**Music Therapy: An overview**

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Music therapy is a skillful use of music by an accredited music therapist to promote, maintain, and restore mental, physical, emotional and spiritual health. This form of therapy is being practiced across the world from time immemorial. Of late, it is gaining importance; various centers have started using it for different medical disorders. There are various methods of administering this form of therapy.

In *"Nada thanumanisam"* the medico-music research project at Apollo, Hyderabad, the therapist has used Indian music for therapy on his subjects. The preliminary results are encouraging, and plans are being designed for further extension of its use.

Music therapy, thus at present is an exciting method of healing but sufficient evidence and database has to be built up. It also has limitations with many variables, therefore can only be complementary.