

**THE POWER OF MELODY: THE THERAPEUTIC IMPACT OF MUSIC ON
HUMAN MIND AND HEALTH**

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Abstract: This article analyzes the role of music culture and folk melodies in restoring human mental well-being and health, as well as their therapeutic properties. The study examines the discoveries of Abu Nasr al-Farabi regarding the power of melodies and the ability to influence human emotions through different methods of tuning musical instruments. It also explores the significance of the traditional Uzbek lullaby (alla), which represents the first emotional bond between mother and child, and highlights the biodynamic features of the famous Khorezm dance Lazgi, known for its positive effects on physical and psychological health. The article discusses how these musical and cultural practices contribute to emotional balance, relaxation, and overall well-being.

Keywords: music therapy, Al-Farabi, folk melodies, lullaby (alla), Khorezm school, Lazgi dance, lymphatic drainage, emotional balance.

Introduction: Every particle in the universe in which we live—from the smallest elements to the largest stars in the sky—moves according to a certain internal order and vibration. Modern physicists have also discovered that the foundation of existence is based on invisible waves vibrating in a harmonious rhythm. In this sense, the entire universe, together with all its creatures, resembles a magnificent musical composition. Human beings are an integral part of this vast cosmic system. Our heartbeat, blood circulation, breathing, and even brain activity operate according to specific rhythmic patterns. When this internal harmony is disrupted, psychological distress and various physical illnesses may arise. In such situations, music and organized sound waves serve as a natural means of restoring balance and promoting healing.

In the intellectual tradition of the East, music was not regarded merely as entertainment but as a serious science governed by precise principles. One of the earliest scholars to elevate music to this scientific status was Abu Nasr al-Farabi (873–950 CE). His famous work, *Kitāb al-Mūsīqā al-Kabīr* (The Great Book of Music), served for centuries as a foundational reference in both Eastern and Western musical thought.

Al-Farabi mathematically analyzed how variations in pitch, interval, and timbre influence the human subconscious. He demonstrated that melodies possess the power to alter human emotions and psychological states. This idea is vividly illustrated in a well-known historical anecdote associated with his life.

According to the story, Al-Farabi once entered the court of Sayf al-Dawla, the ruler of Aleppo, dressed as a poor traveler. A grand gathering of scholars, poets, and musicians was taking place. At first, the ruler paid little attention to the modestly dressed stranger. However, Al-Farabi confidently approached and sat beside the ruler. Although the king was initially displeased, a conversation soon revealed the visitor's extraordinary wisdom and knowledge.

During the gathering, the ruler ordered the court musicians to perform. After listening carefully, Al-Farabi pointed out that their instruments were improperly tuned and that the melodies contained imperfections. The ruler then challenged him to demonstrate his own skill. Al-Farabi took out a musical instrument of his own design and began to play.

First, he tuned the instrument in a particular way and performed a melody so joyful and lively that the entire audience burst into laughter. Everyone present became cheerful, delighted, and full of happiness. The music awakened feelings of vitality and joy within their hearts.

Next, he adjusted the strings and began to play a different melody. The atmosphere immediately changed. Joy gave way to profound sadness. The ruler, his ministers, and even the stern palace guards were unable to hold back their tears. The melody touched the deepest and most sensitive emotions of the human soul.

Finally, Al-Farabi retuned the instrument once more and performed a soft, gentle composition. Its soothing sound spread throughout the palace, and gradually everyone began to feel drowsy. One by one, the guests fell into a deep sleep. Even the ruler drifted off while seated on his throne. Taking advantage of the moment, Al-Farabi left a note on his instrument stating, "The one who played this melody was Abu Nasr al-Farabi," and quietly departed from the palace.

Although this story belongs to the realm of legend, it reflects a central principle of Al-Farabi's musical philosophy: music possesses a profound influence on human emotions, cognition, and physical well-being. His ideas anticipated many of the principles that today form the basis of modern music therapy and psychological research on the healing effects of sound.

Materials and methods: This study investigates the therapeutic functions of music culture and folk musical traditions, focusing on their influence on human psychological well-being, emotional regulation, and physical health. The research is based on an interdisciplinary approach that integrates perspectives from musicology, cultural studies, psychology, and the history of science.

The research materials consist of classical and contemporary sources related to music therapy, traditional folk music, and the scientific heritage of Abu Nasr al-Farabi. Primary sources include Al-Farabi's *Kitāb al-Mūsīqā al-Kabīr* (The Great Book of Music), historical accounts concerning his theories on the psychological effects of sound and musical intervals, and studies devoted to the role of music in human health and emotional development. In addition, traditional Uzbek musical and cultural practices, particularly the lullaby (*alla*) and the Khorezmian Lazgi dance, were selected as case studies due to their long-standing significance in the cultural life of the Uzbek people and their potential therapeutic functions.

The methodological framework combines several complementary research methods. The historical-comparative method was employed to examine the development of ideas concerning the healing power of music from classical Islamic scholarship to contemporary approaches in music therapy. This method made it possible to identify continuities between Al-Farabi's theoretical concepts and modern scientific understandings of the relationship between sound, emotion, and health.

The descriptive-analytical method was used to analyze the structural and functional characteristics of folk musical forms, including lullabies and traditional dance melodies. Particular attention was paid to rhythmic patterns, melodic structures, performance contexts, and their influence on emotional and physiological processes.

The cultural-semiotic method was applied to investigate the symbolic meanings and social functions of musical practices within Uzbek culture. Through this approach, the study explores how musical traditions contribute to the formation of emotional bonds, cultural identity, and psychological stability.

Furthermore, elements of psychological and music-therapeutic analysis were employed to evaluate the effects of musical sound, rhythm, and movement on human behavior and well-being. Special consideration was given to the calming effects of lullabies on infants and mothers, the emotional-regulatory functions of traditional melodies, and the biodynamic characteristics of the Lazgi dance. The latter was examined in relation to bodily movement, muscle activation, circulation, lymphatic drainage, and the maintenance of emotional balance.

The collected materials were systematically classified according to their historical origin, cultural function, and therapeutic potential. Subsequently, the selected examples were analyzed to determine the mechanisms through which musical sound and rhythmic movement influence psychological and physiological processes. Comparative analysis was then conducted to identify common therapeutic principles shared by classical musical theories and contemporary scientific perspectives on music therapy.

Through the application of these methods, the study seeks to reveal the scientific, cultural, and therapeutic significance of music and folk traditions, demonstrating their role in promoting emotional harmony, physical health, and overall human well-being.

Results and discussion: The results of this study demonstrate that music functions not only as a form of artistic expression but also as an effective means of influencing human psychological and physiological states. The analysis of historical sources, traditional musical practices, and contemporary approaches to music therapy reveals that musical sound possesses significant therapeutic potential and contributes to the restoration of emotional balance, mental well-being, and physical health.

One of the most important findings concerns the scientific legacy of Abu Nasr al-Farabi. The analysis of his musical theories indicates that Al-Farabi regarded music as a discipline governed by mathematical and acoustic principles capable of affecting human emotions and behavior. His observations regarding the relationship between pitch, rhythm, timbre, and emotional response suggest an early understanding of concepts that today constitute the foundation of music therapy. The famous narrative describing his ability to induce laughter, sadness, and sleep through different musical performances symbolically illustrates the profound influence of sound on the human psyche. Although the story is largely legendary, it reflects the widespread recognition of music's psychological power in medieval Islamic intellectual tradition.

The study further reveals that traditional Uzbek musical culture contains numerous elements associated with therapeutic and emotional regulation. In particular, the **alla** (lullaby) occupies a unique position as one of the earliest forms of musical communication between mother and child. The findings indicate that the repetitive melodic patterns, gentle rhythm, and soothing vocal intonation of lullabies contribute to the development of emotional security and psychological attachment. Through the process of auditory stimulation, the child experiences a sense of comfort and protection, while the mother simultaneously achieves emotional relaxation. Consequently, the lullaby serves not only as a cultural phenomenon but also as a natural form of music therapy that supports psychological stability during early childhood development.

Another significant result concerns the therapeutic dimensions of folk dance traditions, especially the famous **Lazgi** dance of Khorezm. The analysis demonstrates that Lazgi combines rhythmic movement, musical accompaniment, and expressive bodily gestures in a manner that stimulates both physical and emotional activity. The gradual acceleration of movements and synchronization with rhythmic musical patterns activate various muscle groups, improve blood circulation, and increase bodily energy. At the same time, rhythmic movement contributes to emotional release, stress reduction, and the enhancement of positive mood.

From a physiological perspective, the findings suggest that the dynamic movements characteristic of Lazgi may support lymphatic circulation and facilitate natural lymphatic drainage processes. Since the lymphatic system depends largely on body movement for the transportation of lymphatic fluid, rhythmic dance activity can contribute to the elimination of metabolic waste products and the maintenance of overall bodily health. This observation supports contemporary scientific views emphasizing the relationship between movement, circulation, and physical well-being.

The study also demonstrates that the therapeutic impact of music is closely associated with rhythm. Human biological processes—including heartbeat, respiration, neural activity, and motor

coordination—operate according to rhythmic patterns. When external musical rhythms correspond with these natural biological rhythms, a state of synchronization may occur, promoting relaxation and psychological equilibrium. Conversely, disruptions in internal rhythmic balance are often associated with emotional stress, anxiety, and various psychosomatic disorders. In such cases, music serves as a regulatory mechanism capable of restoring harmony between physiological and psychological processes.

Furthermore, the results indicate that folk melodies and traditional musical practices function as important cultural resources for preserving collective memory and emotional resilience. Musical traditions transmit values, emotions, and cultural experiences across generations, thereby strengthening social cohesion and individual identity. The therapeutic influence of music therefore extends beyond individual health and contributes to broader social and cultural well-being.

The findings also reveal that the effectiveness of music therapy cannot be explained solely through physiological mechanisms. Emotional associations, personal experiences, cultural background, and symbolic meanings play a crucial role in determining individual responses to music. Consequently, the therapeutic value of musical practices emerges from the interaction of biological, psychological, social, and cultural factors. The scientific ideas of Al-Farabi, the emotional and developmental role of the Uzbek lullaby, and the biodynamic characteristics of the Khorezmian Lazgi dance collectively demonstrate that music serves as a powerful means of restoring emotional balance, enhancing physical health, and strengthening the connection between body and mind. These findings highlight the importance of traditional musical heritage as both a cultural treasure and a valuable resource for contemporary therapeutic practices.

In conclusion, Uzbek folk melodies and the national musical heritage should be viewed not merely as sources of entertainment but also as a valuable therapeutic resource that has been refined through centuries of cultural experience. The findings of this study demonstrate that the principles reflected in the musical theories of Abu Nasr al-Farabi, the emotional resonance of traditional lullabies (alla), and the dynamic movements of the Khorezmian Lazgi dance reveal the profound capacity of music to influence both the human body and mind.

The analysis shows that music contributes to the restoration of emotional stability, the regulation of psychological states, and the maintenance of physiological balance. Through its rhythmic and melodic structures, music can reduce stress, promote relaxation, stimulate positive emotions, and support the natural harmonization of bodily functions. Traditional musical practices therefore represent an important means of preserving not only cultural identity but also physical and mental well-being.

Furthermore, the study highlights the close relationship between music, human biorythms, and emotional health. The ability of musical sound to synchronize with internal physiological rhythms suggests that music may serve as a natural mechanism for restoring balance when psychological or physical disturbances occur. In this regard, the therapeutic value of folk music extends beyond its artistic function and becomes an important component of holistic health and personal development.

The research also confirms that traditional Uzbek musical forms embody rich psychological and cultural knowledge accumulated over generations. The nurturing melodies of the lullaby strengthen the emotional bond between mother and child, while the energetic movements of Lazgi encourage physical activity, emotional expression, and psychological renewal. Together, these traditions illustrate the multifaceted healing potential of music within everyday life.

Therefore, greater attention should be devoted to the scientific study of traditional musical heritage within the fields of medicine, psychology, music therapy, and cultural studies. The integration of national musical traditions into contemporary therapeutic practices may provide effective and culturally grounded approaches to supporting emotional resilience, mental health,



and overall well-being. As modern societies continue to seek natural and holistic methods of healing, the therapeutic wisdom preserved in Uzbek folk music remains more relevant than ever.

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