

Musical Theraphy and Medical Situations

Seljukians period Kayseri

Water (nature) and music are used to treat illnesses





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Music Therapy

- Music therapy, one of the oldest treatment methods known, dates back to thousands of years. Turks' using music therapy practices in hospitals -Ottoman and Seljuk. Hospitals built with appropriate acoustic in the treatment of mental disorders, utilizing the books which included the researches done by scientists such as Avicenna in music therapy and improving music therapy practices exemplarily in the period of Ottomans and Seljukians is assessed as the first serious music therapy practices.
- Darüssifa (clinic- hospital) is one of the names given to medical and educational establishments which give people health service depending on practice and observation and treated patients in Turkish and Islamic world.



- Medical subjects were taught according to researches and scientific principals
- Surgeons were educated at medical madrasahs
Medical health care service was provided in those places. In this study, of darüssifas where music therapy was practised the ones surviving today and having importance have been analyzed so as to emphasize how curative power of art history and music was used by Turkish people centuries ago.



- The source of medical drug and music therapy of mental patients existed in Seljuk hospitals.
- Medical education in the fields of both treatment and education in Anatolia started around 13th century whereas a formation in this sense appeared in the late 16th century in Europe.
- In Anatolian Seljuks, medical education started with Gevher Nesibe Sultan Darüssifa in the 13th century 350 years before Europe.
- Systematic medical education was practiced in the form of theoretical education in winter classrooms in relation to the architectural features of Darüssifas and hands-on training with patients in sifahanes (hospitals).

Gevher nesibe hospital and medicine university complex



- Mental disorders were treated with music in orchards and gardens in Darüssifas, and mental hospitals were built in addition to Darüssifas. In Seljuk Darüssifas, separate wards were planned for mental patients, spacious rooms, places for oil lamps, corridors for music therapy, therapeutic baths and rehabilitative pools in yards were designed.
- In the Turkish-Islamic world, it was regarded that sound sequences and modes (tunes) were effective on the human brain with a divine power and identity. The use of modes, which is an independent integration of sounds created by sound vibrations within certain rules, in the treatment of mental disorders was based on.



Farabi explained the psychological effects of Turkish music tunes according to the time of the day as follows

- tune Rehavi: effective at pre-dawn,
- tune Hüseyini: effective in the morning,
- tune Rast: effective when the sun is two-spear-round,
- tune Buselik: effective in mid-morning,
- tune Zırgüle: effective towards noon,
- tune Ussak: effective at noon,
- tune Hejaz: effective in the afternoon,
- tune Iraqi: effective in late afternoon,
- tune Esfahan: effective at dusk,
- tune Neva: effective in the evening,
- tune Büzürg: effective after night prayer
- tune Zirefkend: effective at bedtime.

What's more, Farabi specified the effects of Turkish music tunes on illnesses as follows:

- tune Büzürg: inflammatory diseases, mind clearing, overcoming anxiety ,fear
- tune Esfahan: illumination, boosting intelligence, refreshing memories,
- tune Irak: boredom and narrow temperament,
- tune Rast: eclampsia and paralysis,
- tune Zirevkent: backache and arthralgia,
- tune Rehavi: headache,
- tune Neva: gynaecological diseases,
- tune Zengule: heart diseases
- tune Hejaz: dysuria,
- tune Buselik: shoulder and low back pain,
- tune Ussak: heart, stomach diseases, dysuria and malaria
- tune Irak: meningitis and palpitation in children,
- tune Rehavi: all headaches in children, nosebleed, facial paralysis, diseases resulting from sputum and pulsy,
- tune Zengube: heart diseases in children, meningitis,



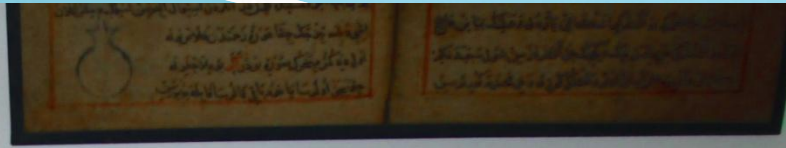
tunes

- tune Hejaz: dysuria in children,
- tune Buselik: shoulder and hip pain, cold, headache and various eye diseases,
- tune Ussak: drowsing in children if sung with a beautiful voice to small children's ear, foot pain that occur in adult males
- tune Hüseyini: hepatopathy and heart diseases in children, reducing the body temperature, heatburn, latent fever and foot pain that occurs once in 4 days in adult males
- tune Neva: urk-un nisa disease that occurs in children at the age of puberty and hip pain

mibza, neşter, iki uçlu
embriyotomide kullanılırdı.

Instruments used to extract a fetus that has
died in the mother's womb:

Hook (midfa), to move the fetus or hold it
during embryotomy; embryotome (mişdah),
pliers, single- and double - hooked pulling
instruments, lancets, scalpels. Double - pointed
scalpels were also used in embryotomy.



1. Solda: Rahim Mibzari. Sağda: 1. Mişdah, 2. Bir çengelli sımmarı, 3. İki çengelli sımmarı, 4. Mibza, 5. İkiyör
uçlu mişdah, 113 b, 114 a

1. Left: Uterus steamer. Right: 1. Embryotome, 2. Hooked pliers, 3. Two hooked pliers, 4. Lancet,
5. Double-pointed lancet, 113 b, 114 a

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