

THE INFLUENCE OF MUSICAL INSTRUMENTS ON HUMAN HEALTH

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Abstract: *The article describes the effect of music on the functions of many physical systems, as well as on the nervous system. It discusses how musical genres can have both positive and negative effects on organs, as well as the impact of musical instruments on human health. The article provides research by scientists and public figures on the influence of music on our body and the use of music as a therapeutic agent.*

Key words: *music, music therapy, music doctor, Mozart's music, positive and negative music, pneumothorax, influence of instruments.*

"Music is not only a factor of refinement and education. Music is a healer of health." — V.M. Bekhterev

We are music. We are all born with music inside us. It connects with us even before birth and accompanies us until death. It influences our development in childhood, shapes our self-identification in youth, and gradually changes us throughout life. Music is an integral part of our lives. Even if you do not like or want to listen to it, music continuously flows from televisions and radios, accompanies shopping in almost any store, plays in every restaurant and café, and drifts from open windows on the street. However, many people do not consider the quality of the music that fills their space. How does it affect our health?

Music Therapy is a psychotherapeutic method that uses music as a healing tool. The first music therapy courses appeared in the United Kingdom in the 1960s. After successful trials, they were officially opened to the public.

Music doctors prescribed specific musical pieces for treating gout, rheumatism, plague, delirium tremens, dementia, and typhus.

"Music for health"—this concept has existed since ancient times. Many attempts have been made to describe the effects of music on human health. The great philosopher Aristotle believed that music, through catharsis (purification), alleviates deep psychological suffering and acts as a powerful medicine. The Greek scientist and philosopher Pythagoras, better known as a mathematician, also practiced medicine. He was one of the first to assert the significant influence of music on a person's mental and physical state. Pythagoras treated many ailments of the spirit, soul, and body by playing special musical compositions he created. It is known that at his university in Croton, Pythagoras started and ended each day with singing: in the morning to clear the mind from sleep and stimulate daytime activity, and in the evening to calm and prepare for rest.

Pythagoras' idea—that listening to music heals—was later realized by the French otolaryngologist **Alfred Tomatis**. According to Tomatis, the music of **Wolfgang Amadeus Mozart** has a particularly strong healing effect on humans.

The Benefits of Mozart's Music:

- Improves hearing and speech;
- Relieves stress;
- Enhances concentration and attention;
- Helps with depression;
- Activates brain function;
- Calms and relaxes;
- Improves digestion;
- Stimulates creative thinking.

Mozart's music also positively affects infants. Today, many mothers play soothing music during their babies' sleep, making their rest more peaceful and prolonged. You may not believe it, but these methods have been scientifically proven by researchers, psychologists, and doctors. Many patients have shared their positive experiences, noting the health benefits of these procedures. Later, numerous scientists conducting research also confirmed the therapeutic properties of music on the human body. The renowned psychologist **V.M. Bekhterev** concluded that music can energize a person, relieve fatigue, and influence the respiratory and circulatory systems.

The famous Russian surgeon, **academician B. Petrovsky**, used music during complex operations. According to his observations, under the influence of music, the human body begins to function more harmoniously.

Today, **17 musical genres** and several hundred subgenres are known. Despite this diversity, each genre has its admirers.

The Effects of Different Musical Genres on Health

Classical music has a universal healing effect on both the psyche and the body. Five minutes of classical music before bedtime has the same effect as taking a sleeping pill. The calming influence of lullabies is well known from childhood.

Church music is the most powerful. It elevates the soul, provides a strong energy charge, brings peace, and alleviates pain. Additionally, during the plague epidemics of the Middle Ages, studies showed that listening to church compositions nearly halved microbial activity.

Folk music can be cheerful, sad, or epic. Cheerful music brings joy and optimism, while sad music touches the soul like the strings of an instrument. Folk songs create a sense of security and complete peace.

Music affects the functions of many vital physiological systems (cardiovascular, respiratory, muscular, digestive), as well as the central nervous system.

Negative Effects of Music

In our complex world, any phenomenon can be used for both good and harm. Music can also have a negative impact on a person. For example, heavy rock music can cause **pneumothorax**—a condition in which the lungs stop filling with air properly. Studies have shown that high-energy, low-frequency acoustic waves contribute to this condition.

Rock music is a heavy, expressive genre with an overload of unnecessary sounds and excessive volume. The psyche of the listener is bombarded with the maximum number of

decibels. When exposed to this music, a person's thoughts become paralyzed, and concentration is lost. In a state of mental and moral confusion, suppressed passions such as hatred, anger, jealousy, and suspicion are unleashed. Rock music disrupts the rhythm of the human heart and interferes with the functioning of the nervous and endocrine systems.

Yes, you may like it, but for the sake of your nervous system's health, it is better to limit exposure to such music.

The Influence of Musical Instruments on Health

Experts assert that in music, not only the style, rhythm, and tonality matter but also the instrument on which the piece is performed. The sound of each musical instrument affects specific body systems.

It is believed that the health effects of music depend on the type of instrument:

- **Piano** – thyroid gland, kidneys, psyche;
- **Percussion instruments** – heart, liver, blood vessels;
- **String instruments** – cardiovascular system, emotional health;
- **Wind instruments** – blood circulation, respiratory system.

Specific effects:

- Harp sounds are beneficial for hysteria.
- Piano music has a calming effect and normalizes stomach function.
- Accordion and harmonica activate the abdominal area.
- Violin music has a positive effect on inflammation of the brain membrane.
- Guitar and drums help restore heart rhythm.

Conclusion

Our entire life is permeated with sounds. Everything in the visible world, everything around us, is music or frozen sound. The quality of music is a crucial factor that directly influences the course of evolution and the development of civilization. In our bodies, all organs and cells operate with a specific rhythm, making external sounds with defined rhythms significantly impactful.

Our world is dualistic—there is light and darkness, good and evil, love and hatred. Music also varies. It can heal or destroy. Today, the diversity of music is greater than ever, making it essential to choose the right music and genre to maximize its benefits. By understanding the effects of music on us, we can consciously use this knowledge to improve our lives!

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