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achieving effective approaches to patients management and to the education and training of medical practitioners. We have seen how arts and humanities have contributed in treating patients at hospitals and getting high successful outcomes and creating therapeutic environments. The study shows that therapeutic theatre as a method for relieving disabilities has shown the positive impact of those who suffer weak communication, social skills and cognition. It shows also that some researchers have concluded that some creative arts like visual arts, dance, drama and music have peril factors on patients.

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They suggest to use particular creative art programs as a complement therapy.

Some researchers have concluded that some creative arts like visual arts, dance, drama and music having peril factors on patients. Such activities could become too exigent for patients, these activities are engaged with the psychological effects. They may be cause physical problems like injures. Though, the therapist of art should keep in his/her mind how to use these activities and develop them through the interpersonal skills for gaining confidence of patient.

Drama and Theatre in Mental Health:

Therapeutic theatre as a method for relieving disabilities has shown the positive impact of those who suffer from weak communication, social skills and cognition. Using drama for people with dementia and amnesia, would deepen the psychological need and aid them to express and understand their own world. Drama is a very active and sturdy in education of nursing and mental health, it resumes the power position of participants and develop kindness and courtliness between teachers, patients and students.

Specialists of mental health have developed studying arts particularly visual arts as an aid and media in diagnosis. Many cases in different hospitals around the world have shown improvement of coding system of paintings produced by psychiatric patients. For getting active diagnosis, this approach is valuable. Some reports have shown that using drama and theatre in mental health would undoubtedly increase the situation of patients and avoiding them real harmful situations.

Conclusion

This study shows the outstanding importance of arts and humanities in advancing jobs satisfaction, inducing psychological and physiological changes in clinical outcomes. It highlights how medical literature in relation with humanities shorting stay at hospitals, it also promoting patient-physician relationship, improving mental healthcare, decreasing drug consumption and developing health practitioner's empathy across cultural diversity. The study offers evidence of the influence of arts and humanities in medicine in

maybe do or mistake errors during their medical jobs. They should be treated with dignity, respect and understanding as they are expected to incur others. William Carlos Williams as writer and physician supports this concept by giving very interesting perspectives in his essay, "The Practice", he tell us his challenging and taxing responsibilities as a physician, narrating how medicine takes up much of his life, though he does not complain and expostulate; on the contrary, he celebrates his relationship with medicine and his ability to connect with others through his practice.

Impact of Arts in Mental Health:

World Health Organization in 1984 defined health as ' a state of complete of physical, mental, and social wellbeing and not merely the absence of disease'. Health relies on degrees at which mental and physical position and function are in equipoise, it is a state in which opposing forces or influences are equalized, these functions should be balanced in biological, mental and social environments. This equilibrium is achieved by the active and vital role of arts(Jamison,1996). Arts give supporting and assistance for both mental professionals and patients, originating and making new approaches to help treatment and diagnosis of health and mental disorders.

Patient can discover a new way of self-expression and acts to establish good communication with others depending on an introduction of arts and mental health(Killick,1999). It should be noted that there is difference between active and passive involvement of patient with mental illness in various activities of artform. Under guidance of art specialists, patients can participate in creating new type of work actively, they engage in aesthetic and artistic following up.

On the other hand, patient can be passive recipient at different artforms. Here, this method aims to stimulate such responses and therapeutic effects in mental health users. Many psychiatric patients were tested with different diagnoses throughout therapeutic approach of the introduction of a creative arts program. The authors have deduced that all patients have gotten significant improvements by using arts, it will give them information on the use of arts programs.

physician has been advanced. Various works of literature serve to study how points of view of both physician and patient differ. Failure to harmonize the personal experiences of the patient of his illness with professional understanding of physician may be resulted in miscommunication. Accounts gathered from the perspectives of patients, students of medicine and doctors most often offer the negative and positive points of view of the healthcare system. Reading a negative account convicting a doctor and his medical practice as written by patients is unsurprising. People in any place in the world talk and perhaps ridicule the personality of doctors for very simple reason concerning their illness and health. Some critics say that people who recover very slowly from their sickness or they never get their best health they will complain and blame physicians. This may be happened when the relationship between patients and doctors could not be understood and developed.

Lots of poets, novelist and writers have studied the state and works of physicians at their clinics or hospitals. They have explored that life of doctors is surrounded by complex and casual circumstances. They have their own lives, family, friends and problems. Perhaps it is very difficult for an ordinary individual to endure and sustain the various situations of physician. Some of the poets have described the different states of both patients and physicians at the intensive care unit or emergency unit, for example Elspeth Cameron Ritchie in her poem" The Intensive Care Unit, she shows a woman who is surrounded by her husband, grandchildren and daughter as her health declines. The patient is too lucky to be surrounded by her family.

In developing countries like USA, Europe and UK, patients sometimes thank their doctors for their assistance and very kind care. Patients at hospitals consider physicians as their friends and sometimes as family members. Government there reinforce the relation between doctors and their patients, the physician dose understand that he/ she treats human being and should interact and stimulate that relation not just for the professional reason but also to tell their patients that they advance the technology to live in healthy and nice lives.

Though it should be noted that physicians are human beings like us, they feel, they have family, they have their own lives and they

researchers have developed the courses of medical humanities and emphasized the relevance of these courses in medicine.

Arts especially literature and medicine have expanded the insights to share the human experience, contrast and differences of individuals in society. This relation will increase the language and thoughts of practitioners. Many major works of literature have risen to concern the question of ill and suffering and how to present the issues that related to patients to be resolved. Many researchers have discussed the role of arts particularly literature in medicine and how they are interrelated altogether. Literature has the potential to enrich medicine with knowledge and experiences and form the attitudes to contribute the medical practicing.

Literature is a source of entertainment, relaxing and reflection of company. Some people think that life without literature is not worth living. This has been given the importance of literature in the life of people, they have different point of views concerning the definition of literature or perhaps they have given various meanings.

The relation between literature(drama, fiction, narrative) and the world has kept on as long as there has been philosophical reflection. Kevin Vanhoozer writes "the interpretation of texts lies at the center of western history and culture". Anderson Petterson says that literature conveys the representations of the world. These representation are not closed and definite, they are open to modification and reaction of doubts, refuse, outrage, affirmation and joy. Fictional statements are absolutely possibilities invite our minds and imagination to compare their contents with, associate to, try against and modify our views of individual and events in society.

The Relation Between Patient and Physician

Despite the technological development of medicine, patient fails to communicate with the physician or the physician does not understand well what the patients want or convey by his words and feelings. One of the main problems of misunderstanding between patient and physician is lacking communication between them, both physician and patient find difficulties to comprehend illness itself.

Medical literature has become widespread in recent years, according to the documents, the relationship between patient and

A study has shown that medical undergraduates have capability and better analysis in the argumentative passages by taking modules including arts, philosophy and literature. This educational experience will develop and improve their advance in their future medical practice. An American survey has showed that included-arts curriculum has elaborated in the USA medical schools to stimulate the experience and wisdom of students.

Literature

The aims of the study of literature as a part of the courses at the medical and nursing departments are to elevate and support clarity of observation, expression and fluency in the language of formal situations, enhancing and evolving the skills of communications of the understandings of students to build a better relations between physician and patient. Subjects of some courses like music, visual arts and literature aim to enrich and improve the professional decision-making and skills of communication.(Jeffry,2001). There is a very strong relevance between teaching literature and understanding the interactions between characters and the professional advance of psychiatrists and also the relationship between therapists and patients.

During medical courses, poetry is a model for the integration of humanities into residency training. It requires 20 minutes for clinical members to discuss and read selected poems which it has a successful impact on the life of physician and nurse. Introducing literature and poetry for nurse education and training resides will help nurses and midwives to get insights into aspects of death, physical disabilities and mental sickness(Begley,2000).Poet is able to deal with and express complex ideas and thoughts and translate them into essential words that make poetry relevant to physicians particularly neurosurgeons.

Allowing practitioners process of reflection to find out or create new insights into their ways of practice and to promote their understanding of the experience of illness and suffering is the aim of medical humanities. In fact, doctors should keep in their minds what arts and humanities can offer them in developing their experiences and knowledge to enhance and advance medicine. Scholars and

that patients who listen to their choice of music during the pre-operative period would reduce anxiety levels.

Another study has been shown that using vivid programs of listening to music will help the management of patients of Parkinson's disease. Emotional and motor responses will invigorate and improve the quality of those patients by using those programs of music. Rhythmic foot beating in patients with cerebral palsy is motivated by selected music.

Humanities in Medical Education

Humanities in medical education particularly neurosurgery have discussed lots in some of the European conferences. The participants and scholars have emphasized on the significant role and creativity of surgeons in the technological advances in understanding of the human brain and the production and development of the creative brain. A study has shown that extensive courses for medical students about the representations of HIV/AIDS in visual arts would aim to share the experiences within the frame of educational courses in medical curriculums.

There is evidence that listening to selected music will increase the mental task performance of surgeons and will reduce the autonomic reactivity. Furthermore, a study has been shown that surgeons and anesthetists who listen to music will reduce their prudence and their communication with the team. Another study of nursing home setting in some Scandinavian countries has found that nursing staff discovered that old people get benefits from dance and movement of listening to music.

Personal development throughout all artforms can be stimulated by medical humanity, it looks up to encourage the medical practitioner to be more human and understand sympathetic in the process. Arts and humanities contribute to re-comprehend medical, educational, academic and intellectual activities that can be brought altogether. A good and successful physician is a well-educated one, this means that medical humanities play very significant and prominent role in the life of medical students who benefited from these cultural and educational programs based on arts and humanities which ultimately advance the scientific and educational process.

with another group of patients who not attending cultural events.(Konlaan,2000)

It has been measured in students of universities preparing for oral presentation the effect of relaxing music on individual anxiety, heart rate, and systolic blood pressure. The result were positive which displayed that music prevent the stress- induced responses. Some studies have shown that patients attend hospitals who suffer pain, and weakness of the physiological organs listen to music, would relieve and decrease their pains.

The physicians have observed that music supplies quite and restful environment for those who suffer heart rate, respiratory rate, and myocardial oxygen, comparing to a group of patients treated as usual. Patients listen to music for 20-30 minutes by using their headphone or personal tape players will reduce heart rate, impact on the level of their hypertension and eventually they will get beneficial effect on their health.

A study showed that using mixed of female vocal music and lullabies in new-born intensives care units will significantly improve the level of oxygen saturation and behavioral states. Another state concluded that using the same musical intervention will effect on weight and caloric intake, and will of course reduce the length stay at hospital.(Caine,1991)

Using music for women prenatal and postnatal is an excellent helper that improves the medical outcome and save medical cost too. Daily preferred music is very important in reducing pain and stress management during labor and birth. In the waiting area of an ante-natal high- risk clinic, live music is reducing the blood pressure of pregnant women waiting for appointments. Live music is also another stimuli that activates and stimulates the brain activity of infant during the first 12 months. The physicians have discovered that music significantly increases the activity of infants at the age of three months and has a calming effect afterward.

During ophthalmic surgery, selected music decreases heart rate, levels of blood pressure and apprehend stress. A study has shown that patients who underwent to cataract surgery were more satisfied with their experience if they heard relaxing music. It has been found

There are three main connections between literature and medicine. First of all, those who have an interest in practicing medicine have also created literature. Anton Chekhov is a good example who has practiced medicine and literature, he has connected between medicine and literature altogether. William Carlos, Williams is remained in practice, while the Swedish author P C Jersild has given up his medical practice. Some of them have used their medical knowledge and experiences in writing literature while other do not.

Another way in which medicine and literature are related is an attempt to understand and study how places and conditions of high medical relevance, various states of diseases, experience of sickness, therapeutic interception, and social conditions have been lightened in many works of literature, and through some of investigations discover how some texts can help us to get more detailed and more well-disposed understanding of such clinical practice. illness is part of human condition, its manifestation is combined with dramatic change, internally or externally in the life of people. Another unclear role that disease may play in some literary works, like the headache of Parcel in Proust's *In search of lost Time*, in Margaret Edson's *Wit* has a medical setting or like Tolstoy's *The death of Ivan Ilyich* has non-medical.

Thirdly, medicine and literature may mean the prospect that reading has a therapeutic function. This is sometimes called the Bibliotherapy. If this is the case, reading would impact the result of the disease process, perhaps recovery the effects of reflection on fictitious person's life. In fact, narration is not something new to heal or relieve the disease of such patients but, it is possible to be used by some physicians in dealing with emotionally difficult human situations.

The Role of Arts in Getting Successful Clinical Outcome

It has been recognized for many centuries that art has an effect on the therapeutic outcome, furthermore, the involvement of arts and clinical outcomes have developed throughout the systematic and dominated studies. Recent studies have been concluded that people who encouraged to attend cultural events like theatre, concerto or exhibition reduced their blood pressure hormonal benefits, comparing

Introduction

Medicine becomes one of the most important science that can penetrate and relieve the suffering of human beings. It is an organized and systematic human endeavor that prevents, treats, and mitigates what human body suffers diseases and tribulations. We cannot say that medicine can eradicate or extirpate sufferings people, but its efforts have been a very significant role in regard to the main human dilemma.

Medicine at the beginning of the 20th century has met some of the vague situations. It pervades all the parts of human lives, from birth to death. Fear of people concerning illness is still continuing, and it is not vanished. Despite of the development of medical technology, its interpretation of many human conditions and study-cases, medicine has encountered some of the complex situations. We know that physician has a very crucial and prominent role in the life of people, but has still challenges the development of human society and their desires to live more and more in this globe.

Literature in all its forms(drama, novel, short stories, poetry...etc) has a complex relationship with medicine as a science and as a practical activity. They are two human areas that have been actively developed in the end of the last century. It has become mandatory for some of scholars, physicians, and writers of literature to establish and open new departments which connect these human areas altogether. They become flourished field of interest. Courses on creative writings for medical students, publishing papers or essays in the journals of literature and medicine and books like Doctor's Stories have been grown in lots of the universities worldwide.

Physicians like Rita Charon says that: As doctors become more and more skilled in narrative capacities, they will improve their ability to develop accurate and comprehensive knowledge about their patients, to reach patients, to become their trusted advocates, to navigate ethical uncertainty, and to be moved by all that they are privileged to as doctors.

The Connection between Medicine and Literature

Abstract:-

This paper examines the relevance of arts like literature and music with medicine. It studies how physicians are interested in reading and listening to music or literature and enjoy their time at doing their clinical processes. The paper also shows that literature in all its forms(drama, novel, short stories, poetry...etc) has a complex relationship with medicine as a science and as a practical activity. They are two human areas that have been actively developed in the end of the last century. It highlights how humanities in medical education particularly neurosurgery have discussed lots in some of the European conferences. The participants and scholars have been emphasized on the significant role and creativity of surgeons in the technological advances in understanding the human brain and the production and development of the creative brain.

Keywords: medicine, literature, medical humanities, education.

المخلص:

يستقصي هذا البحث العلاقة بين الادب والموسيقى مع الطب حيث انه يدرس ايضا اهتمام بعض الاطباء بالقراءة والاستماع الى الادب والموسيقى والاستمتاع بتلك الاوقات عند اجرائهم للعمليات. يوضح هذا البحث ان الادب بكل اشكاله (قصة قصيرة ورواية ومسرحية وشعر وغيرها) له علاقة وثيقة مع الطب بوصفه علما ونشاطا وعمليا اذا انهما حقلان انسانيان تطوروا بشكل فاعل في نهاية القرن المنصرم. كما ان هذا البحث يشير الى ان العلوم الانسانية في التعليم الطب تم مناقشتها في الكثير من المؤتمرات الاوربية خصوصا في جراحة الاعصاب. جدير بالذكر ان المشاركين والعلماء يركزون على الدور المهم والفاعل ونشاطات الجراحين في التطور التقني في فهم العقل الانساني.

الكلمات المفتاحية: دواء، أدب، طبي، علوم إنسانية، التعليم.

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