

Music & cardiovascular HEALTH



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'Music has charms to soothe a savage breast,' wrote William Congreve in 1697. It's pretty certain he didn't literally mean that it reduces the heart rate and blood pressure, but modern research indicates that listening to certain music can in fact keep your cardiovascular system in tune.



A fundamental shift is taking place in curative medicine today from a high-tech, biomedical approach towards a holistic and humane view of the patient. This has two major implications: firstly that quality of life is being re-established as the central measure of health care, and secondly that the art of medicine, as opposed to the science, is making a comeback.

Music acts on the autonomic nervous system by reducing heart rate and blood pressure. Different styles of music have been found to produce consistent cardiovascular and respiration responses.

THOUGHTS AND HYPERTENSION

Hypertension or high blood pressure is a very common disorder, frequently associated with psychological stress. It is important to identify this destructive emotional tension and manage it in a healthy way.

Several studies have indicated that we can change our blood pressure or autonomic function by changing our thought pattern. Stressful environments and difficult times in our lives make it a challenge to translate our thoughts into positive physiological reactions. Music has the ability to enhance positive or calming emotions and has played