

## **POSITIVE VIBRATION - THE BODY AND MUSIC**

Shannon Ramdial, Naboka O.I., Burlaka I.S., Filiptsova O.V.

Scientific supervisor: prof. Filiptsova O.V.

The National University of Pharmacy, Kharkiv, Ukraine

shannon.ramdial@gmail.com

Happiness, health, sanity, unconventional methods of treatment, motivation even acumen, all have one common friend, music. Music over the years, through multiple examinations, researches and speculations by many reputable as well as 'layman' sources has shown its ability to affect many actions of the body and mind.

The intent of this research is to widen the minds of the readers as well as bring to their attention the numerous benefits of music in different aspects as it relates to the human body and how we can implement some of these findings into today's methods targeted at increasing the longevity of the human race.

In order to prove the findings in this research, a questionnaire was issued amongst persons within the Ukraine, Kharkov region. Also information from the work of other researchers and medical examiners was used and quoted in the discussion of this research.

In the music world, there exists the octave treble clef which means there are 8 notes per octave and in this research, these 8 notes will represent 8 benefits of music for the body: music makes you smarter, has positive medicinal effects, motivates, adjusts attitude and regulates ones mood, assists with relief of addictions, boost immune system, helps in recovery of lost memory as well as improves memory and increase spatial reasoning.

Have you ever realized that you can memorize the word of a song even when you had no intentions of it? Or found yourself singing the tune to that song you hate so much but is embedded in your mind? That's the power of music as it improves concentration and attention. Music that is easy to listen to or relaxing classics improves the duration and intensity of concentration in all age groups and ability levels. Harvard Medical School neuroscientist Gottfried Schlaug in an interview with News in Health said that through his studies, he found that when you make music, it engages many different areas of the brain, including visual, auditory and motor areas and thus the interest of music as a treatment for neurologic disorders. According to some studies, for musicians, particularly those who begin playing an instrument at an early age, music learning can encourage the development of stronger vocabularies and a better handle on nonverbal reasoning.

Music has positive medicinal effects. It has even been reported that ambient noise, played at a moderate volume, can encourage creativity, and that listening to music can help repair brain damage. Music has also shown the ability to help in treating Parkinson's disease.

Several studies have shown that music can enhance athletic performance. One 2012 study called "Effect of Music-Movement Synchrony on Exercise Oxygen Consumption" found cyclists who peddled along to music used 7% less oxygen than those who didn't couple their ride with music to match their pace.

According to research conducted at the University of Missouri, a team of scientists has confirmed that music is a mood booster. Listening to slow, quiet classical music, is proven to reduce stress. Countless studies have shown that music's relaxing effects can be seen on anyone, including newborns.

As it turns out, performing music can be relaxing and can create a distraction from withdrawal symptoms. Songwriting can help patients confront impulse control and self-deception and allows an output for negative emotions. Music directly affects chemicals called neurotransmitters which relay information in our head. Drugs work in a similar way, except they make your brain lazy and convince it to stop making its own chemicals.

Music reduces stress by reducing cortisol levels, a chemical in your brain that causes you to feel stress in the first place. Jazz, bluegrass and soft rock have been found to be especially effective at reducing stress and increasing health because of their similar musical qualities.

Listening to music engages many areas of the brain in both hemispheres, which is why it can create brain activity other methods, like conversation, do not have the ability to do. Another area it engages is the hippocampus, which is the region of the brain which handles long-term memory storage.

Spatial-temporal reasoning is the ability to create, maintain, transform, and relate complex mental images, even in the absence of external sensory input or feedback. In other words, reasoning through space and time. Math, science, physics, chess, and music all involve this type of reasoning. Mozart music, especially piano music, can raise your spatial reasoning the equivalent of nine IQ points.

From the multiple researches conducted both formally and informally, it is safe to say that music is the ultimate healer and as the late, great musician, Bob Marley, concluded "One good thing about music, when it hits you, you feel no pain".