



"Review on : Music Therapy And It's Medicated uses"

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Abstract: Although Music has been used as therapeutic and medicinal healing agent throughout history. Music therapy has only become credentialed profession in the 18th century research show that music can promote physical rehabilitation, manage stress, improve communication, enhance memory, alleviate pain and help to express feeling many people are not informed about what music therapy is and do not understand that it is research based and has measurable results. My review describe different instrument used in music therapy and power of music therapy in medical field.

Key words : Music therapy, manage stress, improve Memory, instrument, etc.

1.INTRODUCTION :

Everyday likes to listen music. We all consider music as a mode of relaxation or entertainment but few of us veiw it as medicine having magical healing and therapeutic properties. Several scientific studies have been conduct to indicate the healing power of music. These interesting studies have given rise to new form of therapy call music therapy.

Form Time immemorial, music has been a part of Indian culture. In the vedas too, music has an important place. The 'samveda' is full of music. Music therapy has a long history dating back to ancient orphic school in Greece. Pythagorus, Plato and Aristotle, all were aware of prophylatic and therapeutic power of music.

Music is an existing portion of all human beings. There are beats and rhythms in our heart rate and in our breaths and movement as well. Melody has been created in our laughs, cries, screams or songs. Music therapy has been defined by Australian music therapy association as "the creative and planed use of music for

health and vitality and preservation" or in accordance with what the American music therapy association (1999)has started:the attitude to music therapy comprise "the use of music in order to achieve the goals of therapy, that is improve, maintain and promote the health of mind and body"(1)

Music is capable of improving happiness, peace, health and concentration. It believed that music stimulate the pituitary gland.whose secretion affect the nervous system and the flow of blood. The right kind of music helps one relax and refresh. In addition, it can help cure headache, abdominal pain and tension. So in this regards music is stand for

M - man's and other living being
U - under a range of frequencies of
S - sound
I - influence the
C - common and crucial life.

2. Definition of music therapy:

- The term 'music therapy' was introduced about 1950(20), but it had very different

3. Power of music therapy:

gabriel Gifford went through music therapy treatment after she was shot in head to help her regain here speech . Giffords suffered form aphasia. She inability to speak because of damage to



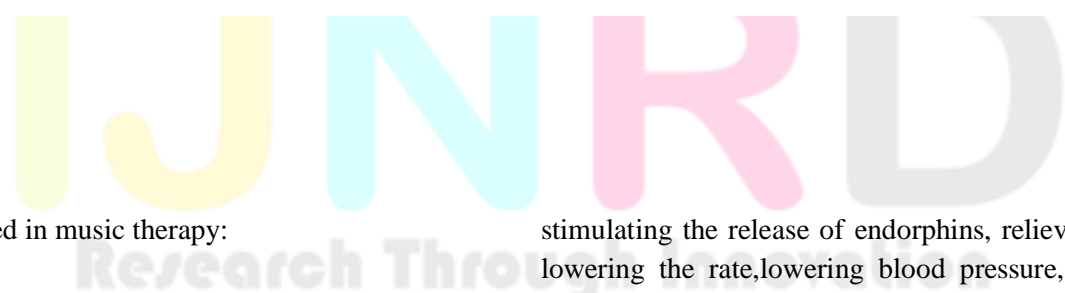
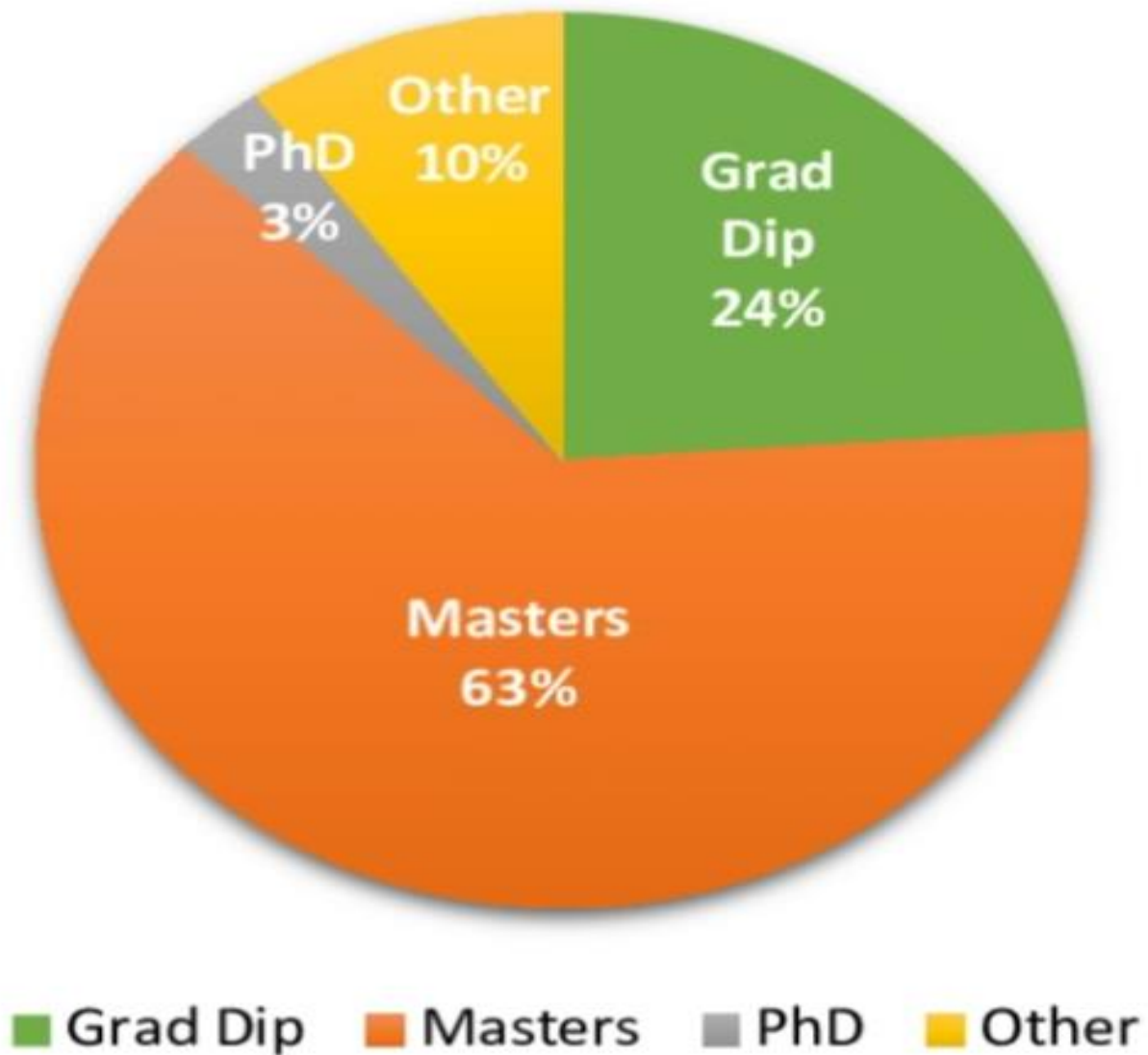
meanings(2).

- Natanson gave the initial definition of music as "a procedure of using the multilateral influence of music on psychosomatic human condition in many ways"(3).
- According to the later definition of E.Galinska "music therapy is the systematic and methodical application of music in holistic medical procedure including diagnosis the treatment process and evolution of personality based on interdisciplinary foundation musical, psychological and medical(4).

the language pathway in her brains left hemisphere. But by layering words on top of melody and rhythm she trained her brain to use a less traveled pathway to the same destination (5)

Although the part of the left hemisphere of Giffords brain had been damaged, she still able to regain here speech by using the musical side of her brain. The part of your brain that is used for speech is entirely separate from the side that processes music. Giffords was able to regain her speech by focusing on the right hemisphere of her brain and teaching it to associate words with music. This phenomenon is called neuroplasticity; the brain ability to pave new pathways around damage areas(6). without music therapy Giffords would not be able to speak again. This is a perfect example of how music therapy is effective and can improve the lives of the people it services.

Highest level of education in music therapy



4. Instruments used in music therapy:

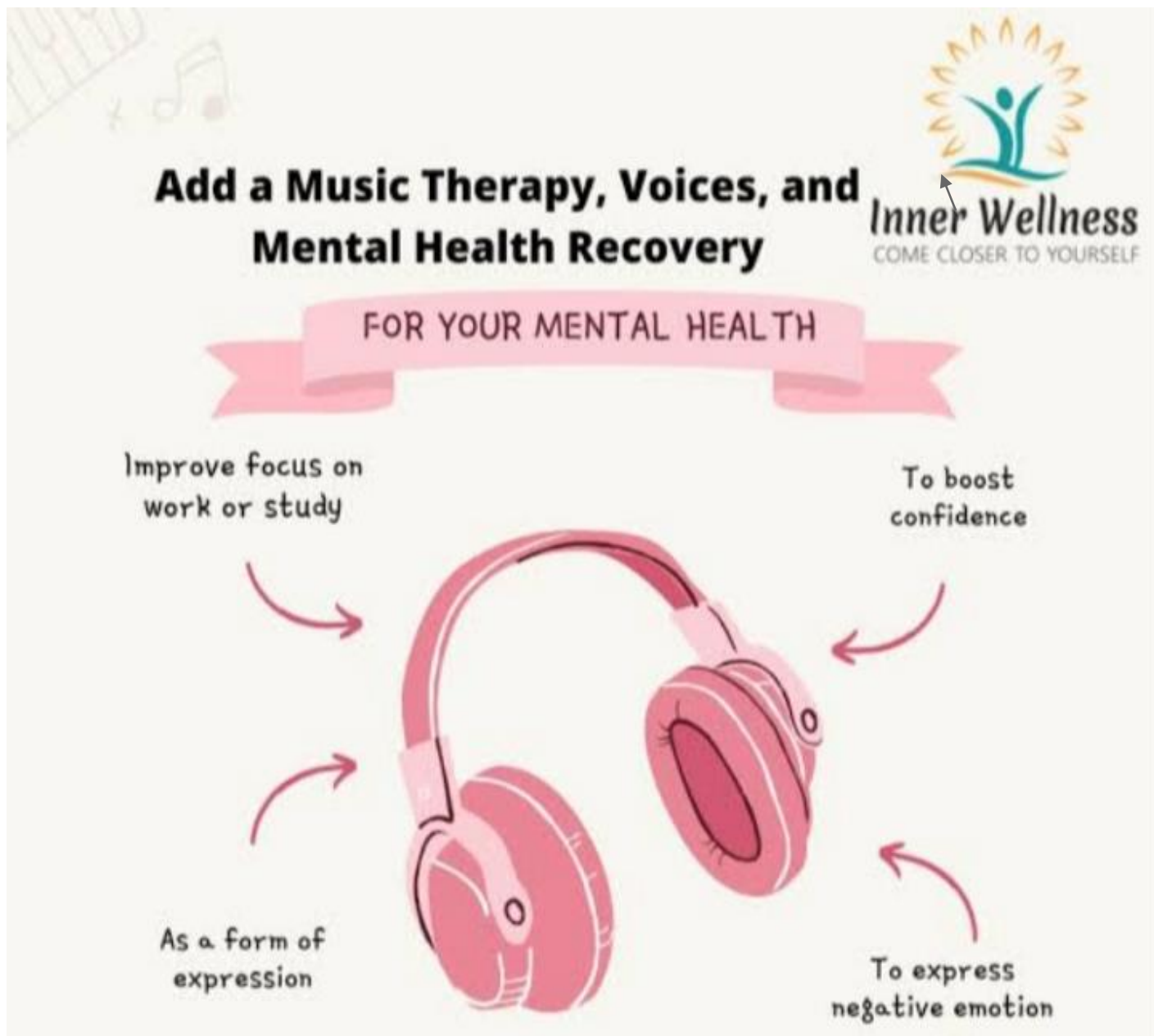
4.1. Voice : Voice has been extensively Research and finding are linked to qualitative and quantitative research in neurology and human development ,Diane Austin (2008), founderofthe music psychotherapy wrote,singing meaningful songs often produces a catharsis,an emotional release; due tothe effect of the music ,the lyrics and the memories & association connected with the song.Researcher have also found that singing with clients can improved mood by

stimulating the release of endorphins, relieving stress, lowering the rate,lowering blood pressure,&boosting the immune system (Gaynor,1999,krutz et al ,2004 as cited in Austin,2008).this impact can be linked to the role a mother's heart beat &voice Play in the development of the human brain and central nervous system (Minson,1992; storr,1992 as cited in Austin,2008) singing for Wellness can also be traced back throughout human history(Graham, 1974).

The Use of Voice in Music Therapy



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4.2.Piano:

Piano first appeared in conjunction with medical treatment during the mid 1800s (Graham, 1974). At the time, many believed music had a 'tranquilizing effect' on the mentally ill. This theory was first tested in 1878 when a thirty-minute piano music concert was performed for 1400 psychotic patients in a New York City asylum.

Although inconclusive, these results eventually led to the organization of music therapists in the greater New York area (Graham, 1974). Since then, piano has become a central instrument in several music therapy programs (Nordoff & Robbins). The piano's unique ability to express all musical elements including melody, harmony, & rhythm are most likely the reasons behind its popularity today (Gilboa et al., 2011).



4.3.Percussion:

Percussion instrument have been utilized for wellness across cultures the & throughout human history. Native American & other indigenous peoples have long used the instruments to support healing ritual(Decker- fitts& Rybak ,2009). Modern medicine first mention the use of percussion in the 17th century as a cure for "Melancholic" brought on by spider bites .The German scholar Athanasius kircher (1601-1680)wrote,"Melancholic people or those who have

been bitten by a tarantula, filled or other similar instrument rather than by more subtle ones"(Graham, 1974).Although this theory no longer holds relevance today , it shows how one widely accepted belief can lead to the beginning of an instrument being used for treatment purpose. Modern music therapy reserch shows that percussio instrument promote wellness through their accessibility, sensory stimulation abilities ,physicality ,& case of rhythmic expression (Mantney , 2014. mantney 2007).





4.4. Guiter:

Guitar ,although not originally focus of music therapy training (Boxil, Bruscia, and Hesser , 1981)has become popular as a more transportable Option than piano for providing harmonic support. The instruments versality and rhythmic qualities are also very appealing for client and music therapists a like (krout 2003 : Oden 2015). The increase of guitar training within music therapy education programs is notable. In 2003 krout wrote "unfortunately university music therapy training

programs do not usually allow for indepth student guitar study due to coarse and programme credit limitations"(p.2). However, Since then at least three publication have been released intended to help music therapy students achieve guiter proficiency (krout,2009,Meyer, Deviller and Ebnet 2010, Oden 2015). This is one example of how adrocacy for an instrument clinical benifit can increase its accessibility and popularity amongst professionals.



5.Application of music therapy:

1) In psychiatry it can be used among other things in the treatment of depression, anxiety and psychotic disorder, dementias (7), in addiction (8,9), as well as in the protection of mental health.

2) Music therapy is used to support rehabilitation mainly that of children with mental, physical (10) and visual disabilities(11) as well as autistic children (12).

3) Music therapy is also applied in many other fields of medicine like cardiology geriatric, obstetric, paediatric(13), density, surgery, intensive care (14) and palliative medicine (15,16,17).



MUSIC AND THE BRAIN

Playing and listening to music works several areas of the brain:

Corpus callosum:

Connects both sides of the brain

Motor Cortex:

Involved in movement while dancing or playing an instrument

Prefrontal Cortex:

Controls behaviour, expression and decision-making

Nucleus accumbens and amygdala:

Involved with emotional reactions to music

Sensory Cortex:

Controls tactile feedback while playing instruments or dancing

Auditory Cortex:

Listens to sounds; perceives and analyzes tones

Hippocampus:

Involved in music memories, experiences and context

Visual Cortex:

Involved in reading music or looking at your own dance moves

Cerebellum:

Involved in movement while dancing or playing an instrument, as well as emotional reactions

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