

Music & Health

Historical Perspective of Music & Health

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Therapeutic use of music in History



Samuel 16:23

²³ Whenever the evil spirit from God bothered Saul, David would play his harp. Saul would relax and feel better, and the evil spirit would go away.





How music has been used for healing

Music for Healing (Medicine Man)

“Magical Power”

- Vocalization
- Drumming
- Chanting

Music for Religion + Medicine

“Access Humanity”

- Service / Ritual
- Christianity
- Expressivity/Fun

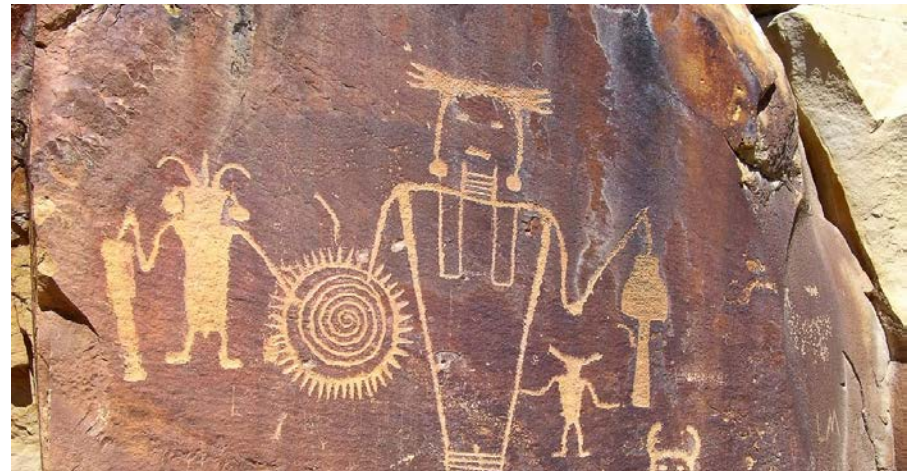
Evidence Based Use

“Field of science”

- Research outcome
- Rationale

Preliterate cultures (선사시대)

- No system of written communication
- No agriculture, political structure, permanent housing
- Magic as an integral part of a healthy and peaceful life



Music Rituals in Preliterate cultures

- “medicine man” performed healing ceremony
- Drums, rattles, whistles, and songs may be used during ritual and ceremony
- Music in healing ceremony

Bone flute (45,000 yrs)



Early civilizations

- Characteristics
 - Evolution of written communication
 - Growth of cities
- Technological achievement in science and medicine
- “rational medicine”



Antiquity (고대 그리스/로마시대)

- Religious practice
vs Rational medicine
Magical belief
vs empirical evidence
- Music as medicine for the soul
- Music for curing mental disorders
- Chant therapies as part of medical practice
(Feder& Feder, 1981)



Music in Ancient period

- Very little is known about the music of these civilizations, but it is certain that music played a part in their lives.
- Phthagoras: “music re-establishes inner harmony”
- Aristotle: “Music releases unhealthy tension”



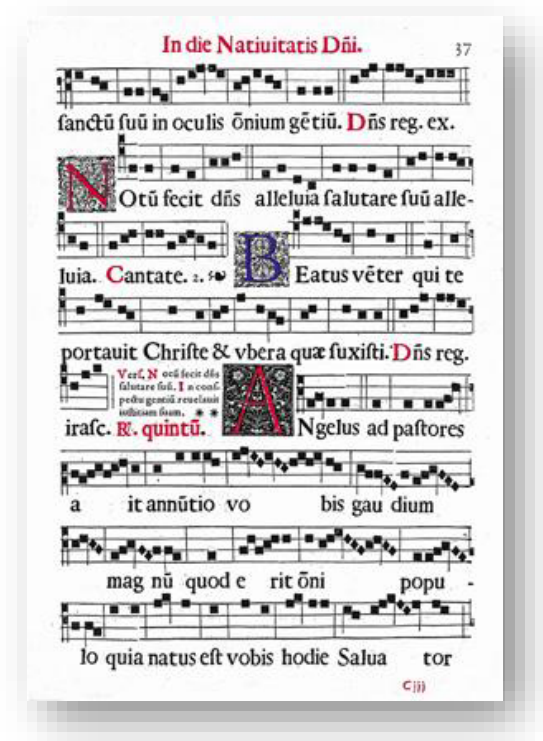
Middle ages and Renaissance

- Contrary to earlier thinking, a sick person was neither inferior nor being punished by God.
- Music and religion
- Hymns to be effective against certain unspecified respiratory disease



Music in Middle ages

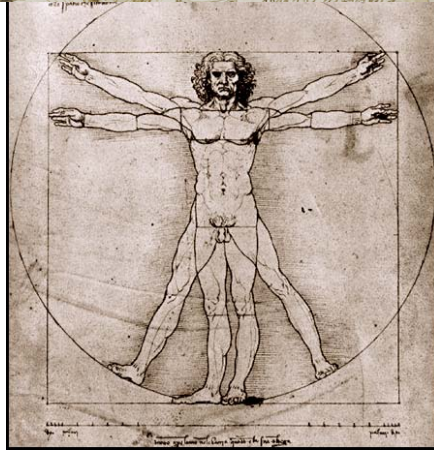
- 800-1300 C.E.
- Music was very simple
- Gregorian Chant
- Monophony vs. Polyphony
- Beginnings of Notation



*Medieval Instrumental Music

Renaissance

Advances in anatomy,
physiology, clinical
medicine



Music in Renaissance (1300-1600)

- Writings about relationship between music and medicine
- All music can be broken down into two types: Sacred(mass) and Secular > More polophony(instrumental, dance music)
- A remedy for melancholy, despair, and madness
- Emotional health

**Beginning phase:
Using Music for
Humanity**

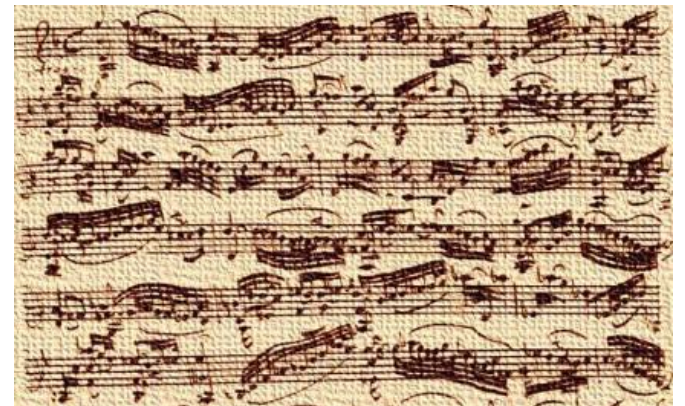


Baroque (1580-1750)

- Link between music and medical practice
- Kircher(1602-1680) -personality characteristics coupled with a certain style of music
 - > Vibration releasing bad humors f/ body
 - > Different instrument to bring change
- More writings on music and medicine

Music in Baroque

- 1600-1700
- Advance music theory since ancient time
- Major composers
 - J.S.Bach,
 - Antonio Vivaldi,
 - G.F. Handel



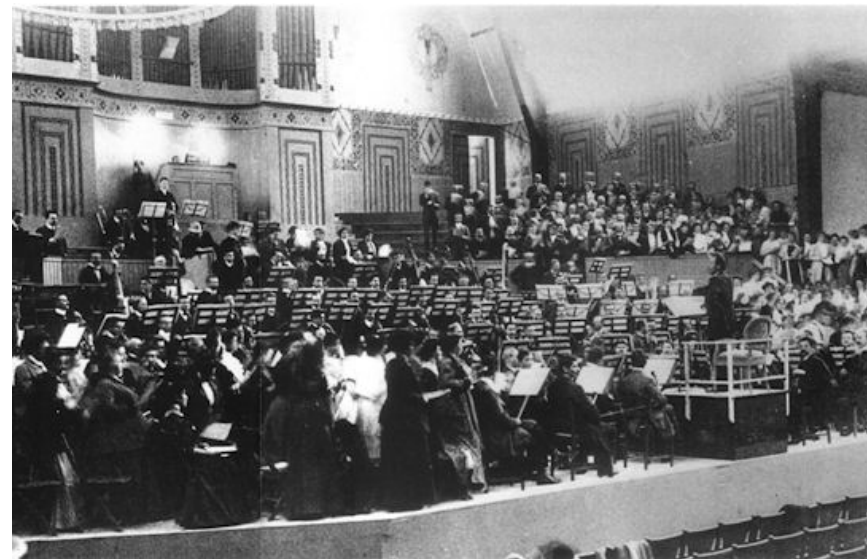
Music from Classical period

- 1700-1800
- Music theory and instruments were mostly formed by now to our modern standards.
- Major composers
 - Wolfgang Amadeus Mozart
 - Joseph Haydn



Music from Romantic period

- 1800-1900 C.E.
- Professional Musicians: money making profession
- Major Composers
 - Ludwig von Beethoven,
 - Franz Schubert,
 - Peter Tchaikovsky,
 - Johannes Brahms



19th Century Music and medicine

- Atlee & Mathews (1804) [An inaugural assay on the influence of music in the cure of disease]
>> cause & effect model to describe the effect of music on health
- Mathews (1806) [On the effect of music in curing and palliating disease] - Using music matched to own feelings---Iso principle
- Beginning phase: the scientific use of music

19 & 20th Century

- Literatures regarding using music in the treatment procedures
- Music in educational system (Blind, hearing impaired)
- Margeret Anderton
 - Teaching musician to work in the hospital settings



picture of lady
playing in a hospital

Modern music

- Modern Period -1900 C.E.~ Present
- A break with the past / "rules" are made to be broken
- Dissonance / atonal
- Musical use of non-instruments



Popular Music

- Classical music led to the development of popular music. Jazz, Blues, Rock, Hip-Hop
- In the 1900's popular music became the dominant style of music.

Music in Hospitals after WWI & WWII



Music Therapy Profession

- Volunteer musicians in Veterans hospitals for returning soldiers with mental and physical disabilities
- Established educational programs: 1949
- Offered clinical training
- Standards of educational and clinical training