

# The impact of Argentine tango music on the human brain

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**Abstract:** *Music and music therapy have always been present and important over time. Already in prehistoric populations, both medicinal and religious or traditional rituals have occurred on musical backgrounds of different types of improvised and manufactured instruments. In most cases, they also had vocals together with the instruments, or rarely just vocals, without any musical instruments. But in any case, had music not brought, in all these occasions, efficiency and benefit in the therapeutic process, it would have long been abandoned. Just as well, in our modern culture and science, different ways of implementing and using music in different types of treatments have been sought over the centuries. Even physiological measurements have shown that individual reactions to the same music are very different from one person to another, regardless of age, gender, ethnicity and culture. And for these reasons, the personal tastes of each patient must be taken into account when listening to therapeutic music. (Werner, 2014, 102). In addition, there is a social aspect of Argentine tango, which helps anyone feel like they belong to a community of people, meaningful and soulful. It is a pleasant and attractive social activity that can greatly improve the quality of life!*

Key-words: *Argentine tango music, music therapy, dance therapy, brainwaves*

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