned Master’s Degree in Indian Classical Music, M.A (Music), from JWC, Jharkhand, India. She has also been awarded with *Sangeet Visharad* and *Sangeet Bhaskar* from Indian University. She has a few good publications in national and international journals of repute. She is a passionate teacher and has taught Indian Classical Music for several years both at UG and PG level in Indian Universities. She is currently exploring the effect of Ragas (Music) in living beings. Her field of research also includes Aesthetics and scientific studies of Ragas of different Thaats.