

## **Music Therapy as a Psychiatric Treatment for the Mental and physical well - being of Humans**

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Goal in using Music therapy as a psychiatric treatment for relieving Stress and achieving mental and physical well - being. For achieving the key goals of this project I prefer to choose Hindustani Classical Music can be used as a tool for music therapy. We are able to gather information about Music therapy by Greek Medical Science. Philosopher Plato and Aristotle have said that music therapy can be used for mental and physical stability. As per the information that I have gathered, it is found that the "Rag" of Hindustani Classical Music have been able to cure and abstain from mental and physical stress. The methodology of this paper is included the literature survey and scholarly studies.

Key words: Music Therapy, Hindustani Classical Music, Mental stability, Rag