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Review Article



THE IMPACT OF MUSIC ON HUMAN BODY

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ABSTRACT

Music affects our body very well and we can know about it easily. Our body shows its reaction towards music whether it is completely absorbed in it or not and we can witness to it. In other words we can say that music is so powerful that it can attract towards itself and impresses him the most. The impact of music can be seen mainly on nervous system of man as nerves conduct all the parts of body along with the solid muscles and also control liquid materials and this can be seen when any nerve get disturbed, the connected part with that also get disturbed. Music increases metabolism and it also increases or decreases muscular energy. It accelerates breathing and decreases its regularity. Music affects largely mind and nervous system of man and the modern medical science has proved it that all the parts of human body are controlled and regulated by human mind and nervous system. Music is a great therapy and it affects human body like exercise because in singing the different parts of the body have to work hard and this process adds to blood circulation and the exercise of lungs. Really the impact of music cannot be denied on human mind and nervous system.

Keywords: nervous system, accelerates, medical science, therapy, blood circulation, human mind, muscular energy, pulse, impotency, emanation.

Music affects our body very well and we can know about it easily. Our body shows its reaction towards music whether it is completely absorbed in it or not and we can witness to it "The foot taps in time, the head nods or a finger moves rhythmically. We may assume that muscular tension and relaxation are present as a response to music, even where they do not make themselves felt as overt movement."¹

In other words we can say that music is so powerful that it can attract towards itself and impresses him the most. Many wise persons, scientists and experts have given their opinions about the impact of music on human life. In this connection the statement of Picus Mirandle is worth stating "Music cured illness by moving spirits to act on the soul and body."²

Dr. Louis de Moron has written about the impact of music "It is to the mechanical involuntary connection between the organs of hearing and consonance excited in the outward air, joined to the rapid communication of the vibration of the whole nervous system."³

The impact of music can be seen mainly on nervous system of man as nerves conduct all the parts of body along with the solid muscles and also control liquid materials and this can be seen

when any nerve get disturbed, the connected part with that also get disturbed. The feeling of music, first of all comes to the years of man and then through nerves it comes to the mind and then it shows its impact. Music shows its impact in different parts of human body and its example we can get in such a way as after hearing our Indian classical music we node our heart and move our fingers etc. Music increases metabolism and it also increases or decreases muscular energy. It accelerates breathing and decreases its regularity. It produces a variable impact on blood volume, pulse and blood pressure. It also lowers the thresshold for sensory stimuli of different modes. According to Dr. Altshuler "Music is first perceived by that part of the brain known as the thalamus. The thalamus is one of the elder portion of the brain and it is the seat of all sensation, emonation and aesthetic feeling. That is why music is so important as a therapeutic agent."⁴

Music affects largely mind and nervous system of man and the modern medical science has proved it that all the parts of human body are controlled and regulated by human mind and nervous system. Since mind plays its vital role in the remedy of the diseases in different parts of the body, music gives pleasure to human mind in its our ways and consequently all the systems of the different parts of the body starts functioning in proper manner and these comes a special change in them and thus different diseases undergo the change. Music provides a special pleasure to mind and through it man can control many diseases which are caused by tension. Music increases the resistance power in human body as happy persons produce such chemicals. It reduces anger in man and adds to man's health.

The impact of tension is one of the most important reasons responsible for the impotency of men. Stress can and does upset human reproductive mechanism. The doctors are finding career related stress is as real a reason for infertility like blocked tubes or low sperm count. Due to much stress there is lack of hormone testosterone necessary for reproduction of human beings. In the same way this stress also affects women at the larger scale and this is evident in the following words "When women are very anxious, for example, their tubes tend to have spasm, says Dr. G. Mansukhani a gynaecologist with Jaslok. So if the women is constantly worrying about work, work, work, her tubes and uterus are less hospitable and her chances of conception decreases."⁵

Modern researches and doctors say that stress makes the man sick not only mentally but also physically. So, except treatment they advise him/her to be happy through yoga, meditation, mantra and music etc. and these things make the human beings free from stress and thus save them from mental diseases and their harmful consequences. Music makes the mind of man very active by its melody. In other words we can say when man listens to his or her taste, he is full of pleasure and special kinds of hormones become active in the human body and they affect all the parts of body to a great extent. According to Dr. K.K. Agarwal "The cells of the immune system contain receptors that responds to the same neuropeptide messengers that the nervous system uses. Thus happy people produces chemicals that influence their immune system in a positive way resulting in increased resistance to disease and better overall health."⁶

Thus we see a happy man can make himself healthy because he is capable of saving himself for many physical and mental diseases by music and meditation man can get not only happiness but also peace. Now-a-days the importance of music is being realised by many scientists and medical researchers. According to researches of medical science mind undergo many changes when it is in the state of peace. According to Dr. Gregg Jacobs "Medical institute has documented dramatic brain wave change the onset of tranquil waves and swifty diminished mental alertness after just five minutes of practicing the relaxation technique."⁷

The best organ of man is mind and it can be filled with pleasure and peace with good music and by it man can make his blood pressure normal by listening ear-pleasing music. He can also reduce the difficulties related to breathing system. For language the left mind is very important and

music affects the mind in perfect way but music affects the right mind in more proper way. In this regard many experiments have been done.

So on the basis of different experiments done by scientists and doctors we come to conclusion that music plays vital role in curing different mental diseases of human beings. Music makes as happy and free from stress as it affects our nervous system properly and gives longevity to man's life. Music is a great therapy and it affects human body like exercise because in singing the different parts of the body have to work hard and this process adds to blood circulation and the exercise of lungs. Really the impact of music cannot be denied on human mind and nervous system.

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