

A CRITICAL APPRAISAL OF CURRENT STATUS OF MUSIC IN HEALTH CARE

Thirumalachari Mythily *

INTRODUCTION

Music Medicine has developed into an active and comprehensive discipline. The international society for Music in Medicine, supports research and inquiry, bringing together researchers from around the world in major conferences. An increasing number of physicians have joined with research scientists and therapists to provide for a synthesis of thought and technique. The development of sensitive techniques to obtain information from functioning human brains non-invasively by brain scans also has been a factor. In short, Music Medicine has arrived even as it continues to expand.

MUSIC AS THERAPY BELONGS TO INDIA

Our sacred motherland Bharata Varsha, India, possesses in abundance a rich heritage of Sanskrit Literature. It is the greatest treasure and the finest gift of our country. The Vedas constitute the earliest sacred literature (orally passed through generations). When I speak about the Vedas, my mind goes back to those periods in which history has no record, and listens from then on. Music when sung properly infatuates the universe in no time.

Pleasant tone transferred good vibrations and good feelings, likewise good and correct music transfers pleasant mood and enhances the same. The subtle vibrations keeps the participants mesmerized for hours. The individual who underwent the therapeutic sessions experiences the unique feeling of trance; to this there is no difference in status, rich or poor male or female all are one.

Basically, Indian Music is a combination of series of sounds some repetitive and conforming to a set pattern in a given scale, bound vertically by an octave and laterally by laya or rhythm. Analytically the notations of the system and the presence or absence of the seven notes with some differential nuances of pitch and consequent creation of ragas or tunes make for uniqueness. The approach is most effective in familiarization of other music system.

As for sound, it is scientifically proven that all things, animate and inanimate have a resonance. Sound is one of the dimensions of life and existence. It manifests through waves and vibrations and has positive and negative effects, when tolerable and intolerable respectively. Similarly musical sounds influence the lower and higher cerebral centers which comprise the seat of the all sensations, emotions and aesthetic feelings. Hence the emotional quality of music and its importance as a therapeutic aid has been explored.

Music has the power to bring hope and comfort to people in challenging circumstances. All people / every one deserve to have great music in their lives. I feel the responsibility to provide & develop programs that respond to community need based on the organization's mission and civic position.

IMPACT OF MUSIC

Music has a transforming impact on people's lives. Music is a primary force in the lives of individuals and their social environment. The recorded history of 1000 years reveal that across the cultures humans are interested in music, they make music, improvise music. Rhythm as a concept does a lot in the collective experience of individuals.

The cognitive neuro science of music studies the mechanisms involved in the basic understanding of music. Music is having several components- like rhythm, melody, pitch, timber, tone and singing, improvising, listening, playing the instruments, comprehending the music's microtones and differences in pitch, variations in timber and many aspects of

* Dr. Thirumalachari Mythily PhD, DSc., Cognitive Neuro Psychologist,
HOD Music Therapy.
Apollo Hospitals, Chennai.

music making. Musical aesthetics, musical emotion are part of the individual involvement and experiences in the areas of music. When listening the mellifluous music (selected for therapeutic purposes) for more than 22 minutes the brain produces a level of Gamma waves those linked to consciousness, attention, learning and memory. The neuro science literature registers this information as unique in this field of research.

Music activates and shapes the human brain. It is sharpening the mind's ability to hear/ listen and interpret speech and music. It encodes the memory and polishes the emotion and refines the behavior. Music has biological base in human life/ brain.

MUSIC & THE BRAIN

Resonant frequencies, Plannum Temporale which in the left side of the brain within the Wernicke's area
Music in Health care, in making music as a health care requirement of human power.

Research specific areas and special conditions

1. Pain, stress, anxiety,
2. Gerontology,- cognitive aspects of all learnt materials/ motorlearning,
3. Parkinson's - Music with exercises and physical movement
4. Alzheimer's- dementia- music with regular mental rehearsals in the new route of the previous learning, recitations of numbers and its related activities in the musical background, music aided memory rehearsals, previously learnt materials rehearsed with the support of music/instrumental
- 5.Oncology 6. Mental Health, 7.Rehabilitation—substance abuse, 8.Veterans 9. End of life

In the Pediatric Care

Pregnancy—During pregnancy every action of the mother observed by the fetus....! From the first trimester onwards mother to be , listens the specified therapeutic music given to them in a prescribed pattern everyday at a given time regularly.

Benefits- fetus sticks to the timings, gives extra kicks to the mother if music has not been presented on time, if the mother does not able to listen the music at an appointed time every day. This gives the concept that fetus develops a sense of discipline even in womb. On account of this regular exposure to therapeutic music the pre frontal lobe functions of the child gets enhanced. The ability to be with the music persists with the baby for 84 months after the delivery. During this period if you initiate the baby in any one of the aesthetic activities pertaining to right hemisphere, the child learns ahead of the schedule by four weeks. Number works planning cognition, depth perception, craft, music, dance computer software programming like actions are comes to child easily when compared to other children who does not have the exposure to therapeutic music in the womb.

Labor – on account of exposure to music during pregnancy, it ensures smooth and easy delivery, further it shortens the labor time provided other conditions and parameters for normal delivery are in line. On account of this it shortened the hospital stay. It helped to create optimal conditions for the course of pregnancy and heightened pain sensitivity threshold by means of improving the functional, hormonal and psycho emotional conditions of pregnant and lying- in women. Thus the labor process became more natural, the delivery non traumatic and motherhood more happy and safe too.

Neonatal intensive care, premature infants, music therapy helps to gain the required weight to get discharged with adequate weight.

Learning & developments- in the education side of the progress, helps to learn clearly on account of the training in music .

Autism, Music as a therapeutic medium helps to modify the behavior and learn appropriate behavior needed for the everyday activities.

Adolescent problems,- the period of storm and stress can be tackled effectively with music as a therapeutic aid and help to modify the behavior. It works as a morale booster in their quest for identification problems.

Many of the Pediatric illnesses along with music as a therapeutic medium helps the parents as well the children to get in line with the treatment.

Music Therapy

Types of music therapy, implementation, utilization...

Opportunities in music & health care

1 Nature of interaction,

2 Access,

3.Dose and duration,

4. Type of music/ type of people

5 Research – source of knowledge, reliability, limitations

6. New technologies/ depending on machines/ software and possibilities.

The therapeutic Music in its classical format, in both the segment of the medical field , along with medication does enormous good and yeomen service to medical fraternity.

The healthcare-patient interface has witnessed enormous changes ever since the care of the sick saw progressive evolution from being a healing art to a committed pursuit, a consulting profession and advanced into what is recognized as