

Music and Medicine

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Introduction

Healing sounds have always been considered to be very important in medical practice, and nowadays, medicine has confirmed the efficacy of music therapy in many diseases. Music continues to be used to promote health and well-being in clinical settings, exactly for pain management, relaxation, psychotherapy.

Aim

To assess the curative power of music; To uncover the profound impact that music can have on human body.

Materials and methods

- 1)review of the literature on this issue;
- 2)survey;
- 3)experiment;
- 4)opinion poll;
- 5)analysis of the data

Results

Music has an impact on the different organ systems. It can break up cancer cells in our bodies and can help to heal mental illnesses. It reduces blood pressure by slowing breathing and heartbeating. Music may produce a positive emotional experience that can release hormones, which create a healing effect in the body. Classical music produces the same effect as ten milligrams of valium.

Conclusion

1. Music has the influence on human body and brain.
2. Listening to music can give your immune system a boost and may help fight against disease.