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RHYTHM THERAPY AS NONSPECIFIC METHOD OF TREATMENT

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Complementary medicine is a group of diagnostic and therapeutic disciplines that are used together with conventional medicine. Any of a range of medical therapies that fall beyond the scope of conventional medicine but may be used alongside it in the treatment of disease.

Music – vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, unity, continuity (rhythm), and expression of emotion.

Rhythm – the pattern of regular or irregular pulses caused in music by the occurrence of strong and weak melodic and harmonic beats. It is the placement of sounds in time.

The sound waves produced by the drum impart their energy to the resonating systems of the body, and mind, making them vibrate in sympathy. When we drum, our living flesh, brainwaves, and energy centers begin to vibrate in response. This sympathetic response leaves reverberating effects up to 72 hours after a drum session. These powerful effects can best be described in terms of their influence on the subtle energy centers known as “chakras”.

The word “chakra” is derived from the Sanskrit word meaning wheel. The 7 chakras are the energy centers in our body in which energy flows through. They are like spirals of energy, each one relating to the others. Blocked energy in our 7 chakras can often lead to illness, so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely.

Chakras function much like electrical junction boxes, mediating energy throughout the entire mind-body system. They are the interface among the physical and mental of one's being. Imbalances in chakras lead to imbalances in body and mind. Drumming creates a vibratory resonance that activates, balances, and aligns the energy systems.

The uses of rhythm therapy in the treatment of orthopedic disabilities, speech disorders, in elderly people, heart arrhythmia, and endocrine system disorders are verifiable.