

**Effect of music on cardio respiratory physiology of asymptomatic individuals and on clinical profile and quality of life of patients with chronic stable angina**

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A community based randomized intervention study was conducted to describe the effect of music on selected aspects of cardio respiratory physiology of 252 asymptomatic individuals and a hospital based single blind randomized clinical trial was conducted to assess the clinical profile and the quality of life of 60 stable angina patients. A new music track composed from Rag Dharbari Kanada was used as the intervention tool. In the study group listened to the composed music till the end of track (about 22 minutes) and the control group was kept silent during the same period. Before the commencement of the study and after the intervention systolic and diastolic blood pressure, pulse rate and respiratory rate of the study individuals were measured. A statistically significant reduction in systolic blood pressure by 8.53 mmHg, diastolic blood pressure by 5.8 mmHg, pulse rate by 5.16 bpm and respiratory rate by 2.55 per minutes were observed in the study group after listening to the music (p<0.01) but in the control group changes observed during the period of intervention were not significant (p>0.05). The reduction in each parameter after listening to music did not depend on the type of gender, age group, education level, practicing a relaxation technique and the preferred type of music. As the composed music reduced the cardio respiratory physiological parameters and as it improved the severity of the disease and the quality of life of stable angina patients, long term listening to the composed music can be considered to reduce the prevalence of the morbidities in cardio vascular system and long term listening to the composed music complementary to regular treatment can be considered to reduce the severity and to improve the quality of life of the patients with cardio vascular disease.