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KHOREZM MAKOMS AND THEIR INFLUENCE ON THE MENTAL AND PHYSICAL BODY

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Abstract

This article analyzes the influence of Khorezm maqoms on the psyche and social life of a person. Research shows that the musical melodies of Khorezm maqams, especially “Ufori Aytim”, help improve mood, and melodies such as “Peshrovi Dugokh”, “Mukhamasi Ushshak”, “Muhammasi Bayat”, “Sakili Navo” (Khonchikar) have many beneficial aspects, such as reducing stress and increasing motivation. Maqom melodies and songs, as an important part of national culture, play an important role in uniting music lovers and preserving cultural heritage.

Keywords: *Tani makam Dugah, Peshrawi Dugah, Muhammadi Ushshak, Muhammadi Bayat, Sakili Navo, gateway, music therapy*

In ancient Chinese philosophy and medicine, music was considered a means of healing the soul and body. During the time of Confucius, music was considered to maintain a person's spiritual balance, while some historical sources write about calming the soul through music. That is, the idea of healing through music has existed for thousands of years. Let's consider the extent to which music affects the human body in general.

Music therapy is a method of treatment or support aimed at improving a person's mental, emotional and physical state with the help of music. It is used by specialists in the fields of medicine and psychology. In the human body, the heart mainly functions as a pump that drives blood, but a Japanese scientist described the heart not as a pump, but as a “gateway”.

A sluice is a special door or device used to control the flow of water in water structures (canals, rivers, hydraulic structures) or to transfer ships from one water level to another.

In the human body, the length of the vessels, calculated with small capillaries, is 95–96 thousand km, which is known in science. Therefore, if the small capillaries in the human body are thinner than a hair, then if a pipe is built to transport water over such a long distance, it would have to be 40 cm thick (Boltayev Rustam. 2021, 112). From this it becomes clear that how does blood move in the blood vessels in the human body? Let's look for an answer to the question of whether the heart acts as a pump in its delivery, or does it really act as a sluice. The question arises as to how blood reaches such

a length. The answer is that it reaches it due to simple vibration.

There are all kinds of genres in music, a genre consisting of pleasant, harmonious sounds is classical, music played with noisy sounds, hard percussion instruments is the popular music genres that have entered our lives today (pop, rock, hip-hop, rap, jazz, electronic music, (EDM), R&B).

Music therapy is a method of positively influencing a person's health by listening to

music, singing, creating music or working with rhythm. This direction is called Music Therapy and is closely related to psychology and medicine.

Benefits of Music Therapy Music therapy helps in many cases: Tani maqom Dugoh melodies "Reduces stress and anxiety", It lifts the mood with its soft and sincere melodies. Good for listening during relaxation (Boltayev Rustam. 2021, 213).

Example 1. Tani makomi Dugoh

M.M. ♩ = 72 -xona

A. Navoiy g'azali

Ey sar-vi-no - zi gul - sha - nu bo - g'i

ma - lo - ha-tim Voy gul u zo - ri

mah - va - shi sar - vi qo - ma-tim

One of the melodies that can cause changes in the human body and awaken emotions is the melody "Peshravi Dugoh". Tone: calm, sometimes sad. Effect: encourages a per-

son to introspect, gives patience and peace of mind, reduces mental pressure. Most effective: nervous system and mood (Boltayev Rustam. 2021, 205).

Example 2. Peshravi Dugoh

I xona

II xona

Types of music therapy: Active music therapy – the patient creates or performs music. Instruments such as doira, dutar, tanbur

are used. Passive music therapy – the patient only listens to music, used for relaxation or meditation.

How to do music therapy at home?

1) Create a calm environment; Make the room quiet and comfortable. Turn off the phone or other distractions. Listen while sitting or lying down comfortably.

2) Listen with your breath; Inhale slowly (4 seconds). Hold for 2 seconds. Exhale slowly (6 seconds). At this time, listen to slow music.

3) Listen for 15–20 minutes; The most effective time: 15–20 minutes a day. Listening in the morning or before going to bed is especially useful.

4) Close your eyes and imagine; Imagine a natural landscape. A meditative state is created along with the music.

The most useful therapy music;

1. Uzbek classical music. Especially Shashmaqom or Khorezm maqams are considered very calming. Slow-paced Sarakhbor, Tani maqams reduce stress. Popular maqams: Rost maqam – gives a sense of stability, Navo maqam – gives spiritual uplift, Segoh maqam – gives emotional relief.

Khanate doctors and healers used singing and instrumental music as a means of treatment. In the 19th century, the famous status schools of Khorezm paid attention to spiritual education and emotional balance along with musical education. One incident that has become a legend among the people is during the time of Mohammad Rahimkhan Sani (Feruz), when the khan went out with his horse to ask for prayers before the people. During the time when “Saqili Navo” was played on the trumpet instrument and it became a tradition, the trumpet player sent his student to his place because of the high temperature of the wind. when he asked who was playing the trumpet, they answered that it was the master’s student. He immediately orders to bring the master himself, and when the master comes and continues the song, the horse gets up again and walks away. The conclusion is that even an animal can perceive the purity of the tone. The fact that this tune has become popular among the people under the name of “Khon chiqar” continues to this day (Boltayev Rustam. 2021, 162).

Example 3. *Saqili Navo*



Below is a detailed table of Khorezm maqoms and their effects on the mental and physical body. This information is based on traditional musicology and maqom theory.

In this region, there was a tradition of regulating the mental and emotional state of people through the maqoms of Rost, Nav,

Segoh, Dugoh, Buzruk, and Iraq. Musicologists used maqoms as a means of reducing mental stress, fatigue, and internal unrest.

The conclusion is that, in the words of our esteemed President, “If we want to know and learn the true, real art, we must first know and learn the art of classical maqom. If we

want to promote art and culture, we must first promote the art of classical maqom” (Rajabov Ishak. 1963). In order to carefully preserve the spirit of our future youth and help them grow into perfect individuals needed by

society, Uzbek maqoms are mainly based on psycho-emotional effects, and their impact on the physical body is indirect (through the nervous system, heart rhythm, blood circulation).

Table 1.

Makom	Main mood/tone	Psychological impact	Physical/Organic Effects
Rost	Calm, balanced	Peace, stress reduction, calmness	Calms the nervous system and brain activity
Navo	Lyrical, deeply emotional	Evokes romantic mood, sensitivity, and emotions	Slightly stimulates heart activity and blood circulation
Segoh	Emotional and touching	Deep feelings, longing, spiritual tenderness	Harmonizes with the heart rhythm, awakens energy
Dugoh	Quiet, sometimes sad	Inner reflection, patience, calmness	Calms the nervous system, has a positive effect on the functioning of the stomach and intestines
Buzruk	Majestic, serious, restrained	Inner strength, perseverance, mindset	Stabilizes the nervous system, balances heart rhythm
Iroq	Solemn, philosophical, profound	Spiritual upliftment, contemplation, inspiration	Provides mental energy to the nervous system and brain, invigorates

The melody and rhythm of the maqom have a strong impact on the listener’s mood, emotional state, and internal balance.

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