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## Indian music and aesthetics-Its relation and significance

**Dr. Sudarshana Baruah,**  
Lecturer, DIET, Govt. of Assam, India

### Abstract:

Aesthetics is recognized as a branch of philosophy, along with the philosophy of science; philosophy of ethics, logic, etc. Since Plato's time, aesthetic thought has always existed. Aesthetics is the study of art and beauty is regarded as a distinct field. The aesthetic concept is first introduced by western philosopher Baumgarten in the 18th century.

It is the subfield of philosophy. Aesthetics encompasses a variety of human emotions that have a psychological connection. Indian music scholars and ancient play writer and scholars like Bharat, Abhinavagupta, and others share this viewpoint. Bharat elucidated eight types of aesthetic sentiment that emanate from the level of man's basic psychic content and it also generate emotional feelings such as fear, love, etc. These mental and emotional dispositions manifest through the medium of tonal sound. The emotional presentation of sound or sequences of sound or tones is the self-expression of the artist. Creative art expression depends on the artist's aesthetic sense, mood, and circumstances, which they have faced and experienced in their lifetime.

**Key words**-Music, Aesthetics, Indian music, Natyashasta, Rasa(emotional expression) and Bhava(mood) relation

**Objectives**-The objective of the paper is to showcase the philosophical thinking and sense of creating musical art by the artist and also express the relationship between Indian music and aesthetics.

**Methodology**-Observation, Published materials like books, journals, newspaper, audio visual media resources.

### Introduction-

The expression of body movements, hand gestures, and facial expressions in dance and drama are symbolic representations of man's inner depth. Both artist and listeners or viewers physically express their mental states through body movements. The movements of the physical body are exercised as a result of reflex action, which corresponds to the alteration of the mind. A beautiful piece of music expresses the aesthetic feelings of love, devotion, anger, hatred, egoism, and so on. For example-If we talk about drama there are many things correlated and these are-light, costumes of artist, decoration of stage etc. In a drama music or sound plays a major role and it is been used to express various feelings or moods i.e. love, anger, hatred, sadness, etc.

Poets composed their contemplative compositions in response to sacrifice colours, shapes, movements, and artists' emotions. In music when language and tune or compositions are combined and assimilated with each other aesthetically and creatively, the expert artist may elicit deep emotions and feelings through their performances and the audience may perceive *rasa*(emotion ).

## Philosophical Aesthetics and its relation with Music-

Philosophical aesthetics examines the relationship between art and traditional philosophy. Philosophy has typically been concerned with issues of truth, knowledge, reality, and significance. Therefore, the philosophy of art or philosophical aesthetics consists solely of the examination of such issues about art. Philosophical aesthetics examines the art of expression, emotions, creativity, imagination, *rasa* expression, etc. The expression typically refers to the verbalization of our thoughts or the physical manifestation of our emotions. Human use songs and dance to express their happiness and sadness, stories and experiences happened in our surroundings. Artist expresses their joy, sorrow, awe, and reverence through the vibrant tones and balanced rhythms of their songs and dances. Examination of such issues is related to the art. To clarify what philosophical aesthetics is and what it does is an important subject of study. However, this point must be elaborated upon at length. There are possibilities of research work on this field.

Philosophical aesthetics examines, the art of expression, creativity, imagination, *bhava*(mood), and *rasa* (emotion) and about philosophical aesthetic (beauty)of a creative art, which pleases the audience's mind after watching or listening the art work. 1

Aesthetics covers both natural and artificial sources of experience of artist as well as audience. It considers what happens in our mind, when we engage with an object or with environment. An artist tries to express *bhava* (mood) and feelings and experiences through his/her art work. It depends how aesthetically artist could be able to express his thoughts and feelings. If the audience can be able to connect with the art created by the artist or we can say if the audience could be able to connect with the *bhava* (mood) of the artist, audience would be able to easily taste the *rasa* elicit from the art work. Without aesthetic sense of the artist it is impossible to elicit *rasa* or feelings.

Beautiful artwork impacts on our mind or thoughts. Suppose, if the artwork of an artist, cannot impact or unable to set an impression on the audience's mind, then the artwork is not considered as successful. If an audience unable to connect with the aesthetic sense and mood(*bhava*) of the artwork, then it means that the artwork isn't successful. For example-if an artist performing a drama, the artist must have to express his/her *bhava* through the character and dialogues. The actor has to express anger, fear, laugh, and sadness according to the situation and the audience must have the sense and good set of mind to connect with the art. In other words, we can say if an artist would be able to present his/her art beautifully or aesthetically, which may be pleases the audience's mind and satisfy the soul, then the artist's artwork is regarded as successful. But it also very important for an audience of art to be always in good state of mind, when come for enjoying an art work.

This way *bhava*(mood) , *rasa*(emotion) and *saundarya*(aesthetic sense) of artist and audience are interconnected.

Aesthetics are 2 types. Aesthetics of nature and aesthetics of human creation.

### A)Aesthetics of nature includes the following-

A)1.Aesthetics of natural science- Zoology,Maths,Biology,Botany	A)2.Aesthetics of landscape- Architecture,Contrast colours and texture.
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### Aesthetics of human creation includes the following-

A)1.Aesthetics of visible object- Visual art,Architecture,cloths,decoration	B)2.Conceptual things- Music ,poetry,Literature,plays
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Philosophical thinking and opinion are related to human minds and feeling or emotions. Without philosophy and aesthetics, human beings would be uncivilized. Aesthetics is the branch of philosophy and it studies beauty. Aesthetic sense always makes our minds beautiful, enabling us to think beautifully and creatively. It spread positivity and also purifies our minds and soul. 2

In science, people invented many things according to people's requirements and also give aesthetic sense to them. One object or any subject matter, which attracts person's mind, may not be interesting for another person. The taste, mood of human may be different from one person to another. For example-Suppose, if anyone gets pleasure and finds out the beauty from one style of art performance another person may not get that much pleasure from that song. It depends on everyone's circumstances, mental status, and sense of achieving something and also the life experience they have faced in their lifetime. Likewise, for example, if someone loves Botany subject more than zoology then he/ she may get the pleasure by studying Botany more than the other subjects. The taste, and pleasure of studying any subject also have aesthetics sense and it depends on person to person.

A feeling is the awareness of an effect. Emotion is the subjective experience of an effect or it is called the effect through the sense of our perception. Effect and feeling may last only a few seconds but our emotions will last long in our memory. A mood is a persistent state of emotion that remains for hours or days.

### **Bharatha's Natyashastra and his theory about *rasa*(emotion), *bhava*(human mood) and *saundarya*(aesthetics)-**

Natyashastra is an ancient Indian treatise on performing arts, including theatre, credited to Bharatha Muni.3

It includes a wide range of dramatic arts topics, such as stagecraft, acting, dancing, music, and aesthetics. *Rasa* is the aesthetic experience or emotional flavour created in the audience, and *bhavas* are the emotional states or psychological conditions (mood) portrayed by the actors. *Bhavas* are the emotional states or emotions communicated by the actors. These *bhavas* are essential for communicating to the listener the intended *rasa*.

The Natyashastra states that the purpose of a dramatic performance is to arouse in the audience the nine *rasas*, or emotional flavours. *Sringar* is romantic; *Hasya* is comic; *Karuna* is pathetic; *Raudra* is enraged; *Veera* is heroic; and *Shanta* is tranquil. *Bhavas*, on the other hand, are the emotional and psychological states that the performers represent on stage and which enhance the performance's overall visual appeal and emotional impact.

### **The connection between mood or *bhava* and emotion or *rasa* is as follows-**

#### **The relation among *bhava*, *rasa* and Sangeet(music)-**

<u>Mood ( Bhava)</u>	<u>Emotion(Rasa)</u>
Pleasure ( <i>rati</i> )	Attraction( <i>sringara</i> )
To laugh ( <i>hasa</i> )	Laughter( <i>hasya</i> )
Anger ( <i>krodha</i> )	Rage( <i>raudra</i> )
Sorrow ( <i>soka</i> )	Compassion( <i>karyunya</i> )
Disgust ( <i>jugupsa</i> )	Disgusted( <i>bibhatsa</i> )
Fear ( <i>bhaya</i> )	Terror( <i>bhayankara</i> )
Perseverance ( <i>utsaha</i> )	Valour( <i>vira</i> )
Amazement ( <i>vismaya</i> )	Wonder( <i>adbhutam</i> )
Peace ( <i>shanta</i> )	Peaceful( <i>shanta</i> ) <sup>4</sup>

## Indian music and its aesthetic exposition-

Indian music has a strong melodic foundation and a highly sophisticated style. Assume that Indian classical music serves as an example. Its many elements contribute to the composition's beauty, such as its standardised lyrics in bandish. Performing alapa in a variety of methods, elaborating on the *raga* by employing the relevant notes, Applying predetermined *talas* in accordance with the composition, presenting the *raga* more elegantly by applying *swara vista* or elaborating on notes or performing *tanas* with them are the essential elements of Indian classical music. When artists convey their *bhavas* (mood) or emotional states through their artistic creations, the audience is undoubtedly able to connect with and derive meaning from it. As a result, the elements of human *bhava* and *rasa* are linked to aesthetics. Similarly, certain peculiarities and qualities make a song lovely in other genres of music, such as light music, semi-classical music, modern songs, and folk songs. In order for the audience to appreciate the art and derive meaning from it, they must possess aesthetic sensibility in addition to the artist.

In conclusion, there is a deep and profound tie between music and aesthetics. Every single one of them is interconnected. Any form of creative art is impossible to achieve success in the absence of aesthetic sense. Aesthetics is closely related to the term "art."

### Notes of Indian Music- Elicit Rasa-

1.Sa,Re -	<i>veera,Raudra rasa</i>
2.Ga ,ni -	<i>karuna rasa</i>
3.Dha-	<i>Bivatsha, bhayanak</i>
4.Ma,Pa-	<i>Shringar,Hashya rasa.5</i>

### Indian music and connection with *bhava* and *rasa*-

#### Indian Ragas:

The term 'Raga' is derived from the Sanskrit word 'Ranja', which means to please or to be agreeable or satisfy, delight. Therefore, the word 'Raga' means anything that pleases our mind. The specific quality of the 'Raga' is to make the listener happy. The combination of notes pleases our mind and soul is called 'Raga'. Raga is the specific combination of sound. It has 'swara' and 'varna'. In other words, the musical tones, which satisfy our ear is called 'Raga'.

### Indian ragas impact on us-

Indian ragas have the power to touches human mind and soul. Different ragas have different mood, nature, temperament and essence. Indian ragas have the capacity to heal mind and soul. It is so peaceful that it can give us relaxation very easily. Indian ragas have its therapeutic use. According to the scholars Indian raga music has immense power to heal human diseases. Although Indian ragas has been associated with promoting well being and relaxation ,it's important to approach claims of curing diseases .While music therapy can have positive effects on mental health it is not a substitute for medical treatment. Medical science relies and rigorous research and evidences-based practices. We listen music or enjoying Indian ragas for our aesthetic and emotional values. It is a wonderful thing that music can heal our mind, soul and emotions. Our mind is always connected with our nervous system and with our body and activities. If we would be able to give therapy to our mind in a balancing way our body naturally get relaxed. Stress will be released and it will definitely help a patient to recover quickly. More and more study may require for further progress in the field of music. Many western countries are conducting Ph.D courses in music and they are working on music therapeutic study. Following are some Indian ragas which has healing power.

1. Raga Darbari Kanada in Indian music is found effective in managing depression, anxiety, stress, and insomnia among adults. It also reduced tension when listening to it at midnight. It works as a stress buster. It enhances concentration, memory, and thoughtfulness. Darbari Kanada strengthens the heart, it is found beneficial to asthma patients and bronchial problems. It is found helpful in curing ailments like diabetes and hypertension. Raga Darbari Kanada evokes the *adbhuta rasa* or feeling of wonder and curiosity.<sup>6</sup>
2. Malkauns is a serious, meditative raga, soothing and intoxicating. It also portrays darkness and secret. It represents love, relaxation, and trance-inducing.<sup>7</sup>

The notes or swaras are very calm, peaceful, and relaxing. It increases concentration power, develops patience level, has a positive effect on the mind, and helps reducing with high blood pressure problems. It gives a free relaxed feeling, mitigates dust allergies and skin diseases, good for arthritic conditions. There are lots of other Indian Ragas which give a positive impact on us and it can be used as a therapy.

3. Raga Todi considered to be a restful raga. It evokes calmness in its listeners. It also gives relief to patients from anxiety.

4. Indian Raga Ahir bhairava is a calming, soothing and relaxing raga which has positive effect on mind. It increases concentration power, develops patience, helps to control blood pressure.

Indian ragas are known for its intricate melodies and emotional depth. Scholars believe in the therapeutic effects of music. It should be approached with caution so that many diseases could be recovered through therapeutic use of music. The power of music to bring pleasure and evoke emotions is widely acknowledged. Indian music and also other Indian music has some impact on our mind, body, and soul. It has healing capabilities.

### **Conclusion-**

Aesthetics and music have a very deep or internal relationship. Every single one of them is interconnected. Any kind of creative creation is impossible and unsuccessful without an aesthetic sense. Aesthetics is inextricably linked to art. Thus, studying aesthetics in all forms of art is crucial for the development of human morality, ethics, and personality in general. It would positively impact human thought and contribute to the advancement of society. Human philosophy contributes to the development of a civilised society and strong social ties. Philosophical thinking of human and also the innovative, creative thinking of human helps in seeing things of our life beautifully, which also encourage people to create any forms of art.

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