



Appraising Emotions Post Raga Intervention: the ability of ragas in managing mood states

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ABSTRACT

Objective: To appraise the emotions post-*raga* interventions, and to explore the application of select *ragas* in their ability to invoke desirable mood states.

Mode of study: Mixed methods, employing both qualitative and quantitative methodologies.

Methods: It is described in great detail in the classical text (*silappadikaram*) about the various Indian classical ragas and the *Rasa*(emotion) each individual raga evokes. For this study, 9 Indian classical ragas are selected, the ragas and the particular emotion it evokes are as given below:

<i>Raga</i>	<i>Emotion</i>
<i>Natta</i> <i>and vibrant</i>)	<i>(Ecstasy/hyperactivity, feeling happy</i>
<i>Saramati/Charukesi</i> <i>near-death period)</i>	<i>(Devotion, connection with God, reflections of one's life,</i>
<i>Mohanam</i>	<i>(Happiness)</i>
<i>Yamankalyan</i>	<i>(emphatic ; happiness)</i>
<i>Shubhpanthavarali</i>	<i>(sadness, remembering the bereavement of a loved one)</i>
<i>Bhoopalam/Bowli</i>	<i>(elegant dawn/dusk experience)</i>

15 healthy subjects will be recruited for the study in the age group (25-35 years) and each person will be given a select Indian Classical Raga Intervention (ICRI) for about 10 minutes, with GSR (Galvanic Skin Response) sensor connected to the forefinger, and the physiological data such as EDR/GSR, HRV, BVP will be recorded in the Interfaced Computer Software Database (ICSD). Gas Discharge Visualization (GDV) equipment will be used to measure the prana/chi/energy fields in each subject post ICRI and data will be recorded in the ICSD.

Following the ICRI, in-depth detailed interview of the subject will be taken.

Once the study is completed with the recruited 15 subjects, 8 subjects randomly chosen from the same group will be assembled together and ICRI will be done, and GDV recordings of each individual subject will be performed, and Focus Group Discussion(FGD), with those 8 subjects will be conducted and videotaped, and the experiences, will be studied and the common theme, and the aspects which are commonly described and those which are not commonly described, i.e., unique experiences/comments will be studied and recorded in detail.

The neural correlates of these ragas will be studied in detail using pre-post fMRI study and will look to correlate the findings with simultaneously acquired EEG.

The functional differences in the activation regions, between normal healthy subjects and advanced meditators post ICRI (we hypothesize an increased coherence length/span post ICRI in advanced meditators) is another prospect of this study.

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