

**Commentary**

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## Benefits of Argentine Tango in Diseases and Disorders



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### Abstract

Argentine tango has benefits on physical and mental diseases. People with physical and/or mental disorders (as cancer and/or depression) can benefit from tango classes as therapeutic care. Tango improves the level of physical activity as well as social and emotional life in people with diseases as depression, cancer, Parkinson's disease, diabetes, heart failure, multiple sclerosis who often suffer from inactivity and isolation caused by the disease. Tango can also keep the mind alert and give a better balance.

**Keywords:** Argentinian Tango Dance; Physical and Adapted Activity; Physical and Psychiatric Disorders; Depression; Anxiety; Stress; Self-Esteem; Life Satisfaction; Balance; Body Image

### Commentary

Psychiatric disorders (mood disorders, depression, anxiety, stress, etc.) have a negative impact on the person's well-being, quality of life, family and socio-professional life and may lead to suicidal acts [1-7]. In addition, depression can hinder cerebral neuroplasticity, lead to neurological damage, reduce the volume of the hippocampus and left prefrontal cortex [3,8]. The growth of psychiatric disorders, including depression as global burden, is an additional reason for the need for treatment [9].

Therapeutic Dance (TD) is the psychotherapeutic use of movement to explore and express emotions individually or in groups to enhance physical, emotional, cognitive and social integration and well-being [10]. Dancing and movement therapy have been very beneficial for patients with breast cancer, depression, Parkinson's disease, diabetes, heart failure, etc. TD has a positive impact on patients by improving quality of life, balance, coordination, range of shoulder movement and body image, and reducing psychological distress [11]. Dance is an activity that can greatly contribute to physical, psychological and social fitness. It can be an excellent way of body expression, relaxation and communication while developing artistic abilities. Dance is an excellent form of physical exercise that works the whole body and improves flexibility, posture and cardiovascular capacity. It also helps to improve body awareness and body image. It is possible to learn to dance at any age. According to research, dance has brought about changes in balance and retarded cognitive decline [12].

Argentine tango (AT) is a social dance born in the late nineteenth century in Argentina. According to research, TA help keep the mind alert and better balanced with its basic steps and improvisational style. It is an excellent form of exercise for seniors, especially during the winter season. The participants in the tango had a better balance than the walking group and had a better improvement at complex memory tasks such as receiving a grocery list over the phone and remembering what to buy without writing it [13]. In AT, all movements are done slowly and close to the dance partner. AT is considered an appropriate intervention to improve physical functioning and quality of life related to the health of patients. It could lead to an improvement in spatial cognition [13].

AT can improve the quality of life of people with a disease by not only relieving physical symptoms [14], but also offering activities that strengthen the social network of patients and improve self-esteem that can be important to create a greater sense of well-being among people with the diseases [15]. When patients experience a sense of satisfaction in mastering certain dance movements and their dance partner follows them (in terms of successful dance interactions and positive emotions), participants may have a better state of mind through a reinforcement of their personal efficiency, autonomy, self-esteem and pleasure [13]. Argentine tango (AT) is a social dance that allows the patient to become aware of his own body and to integrate the "other" into his universe. These perceptions are

altered in the context of psychiatric disorders. It thus helps to fight the withdrawal into oneself implicated by the depression and to find a social life. AT, like a rhythmic dance and improvisation, improves balance and functional mobility in Parkinson's disease and multiple sclerosis [16-17], to treat depressive disorders and promote well-being [18].

People who have danced Argentine tango have decreased cortisol (stress hormone), and increased testosterone. The dance/music was involved in the first case, and the presence of partner in the second. Participants reported feeling more relaxed and attractive [19]. "Music is ranked among the highest sources of pleasure" [20,21]. Music is, universal language of mankind, a ubiquitous phenomenon and universal feature in human cultures, nature and societies, partly owing to its power to evoke strong emotions, influence moods and physiological arousal, regulate human emotions, promote self-awareness and foster social relatedness [20,22-30].

DMT (Dance and Movement Therapy) is useful for adults with psychiatric disorders of anxiety, tension, depression and low self-esteem and satisfaction with life [31,32]. However, little research to date document this phenomenon, which deserves all our attention [17].

## Discussion

Argentinian tango can significantly improve physical, emotional, cognitive and social well-being: decrease symptoms of depression, and possibly other dimensions of psychological functioning such as anxiety, stress; promote self-esteem and self-esteem, life satisfaction, body image, social interactions; improve balance, coordination, body posture, strength, endurance, range of shoulder movement and body mechanics. Argentinian tango has a positive impact on physical and mental reactions help patients relax. Political, medical, and academic fields should encourage people and patients to use the dance/music as adjuvants to medication, which have the effect on decreasing the physical and mental diseases among patients and all people, improve the quality of life, bring pleasure, and enhance mood, behaviors, and dopaminergic system.

## Conflict of Interest

The authors have no conflicts of interest to declare.

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