

## Effectiveness of Raga Desi Todi on Depression, Anxiety and Stress Among Adults

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**Abstract :** Music has been shown as a therapeutic agent in depression, anxiety, and stress. A pilot study was carried out to see the therapeutic effects of Indian classical instrumental Raga Todi on depression, anxiety, and stress. 50 individuals diagnosed with depression, anxiety, and stress with DSM-V were taken for the study. Subjects were randomly divided into two groups: the experimental group and the control group. The experimental group received the instrumental raga Todi whereas the other control group didn't receive any intervention. DASS-21 was used on the baseline and after the intervention to measure depression, anxiety, and stress. The result indicates that anxiety, stress, and depression level was reduced after listening to the raga desi Todi. It was concluded that raga desi Todi is an effective intervention for reducing depression, anxiety, and stress.

**Keywords :** raga, anxiety, stress, depression, DASS-21, mental health

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