

SOUND OF SOUL: Heart's Biofeedback Music-Therapy

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Background/Purpose

Heart Rate Variability (HRV), is actually the more advanced system to study and analyze the role of heart in the balance of body homeostasis.

Sound of Soul, a biofeedback computerized system based on the patient's HRV, can translate this equilibrium process in form of sounds and colors (fig. 1). Therefore by this device the heart express its activity like a "conductor of a big orchestra", enhancing the biofeedback effect throughout the music. This implies that the person can get a deep, beautiful and sounding contact resonating with the complex physiological processes occurring in her/his body, just listening to the sounds generated by heart rhythm variability. Actually we are using this method in different situations. For example: analgesia; support in breastfeeding; sleeping problems; anxiety and many more.



fig. 2 Woman in active phase of labor at 7,5 cm of dilatation undergoing heart music therapy (arrow).

Conclusion

Our preliminary study showed for the first time a statistically significant decrease of pain during active phase of labor in patients undergoing Heart Music Therapy with Sound of Soul system.

Randomized studies are needed to conclusively assess the role of HMT in physiology and disease. We will continue studying the benefits of the self-music therapy and we wish that more scientists will approach methods that help the self abilities of the body to balance its own natural functions and study the possibilities that Sound of Soul, as well other biofeedback and self-healing technics, can offer to medicine and health care.

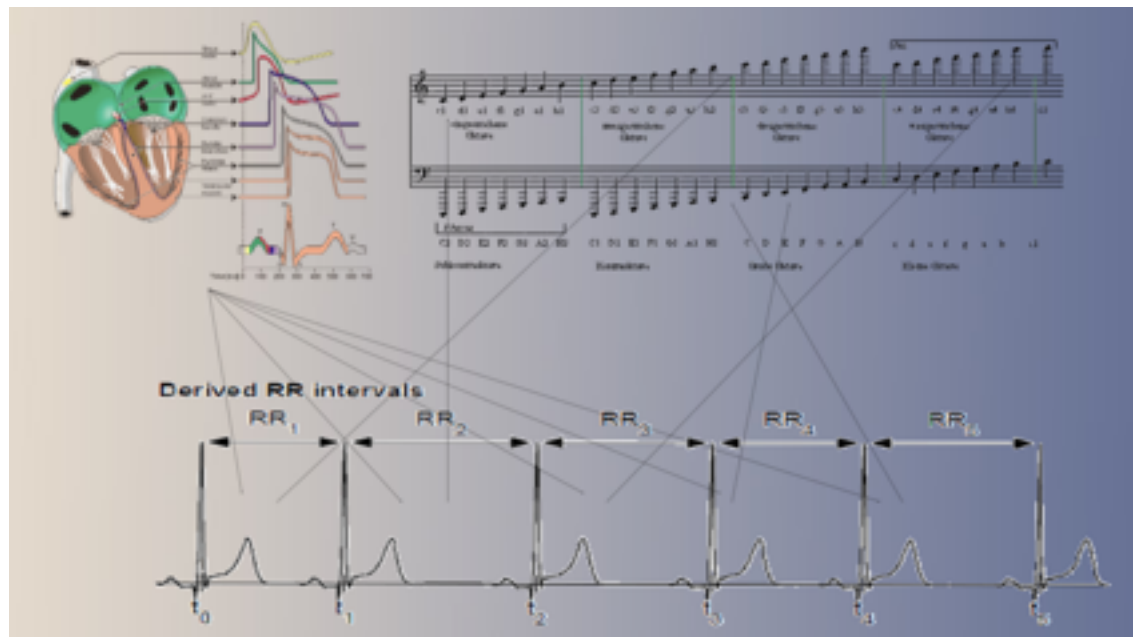


fig. 1 The principles of Sound of Soul. Each ECG R-R interval is converted into the corresponding sound frequency.

Methods

The aim of this study was to quantify the effects of heart music therapy (HMT) on pain perception during labor. We enrolled 34 consecutive patients in the active phase of labor: the first 17 underwent HMT and the subsequent 17 underwent usual care. To measure pain at baseline and after interventions we used the Visual Analogic Scale (VAS) and Behavioral Rating scale (BR). HMT consisted of 20 minutes Sound of Soul session.

Results

Both groups were similar in terms of age, parity, marriage, the rate of attendance of a preparation course and baseline pain levels. At 20 minutes from baseline, patients undergoing HMT experienced a statistically significant decrease of pain as compared to their baseline values, while patients undergoing usual care experienced a statistically significant increase (fig.3). Moreover, HMT patients showed a statistically significant lower value of pain as compared to patients undergoing usual care. Surprisingly, 7 patients in HMT group fell asleep during the music therapy, while none in the usual care group.

