

Voice and Music in psicophysiological process and in therapy

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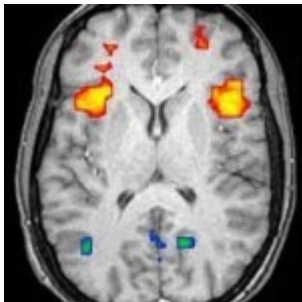
The singer is considered as an athlete and is trained in a scientific, musical and performative way by people who have the suitable knowledge and experience. This holistic and synergistic vision between art and science and between mind and body aims at creating a happily aware performer, who knows how to put "in voice" what he thinks necessary to be expressed in an artistic form, looking to the past, searching for his roots and recovering the popular tradition.

We consider the singer as a musician who expresses himself through his voice.

This research has aroused the interest of expert doctors and scientists because of the results gained in some clinical cases which have been treated with the method of voice training, so that a great project on the singing voice as therapeutic art has been created. "THE HAPPY VOICE" is the name of this research.

Therefore, the reference to the body in its usual posture attitudes is meant to be an observation of the whole background of the subject and it is necessary to decide the most useful kind of training to 'free' its voice.

Many research show that music is able to induce some change in brain vascular state and in many functional state in the mood and in the body also in some chronic disorder.



There is a connection between [music and brain](#), and it is one that shows enhanced brain function. Music can help the brain develop better in children, as well as help reduce memory loss in older adults. The way you interact with music is part of your brain structure. Here are some studies about how music affects the brain.

[Analysis of music-brain interaction with simultaneous measurement of regional cerebral blood flow and electroencephalogram beta rhythm in human subjects](#): This study looks at how music can actually affect blood flow in human brains. An interesting look at the way blood moves through the brain system in response to music and musical rhythms.

During observations on the change of measurable bioelectric parameters such as eeg, ecg, RMN, we developed a preliminary work on 25 students from the "Jam School of Music", measuring the effect of some songs on Skin Electric Parameters (SEP) via Electro-acupuncturist of Voll <http://vglobale.it/la-societa-della-conoscenza/18704-l-asse-sardo-siberiano-per-vincere-il-tempo.html> .

Approved by the Moscow Ministry of Health in 1988 for helio-sensitivity research, this medical device seems to measure variations in electrical resistance in particular points on the skin, the SEPs, which correspond to acupuncture points and that seem to be a new bioelectric system present, along with Nervous system, on the skin; they respond, according to the Ohm Law, to the electromagnetic signals of the cosmos and to em devices, to air ions, to quantum signals (as some investigations on meteoropathy, or in the fields of SPA medicine and pharmacodynamics, show) but also to the music and to the voice. In this perspective, Chinese meridians can be seen as variable resistance circuits, on which external and internal signals may be able to induce a change in electrical resistance.

The "normal" resistance level is 95,000 ohms, corresponding to 50 us (scale unit); after the administration of a coherent signal, we see a resistance fall in medium at 39,000 Ω (70 us), with an improvement of bioelectric performance due to an increase of electric currents, in accordance with Ohm's law, $I = V/R$.

The power in the biological system varies with $W = V \times I$, with functional correlations (performance status, immune status, muscle power, pain, inflammation, allergy, dyspnoea, etc.)

In this experiment we tested Music activity on Seps by listening to some famous songs, and the results of this bioelectric measurement campaign show how most young students (70%) have been stimulated by John Lennon's song "Jealous Guy", a 30% was stimulated by John Travolta's song "Grease" and only one boy was stimulated by a dark song. It may be that these measures help us to understand the ability of music to create an ecstatic state in people and also some of its observed therapeutic effects.

Conclusions

According to our experience, singing is highly therapeutic and, like all therapies, is a journey to discovering the self. Each therapy must necessarily be performed by people who have already taken that trip. The first research on music and SEPs seems to confirm the great role on physiology of SEPs, already observed in other experiments on metheoropathy, spa therapy, conventional and unconventional therapy, electromagnetic treatments, and so on.

There is a need for more fundamental research on anatomophysiology and quantum chemistry and correlations with brain eeg, ecg and RMN to clarify the great potential for the life of these musical data, also recalling the old open question on 432 Hz frequency that needs further experimental data.

Some projects are underway to overcome the limits of the greatest art for life and put some of the fundamental stones in science.

BEATLES AND J. TRAVOLTA

