



Clinico Pharmacological Effect of Music in Mental Health

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ABSTRACT

Music therapy is a therapeutic technique that aims to improve people's mental health and overall well-being by utilizing music's inherently mood-lifting effects. It not only calms a person's mind, but it also helps with a variety of other mental and physical concerns by taking into account the individual's problems and advising them on new ways to deal with them. The use of a person's responses and connections to music in music therapy is used to stimulate beneficial improvements in mood and overall well-being. Music therapy might involve making music using various instruments, singing, dancing to music, or simply listening to it. It can be used instead of other types of therapy like counseling or cognitive behavioral therapy (CBT).

Keywords: what music therapy includes, Techniques, How music acts on body , Other Benefits

Introduction

Music therapy entails more than just playing music; it also entails dancing to music, singing, playing, making music, listening to it, and appreciating it. Any instrument, such as drums, crafts, piano, guitar, or flute, can be used for therapy. Music therapy can be an active process in which clients participate in the creation of music or a passive approach in which clients simply listen to or respond to music. Some therapists may employ a hybrid strategy that includes both active and passive musical encounters. You can listen to various genres of music, perform a musical instrument, or even compose your own songs during a music therapy session. It's possible that you'll be asked to sing or dance. Your therapist may encourage you to improvise or may have a structured approach that you should follow.

When you first start working with a music therapist, you'll need to figure out what you want to achieve. If you're down, for example, you might hope to naturally boost your mood and happiness by listening to music. You might also wish to try music therapy for additional depression symptoms including anxiety, sleeplessness, or difficulty concentration.

It's possible that you'll be asked to pay attention to your emotions while performing these duties, or that you'll be asked to let your sentiments guide your actions. If you're upset, for example, you might play or sing harsh, discordant chords.

You can also utilize music to experiment with different techniques of changing how you feel. Your music therapist may respond by having you listen to or compose music with calm, quiet, soothing tones if you exhibit anger or stress.

Music therapy can help with Alzheimer's illness, anxiety or stress, autism, depression, verbal and nonverbal communication difficulties, and more. Emotional dysregulation, low self-esteem, headaches, impulsivity are all symptoms of emotional dysregulation. In a bad temper, Post-traumatic stress disorder (PTSD) is a type of anxiety illness that occurs (PTSD), Obstetrics and gynecology issues, Following an injury or a medical procedure, rehabilitation is important. Disorders of substance abuse, Problems with coordination or movement

Engaging with music can : Memory, emotions, mobility, sensory relay, some involuntary functions, decision-making, and reward can all be influenced by listening to music.

In group situations, meet the social requirements of older persons. Lower your heart rate and blood pressure, and you'll feel better. Muscle tension should be released. Endorphins should be released. Relieve tension and promote emotions of serenity. Children and young people with developmental and/or learning difficulties can strengthen their motor skills and enhance their communication.

Insomnia, Many people find that listening to music helps them sleep. Music therapy has been demonstrated to be beneficial for persons who suffer from sleep difficulties or sleeplessness as a sign of depression in studies. Music is less invasive, more cheap, and something a person can do on their own to self-manage their illness than medicines and other often prescribed treatments for sleep disorders.

Cancer: Coping with a cancer diagnosis and undergoing cancer treatment is a psychological as well as a physical ordeal. People with cancer may require a variety of sources of support in order to maintain their mental and spiritual well-being.

Music therapy has been demonstrated to assist persons with cancer who are undergoing radiation treatments feel less anxious. It may also help them cope with chemotherapy side effects including nausea.

For medical illnesses, such as mental health disorders, music therapy may not be sufficient treatment. It can, however, be a beneficial component of a treatment strategy when paired with medicine, psychotherapy, and other interventions.

Music therapy is also used during other treatments, such as surgery or any ayurvedic panchkarma operation, to soothe and quiet people's minds and get

better results.

Conclusion

Music serves as a distraction, drawing the listener's attention away from unpleasant stimuli and toward something enjoyable and encouraging. Music has the power to change one's respiration and pulse rate. Music has been shown to lessen pain perception by causing the brain to release dopamine, a feel-good molecule. String music stimulates brainwaves and is related with hypnotic and meditative states; quicker beats may foster more attentive and concentrated thinking.