



The Influence of Music on the Human Body

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Annotation: This article is about music, the impact of music on human health.

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Introduction: Music is the most complex polymorphic, polyfunctional energy formation, the essence and impact of which depend on many components. This transforms it into a special form of culture, which has its own meaning, a set of images, mechanisms of influence on a person and society. It is included in the system of human coordinates, which it transforms into the energy-informational components of modernity. The presence of music in all spheres of human existence allows us to consider it as an indicator of thinking, activity, age, health status of a person and humanity. It permeates all spheres of human life and allows you to establish your place as a quality, a powerful spiritual and biological core, on which all human life is called.

Music closely interacts with human health, maintaining, strengthening or destroying its optimal state. Numerous studies confirm that a person is a sounding microcosm and each direction of music plays a certain role in setting it up for inclusion in forms of life. Because of this, music acts as a biological and anthropological constant, which transforms it into a sense-forming element of the environmental friendliness of the existence of the individual.

Methods: The problem of the relationship between music and health has long been noticed by philosophers and doctors. There have been many attempts to describe the influence of music on human health. It can be said with confidence that there is not a single philosopher and physician who has not tried to analyze this visible and very tangible connection between sound, melody and health. If health is understood as a mental or mental state, then this connection is obvious and does not require proof. Now science has got the opportunity to correlate these dependencies, based on the wave theory of the existence of nature, society and personality. Since music in its essence is a pronounced wave structure, then the personality, as a microcosm, is subject to this influence to an extreme degree.

Music is now used by many doctors and psychologists to relieve stress, cure various diseases. It was revealed that the brain has its own melody and in a healthy state differs from the patient, in a calm state from an excited one.

Currently, many studies are underway aimed at identifying the influence of weak and superweak fields or radiation. A number of studies indicate that the human acoustic hologram is the main mechanism for implementing the genetic development program. The concept of the dual nature of man is no longer in doubt: one of its components has a wave nature. A person's own microwave radiation carries information about the state of the body.

As established in the course of numerous experiments, calm music leads to a decrease in the amplitude of electromagnetic waves of the brain. This has a calming effect. At the same time, the



work of the left and right hemispheres is synchronized, which dramatically increases the ability for intellectual activity.

Studies have also shown that under the influence of classical music, important changes in the composition of the blood occur, the amount of hormones that cause an overstrain of the nervous system is sharply reduced.

Modern information, superimposed on ancient knowledge, gives interesting indicators. The instrumental impact of music manifests itself in the following way. Percussion instruments affect the lower energies of a person and have the ability to strengthen or weaken his will to live, energy, desire to move, etc.

Wind instruments are focused on the formation of the emotional sphere. They can increase or decrease the reserves of sexual energy, stimulate or dissipate it, etc. The mental sphere most of all corresponds to keyboard instruments, which are most clearly manifested in pianistic, piano sounding. They allow you to clarify, build a mental series, streamline it and enter it into a fairly strict form. Stringed instruments have a completely different sound structure. They directly affect the heart chakra - the energy of love, compassion, sensitivity, etc. Strings, especially violins and cellos, guitars, balalaikas, etc. are oriented towards the development of compassion. Vocal music affects all energy centers. But most of all, on the throat chakra, which is responsible for the interaction of people, influence on them, submission to one's opinion. Intuitive and cosmic development is influenced by the sounds and works performed by the organ - the most voluminous and multifunctional sounding instrument, a monumental organism that creates a whole musical sounding world and introduces a person into another dimension.

The analysis of the impact of the instruments is, of course, not complete. Instruments such as accordion, button accordion combine organ sounds with a special ethnic touch. The new, synthetic sounds that are now appearing make the process of musical influence on a person completely limitless.

Music, like no other art, can bring the body into a certain state.

But not all types of music are beneficial. So, rock concerts should be used very carefully. The fact is that power tools emit extremely low sounds that are not perceived by ear, but are well perceived by the body. They, reinforced by the most powerful sound, have a destructive effect on the body. So, according to numerous data, it is known that within 10 minutes after being at such concerts, a person cannot remember the multiplication table, his name, you can put any program into it, which is often done at concerts. In these processes, calls for the use of drugs, calls for unmotivated aggression, indiscriminate sex, etc., are superimposed on the sound. It is no coincidence that in all countries, concerts of rock musicians are accompanied by reinforced police and police squads, as there is a high level of criminality and criminal suggestibility of listeners. This is not at all about abolishing all rock works, but health is too important a factor to turn a blind eye to these data, known throughout the world.

According to some reports, a number of ancient chants, mainly from early Catholicism, enhance the activity of cancer cells.

At the same time, biologists have found that many types of music have a pronounced healing effect. Bell ringing has long been considered a means of suppressing viruses. In Rus', during the plague epidemics, it was known that where the bell rings 4 times a day, there were no epidemics.

Results and Discussions: Laboratory data give convincing arguments that classical music, namely the music of Grieg, Mozart, Tchaikovsky, suppresses the action of microbes, and, in particular, staphylococci. Up to 40% of microbes of this direction die from their products. That is, the activity



of the organism increases and is able to localize their action. This is a very important fact, since staphylococci are known to be extremely resistant microorganisms, which are extremely difficult to cancel.

At the same time, music can also have an analgesic effect. In this case, it affects the so-called "Pachin's bodies", located in the nerve bundles of the skin, in which nerve pain endings are also localized. These vibroreceptors pass in the same bundle with pain receptors. They perceive from 16 to 200 hertz vibrations and can neutralize the effect of pain shock, since when perceiving music, competition is created between them, as a result of which the effect of painful stimuli is weakened or disappears. In addition, acting on the central nervous system, music, in particular, cheerful, simply distracts a person from the problem of pain, he does not fix attention on it.

According to S. Shamordzhana has an extremely pronounced healing effect, of course, the human voice. It is able to evoke a variety of emotions and moods, to a certain extent change the composition of the blood and directly affect life expectancy. It is known that opera singers, singers performing melodic works, as a rule, have strong, good health, live longer and better.

Singing, especially melodic major music, treats broncho-pulmonary, cardiovascular diseases due to the action of two systems. Firstly, it is the sound itself, which tunes the cellular metabolism to the correct young rhythm of work, and secondly, vocals, especially their own singing, give very special chemical reactions. In this case, inhalation becomes 3-5 times shorter than exhalation, as a result of which carbon dioxide accumulates in the body, changing all the reactions of the body in the optimal direction. In this case, singing is akin to yogic breathing, hiking in the mountains, breathing according to various methods, including Strelnikova. Singing allows you to achieve this effect much faster and better, since an emotional mood is also connected to it, enhancing these purely therapeutic effects.

Conclusion: Thus, we can say that music has a pronounced healing, healing and preventive effect, which humanity has tracked, measured and used throughout the entire period of its existence. Now such an era of the development of society has come when these data are summarized and are widely used in practice.

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