

Importance of Integration of Music with Medicine

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Abstract:

The integration of music with medicine has gained recognition for its significant impact on healthcare. Music therapy, an allied health profession, utilizes music interventions to address physical, emotional, cognitive, and social needs of individuals. This article highlights the importance of integrating music with medicine by discussing its benefits and implications in healthcare settings. Music has been found to enhance emotional well-being, aid in pain management, improve cognitive function, facilitate communication and expression, reduce stress, and enhance the overall patient experience. The multidisciplinary collaboration between healthcare professionals and music therapists contributes to a holistic approach to patient care.

Keywords: Music therapy, Integrative medicine, Healthcare, Emotional well-being, Pain management.

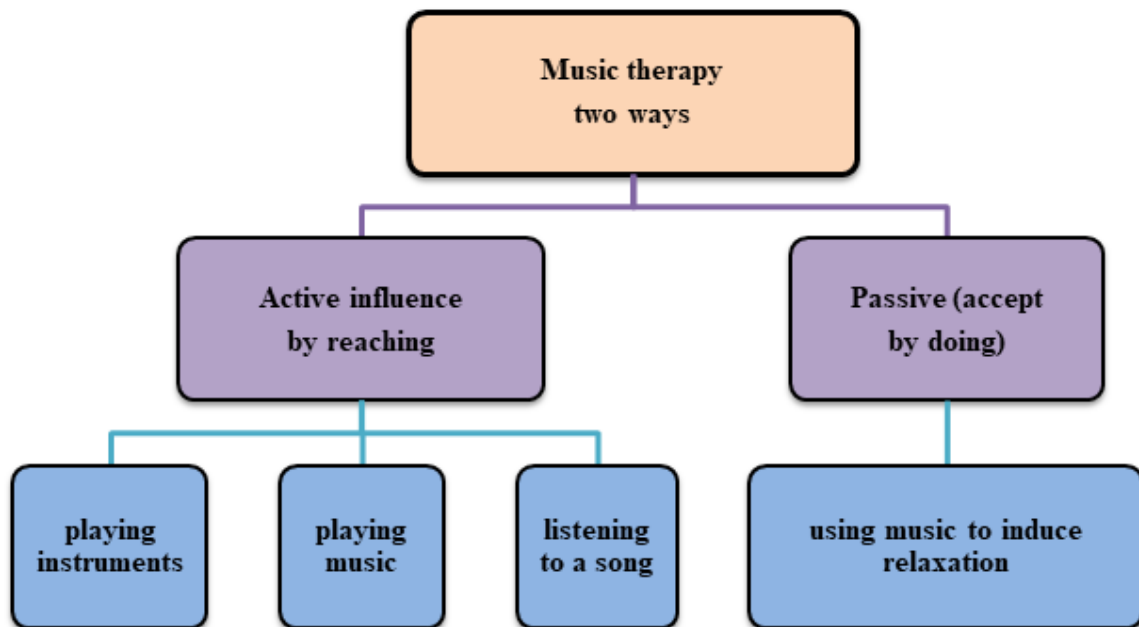
Music therapy is a therapy that uses music to improve a patient's health and vitality. Stimulation of the mind is essential because it is the operational center where all the sensations and emotions that a person perceives and expresses are processed, understood and integrated.

Music is an emotional experience that activates all areas of the brain simultaneously. Therefore, it is useful in therapy, because it stimulates the functioning of the brain in an emotional, cognitive and physical sense. Emerging research on music therapy has also shown its usefulness in rehabilitation, education, and wellness programs.

This type of therapy is effective in treating certain diseases or improving the patient's lifestyle and works in two ways: active (playing musical instruments, listening to songs, playing music) and receptive (using music to induce a state of relaxation). Other artistic techniques and forms, as well as art forms such as drama, dance or painting, are used simultaneously with music and bring the expected results. (Figure 1)

Because music is an attractive stimulus, it has a great effect on patients and they accept the therapy in a pleasant way. Music therapists select and use music in ways that provide psychological and physical benefits.

Figure 1. Two methods of music therapy are effective in treating certain diseases or improving the patient's quality of life



This type of therapy has been considered a very effective tool for solving psychological problems, rehabilitating patients, reducing pain in chronic diseases, changing the way of looking at life in nervous and neurological diseases, improving self-esteem or treating difficulties in work and study.

Music is one of the main sources of nourishment for our brain. From infancy, mothers often soothe their children with "allah". This suggests that young children's brains are already well conditioned to music and its benefits.

Music makes our body happy. Our bodies naturally enjoy music and begin to perform rhythmic movements. When we listen to music, the music enters our brain to process it, but it also affects our motor system. That's why music therapists use this tool to help people who have had a stroke regain movement.

Today's in the day classic music of influence the body and a person to the mind effect about very a lot data there is In 1756-1791 living created by the classical era famous and a person to the psyche big effect showed composer Wolfgang Amadeus Mozart's effect his great of work therapeutic that it is under the influence science proved From his 600 more than compositions to be symphony , concert , chamber , piano , opera and chorus for written from his works another many composers inspired and his works still of orchestras standard from the repertoire place received His creativity is eternal , therefore for of them use the soul improve oneself calm down and identity in understanding big importance earns [1] . Scientists who studied this phenomenon confirmed the possibility of improving the health of patients listening to these musical compositions.

Researchers are also exploring the potential and necessity of music therapy to help people of all ages with physical and mental health, including:

- ✓ a autism spectrum disorder;
- ✓ x behavior disorder;
- ✓ cardiovascular diseases;

- ✓ retardation of development and learning disabilities;
- ✓ marital stress disorder (PTSD);
- ✓ schizophrenia;
- ✓ speech disorder;
- ✓ blood vessels, brain damage and nerve diseases;
- ✓ m disorders of substances.

A systematic review published in 2016 found that research suggests that music therapy may be an effective component of depression treatment. Studies have shown that the use of music therapy is most beneficial to people with depression when combined with conventional treatments (such as antidepressants and psychotherapy) (Table 1).

A group of disorders where research is being conducted on the potential and necessity of music therapy to help people of all ages with physical and mental health

Table 1

autism spectrum disorder
behavior disorder
cardiovascular diseases
developmental delays and learning disabilities
marital stress disorder (PTSD)
schizophrenia
speech disorder
strokes, brain damage and nerve diseases
violation of m

Many people find that music, even a little noise, helps them fall asleep. Music therapy has been shown by scientists to be beneficial for those with sleep disturbances or insomnia as a symptom of depression.

Compared to pharmaceuticals and other common treatments for sleep disorders, music was considered less invasive, less expensive, and something a person could do for self-management.

Specific techniques, such as music-assisted relaxation therapy, have been found to benefit people with difficulty sleeping by creating a "pre-sleep" state of relaxation, and can also be used at home. Music has been reported as a pharmacological treatment of insomnia in hospitalized patients.

Music has been studied as a potential strategy for managing acute and chronic pain in all age groups. Research has shown that listening to music during surgery or healing an injury can help both children and adults cope with physical pain.

A 2015 peer-reviewed journal study found that music therapy, in addition to standard post-operative hospital care, is an effective way to reduce pain, anxiety, heart rate, and blood pressure in patients recovering from surgery.

Non-pharmacological distraction techniques are often the preferred treatment for pain in children. It has been suggested that music therapy may be a valuable tool in this treatment arsenal. In fact, music can influence children's behavior even if they are not consciously aware of it.

A Scandinavian study published in 2017 found that children and adolescents who listened to music with headphones during minor surgery showed less adaptive behavior in the postoperative period up to one week after surgery (assessed using a special questionnaire).

Music has also long been a popular pain management strategy during labor and delivery. A 2019 literature review conducted by Sydney Mohr at Lesley University found that, although research is limited, music therapy during labor is a positive, convenient, and non-invasive method for pain management, with benefits for laboring mothers and newborns.

Newborns can also benefit from music therapy, especially during the general postnatal checkups. One study found that when music was added to the standard treatment of neonatal pain in heel blood tests, the facial expressions and vital states (perceived as pain markers) of preterm infants were significantly different.

The researchers concluded that music could be a valuable adjunct to pain management in neonatal intensive care units, similar to how it can be used with older children and adults.

At the level of emotional pain, music therapy can be part of a long-term plan for managing chronic pain. Music's close connection with memory processing means that it can help people relive positive memories and focus when they don't have painful symptoms.

In the physical and emotional experience of dealing with and receiving cancer treatment, cancer patients often require multiple types of treatment to meet their complex medical needs, as well as a variety of sources of support to care for their emotional and spiritual well-being.

Music therapy has been shown to help reduce anxiety in cancer patients undergoing radiation therapy, and to help manage the side effects of chemotherapy, such as nausea.

The emotional benefits of music therapy for people with depression often extend to people with cancer, many of whom may have had depressive symptoms after diagnosis, during treatment, or even for some time after remission (Table 2). .

Music therapy alone does not represent an adequate treatment for medical conditions, including mental illness. However, when combined with medication, psychotherapy, and other interventions, it can be a valuable component of a treatment plan.

Table 2. Studies and their results in the field of music therapy

Studies			
No	The year the study was conducted	Tadgi layer type	Research results
1	2015 year	Music as a potential strategy for managing acute and chronic pain .	It has been found to be effective in reducing pain, anxiety, heart rate and blood pressure in patients recovering from surgery .
2	2016 year	Music is an effective component of depression treatment part	It has been found to be most beneficial to people with depression when combined with conventional treatments (such as antidepressants and psychotherapy).
3	2017 year	internal surgery .	Children and adolescents who listened to music with headphones showed less adaptive behavior in the postoperative period up to one week after surgery.
4	2018	Music in the standard treatment of neonatal pain in heel blood tests of premature infants .	preterm infants differed significantly.
5	2019	Use of music therapy during	a positive, convenient and non-invasive

		labor .	method for pain-free treatment, which has created benefits for able-bodied mothers and newborns.
6	2020 year	S araton's disease .	to help reduce anxiety in patients who start smoking and to help manage side effects of chemotherapy, such as nausea .

In conclusion, despite the fact that many people think that using music as a therapy method is not "serious" or official, this science is supported by many serious scientific studies. Their results show that the methods used in this field have a very beneficial effect on various types of physical and mental problems.

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