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### Re-engineering of sound for clinical application in mental well being

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Since time immortal sound has various effects on life forms. Various forms of music have been observed to stimulate neurochemical reactions involving dopamine, serotonin, GABA and adrenaline. Such effects of music are used by people in relieving stress, anxiety and also emotional pain. Application of sound and music in diagnostic and therapeutic aspect is not a new thing in modern medicine. Ultrasound is commonly used as imaging tool and also applied in pain relieving by physiotherapists. Though less known it is used to make pores in cell membranes and applied in drug delivery (sonoporation). But certain very specific and advanced applications of sounds like neurologic sound therapy is used in regulating cognition and also known to have ability to communicate with brain in its own sensory language which helps in treatment of stroke and also revive motor functions to certain level. Currently various methods are used to alter brain function for therapeutic purposes like Nordroff robin's method, Bonny method, Dalcroze eurhythmics, Vibration acoustic therapy. As an ancient practice in India rhythmic repetition of shlokas was used as an oral method of learning and also observed lyrics of songs are retained for longer and easily recapitulated with music. Possible applications of such an action are also discussed. This study will have specific focus on various techniques and its efficacy as curative, supportive and regenerative therapy in accordance with certain motor disorders, depression, learning disabilities and developmental troubles, anxiety disorder, stress, PTSD and pain.

#### Biography

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