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Sound as Medicine to Treat Oncological Issues

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This study evaluated a four-week, self-administered (pre-recorded frequencies) and specific physically administered sound intervention using instruments in cancer patients to enhance well-being. Among 73 participants, passive sound therapy showed significant improvements in fatigue, social functioning, and emotional responses, while both therapies reduced pain and stress. The sleep quality changes were noticed, anxiety levels reduced, medical interventions were well accepted and the findings confirm that sound interventions are safe, feasible, and beneficial for improving quality of life in oncology care, warranting further research for optimization.

Overall, Sound as Medicine works complimentary with modern medicine to bring about holistic health and wellness in Oncological issues.

Few documented case studies are also published in the book, "Power of Sound" authored by Dr. Sujata Singhi which were personally treated by her.