

Study on the Application of Music Memory Method in Pharmacology

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EXECUTIVE SUMMARY

Memory is the faculty by which the mind stores and remembers information. Music is some combination of vocal or instrumental sounds. Research offers new insights into how music links to memories, and how those connections make life better. Medicine is undoubtedly one of the most challenging courses for memory. In all academic settings, there is no other need for powerful mnemonic tools like medicine. In the study of pharmacology, students generally report that the course of pharmacology is difficult, some students say that the names of drugs are too complicated to remember; however, few students realize that music mnemonics is a good way to learn.

INTRODUCTION

Memory is the faculty of the mind by which data or information is encoded, stored, and retrieved when needed. It is the retention of information over time for the purpose of influencing future action. Recent research on music and brain function has suggested that the temporal pattern structure in music and rhythm can enhance cognitive functions. Song, with its memory enhancement potential and ability to engage, has been employed as a learning tool in some academic settings. Entertainment-education song has proven to be effective as a memory enhancer and learning tool across a number of disciplines.

Music stimulates an increase in the release of beneficial chemicals such as ethanol choline, which is thought to be a neurotransmitter that carries messages between brain cells. Therefore, the increase of ethanol choline is to enhance memory, and can promote the kinetic energy of human physiological action. In addition, music can promote metabolic activity and improve mental health. When you are upset, music will remove your worries, when you are happy, music can make you more relaxed and delighted. Listening to relaxing music regularly will keep you in an optimistic mood, you will have full of vitality, interest and confidence in life and study, which will unconsciously improve your memory.

BACKGROUND

How Music Works in Memory

Memory is the faculty by which the mind stores and remembers information. Many people compare memory to a bridge from perception to thinking. Without memory, there would be no imagination, thinking, judgment, and no way to solve problems well. Therefore, if someone wants to achieve excellent results in study, and accumulate scientific, cultural knowledge, experience, he must have a good memory, and music can help people remember. The life experiences of many celebrities have also proved that music has a very obvious effect on improving memory. The effect of music memory is often dozens of times higher than the normal memory.

Music is the vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion, which is a powerful tool for getting information about yourself. Research has provided new insight into how our favorite music is linked to memory and personality, and how these connections can make life better.

When a song hasn't been sung for years, the score and lyrics are long forgotten, but just hearing the tune of that song creates a familiar, intimate feeling, and the words come to mind. The songs had a unique meaning, like the music people dance to at weddings, and improved memory performance in tests.

In Bulgaria, Russia, the U.S., France, Canada and other countries, there is a super music memory system that uses music to help memory. Dr. Lazanov of Bulgaria, based on medical and psychological research, has found that the adagio movement of Bach, Handel and others can relieve the tension in the brain and bring people into a meditative state.

He asked the students to listen to slow music and relax their muscles as they read material to the music. At the end of the study period, play upbeat music for another 2 minutes to allow the brain to recover from the memory activity. Many students

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