

Voice Precaution Techniques by the use of Natural Herbs and Practice

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Research Abstract: Voice is more important to a vocalist. The voice shall be affected by abnormal climate conditions. This research presents the methods to sort out the problem by the natural methods, which have no side effects.



2. Introduction:

The Classical music is being traditional in both western and eastern countries. The colleges and the universities are providing the degrees in classical music. A good number of artists are being produced by the universities and colleges. Each vocalist should maintain his/her voice always in a good condition. Even though the voice shall be affected by the abnormal climates and the diseases. This study is to find out how a vocalist can prevent his/her voice by the use of natural herbs and natural methods.

3. Problem of the research

The vocalists face difficulties on the stage performance, Even they maintain their voice with appropriate practice methods.

4. Objective:

Music pleases the mind. The music can be divided into two main divisions as vocal music and the instrumental music. The voice is more essential to a vocalist rather than to an instrumentalist. Properly maintained voice is a foundation for his/her popularity. Even though a vocalist properly maintains his/her voice, it would be useful to have the

knowledge in natural herbs and other natural methods. This research presents to find out how a vocalist can prevent his voice by the use of natural herbs and natural methods.

5. Hypothesis:

The natural herbs and other natural methods can be used to maintain the voice of the vocalist.

6. Research methods

This research adapts the survey methods and collection of data from the relevant books and peer reviewed research outputs.

7. Discussion

A questionnaire has been distributed among the music students and stage music performers. The following information has been gathered by the questionnaire.

How long the method was effective? Students who faced interruptions in their stage concerts or at their lessons? How long the methods were effective? These are the summary of the questions. Most of them try to solve their problems by the use of natural herbs

By analysing the data gathered by the questionnaire, the following results are received. The artists and students, who faced interruptions in their stage concerts or at their lessons, most of them try to solve their problems by the use of natural herbs. They are happy with the use of herbs and they solve their problems within a short period.

They commonly used :

Liquorice

Margosa oil

Hot water

Candy

Lemon Juice

Honey

Oregano leaves

Ginger

Pepper

Garlic Roots

Ghee

Tincture Fruits

Bark

They feel that these intakes are harmless and have no side effects.

The herbal treatment method is traditional and older than the western allopathic treatment methods. There are more herbs mentioned in this poems of the great poet Avvaippaaddi .This is an example :

“ VakkuNdaam nalla manamuNdaam- maamalaraan

NookkuNdaam meeni nudangkaathu puukkoNdu

thuppaar thirumeeni thumpikkaiyaan paatham

thappaamal saarvaar thamakku “

In that verse, she illustrates the spiritual power and the tip that if we take fresh small trees used for medical purposes such as Acalphaindica, Basil, Mudithumpai and kaiyaanthakatai with roots, get the final water after smash them individually, boil them altogether and eat, we will get a rich voice. This shows how Aayurvethic medicine is involved in a musician's life. These evidences show that the knowledge about the natural herbs is essential for a vocalist.

In traditional folk song, the famous Indian folk Singer Paravai muniyammaa told that the soup and aristolochiaindica soup have amazing characteristics to make the voice as sweet as honey. (KALKI- 21.12.2003)

Each vocalist should undergo proper voice training. While the voice training of a vocalist, the vocal chords produce the musical sound. The respiratory system should be developed by proper and regular voice training.

The human voice maybe affected by the bad climates or by the diseases. The nature of the voice may be changed by these incidents. Rain, cold, heat, fever, tonsils, problems in respiratory system like asthma, wheezing is the factors which affect the voice. The routine food habits are also affecting the voice.

For an example: Cold, hot and spicy food.

A questionnaire has been distributed among the music students and stage music performers. The following information has been gathered by the questionnaire. Most of the vocalists used to intake the natural herbs when their voice is affected. Tonsils, cold are the common diseases. The singer shall feel uncomfortable while singing if she/he has these kinds of diseases. Liquorice can be used with hot water or hot milk or alone. Liquorice can cure tonsils. In order to cure cold and cough, they swing sugar stone, mix with boiled milk or mix it with milled pepper and eat. Additionally, the oil from the peel of the Neem tree is considered as an important part in helping to voices. Blocked throat is easily cured by drinking Neem oil itself, mixing it with lemon water, or massage skin of throat parts with Neem oil.

Honey is a treasure of nature. It is being one of the factors that give richness to the voice. People are used to drink honey mixing with lemon water during cough. Apart from that, they are aware that not only date fruit after keeping it in honey for some time is a good treatment for cough, but also it sweetens one's voice.

Gingerly oil is usually cool. When people suffer from throat pain, they apply gingerly oil over the outer skin of the throat or mix it with 'camphor', boil them together and apply that would remove warmness. Oregano leave is used for curing cold. People eat the fresh leaves or eat it with small onions. Most of the singers drink milk after boiling it very well with pepper and yellow, likewise, some apply gee over throat to get rid of difficulties in their voice.

Ginger is a medicine. It has a special character of curing many diseases. By smashing ginger, keep it in hot water and drink, the block in sound tracks is being removed. Cough is also being cured by that. Singer's voice gets clarity and infections get rid of it if they eat Neem leave when it is at beginning stage.

According to doctors' statements, if one eats *acalphaindica's* after removing it with root from soil, washing very well in water, cutting by pieces, drying in the sun, smashing it, and mixing it with sugar stone, he/she will get relieved from common cough, cough, throat pain, and blocked throat within two to four days. The dryness of voice is being removed when someone eats one to two spoons of cumin with powered sugar stone.

Apart from diseases, there are other factors that affect a singer's voice. Like instrumentalists practice their skills using instruments, singers should preserve their voice by practicing.

One of the reasons why singers fail to give successful performance is their lack of practice. Due to frequent throat pain, they are unable to practice very well and are supposed to do a performance without proper practice.

Diet is also a medicine for a singer. They should be aware of food habit that affects their voice. Most of the times, singers drink hot water. During music performances, they avoid eating salty and hot food. They add coriander, cumin, pepper, liquorice, and ginger in water, boil them together and drink it.

Most artists prefer to give their performance at nights. Voice does not get tired or bored at nights. It is easy to perform at nights. In order to bring the voice into various types of higher pitches, the nose, throat and mouth should permit a clear way for air to go through. So, artists are well-aware that prevention is always better than cure and preserve their voices by following natural ways.

'Yoga' is an exercise. Many diseases can easily be cured by doing exercise. Breathing exercise in yoga helps to come out of breathing problems. It helps to clear the way that air travels through and to get rid of breathing problems. As a

result, voice becomes smooth and rich. Recently, people Yoga is being used as a natural medicine.

In conclusion, nature, illnesses around the throat, diet, improper practices on voice, breathing problems, vocalist's life styles; practice methods are the factors that affect a stage performance. At the end, it brings poor achievements in exams and lessons the interest of people over music.

8. Conclusion and contribution to the society

Even though there are musicians around the world, only a few become concert vocalist. These artists' voice quality, expressions of sangathi and handling high, low pitches are the reasons for their popularity. When analysed, how they are maintaining their voice in a good condition, it was revealed many vocalists are maintaining their voice by the natural methods.

Music students' and music concert vocalist's ability could keep their voice's richness by the intakes of herbs and their soups, honey, cow milk, goat milk, lemon juice, margosa wood sprouting ,neem oil (margosa oil) ginger in warm water and doing yoga of breathing exercise.

The intake of margosa oil and warm water could prevent from throat infection according to this research. This medicinal

intakes will help to retain voice's richness including voice smoothness, clarity and perfectness without side effects.

Natural medicine is essential and unavoidable to a vocalist's carrier. If the voice is medicated with natural herbs, a vocalist could perform a music concert for a long time as an exemplary.

Natural medicine gives good results with no side effects and also helps to enhance voice richness.

Reference

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Appendix

Questionnaire:

Questions for students

- 1 .Name:
2. Year:
3. The situations in which your voice did not cooperate with singing:
4. The ways of the Allopathic:
5. Benefitting period:

Questions for concert vocalist

1. Name:
2. Uncomfortable situations during musical programs/ voice training:
3. The voice of the abnormal levels of solving through natural medicine methods:

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Signature

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