

FROM THE EDITOR'S DESK OF CMTER**CAN INTERDISCIPLINARY COLLABORATIVE RESEARCH RESULT IN NEW UNDERSTANDINGS TOWARDS THERAPEUTIC EFFECTS OF MUSIC?**

In recent times, we have witnessed in SBV, a lot of interest in introducing music therapy as an innovative method into medical care with a focus towards salutogenesis in medical sciences. This is supported by a steady surge in empirical knowledge to understand the mechanisms underlying the therapeutic aspects of music. On one side, music neuroscience and music therapy fields have started to merge and integrate providing information on not only the therapeutic outcome but also to develop more effective music based clinical applications in medical care¹. There are also mounting evidences of the beneficial effects of music by Cochrane reviews in psychiatric disorders, autism, and in acquired brain injury. On the other side, music psychologists and cognitive neuroscientists have discovered the neural mechanisms related to music processing and the effects of music training on processes such as cognition, emotion, self-regulation, learning and neuroendocrine functions². Psycho-neuro-endocrino-immunological researches also have recorded the beneficial effects of music in treating stress related disorders and diseases.

Pharmacogenetic testing is an important advancement towards personalized medical treatments and similarly in this issue, one of the articles explores the possibility of applying the knowledge of genetics in personalized music therapy. Some of the interesting research questions that emerged are 1) Are there genes that predict a therapeutic response or failure to music therapy? If yes, 2) Are genes associated with music therapy response are the same or different from those associated with music traits? It remains to be seen how these questions would be answered. Though medical researches always focus on group interventions that are targeted to work the same way across a large group of patients, music therapists are always driven towards customizing the therapeutic approach³ and outcome oriented studies impacting the genes as ways of effecting the change due to music therapy orient towards a personalized music therapy approach. Further, current neuro-anthropological understandings of engaging in research with the idea of not considering the patients as objects of study but rather as human subjects taking into account the patient's culture and including it in their therapeutic considerations and interpreting the research results with ethnographic insights and interdisciplinary dialogues with the other care givers and family members present new understandings on how musical experiences are therapeutic as objective research methods may indicate the positive change but not the humanistic processes⁴.

To conclude, to understand the therapeutic effects of music, novel methods integrating interdisciplinary ideas and collaborations with multi-disciplinary team comprising of music psychologists, health care professionals, anthropologists, neuroscientists and music therapists better inform the complex processes involved in comprehending the health benefits of music therapy services.

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