

EFFECTIVENESS OF ANANDHABHAIRAVI RAGA ON DENTAL ANXIETY AMONG 6-10 YEAR OLD CHILDREN UNDERGOING ROUTINE DENTAL TREATMENT

ABSTRACT

Introduction:Dental anxiety remains a significant and common problem faced by children worldwide which is an obstacle in providing quality dental care. The inability of children to deal with harmful dental stimuli often manifests as problems governing behaviour management.Non aversive behaviour management techniques are advocated which include listening to calming music. Therefore, this interventional study was conducted to find out the effectiveness of Anandhabhairavi raga on dental anxiety of children reporting to the dental office. **Materials and methods:**30 children aged between 6-10 years , reporting to the dental clinic for the first time were assessed for their baseline anxiety scores using Venham's Picture Test (VPT),Venham's Clinical Anxiety Rating Scale (VCARS),Chotta Bheem Chutki (CBC)scale and their pulse rate was measured using pulse oximeter. Anandha bhairavi raga was played through headphones to the children for 2 minutes during the dental treatment and their post interventional anxiety pulse rate and anxiety scores were assessed.**Results:**There was a significant decrease in the anxiety scores and also the pulse rate post intervention with Anandhabhairavi raga. **Conclusion:** Anandhabhairavi music proves to be an effective adjuvant tool in reducing anxiety among children in the dental office.

Keywords: children, dental anxiety, anandhabhairavi raga