

THE EFFECT OF ACTIVE AND SILENT MUSIC INTERVENTIONS ON PATIENTS WITH TYPE 2 DIABETES MEASURED WITH ELECTRON PHOTONIC IMAGING TECHNIQUE

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ABSTRACT

Background

Patients with type2 Diabetes Mellitus (DM2) may have autonomic imbalance. Studies have found that music influences the autonomous nervous system. The effect of Indian music on the autonomous imbalance of the patients with DM2 has not been investigated so far. The present study aims at comparing the difference of the effect of active and silent music interventions on the activation coefficient (shows the autonomous balance) of DM2 patients using Gas Discharge Visualization (GDV), a technique of imaging photonic light.

Methods and Materials

The study design is a single group repeated measures pre-post design with two kinds of music (active and silent) intervention. Written consent was obtained from the participants of Arogyadhama, the holistic health home of SVYASA, a Yoga University, Bangalore, South Karnataka. The time duration for both the interventions was 45min.each. 29 participants (mean age \pm SD, 56.83 ± 7.85) men (mean age \pm SD, 57.75 ± 8.24) and women (mean age \pm SD, 54.78 ± 6.89) were analyzed using SPSS.

Results

Both the interventions showed significant effect on GDV parameters. But, there was a significant difference ($p = 0.007$) in the effect between the two types of intervention. It appears that silent music intervention (SMI) lead to boredom compared to active music intervention (AMI).

Conclusions

A single session of AMI achieved the significant change in the parameters towards improvement in the health condition which may be helpful in achieving autonomous balance of the DM2 patients.

KEYWORDS: Autonomous Imbalance, GDV, Music Intervention, Type 2 Diabetes Mellitus