

**Certificate in Integrative Palliative Care – 3**  
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**Week-08**  
**Lecture 63: Music Therapy & Palliative Care**

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In the modules till now, we have been discussing what is music therapy, the history, and what are its benefits. In this module, we will particularly discuss about music therapy for palliative care. Palliative care is a very important care for clients, for patients, and music therapy has been found to be effective for them too.

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### PRELUDE...



- As the music therapy profession has developed internationally over the last 25 years, so has its role in palliative care.
- The palliative care unit is an emotionally challenging place where patients and their families may feel at loss. Music can allow the expression of complex feelings.
- Music is a highly versatile and dynamic therapeutic modality, lending itself to a variety of music therapy techniques used to benefit both those living with life-threatening illnesses and their family members and caregivers.

As a music therapy profession has developed internationally over the last 25 years, so has its role in palliative care. The palliative care unit is an emotionally challenging place where patients and their caregivers may feel at a loss. Music can allow the expression of these complex feelings.

Music is a highly versatile and dynamic psychotherapeutic modality lending itself to a variety of music therapy techniques used to benefit both those living with life-threatening illnesses and as well as the family members and their caregivers.

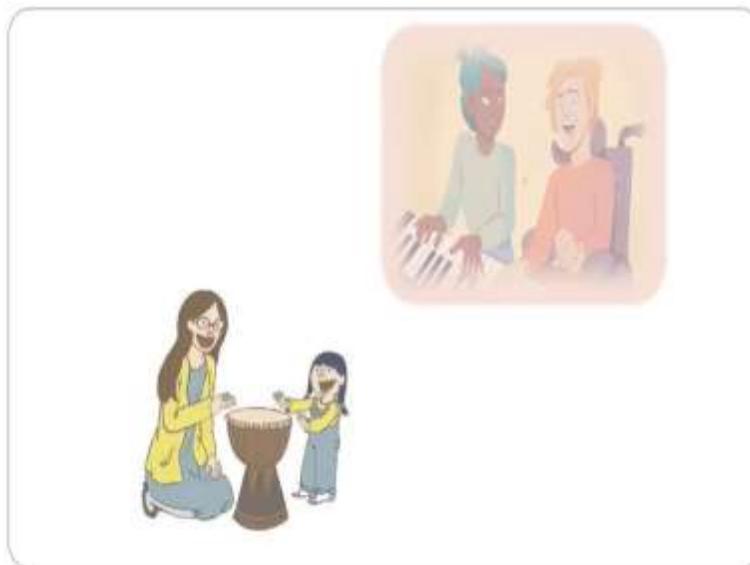
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- When we are working with persons for whom a medical cure is no longer possible, music therapy can improve the quality of life by addressing the emotional, spiritual and physical needs that may arise during this time
- Music therapy is an evidence-based treatment
- Music therapy experiences may include listening, singing, playing instruments, or composing music. Musical skills or talents are not required to participate.
- Music therapy may help you psychologically, emotionally, physically, spiritually, cognitively and socially.

The views of music therapy for palliative care. When we are working with persons for whom a medical cure is no longer possible, music therapy can improve the quality of life by addressing the emotional, spiritual, physical needs that may arise during that time. Music therapy, as we know, is an evidence-based treatment.

Music therapy experiences may include listening, singing, playing an instrument, or composing music. Musical skills or talents are not required for this participation in music therapy. Music therapy may help you psychologically, emotionally, physically, spiritually, cognitively as well as socially.

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### Who Can Benefit Music Therapy?

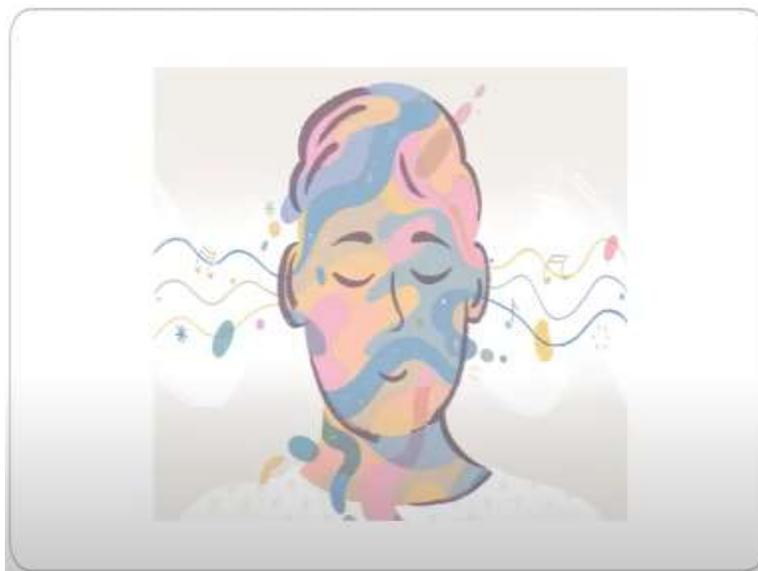
**Music therapy provides the most benefit to patients who:**

- Lack social interaction or sensory stimulation
- Experience pain and symptoms that are difficult to control through traditional medical interventions
- Feel anxious or are affected by dementia
- Look for a concrete way to cope or to define or articulate feelings or thoughts
- Face communication problems due to physical or intellectual impairments
- Need spiritual support, possibly involving other family members
- Enjoy music to enhance their quality of life or maintain dignity

Now who benefits from music therapy? Music therapy provides most benefit to patients who lack social interaction or sensory stimulation, experience pain and symptoms that are difficult to control through traditional medical interventions, those who feel anxious or affected by dementia, Look for a concrete way to cope or define or articulate feelings or their thoughts. Those who face communication problems due to physical or intellectual impairments.

Those who are in need for spiritual support, possibly involving other family members. Those who enjoy music to enhance their quality of life and also maintain dignity.

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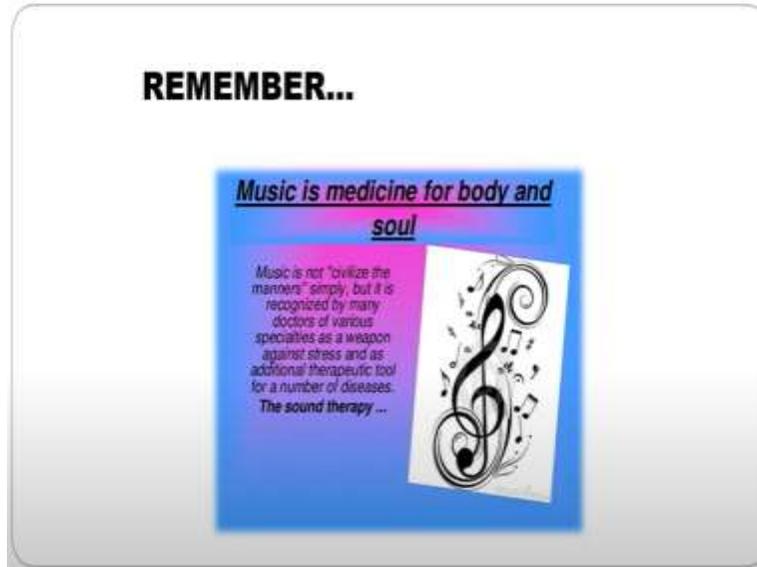


### **What do music therapist do?**

- Music therapist talk with you about any background you might have in music and your musical preferences.
- They will then work with you to identify goals and design appropriate music therapy experiences for the session. In doing so, they'll consider:
  - Your music preferences and interests
  - Your age and developmental level.
  - Your physical abilities.
  - Your cognitive abilities.
  - Your trauma triggers.

Now what does a music therapist actually do? The music therapist talks with you about any background you might have in music and your musical preferences. They will then work with you to identify the goals and design an appropriate music therapy experience for the session. And in doing so, they will consider your music preferences and interests, your age and developmental level, your physical abilities, your cognitive abilities, your trauma triggers.

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Remember, music is medicine for the body and the soul. Music is not the civil manner simply, but it is recognized by many doctors on various specialties as a weapon against stress and an additional therapeutic tool for a number of diseases. And rightly said, the sound therapy.

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Music therapy and palliative care.

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**Music therapists interacts with...**

- Music therapists invite palliative care patients, and their significant family members and friends, to explore how creative music-based experiences in therapeutic relationships can address biopsychosocial needs and enhance spiritual well-being.
- Music therapists can extend music's power to help patients across the lifespan live a quality life and support their families.
- Patients often choose familiar music to listen to, sing, or play that elicits people, places, emotions, and thoughts that they want to connect with.
- Through music therapy song writing and improvisation, patients and families creatively explore their 'playful' musical and unique selves, and potentially experience helpful new awareness, wonder, pride, and accomplishment.
- Patients' song composition legacies can also support the bereaved.
- Music therapists offer guided music and relaxation or imagery interventions, to soothe and help with symptom management.

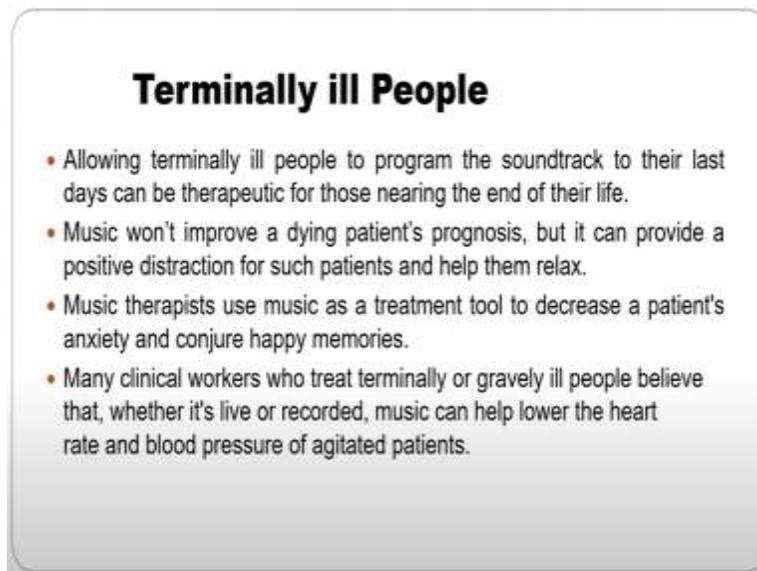
Music therapists interact with and invite palliative care patients and their significant family members and friends to explore how creative music-based experiences in therapeutic relationships can address biopsychosocial needs and enhance spiritual well-being.

The music therapist can extend music's power to help patients across the lifespan live a quality of life and support their families. Patients often choose familiar music to listen to,

sing or play that elicits people's places, emotions and thoughts that they want to connect with. Through music therapy, songwriting and improvisation, patients and families creatively explore their so-called playful musical and unique selves and potentially experience helpful new awareness, wonder, pride and accomplishments. So it is not just about pain management, getting better with the after effects of the treatment that they are taking, but it also is looking into a lot of self-awareness and self-learning within the patients and the caregivers too. Patients song composition legacies can also support the bereaved.

Music therapists often guided music and relaxation or imagery interventions. They are used to soothe and help with symptom management.

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**Terminally ill People**

- Allowing terminally ill people to program the soundtrack to their last days can be therapeutic for those nearing the end of their life.
- Music won't improve a dying patient's prognosis, but it can provide a positive distraction for such patients and help them relax.
- Music therapists use music as a treatment tool to decrease a patient's anxiety and conjure happy memories.
- Many clinical workers who treat terminally or gravely ill people believe that, whether it's live or recorded, music can help lower the heart rate and blood pressure of agitated patients.

Allowing the terminally ill people to program the soundtrack to their last days can be therapeutic for those nearing the end of their life. And that is where Music therapy becomes important for the terminally ill people. Music won't improve their dying prognosis, but it can provide a positive distraction for the patient and help them to relax.

Music therapists use music as a treatment tool to decrease a patient's anxiety and conjecture happy memories for them. Many clinical workers who treat terminally or gravely ill people believe that whether it's live or recorded, music can help lower the heart rate and blood pressure of the agitated patients.

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### **Terminally ill People**

- Patients become less agitated and become more in sync with the ventilator when the music's playing. Research, too, suggests music therapy helps dying and severely ill or injured patients relax. Listening to music before, during and after surgery was beneficial to patients and significantly reduced pain, anxiety and the need for pain medication, according to a meta-analysis of 72 clinical trials published in 2015 in *The Lancet*.
- Music therapy is effective in promoting relaxation for terminally ill patients undergoing palliative care, specialized medical treatment for people with a serious illness or condition that focuses on providing relief from symptoms and stress.

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Music therapy is effective in promoting relaxation for the terminally ill patients undergoing palliative care, specialized medical treatment for people for serious illnesses or conditions that focus on providing relief for symptoms and stress.

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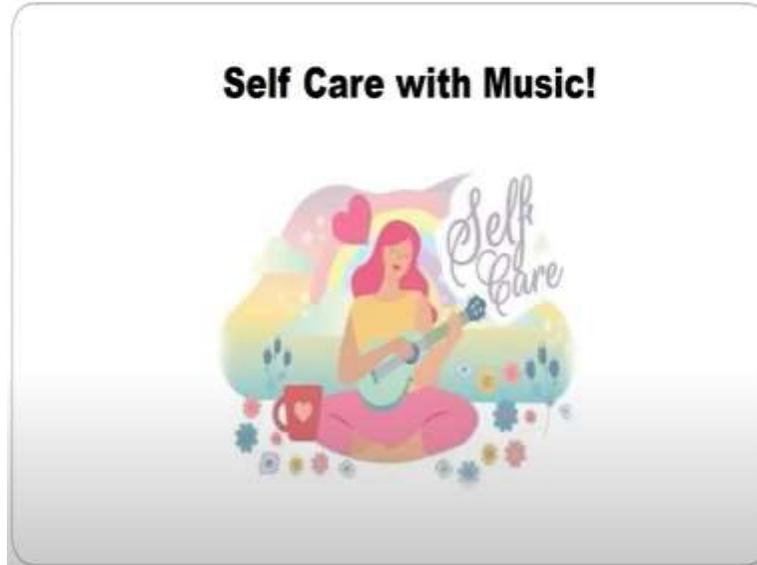
## **Terminally ill People**

- For terminally ill persons, music therapy can serve as a catalyst to establish both verbal and non-verbal communication. The skilled use of music can facilitate emotional self-expression and provide a supportive and non-threatening environment with opportunities to confront fears and discuss present concerns. Musical associations can facilitate life review and assist in resolving significant personal issues.
- Music therapy can help to lessen feelings of isolation and loneliness by providing opportunities for social interaction and the sharing of personal experiences with others. The use of religious music can provide spiritual comfort, and reassurance and support the individual's faith. Music therapy can also be used to help family members throughout the grieving process by providing comfort, continuity and opportunities to express feelings of loss.

For the terminally ill persons, music therapy can serve as a catalyst to establish both verbal and non-verbal communication. These skills used of music can facilitate emotions, self-expression and provide a supportive and non-threatening environment with opportunities to confront their fears and discuss their present concerns. Musical associations can facilitate life review and assist in resolving significant personal issues. Music therapy is also seen to help to lessen feelings of isolation and loneliness for providing opportunities for social interaction and the sharing of personal experiences with others.

The use of religious music can provide spiritual comfort and reassurance and support to the individual's faith. Music therapy can also be used to help the family members throughout the grieving process by providing them some comfort, continuity and opportunities to express their feelings of loss.

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### **Studies show that in palliative care, Music Therapy can...**

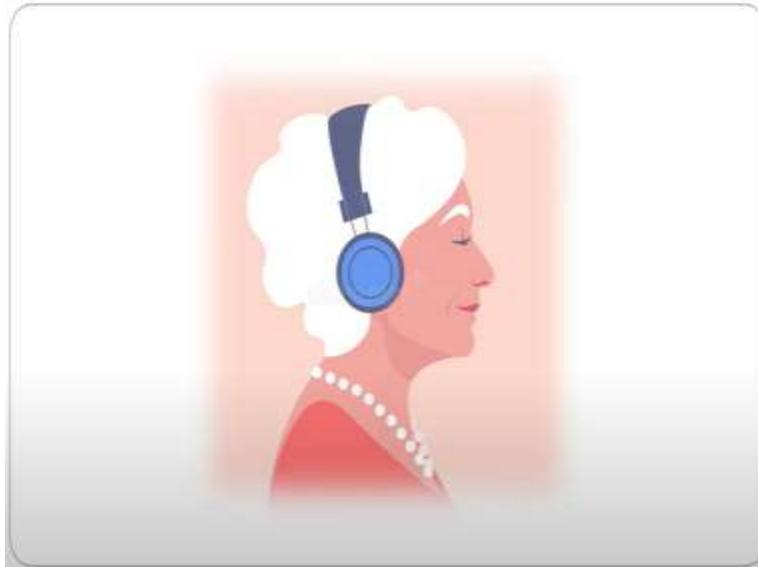
- *Help to alleviate fears and anxieties*
- *Reinforce identity and self-concept and decrease feelings of isolation*
- *Encourage participation in physical activity and exercise to promote feelings of vitality and well-being*
- *Help to initiate communication with family members, serving as a source of comfort throughout the grieving process*
- *Decrease the perception of pain and the length and severity of the side effects of medical / chemotherapy*
- *Aid in the process of life review*
- *Provide opportunities to express emotions in a non-threatening and accepting environment*
- *Promote relaxation and alleviate insomnia*

Self-care with music is also possible and many people indulge in that. Studies show that in palliative care, the music therapy can help to elevate the fears and anxieties, reinforce identity and self-concept and decrease the feeling of isolation. Encourage the participation in physical activity and exercise to promote feelings of vitality and well-being, which is very important for the palliative care patients.

Help to initiate communication with family members, serving as a source of comfort throughout the grieving process. Decrease the perception of pain and the length of severity of the side effects of the medical as well as the chemotherapy, which they are undergoing. It also helps in aiding the process of life review, which people do when they

are towards their end life or when they find less meaning in life. They also provide opportunities to express emotions in a non-threatening and accepting environment. They promote relaxation and alleviate insomnia.

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### **Efficacy of Music**

- Music has been found to have a significant impact on reducing the perception of physical pain and the length and severity of chemotherapy-induced nausea and vomiting.
- Carefully selected music can facilitate relaxation and alleviate anxiety, agitation and insomnia or it can provide motivation for physical activation and enhance feelings of well-being.
- Music therapy can also assist the individual in maintaining a sense of independence and in retaining a sense of control of his or her life by providing opportunities for choice and decision-making.

Efficacy of music, if we look into it, music has been found to have a significant impact on reducing the perception of physical pain and the length and severity of chemotherapy induced nausea and vomiting. Carefully selected music can facilitate relaxation and alleviate anxiety, agitation, and insomnia, and it can provide motivation for physical

activation and enhance feelings of well-being. Music therapy can also assist the individual in maintaining a sense of independence and in retaining a sense of control of his or her life by providing opportunities for choice and decision making, which is often taken away from a patient.

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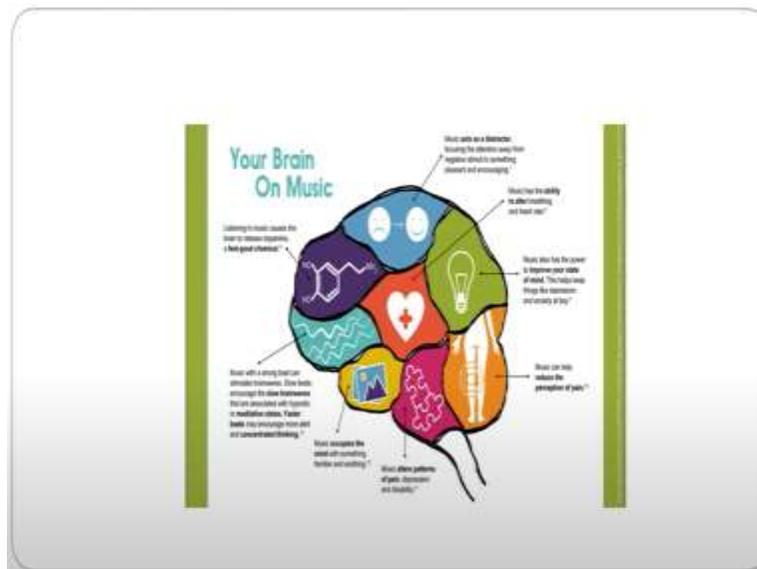
**Research Studies...**

- Although music appeared to benefit the patients, it sometimes reminded them of their altered state. The difficulties experienced by patients during the experience were also related to physical exhaustion. Additional studies are needed to determine the benefits of music for patients and their families in the palliative care unit. (Pommeret et al 2019)
- Music therapy has been used successfully for over 30 years as part of palliative care programs for severely ill patients. There is nonetheless a lack of high-quality studies that would enable an evidence-based evaluation of its psychological and physiological effects (Warth et al 2015)

Research studies that although music is benefiting the patients, it sometimes reminds them of their altered state also. The difficulties experienced by patients during the experience were also related to physical exhaustion.

Additional studies are needed to determine the benefits of music for patients and their families in the palliative care unit. So yes, where there are lot many benefits, we need to see that it is not being over done. Music therapy has been successful for over 30 years as part of the palliative care program for the severely ill patients. There is nonetheless a lack of high quality studies that would enable an evidence-based evaluation and its psychological and physiological effects. So a lot still needs to be done when it's come to evidence-based researches on the effect of music therapy on palliative care.

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We have music games, we as we discussed area that we also have we can say a brain for music and we see that there are different areas of the brain which are tuned to different aspects of music by triggering parts of the brain that particular brain we can incite that kind of a particular energy which can then lead to better learning and experiences during the music therapy also and enhancing the music experiences of the patients undergoing music therapy. So this is the diagram which shows where brain is there, where music can help reduce the perception of pain, which area is there which alters the patterns of pain, which occupies the mind and where the meditative states which are there, which if you

are going into deep sleep music, they can be triggered and enhanced. We have the feel good chemicals which come out from this part of the vein and if activated that would look to an enhanced experiences. So we have here the music acts as a distractor which is there.

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### 4. Raga Malkauns Inner Stillness

- Malkauns is associated with late-night hours and is known for its deep, contemplative quality. It has the power to induce a state of inner stillness and reflection. Malkauns' melancholic notes can lead to a sense of emotional release and catharsis.

So these are the locations of the functional regions in the brain which are involved in processing.

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### Locations of Functional Regions in the Brain Involved in Processing

The diagram illustrates the functional regions in the brain involved in processing music. It shows two views of the brain: a lateral view on the left and a medial view on the right. Various regions are highlighted with colored dots corresponding to the legend below.

**Legend:**

- Perceiving the basic acoustic features of music (e.g., frequency, duration, loudness)
- Perceiving higher-order musical features (e.g., harmony, intervals, rhythm)
- Focusing and keeping track of music in time (attention, working memory)
- Recognizing music and recalling associated memories (episodic memory)
- Playing, singing and moving to the beat of music (motor functions)
- Multi-evoked emotions and experiencing pleasure and reward

So each and every part of the brain is related to some kind of music which is there, which we will be doing in the next module where it talks about ragas. And that is where the activation of the brain can be done with the help of activating a particular kind of music, the tone, the rhythm, which all works together in enhancing the feeling of well-being when we are either singing, listening or participating to various other music modalities.

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The next part was that on ragas and health.

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### **Ragas and their therapeutic effects...**

- In the realm of raga therapy, the melodies and rhythms of Indian classical music are akin to a palette of emotions, each shade carefully crafted to evoke specific feelings and states of mind. Just as a skilled artist selects colours to convey a mood, Indian classical musicians use ragas to paint emotional landscapes. Let's delve into some of the most renowned ragas and their therapeutic effects.

The realm of raga therapy, the melodies and the rhythms of Indian classical music are akin to the palette of emotions, each shade carefully crafted to evoke specific feelings and states of mind. Just as a skilled artist selects colors to convey a particular mood, Indian classical musicians use ragas to play emotional landscape.

Now let's delve into some of the renowned ragas and their therapeutic effects. So it has been established, scientifically established, how some ragas are related to some moods some emotions and how we can use this as a treatment modality.

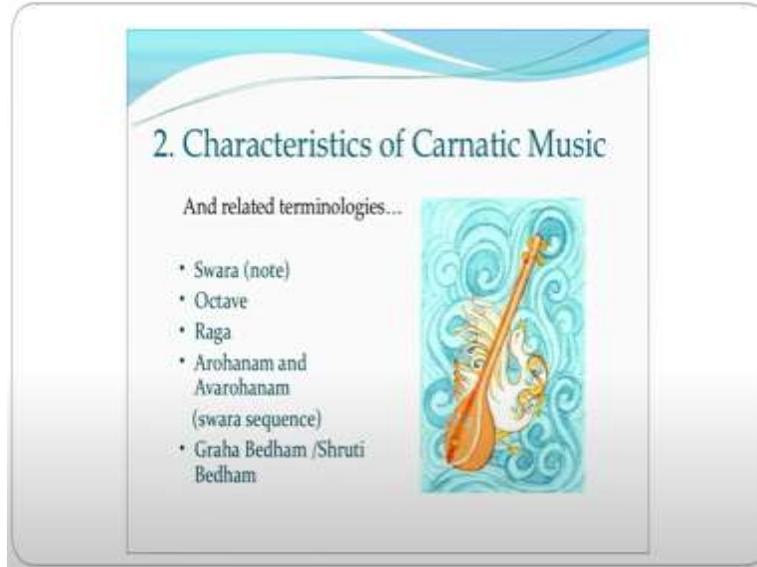
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Ragas	Effect
Bhairavi	Provides relief from cold, sinus, toothache, backache etc.
Shivaranjani	Treatment of memory related problems
Todi, Chakravakam	Reduces blood pressure
Nilambari	Improves quality of sleep
Ananda bhairavi	Positive effect on high blood pressure
Bilahani	Decreases stomach problems
Hamsadhvani, Kalavathi	Relieves tension
Hindolam	Hypotension
Punnagavari, Sahana	Calms the mind and control anger
Sama	Anxiety

Here is a list of ragas and their effects on the head. For example, the Bhairavi, it provides relief from cold, sinus, toothache and backache. The Srivanjani is there for treatment of memory related problems.

The Todi and the others reduce blood pressure. So here each and every raga has been carefully listed out, identified with their associated effect on a person's health.

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**2. Characteristics of Carnatic Music**

And related terminologies...

- Swara (note)
- Octave
- Raga
- Arohanam and Avarohanam (swara sequence)
- Graha Bedham /Shruti Bedham

The slide features a decorative background with a blue and white wavy pattern at the top. To the right of the text is an illustration of a veena, a traditional Carnatic musical instrument, set against a blue and white swirling pattern.

We have Carnatic music which is one of the oldest musics which are present and there are the related terminologies which are there with that, each having their own specific way of presentation and each having a specific effects.

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**1. Raga Bhairavi**  
**Calm and Serenity**

- Bhairavi, often associated with the early morning hours, is known for its tranquil and meditative qualities. This raga is believed to create an atmosphere of calm, helping to reduce anxiety, stress, and promoting a peaceful state of mind. Its slow tempo and soothing notes make it an ideal choice for relaxation and introspection.

The slide has a light blue background with a subtle pattern. The title is in bold black text, and the bullet point is in red.

Here we list how each and every Raag is leading to a particular health benefit. The Bhairavi often associated with early morning hours is known for its tranquil and meditative qualities.

This Raag is believed to create an atmosphere of calm, helping reduce anxiety, stress and promoting peaceful state of mind. It slows the tempo and soothes the nerves, make it an ideal choice for relaxation and introspection. So all those who have been doing the therapy or going to certain treatment centers, you will always find music being played in the background. And it is just not there for the ambience creation, but it is there as a therapeutic intervention. Rag Yaman is there for uplifting joy.

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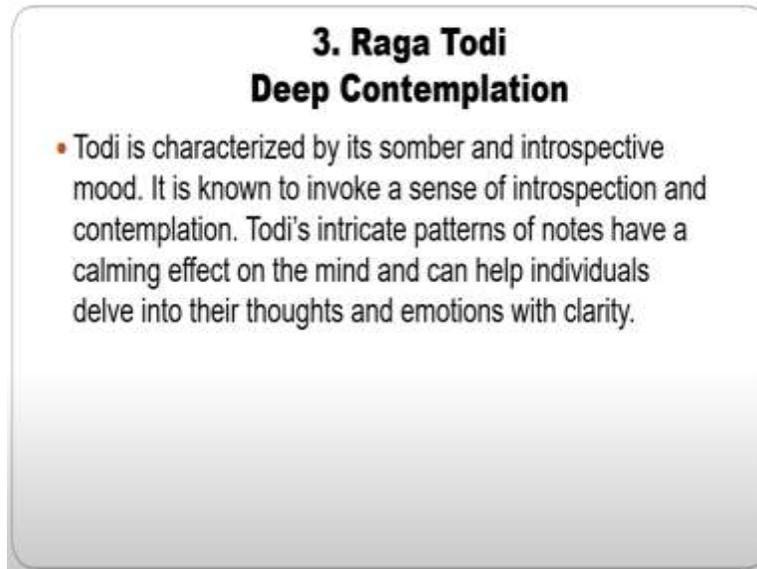


## **2. Raga Yaman Uplifting Joy**

- Yaman is celebrated for its ability to evoke feelings of joy, positivity, and optimism. This raga's bright and exuberant notes have the power to elevate mood and infuse energy. Yaman is often employed to promote a sense of well-being, making it a favorite choice for celebrations and festivals.

Yaman is celebrated for its ability to evoke the feelings of joy, positivity and optimism. This Raag, the bright and exuberant notes, have the power to elevate mood and infuse energy. Yaman is often employed to promote a sense of well-being, making it a favorite choice for celebrations and festivals.

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**3. Raga Todi**  
**Deep Contemplation**

- Todi is characterized by its somber and introspective mood. It is known to invoke a sense of introspection and contemplation. Todi's intricate patterns of notes have a calming effect on the mind and can help individuals delve into their thoughts and emotions with clarity.

We have Raag Todi, which is deep contemplation. Todi is characterized by its somber and introspective mood.

It is known to evoke a sense of introspection and contemplation. Todi indicates patterns of notes have a calming effect on the mind and can help individuals delve into their thoughts and emotions with more clarity.

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#### **4. Raga Malkauns Inner Stillness**

- Malkauns is associated with late-night hours and is known for its deep, contemplative quality. It has the power to induce a state of inner stillness and reflection. Malkauns' melancholic notes can lead to a sense of emotional release and catharsis.

Raag Malkaunas, it leads to the inner stillness. Malkaun's is associated with the late night hours and is known for its deep sleep, contemplative quality. It has the power to induce a state of inner stillness and reflection.

Malkauns, melancholic notes can lead to a sense of emotional release and catharsis. So see how each and every Raag is so psychologically related and helps us in each and every situation and their timing of each Raag is also such that we can associate and help in our different activities.

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## 5. Raga Darbari Tranquil Majesty

- Darbari, often performed during the night, exudes a sense of grandeur and majesty. Its slow and deliberate progression of notes can help induce a state of deep relaxation and tranquility. Darbari's regal tones evoke a sense of spaciousness and inner peace.

Raag Darbari is there for tranquil majesty. Darbari often performed during the night exudes a sense of grandeur and majesty. Its slow, deliberate progression of notes can induce a state of deep relaxation and tranquility.

Darbari's regal notes evoke a sense of spaciousness and inner peace.

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These are the some of the references which are listed, which can be looked up. And from where we have taken our references. So ending on a sweet note.

It is for music. Because music here is helping us. Helping us with many of our problems.

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So a note to dear music. Thank you for always clearing my head.

Healing my heart. And uplifting my spirits. Thank you.