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Flute and its Impact on Human Life

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Abstract:

The use of flute from mythological period to present times has immense importance not only for the musical correlation but also for the human satisfaction in listening. The tune of flute is very acceptable and mind blowing while it is listened. Sometimes people do like to listen the recording version of flute tune while they involve with day to day works. The demand of flute tune in musical concert in public places is highly recognized. It establishes a sense of environment with full of peace, spirituality and a sound sphere of mind. The tune of flute refreshes the psychology of patient and specifically for a pregnant woman and an aged person. The slow sound of flute tone at different celebrations, restaurants, homes and special occasions touches the heart and mind of human being. The use of flute is found across the globe. The players of the flute are being significantly welcomed in different platforms. Scholars of flute research opined that the use of flute makes good health to a performer due to the continuous circulation of air to the body. As such, the impact of flute on human body is considered as a positive sign and no way it is harmful to human being and society as well.

Key Words: *Flute, Instrument, Pranayama, Yoga, Music Therapy, Psychology*

Introduction:

Flute is a musical instrument which is used in rhythmically with songs. Specifically, it is applied with the songs to mix with the voice of a singer. Its output reflection refreshes human body and mind. But some people believe that flute is a blowing instrument which has some unpleasant effect on the body and it causes some injury to the chest and abdominal veins. It is a very common misconception and unacceptable in the language of a musician. Out of ignorance they forget that yoga and pranayama are accessible to anyone who wants to practice. A regular practitioner of yoga and pranayama must realize how beneficial such a practice is to the body of a flute player. The use of flute is not found in modern age, rather it has developed from very ancient times. Even, it is found from mythological period. The history of flute has immense importance to till date. So, the origin of flute dates back to many thousands of years ago in considering as one of the most primitive musical instruments,

Evolution of Flute

i) Global context

Going further on the origin of flutes, a three-holed flute made from a mammoth tusk which dated to some 35,000 years ago. Bone flutes made from the bones of wing of red -crowned cranes, with five to eight holes each, were excavated from a tomb in Jiahu in the Central Chinese province of Henan. There were around 9000-year-old. Chinese women were well accomplished flute players in the 12th-century Song Dynasty. These are the oldest musical instrument in the history of flutes.

The earliest transverse flute was found in the Tomb of Marquis Yi of Zeng in China and dates from 433 BC. Known as Chi flutes, these were made of lacquered bamboo with closed ends, the five stops are at the side of the flute instead of the top. There is a citation in the Bible, about Jubal being the "father of all those who play the ugab and the kinnor". The former Hebrew term is known to refer to some wind instrument or wind and the instruments in general. As such, in the Judeo-Christian tradition, Jubal is regarded as the inventor of the flute in the flutes history.

ii) Indian context

The bansuri or North Indian flute with its pastoral associations and immortalized in Indian mythology as the chosen instrument of Lord Krishna, is one of the oldest musical instruments of India: it is mentioned in the Vedas and is depicted in the Buddhist art of 2,000 years ago. Made from the bamboo plant, it is perhaps the most natural and simple of all musical instruments. The North Indian flute in general is a little longer in length than its South Indian counterpart.

Although the bansuri is among the most ancient musical instruments of India, its status as a concert instrument for north Indian classical music is a relatively recent phenomenon. In fact, by the eighteenth and nineteenth centuries, when both vocal and instrumental music passed into the hands of the descendants of Tansen, whose prowess was on the veena and rabab, the flute had been edged out from the classical music scene. We owe the revival of this simple yet profound instrument, favorite of shepherds and folk musicians for thousands of years, and its reestablishment on the high pedestal of Hindustani classical music, to the legendary maestro, the late Pannalal Ghosh (1911-1959). A consummate artist who's virtuosity was equaled by the depth of his understanding, Pannalal Ghosh single-handedly elevated the status of the bansuri to a classical instrument. capable of immense creative expression in the classical Hindustani style.

iii) Mythological context

According to Bhagavata Purana, Vishnu Purana, Mahabharata, Bhagavad Gita, Garga Samhita, the name Krishna is worshipped across many traditions of Hinduism in different perspectives. While many Vaishnava groups recognize Krishna as an avatar of the god, Vishnu; some traditions within Krishnaism, consider Krishna to be Svayam Bhagavan, or the Supreme Being. The lord Krishna used flute and refreshed the nature and human being.

Impact on Human Life

i) Performer's wellness

Our body is made up of blood, flesh and bones, like a mortal statue of straw and twine. Just as the sculptor strives to make the dead idol beautiful and graceful, in the same way nature is always blessed to make our human body beautiful and healthy. Therefore, practicing yoga and pranayama is very beneficial for the body, which is also obvious for a musician or a flute player. A flute player needs to sit straight with patience during the riazas, which is very helpful for the spine. Again, the musician carries the signal of pranayama by holding the breath and blowing the flute. By exhaling and taking full breaths, the body gets relief from respiratory diseases. On one hand, it continues to help in excelling the art of playing flute; on the other hand, it is beneficial for the body as it enriches freshness to internal organs through rapid breathing. Information about Yoga and Pranayama is made available from the ancient times. Although the sound is created by running the fingers over the flute, still it is a form of exercise. In this way, the blood circulation in the body of the singer remains well regulated and heart diseases are relieved which in turn keeps the mind cheerful.

ii) Purifies body and mind

Many people know it only as a musical and wind instrument which plays music beautifully, what they don't know about the flute that it also relieves the human mind from depression, tiredness, fatigue and also makes people happy. In the opinion of some scientists, music is the only medium, which makes the human brain smoother and more efficient. Brain, being the most important organ of the body, also controls other organs. Just as these organs require rest after continuous work, so does the brain. The rest is made sweeter with the help of music and its tunes. One needs music to get rid of the irritation after a tiring day at work. Everyone gets mesmerized with music and the flute that plays sweet tunes. It is justified by a proverb that says, "The flute is charmed in the trees, the animals and the birds are also subdued". Therefore, it will not be an exaggeration to say that music is the backbone of the human psyche.

iii) Musical Therapy

Many will be surprised to know that flute music can ease labor pain in women to some extent. If someone who is in great pain hears the sweet murmur of the flute, the child's mental state is restored as soon as her pain is relieved. Some of Israel's childbearing mothers have tried it and found success without any problem. For this reason, they highly appreciate the flute playing of the world-famous flute player Hariprasad Chaurasia. "Once in a week during yoga classes for pregnant women, they listen to the sweet melody of the flute as they walk through it," says Tamar Bentl, a prominent yoga teacher in Jerusalem. The tune of flute gives information of many benefits. Even women who go to the hospital to give birth should have CD of Fuli. They shouldn't forget it as music therapy has also been accepted in Indian medicine. In particular, classical flute playing is used in Indian medicine to treat mental illness and brain diseases.

iv) Work motivation

Another amazing thing is that the music and flute music have kept close friendship with modern agriculture and farmers. Scientists have researched and discovered that high-yield of crops can be achieved by music CDs. Cultivated by hearing. After the fodder has grown a little, this music or the sound of the flute is played, and the sethu produces a large quantity of good quality grain.

Conclusion

As revealed that the use of flute has significant impact on human life in many ways. In present times, most of the researchers are trying to work on flute and its effectiveness on human body and mind. The tune of flute acts as musical therapy in curing the aged persons. It enables to give mind fresh to a pregnant woman and relaxes the psychological burden of a person. Lord Krishan used flute and gave pleasant to the nature and people in mythological period. And similarly, the current modern period also emphasized the use of flute and never denied to recognize as a cultural and academic identity. However, the impact of flute is having immense relevance in society not only for cultural identity, but also for the socio, psychological and cultural development of human being.

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