



MUSIC THERAPY: EMERGING CATALYST IN THE WEST *ARE WE READY TO PRESCRIBE IT?*

Internal Medicine

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KEYWORDS

INTRODUCTION:

It seems odd to hear music as medicine or an “adjunct” to medicine, but the use of music with medicine for treatment of ailments is being used extensively in the west. There is extensive research in the west, and it is ongoing with new discoveries, to make it an approved entity worldwide. Because who doesn't need a little less tablet to pop and a “healed” soul along with curing the ailment. But, are we convinced with the effect of music along with the medicines, or what is the missing link to be put forward? Does every music work for anybody and everybody or do we need to be particular about selecting music as we (physicians) select medicines for a particular disease? This article throws light on the aspect of music which connects man to his soul and heals it gradually.

History says it all:

Music has been described in almost all the civilizations and in their precious literatures. Various famous scientists and artists had given a high place to musical “notes”. They realised that music somehow heals the soul. It was also connected that the fluid, like blood in the human body gets affected by music.

World Health organisation gave us a holistic definition of “health”. It did not say that health is curing a person physically, rather it included different aspect of same individual and that includes, “ emotional ” health or “psychological “ health as well.

What is the buzz?

There are active research going around the world. The chronic cancer pain by music has been controlled by music and is investigated. ⁽¹⁾ In patients with Acute Myocardial Infarction, stress was found to be reduced by listening to the music ⁽²⁾

It is of note that in patients with acute myocardial infarction, relaxation and music therapy have been effective in reducing stress.

What's the missing link?

At “Kinjalk diabetic and heart care centre”, a technique devised in 1987, known as **KIMMA: Kinjalk Mode of Music Application**, is used. This technique involves **3 Ms : Man, Music and Match**. It was identified that there is music which affects a man's mood and lowers the stress levels and ultimately the overall effect on a person's ailment, but, the missing link of, “ match” was identified by this technique. The team of expert musician and doctor evaluates a patient's history and matches the music to the patient's suitability, which has been achieved through years of research.

Not every raga, music, instrument or song, can be helpful to any patient. There must be a review of history with other factors. The “selective therapy “is prescribed along with the medicine. The medicine is not omitted but the dose is gradually tapered, as seen in the research. Further research on various aspects of music therapy continues, in bringing it in the *front* in India.

CONCLUSION:

The selection of music for a person and his/her ailment is an art. The music which we hear on our cell phones or I pod, gives a temporarily boost of adrenaline, but that is not the way how it works like a medicine or in music therapy. The day is not far away when music therapy will be

accepted in India and will be prescribed. It cannot be said that: “Music did not work for me.” The question is, “Did the therapist work on *you* for music?” In short, ***Music is an art, we all know but prescribing music therapy is an art to be imbibed and learnt.***

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