Dear Editor,

The music brings various systemic effects in the human body. It has the ability to reduce the levels of anxiety, operates in the mood, regulates the vital parameters such as blood pressure and decreases the perception of pain. The effectiveness of the auditory stimulus of music has also been described in the cardiovascular system, influencing the heart rate and its variability.

Auditory stimulation, by means of music, influences the cardiovascular system, since there is a correlation between the intensity of noise and the balance vagal sympathetic. In this way, it is postulated that the dopamine released in striatal system, induced by joyful songs, is involved in autonomic regulation. Thus, the music is capable of improving the cardiac autonomic adjustment.

Still on the physiological mechanisms of action, the song features adjustment of levels through its neural processing. Thus, by means of the decrease in sympathetic activity associated with an increase in vagal activity, music produces bradycardia, tending to produce a decrease in total peripheral resistance and cardiac output, thus contributing to the return of blood pressure to normal levels. In this way, through the mechanisms of neural processing of music, it can bring benefits in the clinical practice of several health professionals minimizing stress by which patients are submitted.

It has been demonstrated that the stress induced by direction increases the chances of cardiovascular complications and is involved or related to traffic accidents. In order to develop strategies to avoid health problems while driving, was assessed the acute effects of auditory stimulation with music on heart rate variability (HRV) when driving in urban traffic congestion. It was found that the musical auditory stimulation improves the non-linear changes in HRV induced by driving.

The use of the relaxing music is also indicated in the dental treatment, since the musical stimulus increases the autonomic modulation of heart rate during the treatment, improving autonomic responses of heart rate induced by this type of treatment.

It was also observed the action of the auditory stimulus of music associated with anti-hypertensive medication in the control of VFC in hypertensive patients, since the music intensifies the cardiac autonomic responses to medication. That is, the music makes it a greater autonomic response of cardiac frequency in individuals with chronic diseases such as diabetes mellitus and Hypertension.

In this context, it appears that the music is a tool with therapeutic potential, accessible, without difficulties of use, free from side effects and with the possibility of use in the most diverse contexts and conditions of health.

Thanks

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REFERENCES


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