

#INSIGHT

The Ancient Roots of Psychotherapy

Psychotherapy has been described as the oldest branch of medicine



Our medical ancestors sought to heal the mind long before they could treat diseases of the brain. Magicians and priests tended the sick through suggestion, therapeutic bond, and incantation of time, not by science. This has changed.

During the last century and a half, our progress in understanding and treating mental suffering has been remarkable by any standard, drawing importantly upon lessons from the asylum, advances in psychology and the science of the brain, and what had been learned by doctors and nurses who treated shell shock during the First World War.

Psychotherapy has been described as the oldest branch of medicine, with roots in religion and magic that can be seen in the healing rituals practiced in Greek temples, on the Homeric battlefields, and in the consulting room of Freud. In earliest times, as in our own, the priests and doctors of antiquity drew upon potions, listening and words of consolation, suggestive power, and pragmatic counsel.

More than four thousand years ago, Egyptians built sleep temples that served as sanctuaries for worship and for the relief of suffering. Temple priests and doctors induced trance-like states in their supplicants, interpreted their dreams, and advised the most auspicious paths through life.

Music, painting, and walking in nature were prescribed to calm the anxious and console the grieving. Egyptian doctors, and after them the Greeks, studied their patients as well as healing them. They detailed the symptoms and course of brain fevers, mania, melancholy, and other mental disorders. Against a background of myth and magic, they laid down rudimentary elements of medical psychology and psychiatry.

Centuries later, similar techniques were practiced by the followers of Asclepius, the Greek god of medicine and healing. They too healed the sick with herbs and words, suggestion, and dream analysis; as they did, they practiced a recognizable form of psychotherapy. Suggestion and place were critical to their work.

The Sanctuary of Asclepius at Epidaurus, built in the fourth century B.C., was in every way designed for healing. It was set among the hills and trees, away from the interference of the world. It defined arcadia. It was beautiful and restful; the air was pure, the diet simple; there were fresh springs in which to bathe, and a theater and library for arts and learning.



Thousands of years later, doctors and nurses who treated shell-shocked patients in World War one confronted terrible psychological suffering and brought to its easing as much as they could usefully glean from both ancient remedy and modern medical knowledge.

The war taught about the unconscious mind in a way that nothing else could. It also taught that psychotherapy saved lives. After the war, psychotherapy became a part of what doctors had to offer patients.

Psychoanalysis and electroconvulsive therapy came into their own in the early twentieth century; in the years following the Second World War, lithium, antidepressant, antipsychotic, and anticonvulsant medications were found to be effective for many individuals with previously untreatable mental illnesses.

New treatments continue to be discovered-mood stabilizers and antidepressants for mood disorders, medications for schizophrenia, structured psychotherapies, brain stimulation techniques, ketamine, psilocybin, virtual reality therapies, and others-remedies that have helped millions. Less beneficial, however, has been the concurrent decrease in the time given over to psychotherapy. This in part is due to the presumption that medication alone is necessary; to the expense of psychotherapy and relative lack of reimbursability by insurers and insurance companies; and to the time and effort involved.

Certainly, medication and other nonpsychotherapeutic treatments have profoundly changed the lives of those with mental illness. They have ameliorated suffering, made meaningful work possible, and allowed damaged relationships to mend and grow.

For many, medication does these things more quickly, better, and less expensively than psychotherapy. Medication often falls short of actually healing the mind, however. Many patients, their suffering improved by medical treatment, remain raw and fragile.

They cling close to shore, avoid risk, and fear returning to the fray of life. They do not expand the territory of their beliefs or curiosities, nor do they learn as much as they might from what they have been through.

But for those who receive it, psychotherapy is an irreplaceable part of a greater renewal; it marks the channel home. Psychotherapy is an ancient and deeply human part of healing; for cause, it has been called the oldest branch of medicine.



It has been a decade since the legendary singer Manna Dey passed away yet his songs still have the power to take the listener on a journey of their own. The well-known singer Mohammad Rafi who once told the journalists: "You listen to my songs. I listen to Manna Dey songs only." Such was the magic of Manna Dey.

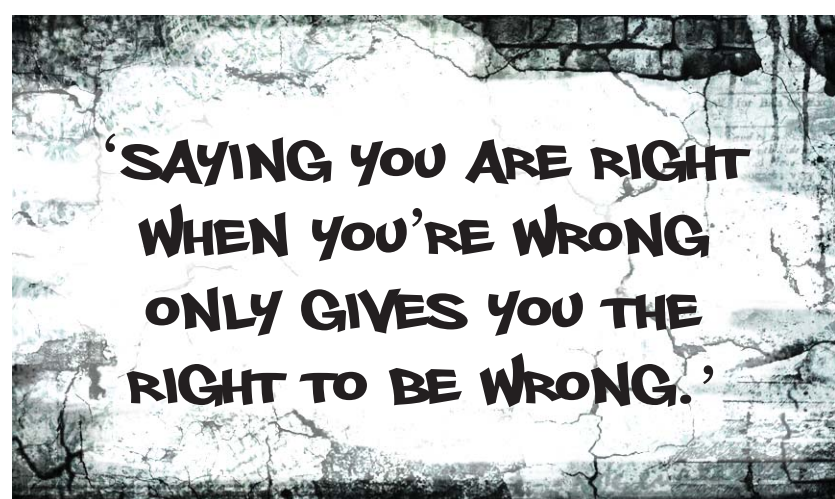


Manna Dey with Mohammad Rafi.



Manna Dey with Raj Kapoor.

THE WALL



From wrestling to singing...

The transformation of Probodh Chandra Dey to Manna Dey



Dr. Shoma A. Chatterji
Film scholar
journalist & author

Once upon a time, a robust boy learnt wrestling and boxing and loved to fly kites. He loved team sports like football and cricket. His father wanted him to follow the family tradition of law. Over time, that young boy grew up to become one of the most versatile and long-standing singers in the country. Born on May 1, 1919 in Kolkata originally christened Probodh Chandra De, he became famous as Manna Dey and went on to win the biggest award - the Dadasaheb Phalke in 2009.

With almost six decades dedicated to music, the Phalke Award should have come long ago. The versatility and range of his repertoire of around 3500 Hindi songs and 2500 Bengali songs will remain archived in the history of music. His stock of private recordings is also remarkable in terms of quality the rich texture of his voice, and in terms of their archival value. He remained modest and was always generous in showering praise on younger peers like Mohammed Rafi, Kishore Kumar and Lata Mangeshkar.

Music Vs Law

As a young boy, Manna Dey was skilled in two traditional arts of combat - boxing and wrestling. He was very good in football and cricket too and remained a diehard fan of both games till the end. He was also fond of flying kites so when his uncle, the late Krishna Chandra Dey (1893-1962), asked him to practice music, his attitude to his riyazwas casual. Like most young boys, "After my graduation, I had two choices, one was to pursue law, a profession my father wanted me to, the other was music, something my uncle, his brother, urged me to. Much against my father's wishes, I chose the latter and I cannot forget my uncle's contribution to my music ever," said Manna-da. His mother backed him all the way. He would come to Kolkata often from his base in Bengaluru to live in the old ancestral home at 9 Madan Dutta Lane. The house stands between Hedua and Central Avenue near Simla Street in north Kolkata.

The Uncle's Effect

Manna De stood first for three consecutive years in three different categories of inter-collegiate singing competitions. "I owe whatever I have achieved as a singer to my uncle. He not only coached me in music and singing but was a philosopher and guide, but he also saw that I kept the company of people who would not distract me from music. He was strict but he never used harsh punishment." Manna-da would recall.

He remained modest and was always generous in showering praise on younger peers like Mohammed Rafi, Kishore Kumar and Lata Mangeshkar.



The Train to Tinsel Town

One day, uncle Krishna Chandra Dey asked Manna-da to attend the shooting of a film to find out how a film song is shot, how music for a song to be pictured on screen is composed and why, how the playback singer should express the emotions of the actor on screen with his voice, soft for romantic numbers, bass for robust songs, thick for chorus numbers and so on.

The two took a train to Mumbai and Manna-da joined Laxmi Productions, which later became Filmstan, as assistant music director for five years under S.D. Burman, already an established music director. He wanted to become a full-fledged music director. But this did not stop him from regular training and riyaz under Ustad Aman Ali Khan and Ustad

within Bengali even if it your own language. He taught me that variety is the spice of life. So, I have sung in different tongues, in different styles, different voices and have sung different kinds of songs," he informed. His repertoire includes songs sung in Gujarati, Marathi and even Bhojpuri. Trained in Hindustani classical music, Manna Dey had made versatility his trademark. He would fluently switch over from complex classical-based numbers to quawwals and ghazals to bhajans and light numbers.

Musical Infusions

"I am perhaps the only singer to insist on rehearsals before recordings. I am particular about the text of the song; never mind what it is about. To sing in Hindustani or in Urdu was a challenge because I was a Bengali born and brought up in



Manna Dey with wife and daughters.

Abdul Rahman Khan. He lived in a tiny Matunga flat close to where Prithvi Raj Kapoor lived with his family.

In 1943, he got his first break to sing a duet with a very young Suraiya in 'Tamanna'. The song was an instant hit. Mashaal (1950) was the second film where Manna Dey sang Upar gagan vishal composed by S.D. Burman. In 1952, he sang for a Bengali and a Marathi film of the same name and storyline - Amar Bhupali, and established himself as a Bengali playback singer.

Melody is the King

"My late uncle would insist that melody is the only language a singer needs to gain command over. The language in which one sings is not important. The language of any song is just the language of music so you must never confine yourself

Kolkata. The music of a song expresses the emotion and the mood of the lyrics. My work as a singer was to bring alive the words the lyricist had composed," he detailed. Some of the more memorable films he sung for are Awara, Do Bigha Zamin, Mera Naam Joker, Bobby, Waqt, Zanjeer, Padosan and Sholay.

Kishore's Lunch

The Chatura Naar song in Padosan, Manna Dey said, took 12 hours to record. He recalled, "Panoram (R.D. Burman) called me to tell me that the song was ready and that I should go to his house. I went only to discover that Kishore who was to sing with me, was missing. When I asked Panoram where Kishore was, someone said that there was a call for him. It was Kishore. When I asked him why he had not come, he said, "I am waiting for you. My mother is wait-

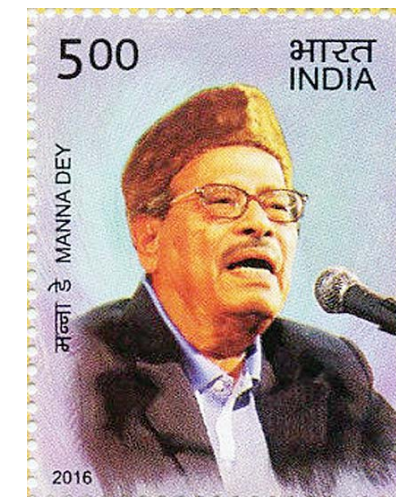
International Mud Month



...e sit each day in cubicles and under flickering lights, staring at screens that shimmer with a digital world, and every day we lose ourselves a little bit to the cold light of electron pathways. Children dive into games, experiencing narratives created by dreamers of other worlds, without ever learning to open their minds and find the narrative within themselves. International Mud Month was created to remind us that outside, away from the geometrical perfection of man's world, lay the organized chaos of Mother Nature's realm, and the importance of maintaining our connection to it.



Manna Dey with Kishore Kumar.



500 भारत INDIA
Manna Dey

#MELODIESOFLIFE

ing for you, talk to her". His mother said, "Manna, how are you babe? You have not come to our house for a long time. Why don't you come? I have made luchi and aaloodum for you and rosogullas too. Come". We went from Pancham's house to Kishore's house. We rehearsed the song for six hours, made it and broke it many times. The way the song turned out was mind boggling. Before we went for recording, we did not know it would turn out to be so hilarious. But it did because of Kishore."

Manna Dey was perhaps the most versatile singer during his time in the country. He recorded a legendary duet with classicist Pandit Bhimsen Joshi- Ketaki Gulab Jhii. He also sang completely different genres of duet songs with Kishore Kumar such as Yeh Dosti Hum Nehi Torenga (Sholay) and Ek Chatur Naar (Padosan).

He says that when Shankar (Shankar-Jaikishen) asked him to sing with Pandit Bhimsen Joshi, he was terrified and wanted to run away from Mumbai till they found a replacement for him. But his wife, Sulochana derided him for his cowardice and he had to give up the idea of running away! The rest, as the cliché saying goes, is history.

As a young journalist, I met Manna Dey a few times backstage where he was performing solo with other female singer. He was known to be moody and unpredictable, sometimes warm and welcoming and sometimes rude and angry. Naturally, as a young cub writer, I



Manna Dey, Mukesh, Mohammed Rafi and Lata Mangeshkar.

#CLIMATE CHANGE

Bumble Bees Carrying Pollen



Whether it's carrying smaller loads of pollen or foraging for shorter times, it could result in less pollen coming to the colony and fewer plants being pollinated.

Carrying pollen is a workout that significantly increases the body temperature of bumble bees, a new study shows. This new understanding of active bumble bee body temperatures raises questions about how a warmer world due to climate change will affect these species.

Spend a bit of time at a nearby flower patch and you will spot a fuzzy bumble bee with yellow bumps on her back legs. These yellow bumps are solid packets of pollen that are being carefully collected during the bees foraging trip for transport back to their nests. And while bees may seem to move from flower to flower with ease, these pollen packets can weigh up to a third of their body weight.

The new study found that after accounting for environmental temperature and body size-the body temperature of bumble bees carrying pollen was significantly hotter than the temperature of bees that were empty-legged. Specifically, bee body temperatures rose 0.07°C every milligram of pollen that they carried, with fully laden bees being 2°C warmer than unladen bees.

Like ants and other ectotherms, the body temperature of a bumble bee is mostly determined by the environment. Among bees, bumble bees are exceptionally cold tolerant and will shiver to warm up during cold days.

However, not much is known about how they can tolerate heat. Since pollen-laden bumble bees are hotter than unladen ones, this could mean that carrying a full load of pollen on a hot day puts bees at greater risk of reaching the

potentially lethal end of their temperature tolerance.

"Getting warmer from carrying pollen could put bumble bees in the range of those stressful, critically hot temperatures," says Malia Naumchik, a former applied ecology minor undergraduate at North Carolina State University and lead author of the study in Biology Letters.

"This has important implications for bumble bees and climate change. As environmental temperatures increase, the bees' operational range of temperatures could shrink significantly."

Bumble bee numbers and species diversity is on the decline across the world, particularly in areas that are warming up due to climate change. But the exact mechanisms of how climate change is affecting bumble bees are not yet fully understood. This finding could be one piece of that puzzle.

Pollen is crucial for every stage of a bumble bee's life history. Newly emerged queens in the spring need to feed themselves and then feed their sister workers. Those workers then take over feeding the colony, larvae, and future queens. Without pollen, or enough pollen, colonies will not thrive-risking future colonies and the species as a whole. This may also have implications for pollination in general, and could affect agriculture and ecosystems alike.

"We need to know how bumble bees may change their behaviour, to better understand how this could affect how much pollen they collect and how much pollination they perform during hot days," says Eliza Youngsteadt, a professor in applied ecology and supervisor of Malia's research.



By Jerry Scott & Jim Borgman

BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

