

Mozart and Strauss for treating hypertension

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Credit: Wikipedia.

The music of Mozart and Strauss is able to lower blood lipid concentrations and the heart rate. This is the result of a study of the effect of different musical genres on the cardiovascular system, which Hans-Joachim Trappe und Gabriele Volt of Ruhr University Bochum present in the current issue of *Deutsches Ärzteblatt International* (Dtsch Arztebl Int 2016; 113: 347–352).

The researchers allocated 120 study participants as follows: half of the subjects were exposed to music for 25 minutes. Subdivided into three groups they were played recorded music by either W. A. Mozart, J. Strauss Jr., or the pop band ABBA. The remaining 60 subjects were allocated to a control group that spent their time in silence. Before and after exposure to music and quiet time, respectively, all participants had

their blood pressure, heart rate, and cortisol concentration measured.

Classical music by Mozart and Strauss notably lowered blood pressure and [heart rate](#), whereas no substantial effect was seen for the songs of ABBA. In the control group, resting in a supine position also resulted in [blood pressure](#) lowering, but the effect was far less pronounced than for exposure to the music of Mozart or Strauss. All musical genres resulted in notably lower cortisol concentrations.

As far as cortisol concentrations were concerned, the sex of the participants must have played a part, because the drop in [cortisol levels](#) was more pronounced in men than in women, especially after exposure to the music of Mozart and Strauss. Comparison with the [control group](#) showed that the effect of music was far greater than that of silence.

More information: Trappe H-J, Voit G: The cardiovascular effect of musical genres—a randomized controlled study on the effect of compositions by W. A. Mozart, J. Strauss, and ABBA. *Dtsch Arztebl Int* 2016; 113: 347–52. www.aerzteblatt.de/pdf.asp?id=179298

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