

A Review:

Music Therapy: A battery charger for human brain

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Music Therapy is growing as a profession globally, both in quantity and stature as a recognized treatment. In Italy, many physicians incorporate music into their medical practices. The United States of America, Russia, South Africa, Argentina, Norway, United Kingdom and Spain have well developed Music Therapy centres and active associations of music therapists. In India, classical music comprising of ragas has been employed for healing the Body- Mind -Soul complex. The purpose of any therapy is to improve the physical and mental well being of a person. Music Therapy is an innovative, artistic, scientific and evidence based method of restoring, maintaining and improving the emotional, physiological and psychological well-being of human beings of all ages and abilities through the power of music. Music knows no boundaries. It pervades everywhere irrespective of caste, creed, culture, national barriers or blood-brain barrier. Music can be found in every nook and corner of the world. It forms an integral part of our lives. Music represents an intriguing stimulus widely used in films to increase the emotional experience. The emotion processing brain structures are amygdala, hippocampus, parahippocampus, insula, striatum, medial ventral frontal cortex, cerebellum and fusiform gyrus. Music constitutes an ideal means to create a sense of suspense in movies. The efficacy of Music Therapy has been proven in patients suffering from a wide range of disabilities such as dementia, acute brain injury, Parkinson's disease, cerebral palsy, autism, Alzheimer's disease, depression, anxiety, schizophrenia, migraine, insomnia, chronic pain, and multiple sclerosis. Since Music Therapy is a non-invasive, enjoyable and cost-effective therapy, unique outcomes are possible.

Key words : Music Therapy, Brain, Memory, Depression, Insomnia

INTRODUCTION

Music Therapy comprises of use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional. Music Therapy interventions can be designed to promote wellness, manage stress, alleviate pain, enhance memory, improve communication and provide unique opportunities for interaction. Music therapists use their training to bring about positive alterations in cognitive, physical, communication, social and emotional skills. Music therapists work in a variety of settings such as educational, medical, psychiatric and gerontology institutions. Music Therapy has proven itself to be a very effective modality for connecting with persons suffering from dementia and enabling them to reach optimal levels of functioning. Musical interventions not only motivate the patients to engage in treatment but also provides an outlet for expression of feelings to clients and their familiar. Music Therapy possesses the mystical curing powers, which can tremendously improve the quality of life of human race. The purpose of any therapy is to improve the physical and mental well being of a person. Music is an age-old part of Ayurveda, the holistic Indian System of Medicine,

which promises a healthy life style. Music is the harmonious confluence of notes, rhythm, pitch, melody and composition. As a matter of fact, seven notes (Sa, Re, Ga, Ma, Pa, Dha, Ni) of music were developed in Vedic period, which serve as the foundation of Indian Classical music. On parallel lines, Western music is founded on seven notes viz.. Do, Re, Mi, Fa, So, La, Ti. The modern history of music therapy dates back to World war-II, when the professional musicians alleviated physical and emotional injuries of the patients, hit by war through Music Therapy (White, 2001).

What is Music Therapy ?

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