

INNOVATIVE POTENTIAL OF THE “MAKAM CAPSULA PILL” IN THE FIELD OF HEALTHCARE

<https://doi.org/10.5281/zenodo.17548100>

Xasanov Doston Dilshod o'g'li

*3rd-course student of the Culture and Art Management major,
Uzbekistan State Institute of Arts and Culture*

Abstract

This article discusses the project “*Makam Capsula Pill*”, developed on the basis of Uzbekistan’s national musical tradition *makam*. The project aims to restore psycho-emotional balance, reduce stress, and improve sleep quality without the use of medication. It explores the possibilities of applying this innovation as a non-pharmacological auxiliary therapy within the pharmaceutical and healthcare sectors.

Keywords

makam, music therapy, pharmaceuticals, non-pharmacological therapy, stress, innovation.

Introduction. In recent years, innovative approaches that support psycho-emotional well-being have become an increasingly relevant topic in the field of healthcare. According to data from the World Health Organization (WHO, 2023), about 3.8% of the global population – approximately 280 million people suffer from depression [6]. This figure highlights the widespread prevalence of mental health challenges on a global scale.

Furthermore, statistics from the Agency on Statistics of the Republic of Uzbekistan (2024) indicate that between January and September 2024, passed away in the country, of whom 57.2% died due to cardiovascular diseases [10]. This demonstrates a significant need for additional tools aimed at reducing psycho-emotional strain within the national healthcare system.

Globally, music therapy is developing at a rapid pace. According to a Soocial (2023) report, there are now over 26,000 practicing music therapists worldwide, working with more than 1.6 million individuals annually [7]. This growth reflects the increasing demand for alternative and complementary therapeutic methods.

Research across the world has shown that music therapy can effectively reduce stress [1], balance immune and endocrine system activity, and improve psychological well-being [2]. In this context, the therapeutic potential of

Uzbekistan's rich musical heritage particularly the art of makam deserves special attention.

From this perspective, the "Makam Capsula Pill" product we have developed represents an innovative platform that integrates the principles of modern pharmacology and music therapy, designed to help alleviate stress and enhance emotional stability.

Main Part. The "Makam Capsula Pill" is not composed of medicinal herbs but represents a therapeutic package of sound recordings based on the six principal schools of Uzbek national music – makam. As project author Zohidjon Jumanazarov Eldor o'g'li explains:

"We created a set of 22 national makam compositions, packaged like a medicine inside a memory device (flash drive). Each makam has been carefully studied and described in detail. There is an appropriate time to listen to each of them – some are most effective in the early morning, others in the afternoon. Based on this, we identified how each makam affects the human mind. Depending on the style of performance, some makams not only improve the listener's nervous system and bring emotional calm, but also enhance IQ and cognitive function. Certain makams regulate cardiovascular activity, while others stimulate creative thinking. The key is knowing which makam to listen to and at what time. This is precisely what the 'Makam Capsula Pill' provides. Some may misunderstand the concept, but we even recommend selling it in pharmacies. Neurologists and neuropathologists have expressed their support, noting that people with neurological conditions could benefit from using the capsule."

A positive evaluation of the project has been received from Professor Rachel Harris of SOAS University of London, which paves the way for the broader application of the Makam Capsule internationally. It is especially inspiring that Uzbek makams, traditional melodies, and songs are being recognized among the world's cultural treasures. Whether in Africa or East Asia, young people are beginning to discover the deeply emotional and spiritual resonance of these sounds.

Another important feature of the Makam Capsule is its user guide, which explains when and how to listen to each composition. For instance, the piece "Khushparda Suvora" soothes the nervous system, brings peace of mind, reduces stress, and helps maintain emotional balance – it is recommended for listening in the morning after waking up. Meanwhile, "Qo'qon Ushshogi" positively influences the heart rate, stabilizes the cardiovascular system, and aids relaxation. "To'yona", on the other hand, improves concentration and memory while reducing stress and boosting IQ – it is best listened to in the afternoon after rest. Indeed, makam acts as

a form of healing, even comparable to immunization for the soul – provided it is listened to at the correct time and under proper guidance.

At an international conference held under the patronage of the Sharq Taronalari Festival, People's Artist of Uzbekistan and Hero of Uzbekistan Munojat Yo'lchiyeva, who has devoted 44 years to her artistic career, spoke on music therapy and noted:

"From ancient times, scholars and philosophers have studied the healing effects of music. Works by Aristotle, Plato, and Pythagoras, as well as ancient Indian and Chinese manuscripts, and findings from Italy and Germany, all contain references to this. Plato stated that music influences not only the human psyche but also behavior. Eastern thinkers, too, gave great attention to music. This means the influence of music on the human spirit has been proven in practice – and it can still be used to heal people today."

Similarly, Hasan Rajabiy, People's Singer of Uzbekistan, emphasized:

"Listening to makam – and music in general – is an art in itself. There are melodies that can have negative effects, but makams that extend life reach into every vein, stirring the soul. When you truly enjoy a song, brain activity improves and becomes more balanced."

Foreign scholars who have encountered the Makam Capsule are now studying its effects with great interest. For example, Dr. Parfait Ilboudo, Head of the Department of Communication, Culture, Art and Tourism of an African Ministry and Doctor of Philology, remarked:

"Every nation's music attracts in its own way, but Uzbek music has left a deep impression on me. The 'Makam Capsule,' in particular, amazed me." [5]

By presenting makam in the form of a capsule, the creators aim to reconnect humanity with culture through ancient melodies. The most refined makams have been included in this capsule – a kind of cultural "vaccination" against the spiritual fatigue of globalization. Art, after all, is a great power that unites nations. The Makam Capsule thus offers spiritual healing and contributes to raising a generation of emotionally balanced and mentally resilient youth. Each capsule contains a collection of makam compositions designed to match the user's psychophysiological state and provides scientifically guided recommendations for listening [3]. This approach serves as a bridge between pharmaceutical psychotherapy and art therapy [4].

Scientific studies have confirmed that listening to music reduces stress, lowers autonomic nervous system activity [1], and helps regulate stress hormones such as cortisol [2]. Similarly, the rhythmic, melodic, and harmonic structures of makam compositions possess soothing and psycho-emotional balancing properties, making

them highly suitable for pharmaceutical prevention and rehabilitation. A 2017 meta-analysis by Leubner and Hinterberger demonstrated that music therapy is an effective tool in reducing depressive symptoms [8].

According to the Global Wellness Summit Report (2020), the integrated use of music therapy and “wellness music” technologies has been found to reduce stress and regulate cardiac function [9]. Considering that more than half of deaths in Uzbekistan’s healthcare system are related to cardiovascular diseases [10], non-pharmacological interventions such as the “Makam Capsula Pill” can serve not only as psychological support tools but also as effective preventive measures. For Uzbekistan’s pharmaceutical education, the Makam Capsula Pill holds dual significance:

1. Scientific-Research Direction – conducting empirical studies on the biopsychological effects of makam music, and developing music-assisted therapies that can be used in combination with pharmacotherapy.
2. Educational Direction – introducing additional modules in pharmaceutical curricula aimed at supporting patients’ psycho-emotional well-being [3], and expanding specialists’ competencies by incorporating elements of music therapy into training programs [4].

Conclusion. The “Makam Capsula Pill” represents a unique innovation that unites Uzbekistan’s national musical heritage with modern pharmaceutical advancements. It has the potential to open new directions in healthcare and pharmaceutical practice, serving as both a scientific innovation and a culturally rooted contribution to the field. This approach could mark a new stage in Uzbekistan’s pharmaceutical education and practice, harmonizing tradition and innovation in the service of human health.

REFERENCES:

1. Thoma M.V., Ryf S., Mohiyeddini C., Ehlert U., Nater U.M. The Effect of Music on the Human Stress Response. *Psychoneuroendocrinology*. 2013; 38(11): 2851-2860. [PubMed](#)
2. Adiasto K., va boshqalar. Music listening and stress recovery in healthy individuals: A systematic review with meta-analysis. *PLOS ONE*. 2022; 17(4): e0270031. [journals.plos.org](#)
3. American Music Therapy Association & Certification Board for Music Therapists. Scope of Music Therapy Practice. 2015. [musictherapy.org](#)
4. World Federation of Music Therapy. What is Music Therapy? Research Summary, 2nd edition, 2020. [s36075.pcdn.co](#)

5. Yangi O'zbekiston gazetasi. 2024-yil 30-avgust, 175-son.
6. [How music therapy can boost your mental and physical health | World Economic Forum](https://www.weforum.org/stories/2023/04/music-could-be-the-medicine-we-need-for-our-mental-health/) (<https://www.weforum.org/stories/2023/04/music-could-be-the-medicine-we-need-for-our-mental-health/>)
7. Soocial. Music Therapy Statistics. 2023. (<https://www.soocial.com/music-therapy-statistics/>)
8. Leubner, D., & Hinterberger, T. Review and Meta-Analysis of Music Therapy in Depression. *Frontiers in Psychology*, 2017.
9. Global Wellness Summit. The Future of Wellness Music. 2020. (<https://www.globalwellnesssummit.com/2020-global-wellness-trends/wellness-music/>)
10. O'zbekiston Respublikasi Prezidenti huzuridagi statistika agentligi. O'zbekiston Respublikasining demografik holati asosiy ko'rsatkichlar. 2024-yil ma'lumotlar. Qarang: https://stat.uz/img/demografiya-press-reliz-22_07_2024-uzb-_p62648.pdf
11. Jummanazarov, Z. E. (2025). MUSIQANING YOSHLAR AQLIY VA JISMONIY RIVOJLANISHIGA TA'SIRI. *Inter education & global study*, (3), 563-573.
12. Eldor o'g'li, J. Z., & Sayfulla o'g'li, S. A. (2025). THE INFLUENCE OF MUSIC ON THE HUMAN MIND. *Mahalliy va xalqaro konferensiyalar platformasi*, (1), 181-185.
13. Jumanazarov, Z. (2025). THE ROLE OF CHILDHOOD CULTURAL EXPERIENCES IN SPIRITUAL SECURITY ISSUES. *International Journal of Artificial Intelligence*, 1(3), 657-662.
14. Alfiya, Q. (2023). Milliy Musiqa San'ati Va Yoshlar Tarbiyasi. *Journal of Creativity in Art and Design*, 1, 16-20.
15. Nazarbaevna, Q. A., & Serjanovich, K. S. (2024). The Importance of Scenario in Cultural Events. *EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION*, 4, 259-262.
16. Ganieva, E. R. (2015). Prospects of development and modernization of cinema reproduction channels in Uzbekistan. in the world of science and art: questions of Philology, art criticism and cultural studies. no. 43.
17. Ganieva, E. R. (2022). Genesis and Evolution: From Multi-Part TV Film to TV Series. *International Journal on Integrated Education*, 5(4), 286-290.
18. Yusupaliyeva, D. Q. (2024). NOMODDIY MADANIY MEROSNI MUHOFAZA QILISH, ASRASH VA TARG'IB ETISH MASALALARI. *Inter education & global study*, (4 (1)), 334-342.
19. Yusupaliyeva, D. K. (2020). Political role of television in the development of national ideology. *ISJ Theoretical & Applied Science*, 6(86), 665-667.

20. Kalkanatov, Asilbek. "THE IMPORTANCE OF MANAGING THE PARTICIPATION OF CULTURAL AND ART INSTITUTIONS AND ORGANIZATIONS IN CULTURAL ACTIVITIES." *Journal of Innovation, Creativity and Art* 2 (2023): 7-10.
21. Kalkanatov, Asilbek. "PROFESSIONAL QUALIFICATION OF THE MANAGER IN THE CULTURAL FIELD." *JOURNAL OF ECONOMY, TOURISM AND SERVICE* 2 (2023): 19-23.
22. Kolkanatov, Asilbek. "IFTIKHORI TIMSOLI TUMOR BRANCH." *JOURNAL OF HEALTHCARE AND LIFE-SCIENCE RESEARCH* 2 (2023): 67-69.
23. Nazarbai, Kolkanatov Asilbek. "NEW VOICE IN UZBEK DIRECTION." *Journal of Innovation, Creativity and Art* 2 (2023): 65-70.
24. QOLQANATOV, Asilbek. "MA'DANIYAT VAZIRLIGI VA MADANIYAT MARKAZLARI: TARIXIY TARAQQIYOT JARAYONLARIDAN." *News of UzMU journal* 1.1 (2024): 1.