

August 27-29, 2018 | Paris, France

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**kpvtqfwekqp<** Sangeet chikitsa, here chikitsa means treatment, therapy and sangeet means music, sound. Sound, music has frequently used as a therapeutic agent from the ancient times. An emotional response of the secretion of immune-boosting hormone is induced by certain type of sounds i.e. music. Music decrease the stress related hormone cortisol. Cortisol is the main hormone which weakens the immune system. Ayurveda an ancient Indian medical science mentions the effects of different sounds on different physical levels.

**Qdlgevxgu<** The objective of the study includes: to find the science behind the Sangeet or music chikitsa; healing using different types of instruments; healing using mantras; healing using ragas. It is low cost chikitsa with no side effects. It not only creates a relaxed