

The influence of music on HRV and M.E.A.D with Frederic Chopin Nocturne No.10 op.32-2

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Music is an easy to touch one's heart. No matter what stories it tells, happy or sad, exciting or peaceful, music plays a role in our life. The research about music therapy has been discussed and positive effects in physiology or psychology, such as blood pressure, sleeping disorders, mood stabilizing, and anxiety relief etc have been found.

There are any ways to evaluate the effects of music, besides regular inspections or questionnaires of diseases and health state. This study tries another method of twelve-meridian system to find how the music work in Chinese medicine. There are several systems in Chinese medicine to show and explain health condition, organs alone or body up-to-down (sanjiao) etc. There is twelve-meridian system. They not only represent the state of visceral and entrails, but also show complicated ways of "qi" circulation in different division of time.

By monitoring the autonomic nervous response in heart rate variability (HRV), the study will survey music impacts using ryodoraku (M.E.A.D) in meridians energy change. After music intervention in 60 healthy volunteers, analysis of the relationship between music and meridians will be done, and the results are expected to provide music more function bases combining with Chinese medicine, as a safer and multi-dimensional auxiliary therapy in the future.

Keyword: TCM, music therapy, HRV, Chopin