

INDIAN MUSIC AS AN INTERVENTION TOOL IN MEDICINE

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Plato said "Music gives soul to the universe, wing to the mind, flight to the imagination & life to everything"

Introduction:

Of the various therapies used to relax the body & mind, music is an integral part. Be it during chanting of "Aum" during yoga or meditation sessions or the massage therapy sessions in a spa or simple as listening to enjoyable music as we are driving music now is an integral part of our lives. Though choice of music is a subjective topic, & though abstract in its nature, music arouses feelings of euphoria, happiness, satisfaction & a variety of other moods.

Music & health - studies in general:

Music & its effect on health in general as well as systemically on various organs has now picked up pace & being studied across the world with special enthusiasm from cardiologists & neuroscientists. To quote a few neuroscience works on music, immunoglobulin A rises after listening to music (1) who also showed that music was more effective than prescription drugs in reducing anxiety prior to surgery. John Iversen (Computational Neuroscience, University of California) is studying the auditory physiology of music & has shown that listening to rhythms is not solely auditory, but is fundamentally shaped by the brain's motor regions, which predict incoming beats (2,3). Salimpoor et al, has shown that intense pleasure in response to music can lead to dopamine release in the striatal system (4). National institute of Health (NIH) has now (5) recognized music as an important modality in child development & in the treatment of prematurity, autism, mental health disorders, Parkinson's palliative care, elders enrichment & various other neurocognitive disorders.

Cardiologists have contributed immensely to the field of music & its effect on the heart because it's all about entrainment between the 2 rhythms. It is claimed that music affects health through this process, that is, the synchronization of the body's natural rhythms (for example, heart rate - HR or respiratory rate) with the rhythm of the music (6).