

Effects of music on the brain cells and waves and its therapeutic outcomes

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Abstract

Introduction: What human realizes with his hearing sense is called sound (frequencies between 20 to 20000 Hz). Sound is the result of vibration and whatever substances oscillate more regular, the sounds will become more similar to the musical sounds. Musical alphabet is called Notes and each one of the musical instruments produce the notes frequencies in different ways. The sound waves are mechanical type and their intervention can produce assonant and dissonant harmonics which can realize with the brain. There is a growing correlation between music and brain. The sounds also found in alive molecules and atoms and this is the basis of music therapy.

Methods: The number of volunteers are selected and the music produced from EEG waves is analysed.

Results and discussion: Playing the musical instruments create the link between hands movement and emotional, seeing and hearing reflection and involved different part of the brain.

Conclusion: music is beneficial for the body and soul of the mankind.

Keywords: music, frequency, brain waves, music therapy, EEG

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