

## **Nada Meditation as an Intervention Strategy for Anxiety of Ageing**

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### **Abstract**

Today most of the old people are suffering from anxiety and stress, and these have become a common problem of the society. Anxiety is one of the greatest problems of human beings. Nada meditation is an essential part of yoga. The purpose of the study was to investigate the effect of *Nada* meditation on Anxiety of Ageing. The Sample consisted 30 subjects who were within 60 to 65 ages, sample was selected through Accidental sampling and applied Single group Pre-Post test design. The duration of the study was one month. The data analyzed by paired t-test that showed significant changes on anxiety of ageing. Hence, it can be concluded that nada meditation puts a positive effect on the reducing anxiety of old people.

**Key word-** Nada Meditation, Anxiety, and old age people.

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Generally, everyone suffers from mild anxiety from time to time, but chronic anxiety takes a tremendous toll on the body, draining energy resource and keeping the body in a constant state of stress. Anxiety is usually the emotional state of mind where an apprehension of danger or loss or suffering in a prominent feature. Anxiety is a major hurdle. All over the world, the categorization of senior citizens is based purely on age. This varies anywhere between 60 and 65. A very painful definition of a senior citizen has been

given as “a person who lacks basic motor skills and the ability to hear, drive, stand up straight, walk, think clearly, or provide basic financial support for him/her self.” According to Fruid (1920) “ Anxiety is the specific stat of unpleasure accompanied by motor discharge along definite pathways.”

Ageing is a progressive, generalized, impairment of cell function resulting in loss of adaptive response to stress and increasing risk of age related diseases and disabilities. Thus, gradual decline in

cell function finally leads to death. Birren & Schaie (2001) told that ageing is one of the most complex subject for human to face, and for science to analyze modification of our behavior is often required by a changes in bones and muscles or an illness.

In ageing lots of psychological and physiological dystrophies occurs due to their increased age and decreased physical potential such as degeneration of cells, weakened immune system of the body, memory, attention, learning, language, perception etc., but other many factors adds more to it as lack of emotional support, low economic status, loneliness, insecurity, anxiety and fear of death. These factors increase the causes of diseases & death. These problems are called psycho physiological problems, which show, in physical level but the causes of these problems are not physical but psychological.

The relationship between somatic illness and mental disorders is likely to be reciprocal but the mechanisms are far from understood, biological and psychological factors are thought to play a role. This stage of life is not full of energy and there is degeneration in every cell. In this age many negative feelings like loneliness, fear of death, lack of social support and feeling of burden etc., are felt by older and they want emotional support. These factors increase the rate of diseases and long duration of these diseases create psychological problem .

In these psychological state anxiety is one of very frequent in ageing, it also increases their risk of death. According to Caplan and Lydiard (1998), there is a reciprocal relation between body & mind, any stressful situation, environmental or

emotional develops disturbances in our body and mind that disturbs our whole life.

According to Udupa, (2000), anxiety is an excessive out pouring of acetylcholine from the region of cerebral cortex. Soon the autonomic nervous system is also stimulated, especially the sympathetic nervous system leading to too much of turn over of adrenalin and nor-adrenalin. When these neuro-hormone circulate in blood they produce a series of changes in the functions of different organs, such as tachycardia, hypertension, tremors, excessive perspiration etc. because of the interference with circulation in skeletal muscles there occurs anaerobic cellular metabolism leading to excessive liberation of lactates into the blood, this will rise the occurrence of psychosomatic diseases. There are several studies of the brain, including PET and f-MRI has identified several brain areas linked to anxiety or psychological problems (Davidson, et all 1999).

Most of these studies consistently implicate anterior limbic/paralimbic regions (Baxter,et all 1998), such as cingulate (Nordahl, Benkelfat , Semple, Gross and King, 2000) as well as amygdala and hippocampus and thalamus and hypothalamus in most types of mental disturbances (Swedo,et all 2004). There is evidence for associations between anxiety and several neurotransmitters and hormones, including excitatory amino acid glutamate, inhibitory amino acid  $\gamma$  -aminobutyric acid, and other neurotransmitters and neurochemical compounds such as catecholamines, dopamine, cholecystokinin, corticotropin-releasing hormone.

Any practice or technique of meditation that brings about complete cessation of consciousness is called laya yoga. There are many sadhanas recommended in layaYoga among them nada yoga is one. The word nada is derived from the Sanskrit root *nada*, meaning 'to flow'. Hence, the Etymological meaning of nada should be a process or a flow of consciousness. Ordinarily the word nada means sound.

Unconsciously the respiration pattern is unrhythmic in human life. Benson (2000) suggested that the more oxygen gives better brains function. One third of all the oxygen used in our bodies goes directly to the brain. During practicing *Nada Sadhana* (as a music therapy) all mental-physical disturbances are reduced because oxygen is very important component for body and brain. Increasing the flow of oxygen to brain will accomplish two things. First, it will activate the areas of brain that are usually inactive from lack of blood. Second, it will slow down the constant die off of brain cells. Allen, (2001); A pioneer researcher on the effect of music on cardiovascular response to stress says that "Patients like it, it's cheap and effective, and has no negative side effects. Hospitals could offer it and be heroes to their patients."

The issue of the alleviation of stress was addressed by Hammer (1996), who studied the relationship between music therapy and participants' perceived stress level. Participants participated in music therapy sessions that included relaxation techniques and guided imagery. The Stress Scale was administered before and after the music therapy sessions. In the experimental group, there was a perceived decline in stress levels after the music therapy sessions. These results

suggest that music could be effectively used to reduce stress.

"Nada Yoga" is the classical term for the Yoga of Sound in the Hindu tradition. It

Is a stream of sacred sound that embraces Hatha Yoga, the occult linguistics of Tantra, and the spirituality of classical Indian music? By including the nonlinguistic element of music, Nada Brahman augments the Shabda Brahman of the Vedic tradition, as well as the differentiation of energy in the chakras discovered by the Tantrics. While Bhava Yoga chooses only those frequencies that we classify as music in our earthly appreciation of sound, Nada yogis incorporate the full spectrum of frequencies — both those that are audible to the human ear and those that are inaudible — within the field of their yoga practice. This means that all forms of earthly music, the sounds of space, and even the entire electromagnetic spectrum of frequencies are included within this range of perception." Human hearing lies in the range of between sixteen and twenty thousand hertz. "Frequency" refers to the number of wave cycles that occur in one second, giving rise to the experience of high and low tones. Wavelength gets longer as the frequency (or pitch) decreases. Although we may not "hear" all the frequencies that exist in our universe, we are affected by these waves at every moment, and we in turn affect these frequencies by our own sounds and activities. Throughout space, we find sounds emitted by such phenomena as the hum of planets, the gaseous states of the sun, and pulsating rhythms from the stars. Often, these sounds are similar to our earthly music. Nada-Yoga Indian Healing Technique is the most ancient and primitive. Human societies across the world have

recognized the power of sound vibrations as they affect the mind and the body.

चित्तानन्दतदाजित्वासहजानन्दसम्भव ।  
दोशदुख जराव्याधि क्षुधानिद्राविवर्जित ॥

-Swatmaram (2001)

In flouncing from Nada sound practitioners get victory over fluctuation of mind. It arises bliss of Mind and soul. Man becomes free from Vatta, Pitta, Kapha and also from hunger, thirst, Sleep, and also from old age disorders. He becomes brave and his body Spread divine smell everywhere and that yogi becomes free from all diseases.

Music therapy is the unique application of music to enhance personal lives by creating positive change in human behavior. It is the use of music and music intervention in order to restore, maintain and improve emotional, physical, psychological and spiritual health and well-being. (Fagen 1982).

In present study, the researcher took Nada Meditation introduced by reverend Gurudev Pt. Shri Ram Sharma ‘Acharya’ as independent variable which gives coolness and healing to the brain & body.

**Result -**

**“There will be no significant effect of *Nada Meditation* on anxiety level of Ageing”.**

Table	N	M	SD	R	t-value	significance
Pre	30	18.73	7.21	0.93	6.54	Significant at 0.01 level
Post	30	8.61	4.12			

N=30, SED-1.54, df-29

The main objective of this study was to measure the effect of *Nada meditation* on anxiety of ageing.

## RESEARCH METHODOLOGY

### Sample size:

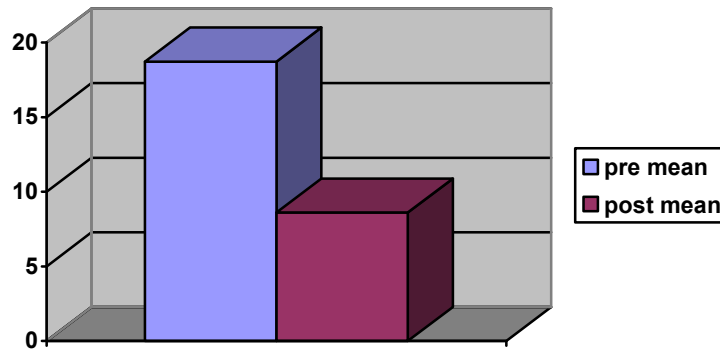
In this study, researcher recruited 30 participants through accidental sampling. All the participants were the age 60 to 65.

### Tool description:

Anxiety Scale was used to measure the participants' current level of anxiety which is prepared by A.K.P. Sinha (1995). The Reliability of this test was 0.85 and Validity of this test was 0.62.

### Procedure :

In this study single group pre test and post test design was applied. Practicing group performed 15 minutes daily practice of Nada meditation for 30 days in which they concentrated the music. After collection and scoring of research data, scores were statistically analyzed through paired t- test.



From the result table it is clear that t value is significant at 0.01 level of confidence. Therefore, “Null Hypothesis” has been rejected. This shows that there was a significant effect of Nada Yoga on anxiety level of ageing.

#### **Discussion and Interpretation:**

##### **“Music and Stress both are related to Emotion”**

In old age, there are various factors that contribute to the development of Psychological and physiological problems like stress, anxiety, depression, hypertension and insecurity. Any kind of stressful conditions in old age can deteriorate mental and physical health dramatically because there is a reciprocal relation between body & mind. Yoga techniques are very effective for balancing the body and mind. In all techniques nada meditation is one of them and more helpful in old persons.

According to Cromie (2006), Inner ear contains a spiral sheet that the Sounds of music pluck like a guitar string. This plucking triggers the firing of Brain cells that make up the hearing parts of our brain. At the highest station, the auditory cortex, just above our ears, these firing cells generate the Conscious experience of music. Different patterns of firing

excite other ensembles of cells and these associate the sound of music with feelings, thoughts, and past experiences. Pandya (April, 1994) said that “Devotional practice of meditation with purity of thoughts results in the secretion of various neurotransmitters like Dopamine, Acetylcholine GABA, Serotonin, Endorphins and enkephalin in regulated manner which in turn increases the internal happiness, concentration, memory, emotional maturity and over all body energy of the practitioners. India has the longest history of a rich music culture and heritage and the most resourceful healing traditions like Raga - Chikitsa, Nada Yoga and Vedic recitals which places sound and music at the centre stage of healing processes.

*Nada Sadhana* is another technique for reducing the psychological problems of older. The word nada is derived from the Sanskrit root *nada*, meaning 'to flow'. Ordinarily the word nada means sound. Every types of nada (ANAHATA, NADA and AHATA) are likes sound or music. So where the music is rendered absolutely scientific and classical in order to experience the *nada*. The development of musical systems in the past was done strictly in accordance with the views of *Nada sadhana*. The well-known and most ancient *Sama Veda* is always sung with a scientific accuracy

and in accordance with *Nada sadhana*. At different stages of conscious awareness; the mind is easily attracted by different waves of *Nada*.

*Nada Sadhana* is the science of sound-music, which influences the human body and brain or mind also. Boldt (2002) a neurologist said, "man can activate different parts of the brain by music, depending on what music you listen to". Therefore, music can stimulate parts of the brain that are under active in neurological diseases or a variety of emotional disorders such as stress, anxiety, depressed feeling, fatigue. In relationship between mechanism of music and brain, ears play an essential role. The ear converts sound waves into movement by vibrating specific parts of the middle and inner ear. This movement is then converted into electrical signals that travel in the eighth cranial nerve (vestibulocochlear nerve) to the brain. Through the ear all auditory information travels first to the brain stem, then to the thalamus, and then to the auditory cortex in the temporal lobe on both sides of the brain near to the limbic system. Therefore, after one month *Nada Sadhna* practice the subjects decrease their negative activities of the mind and body.

*Nada Sadhna* helps to maintain and improve our emotional maturity for self-control, self motivated, balance in all things. Music therapy can be effective at promoting relaxation, relieving anxiety, stress and treating depression. Therefore, well-being is also increasing in physical, mental, social, emotional health. There have been many experiments, which have looked the brain processes during classical music (*Nada*). Jourdain, (1997)

study on relationship between brain and music, using the EEG have shown that both the right and left hemispheres are responsive for music (*Nada*).

*Nada Sadhana* is one of the music therapy or technique for maintaining body processes and brain activities. Gold (2009): Results showed that music therapy, when added to standard care, has strong and significant effects on global state, general symptoms, negative symptoms, depression, anxiety, functioning, and musical engagement. Significant dose-effect relationships were identified for general, negative, and depressive symptoms, as well as functioning, with explained variance ranging from 73% to 78%. Small effect sizes for these outcomes are achieved after 3 to 10, large effects after 16 to 51 sessions. The findings suggest that music therapy is an effective treatment which helps people with psychotic and non-psychotic severe mental disorders to improve global state, symptoms, and functioning. Slight improvements can be seen with a few therapy sessions, but longer courses or more frequent sessions are needed to achieve more substantial benefits

Podolasky (2006) told that Singing and playing music enhances blood circulation, toxins are removed and very effective in the treatment of heart disease. Hence, by such facts and because of the researches conducted it can be interpreted that music has immense power of eliminating psychological as well as physiological disturbances. This small yogic management for anxiety problem of elders is very much effective.

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