

The position of music therapy in the medical texts of Muslims with reviewing an ancient treatise

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Abstract

Background and Purpose: Music is a science that has always been interesting to Muslim scholars. Muslims recognized the artistic aspect of music and its relation to theoretical and practical sciences such as medicine, astronomy and geometry. Medical knowledge is one of the most important sciences in which the practical aspect of music has been most widely used and physicians have considered music as a therapist.

Methods and Materials: This descriptive-analytic study was conducted, while briefly reviewing the position of music in the works of philosophers, musicians and Muslim physicians in Iranian-Islamic civilization until the end of the Safavid period, to introduce and identify one of the independent writings in the field of music therapy. It was done to explain and determine the purpose of the article which was to explore the contribution and use of music as a therapist in Muslim's medicine. A sum total 57 sources were used in this article.

Results: The findings of this study indicate that Muslim scholars have referred to music as one of the subcategories of mathematical knowledge in the division of sciences. Philosophers, music scientists and physicians have devoted a part of their productive texts to the impact of the relationship between music and the human spirit and even its effect on the body. Although Muslim physicians remembered music as a maintaining authenticity, most of the views and opinions of Muslim scholars were in the theoretical field. As an Iranian Muslim physician and philosopher, Ibn-e Sina has spoken about the influence of music on the body and soul in his philosophical texts in addition to his medical works. He could be considered as the first physician who has used music in therapy.

Conclusion: Nowadays, music therapy is an independent medical specialty. It is used as a complementary and alternative medicine in the treatment of diseases. Considering the history of music therapy in the medical schools, including that of the Muslims, it is possible to use the experiences and opinions of these scholars in modern medicine; "The Treatise on Music Therapy" could be one of these sources.

Keywords: Music, Medicine, Safavid, Music Therapy Treatise.

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