



# MUSIC THERAPY





Human beings have used music for the purpose of joy and consolation since the old ages.





Music therapy is a treatment method practiced by arranging the physiological and psychological effects of musical sounds and melodies according to various psychological disorders.



The known history of use of music as a treatment medium dates back to the primitive tribes. The magicians, who used music and dance effectively, are the first representatives of this practice.



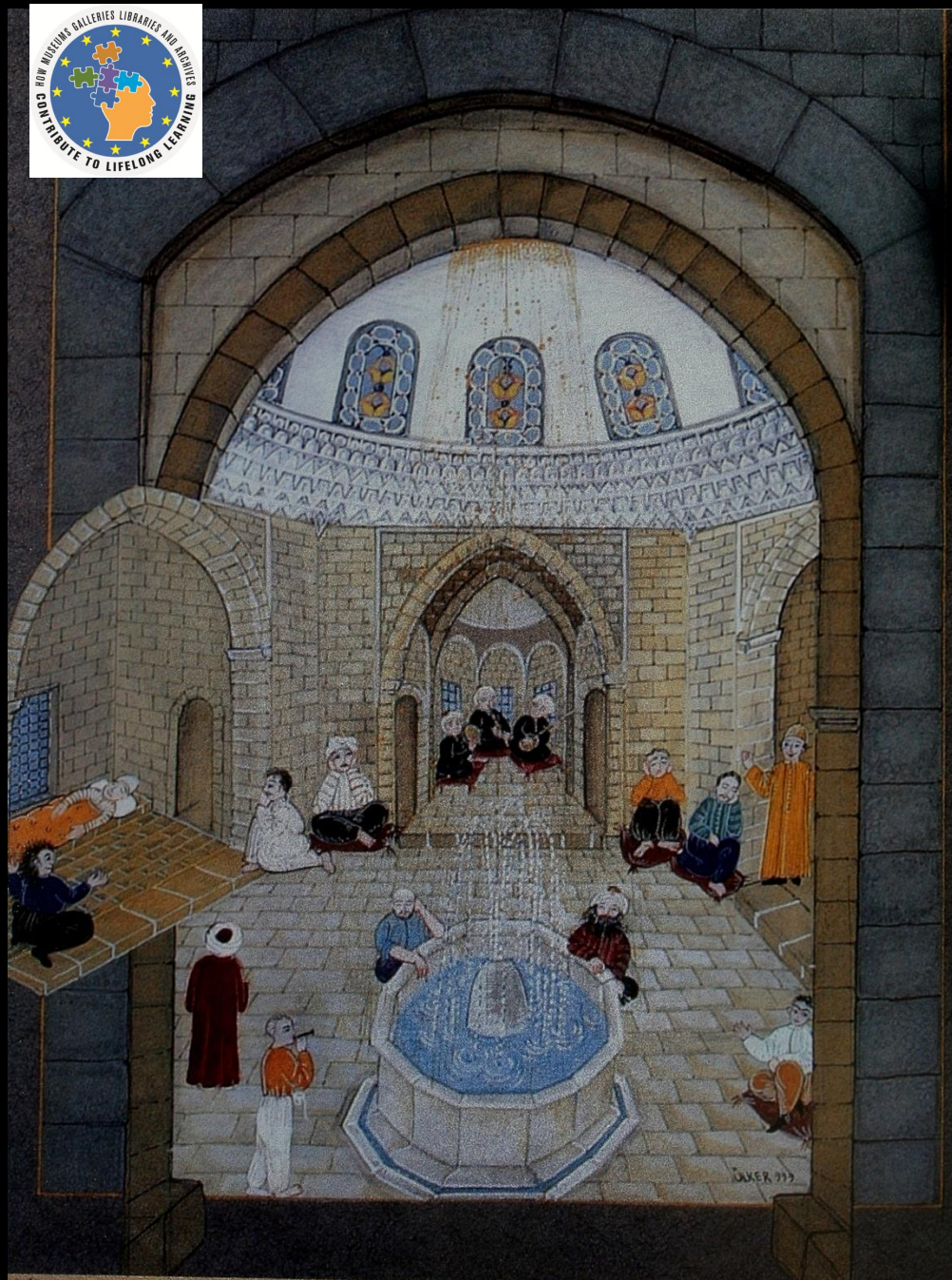


Music therapy was used effectively by the old Turks like many other communities. Music in Turkish communities is as old as Turkish history. Some musicologists take this history back to 6000 years ago.



Musician physicians in Old Turkish communities were called Shaman or Baksı.





Music therapy tradition of the Shamans and Baksis coming from Central Asian Turks started to enter hospitals by gradually moving away from individual methods in the Seljuk and Ottoman Period.





Confucius

It is known music therapy was used effectively in the Ancient Egypt, Greek, Roman and Chinese cultures.

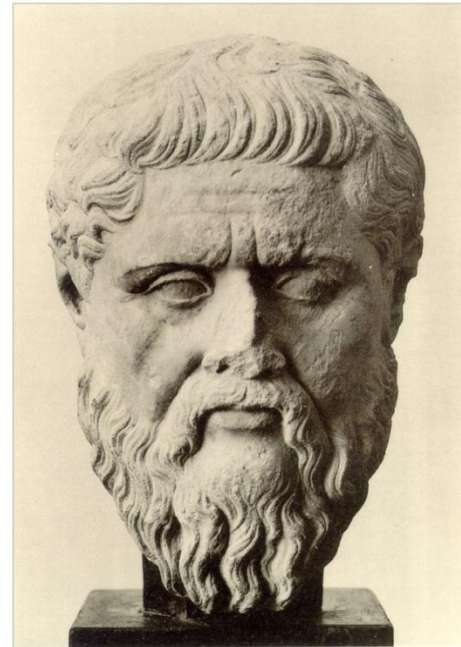




Pythagoras

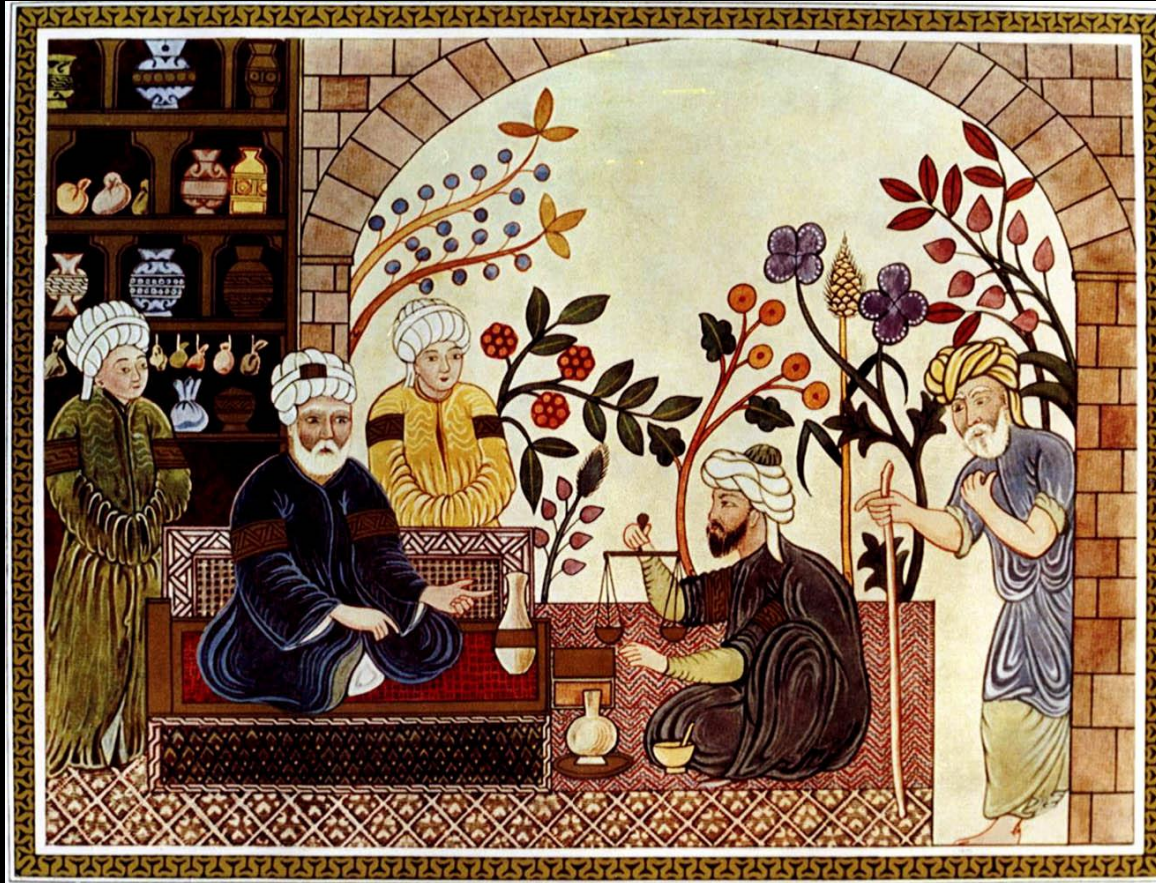


Plato



Aristotle

Pythagoras was one of the first scientific founders of musical theories and music therapy.  
Hippocrates, Plato, Aristotle researched the effects of music on human soul.



## Music Therapy in Islamic Culture

It is known that music therapy took an important part in medicine as well as medical knowledge during the periods when Islamic science developed.

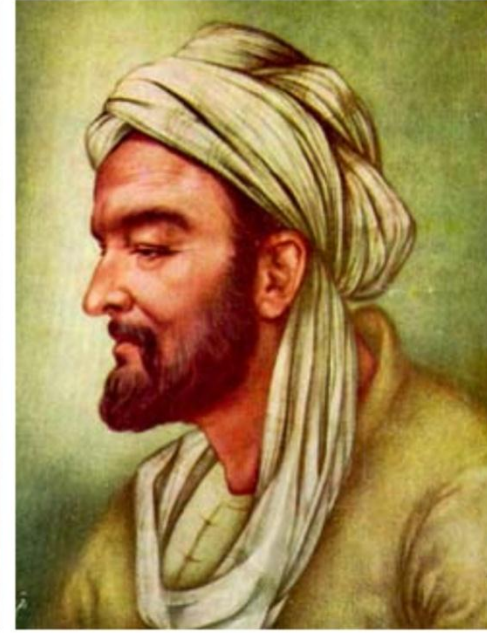




Razi

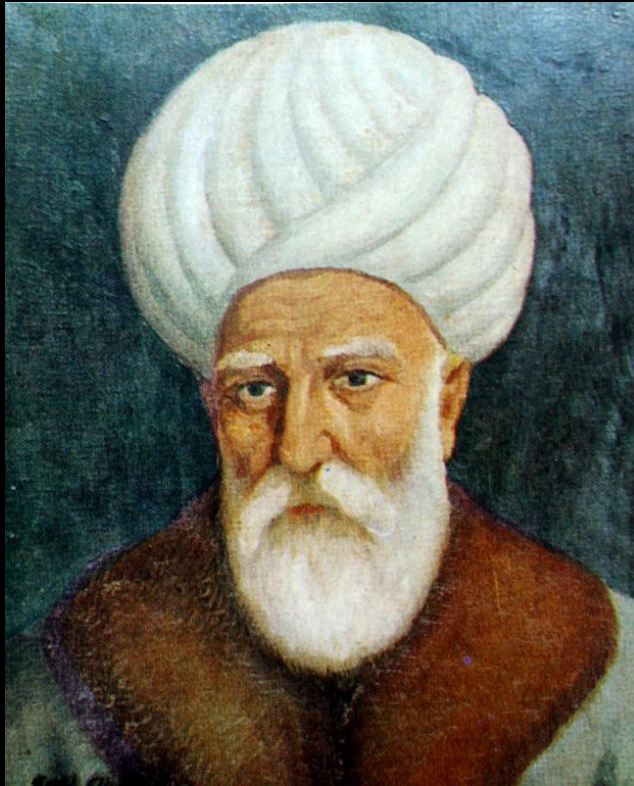


Farabi



Avicenna

Razi (854-932), Farabi (870-950) and Avicenna (980-1037), who were important scholars of Islamic history with their identities of both physician and musicologist, examined healing effect of music.



Hafız Hasan  
Efendi



The scholars such as Farabi, Avicenna, Hasan Şuuri, Head Physician Gevrekzade Hafız Hasan Efendi classified Turkish musical tonalities according to their benefits on different diseases.





## The effects of musical modes according to Farabi:

Rehavi Mode: promotes the thought of eternity.

Büzürk Mode: stimulates the feeling of fear.

Isfahan Mode: promotes ability of movement and self confidence.

Uşşak Mode: stimulates the feeling of laughing.

Zirgüle Mode: makes the person feel sleepy.

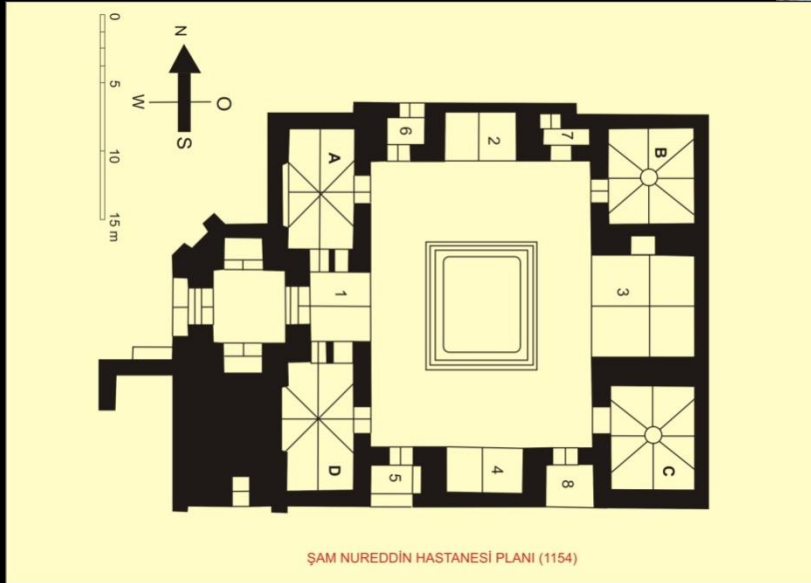
Saba Mode: gives encouragement and strength.

Buselik Mode: gives power and strength.



# Music Therapy Instruments





There is a common view that the first hospital where music was used in treatment was built in Damascus. The mentally ill were treated with music besides medical knowledge of the period at this hospital, which was commissioned by the Seljuk governor, Nureddin Zengi in 1154.

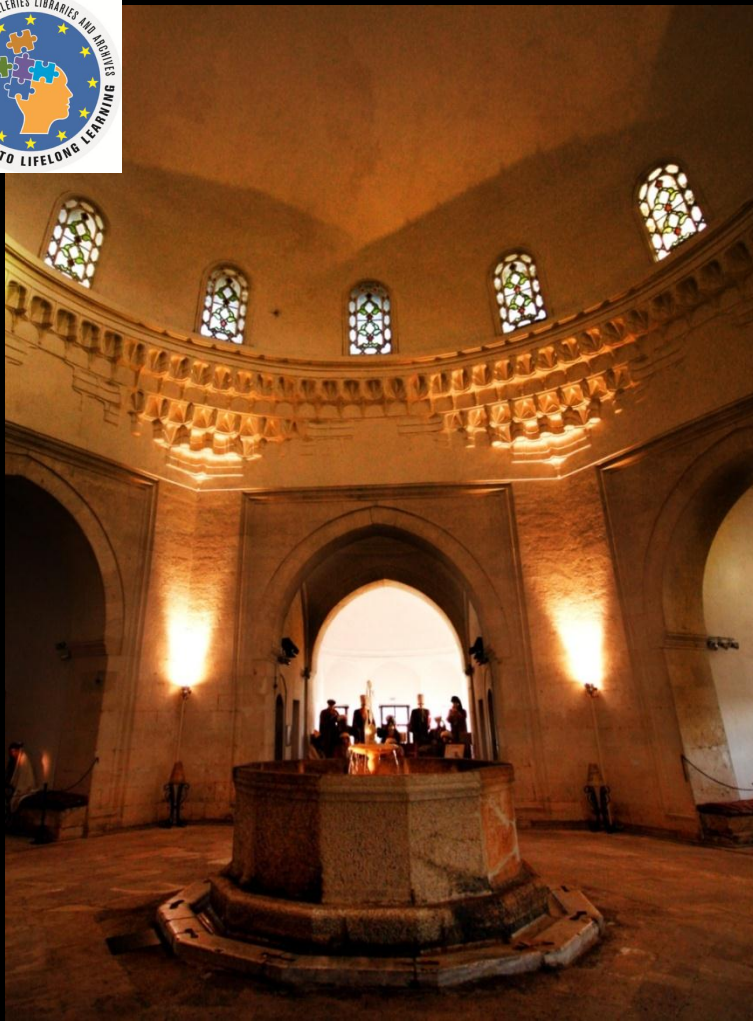


# TREATMENT WITH MUSIC AT EDIRNE HOSPITAL



It is a reality that music was used as a medium of treatment at Edirne Hospital, established in 1488, like many Anatolian Seljuk and Ottoman Hospitals.





The acoustics of inpatient section is excellent. A place known as music stage was constructed on the most dominant point of this section which was centrally planned.



Music therapy was applied not only for healing mental diseases but also in treatment of physical diseases at this hospital which has an important role in history of medicine and architecture.





When Evliya Çelebi came to Edirne in 1652, he visited hospital and gave detailed information about the general condition and treatment with music here. The detailed information and descriptions given by Evliya Çelebi constitute the evidence that music therapy was applied in this place.



Edirne Hospital, where music therapy was used effectively in the treatment, was restored by Trakya University and has been functioning as the Health Museum since 1997.





# AVRUPA KONSEYİ AVRUPA MÜZE ÖDÜLÜ 2004

COUNCIL OF EUROPE  
MUSEUM PRIZE  
2004



KÜLTÜR MİRASINDAKİ EN İYİLER &  
MÜKEMMELLİK KULÜBÜ  
EN İYİ SUNUM ÖDÜLÜ  
2007

The Best in Heritage & Excellence Club  
The Best Presentation  
2007



Thank You



# Music Therapy

## NEVA MODE

It is one of the oldest modes. It relieves sorrow; increases appetite. It is known as a heart caressing mode. It is said to dissipate bad thoughts, induce courage and stoutheartedness and create happiness of the heart. It gives rise to the feelings of power and heroism. It is beneficial against mental disorders.

It has healing effects against children illnesses related to adolescence and also gynecological disorders. It has a better effect at night and at the interval between mid-morning and mid-afternoon.



## HÜSEYİNİ MODE

Induces kindness, silence and relaxation, It is beneficial for feverish illnesses. It gives the feeling of peace, affects the internal organs and unifies people with nature. Due to its secret pentatonic structure it gives feeling of self-confidence and determination and because of this it is beneficial for the autistic and spastic patients. It has a history of at least six centuries. It is beneficial for the heart, liver and the stomach and effective after dawn and in the morning.

## HICAZ MODE

It has healing effects against bone, brain and child illnesses. It has excessive influence on the urinary system and the kidneys. It increases sexual desire, induces humbleness and increases the low pulse rate. Chest is another area where it makes an impact. It is one of the oldest modes. The effects increase between late evening and the morning.



## RAST MODE

It is one of the modes with high healing value. It prevents over sleeping increases low pulse rate. Good for mental illnesses. It induces joy, internal composure and relaxation, heals eclampsia and paralysis, and affects the head, the eyes and the muscles. Since it has spasm relieving attributes, it is beneficial for curing the spastic and autistic patients and effective at midnight and dawn.

## SEGAH MODE

It is beneficial against obesity due to over eating, insomnia, high pulse rate; heart, liver and muscle disorders. It affects the neurons of the brain, inspires mystical feelings. Effective at the interval between mid-morning and mid-afternoon.