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Impact of Music in Keeping Peaceful Mind & Healthy Body

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Abstract

“Music Therapy” as some people refer to it uses music to promote healing and improve one’s overall emotional well-being. This may include listening to music, playing a musical instrument, singing along to music, and using guided imagery with music. Research indicates that music stimulates the production of opiates and endorphins, the “feel good” hormones in our bodies. This stimulation can result in improved blood flow and blood pressure. Further studies show even more benefits from music therapy when it is used not as an end product, but as a tool for health and well-being. These studies have shown that listening to or playing music reduced the prevalence of burn-out among nursing student and long-term healthcare workers. Another small study showed that music can be effective in improving the behaviour and school performance of inner-city, at-risk youth. Music is a powerful tool that can switch off the stress response and in turn improve our emotional health. Whether one listens to, plays or sings, it doesn’t matter. All of it has proven benefits.

Keywords: Music Therapy, Stress, Health & Peace.



Introduction

Music is a universal language. It influences all kinds of human existence. Modern science and medicine are now rediscovering the healing powers of music. In the west it is now an accepted form of treatment even within orthodox medical practice. “Every disease is musical problem: every cure is musical solution.”

While mainstream medical science treats symptoms through chemicals and surgical procedures on the human anatomy, music therapy works its way to the body through the mind and the soul. Music uniquely among the arts is both completely abstract and profoundly emotional. It has no power to represent anything particular or external, but it has a unique power to express inner states or feelings. And finally there is a deep and mysterious paradox here; for while such music makes one experience pain and grief more intensely, it brings solace and consolation at the same time. While empathically reiterating my belief medical science by which I swear and practice, I would like one to ponder on how central music is or can be to the well being of man. Music has peculiar relationship with the brain and modern medical science supports this statement.

Music Therapy

Music therapy interventions can be designed to manage stress, alleviate pain, promote wellness, express feelings, enhance memory, improve communication and promote physical rehabilitation. Any ailment connected with the mind like, dementia, depression, insomnia, mania negative emotions, pain, restlessness, stress and neurosis can be managed with music “it is the

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perfect therapy for the sick mind” (AMTA) Music with faster tempo and simpler rhythmic structures resulted in increased ventilation, blood pressure and heart beat rate. When the music was paused, heart beat rate, blood pressure and ventilation decreased, sometimes even below the starting rate. Slower music caused decline in heart beat rate with the largest decline seen with Indian classical music.

To understand the role of music in healthy body and peaceful mind, one should understand very clearly what music is, what a healthy body is and what a peaceful mind is. Let us think and see about each one independently and then the relationship between them.

Music

According to the point of view of an art, Music is very creative art emerging from a very strong scientific base. According to science, to be specific Physics, Music is nothing but a group of sound waves having a very typical no. of frequencies. According to Spiritual aspect, Music is treated as an expression of human soul.

Nature of a Peaceful Mind:

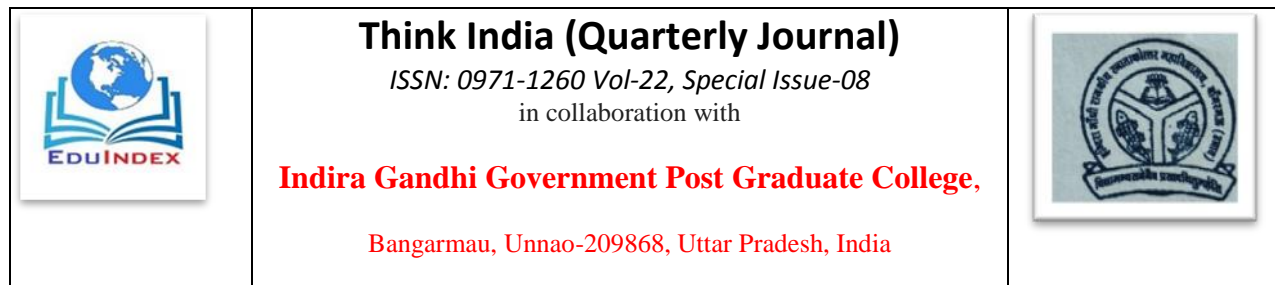
According to Shreemad Bagavad Geeta by Lord Shri Krishna; mind is the only cause and reason behind/for freedom or restrictions in human life. Spiritualism as well as Science including Medical science has agreed to it that mind is an invisible organ which influences most of the activities and expressions of a human body with enormous extendibility and restrictions.

Almost every person will agree to it that some decisions in life are taken by brain and some by mind. Mind is the only source of all feels like joy, sorrow, anger, grief, jealousy, comparison, analysis, ideas, logics, constructive or destructive orientations which make a human body to work accordingly. As very rightly said by Saint Tulkarama is Man kara re prasanna, Sarva siddhiche karan, Mind is the driving force for all the activities in life. The speed of a human mind, its power normally known as will power, intension, purity, virginity, scope etc. altogether decide the strength and the activity of a human body.

To control mind and to focus it on a certain thing is really a difficult task as nature of mind is very much unstable, unsteady and with this kind of attitude it is very difficult to achieve peace as peace is not merely silence but it is the awareful silence.

Peace is not an object or a substance to focus on but it is a state of mind in which there is no intention, good or bad no expectation. It is that state of mind where mere presence of mind is itself very beautiful. In this process of achieving peace of mind and health of a human body, to focus them, align them in a proper way to make them do constructive work, Music help in different ways upto a recognisable extent.

A surrendered and steady mind by being introvert, introspecting and realising self and still perfectly aware of the existence of the self is only could be described as a peaceful mind this state of peace is easily achieved by mind with much ease with help of music, mind is the source of all kinds of feelinged. It expresses all kind of impressions received and carried from all previous births. But music is the finest and the most expressive medium for it to get expressed.



For performance of music i.e. vocal, instrumental as well as dance one needs the ability to sit or stand for maximum time period possibly effortlessly. This ability is achieved by practice i.e. *Reyaz*. As this ability is a special skill achieved, it may also affect in another way in the sense using certain parts or organs for the body in a continuous way for a long time duration with requirement of utmost energy for every time.

To avoid this adverse effect on health by excessive use of the particular organ like hands, legs, vocal chords and so on, etc, the artist in the performing field an artist had to take care of his health. He also had to take into account the timings of performance, time duration of the programme, which also counts regarding the health of his.

Conclusion:

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management. Research confirms these personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles per second). This alpha brainwave is what is present when we are relaxed and conscious. To induce sleep (a delta brainwave of 5 hertz), a person may need to devote at least 45 minutes, in a relaxed position, listening to calming music. Researchers at Stanford University (press release 2006) have said that "listening to music seems to be able to change brain functioning to the same extent as medication." They noted that music is something that almost anybody can access and makes it an easy stress reduction tool.

Indian stringed-instruments, drums, and flutes are very effective at relaxing the mind even when played moderately loud. Sounds of rain, thunder, and nature sounds may also be relaxing particularly when mixed with other music, such as light jazz, classical (the "largo" movement), and easy listening music.

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