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Treating palliative care patients in pain with the body tambura: A prospective case study at St. Joseph's Hospice for dying destitute in Dindigul/South India

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The Body Tambura, a relatively new string instrument in the field of receptive music therapy is inspired by the classical Indian Tanpura. It has received increasing attention by German therapists, especially working in the field of palliative care or with coma patients. The instrument was designed by the instrumental designer B.Deutz/ Berlin. The Body Tambura is meant to be placed on the human body, either on the thorax or on the back of a patient and can also be played while sitting beside the patient. The sound of the Body Tambura is characterized by playing the 28 strings of the instrument evenly to produce fine vibrations and create a softly enveloping monochromatic acoustic space for the listener, which is supposed to induce a state of trance and relaxation. The sound can be heard and felt. The aim of the presentation is to introduce the Body Tambura theoretically and in a practical demonstration. Dr. C. Dietrich will also

talk about the two research studies on Body Tambura in Palliative Care she was seriously involved in.



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