

SL No	Thhat Name	Raga Names	Healing Therapies	Playing Time
1	Bilawal	Vilabal, Alhaiya– Vilaval, Bihag, Durga, Shankara etc.	These are used to control the sound, sonorous sleep, Integration, These are used to reduce mental tension	Any Time
2	Kalyan	Yaman, Bhupali, Hameer, Kedar, Kamod etc.	These are provides relief from headache and cold, and problems for high blood pressure, Cures Rheumatic Arthritis, Cures Headache, Common Cold, Cough, Asthma	Morning, Afternoon, Evening, Night
3	Khamaj	Khamaj, Desh, Tilakkamod, Tilang, Jayjayanti etc.	These ragas are used to control tension of the mind and help to prevent hysteria, These are used for Headaches, These are used to reduce mental tension, Joy	Evening, Night
4	Bhairav	Bhairav, Kalingara etc.	Peace Integration, Compassion, These are provides relief from headache and cold, and problems for high blood pressure	Morning
5	Poorvi	Purvi, Shree etc.	These are used to reduce headache and anxiety	Morning, Afternoon, Evening
6	Marwa	Marwa, Lalit, Sohni etc.	These are used for High fevers, like as Malaria, Coherence ,Happiness, Healthy Mind and Body	Morning, Evening

7	Kafi	Kafi, Bageshri, Bhimpalashri, Peelu, Bahar, Patdeep etc.	These are used to control the sound, sonorous sleep, Mitigates insomnia, Minimizes Anxiety, Hypertension, Creativity and Happiness, Celebration & Joyfulness	Any Time
8	Asavari	Asavari, Jounpuri etc.	These are used to cure low blood pressure, Control headache and psychological hazards and Builds confidence, These are used for constipation, serenity,	Morning, Night
9	Bhairavi	Bhairavi, Malkauns etc.	It provides relief from cold, Sinus, phlegm, toothache, These are used to cure low blood pressure, Fever, intestinal gas, and low blood pressure, It is used for Sinusitis, Emotional strength, Devotion and Peace, Restful Sleep, Tranquility, Relaxation & Rest	Any Time
10	Todi	Todi, Multani etc.	These are provides relief from headache and cold, and problems for high blood pressure, Hypertension and high blood pressure, Cures Cough, Achievement, Affluence, Compassion, Patience, Joy	Morning, Afternoon