

Music and Cardiovascular System

On the eve of the Hemantha Ghana , I thought it was appropriate to touch upon effect of music on cardiovascular system. There is ample evidence suggesting that music may benefit people with cardiovascular disease. This effect appears to arise from music's ability to influence the autonomic nervous system, which helps to regulate functions such as your heart rate, breathing and blood pressure.

It also governs stress response and relaxation response. Just like practicing meditation or other calming rituals, listening to the music or singing, or playing an instrument helps to nudge the nervous system to favor the relaxation response. Vagus nerve which runs from brain all the way down to the abdomen, mediates the relaxation response.

Stimulating, vagus nerve not only helps to slow down your breathing , Blood Pressure and pulse rate, but also helps to decrease Inflammation which is a key culprit in heart disease. Studies have shown that increased heart rate variability (HRV) in people who listen to various types of music.

HRV measures the slight variation in the time between each heartbeat, which reflects the health of your autonomic nervous system. Higher the HRV values, the heart can quickly respond to rapid changes throughout the body and this resilience is linked to better heart health. Two studies looked specifically at the effect of singing, and they indicated that this practice also boosted HRV.

Here are some other findings from the studies. 1. Better exercise performance - Music may improve a person's workout either by increasing endurance, distance, or duration by making exercise feel less effortful. One of the most important benefits of music is in cardiac rehabilitation . Music is well known to make patients get better sooner. 2 .

Lower stress hormone level.-2 studies have shown reduction in the stress hormone cortisol level in the saliva by regularly, listening to music , including one in people undergoing dialysis treatment. There appears to be improved cardiovascular survival rates among those with biggest drop in the cortisol level.3.

Lowers the blood pressure-at least one study has shown that listen to the music for 30 minutes or longer daily will help to decrease the blood pressure and heart rate. Type of music is also important. Light music or classical music is clearly beneficial, whereas rap music or rock music may increase the heart rate and blood pressure.

Chronically listening to loud music maybe detrimental to the heart. Listening to music is inexpensive, low risk(PROVIDED YOU KEEP THE VOLUME IN A SAFE RANGE) and this is easily accessible. There is no downside to using music to energize your workouts or to relax. Other examples of benefits of music. 1. You sing a song to a child crying and you will notice the baby stops crying immediately 2.

When you have a fight with your spouse, sing a romantic song and you will see a prompt positive response. 3. 4. Agitated Alzheimer's patient can be calmed by a good music. Patient recovering from stroke can improve their speech and movement with music therapy. So for the next Hemanta Ghana, I would expect more participants and give the organizers more headache.

You organizers for the HemanthaGhana 2026, start your music lessons now. If you need help, come to me and I know where to send you.

Dr Keshava Aithal

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