

## SOUND THERAPY AND ITS INFLUENCE UPON THE HUMAN BODY

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**SUMMARY.** Various musicological studies highlight the construction of the musical elements and their influence upon people. Today it is unanimously accepted the idea that sound is a part of life and it is an unseen, universal, vibrational force, which can produce essential changes in the human life, spirit and mind. The influence that sounds exerts upon the human body causes significant changes in the sense of healing the human body, re-establishing its balance of vital energies and good health. *Sound therapy* (or *sound healing*) is a therapy through sound, being one of the branches of *vibrational medicine*.

**Keywords:** sound therapy, music, human body, vibrational medicine, musical elements.

To ancient societies, music represented a great force of influence upon the human body and the surrounding environment. Through it, the world itself was created: through the vibrant sound of the gods' chants, through the vibration of vowels, through the vibration of the word. As the New Testament says "***In the beginning was the Word, and the Word was with God, and the Word was God***". The term "word" refers to sound, as a divine force and creator of the Universe. The syllable "aum" or "om" from the Hindu tradition is considered the primordial sound, from the beginning of the creation of the universe, or, as today's scientists' state – the sound of the primordial Bing-Bang, the strongest sound there ever was. Music was the supernatural language through which they communicated with the gods. In nearly all ancient peoples, music was believed to have been brought as a gift to people, by a god. Here is what a Chinese legend dating back to 3<sup>rd</sup> century B.C. accounts: "One day, emperor Hoang-ti wanted to assign invariable notes to music. He sent a music master to the borders of his empire – some say towards the North, others say that he was sent to the West. That place was a kind of a promise land, where king Mou had ventured 1,000 years BC and

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felt so happy that he forgot the way back. The minister of Hoang-ti returned with great news. Deep down in a secluded valley, he had seen miraculous bamboo trees, all of the same size. The emissary had cut a piece of the bamboo stalk between two nodes and had blown in it. The resulting sound was perfectly similar to the tone of his voice, when he spoke without passion. And there was also a sound that resembled the purling of a spring which flew down that valley and further down became the Hoang-ho River. Then, two birds, a male and female phoenix birds landed on a tree branch; the male sang six notes, starting from the same pitch; the female sang six different notes. After listening to them carefully, the emissary cut another eleven tubes, corresponding – together with the first one – to all the notes that he had heard. He thus handed over these pitch benchmarks to his emperor, which were called “*liu*”, namely “*the laws*”. His mission had succeeded.

Music had always been considered a strong tool for action in all fields. Through the different rituals the ancients performed, using the sound’s vibrational power, they could change and influence destiny, nature and animals. The magical power of music helped ancient warriors in securing their victory and the medicine man of the tribe in setting the diagnoses of diseases and cast away their evil spirits, thus restoring people’s good health and states of mind. Ever since ancient times, people have noticed music’s direct influence upon the human being, upon its psychosomatic state. Primitive men thought that sound and the music resulting from it were a great mystery. All their deities were graphically represented with musical instruments. In the temples from Mesopotamia, 6,000 years ago, the gods were dedicated vocal-instrumental incantations as a sort of prayers for rains, sunny days and good crops. Then, these rituals were taken over by the Egyptians, where deities were also invoked through vocal incantations with instrumental accompaniment. Later on, we also encounter this form of ritual culture in ancient Greece, however, in a more advanced stage. They could tell the difference between noise and sound, between low pitches and medium pitches, between strong sounds and weak sounds, or between minor and major-scale pitches. The relation between sound and humans has been one of people’s preoccupations across centuries, from ancient times until today. Galileo Galilei was the first scientist to write a study upon sound, based on his astronomical discoveries. He concluded that sound and humans are in a tight relationship with the common frequencies from nature and the universe. In 1932, while studying sound in connection with the human being, Laguna Azorin noticed the direct link between the sounds of music and medicine. The natural tendency of the human being towards consonance and a sense of balance have contributed to various discoveries of the neuroscience of music. Hence, in 1975, the “Hemi-Sync” technique of synchronizing the two brain hemispheres, developed by the Monroe Institute in

the United States, has favoured the accessing of some states of extended human consciousness by using certain sonorities. This can be explained thanks to the researches performed, which revealed that the structure of the musical sound, the acoustics and resonance and their relationship with mathematics, in the form of numbers, ratios, etc., have similarities which are relevant in sound brain stimulation and with certain characteristics of brain waves. Furthermore, in 1984 there is discovered the importance that musical sounds have to the DNA and RNA. The physics of waves deals with the research and visual demonstration of the way in which sound influences matter, with the study of wave phenomena. (Dr. Hanz Jenny). Hanz Jenny has demonstrated that sound influences matter as a result of an experiment conducted with particles of sand and iron filings. When placed on a metal plate and subjected to a vibration of acoustic waves, these particles change their organizational pattern. Why does this happen? It happens because the sound is a vibrating wave. What our senses perceive as matter is nothing but an ensemble of resonant electromagnetic fields, closely interconnected, which are interacting. The entire matter of the universe *is* sound and it emits sounds, despite the majority of sounds of this kind remain outside of our perceptive auditory field. The change that sound can produce over matter is time-related. The influence that sound exerts upon the human body is temporal, yet it causes significant changes. As long as the sound is applied, the body and certain organs can be healed. The ancient Chinese doctors were the ones who discovered the self-healing benefits of various sounds and they added this tool to the arsenal of natural health-care systems. They believed that certain sounds that we emit have a direct connection with certain organs and meridians. Consequently, according to the Chinese sound therapy, by deliberately emitting certain sounds waves, patients can massage and feed certain organs, channelling the subtle energy on the intended pathways or meridians. They can thus stimulate blood circulation around the affected parts of the body, eliminate the obstacles standing in the path of the blood and, ultimately, heal themselves. We all emit sounds, whether consciously or unconsciously. The traditional Chinese medicine states that they have a strong healing effect when accompanied by a well-adjusted breathing. This ancient Chinese theory of healing has been confirmed by the modern scientific research, which shows that emitting certain sounds at the same time with a well-adjusted breathing has psychological, physiological and therapeutic benefits. The sound emission is in harmony with the processes of inhalation and exhalation. The sound waves will be emitted at exhalation. As regards the moment and frequency of the exercises, the ancient Chinese recommended that these exercises be made twice a day: early in the morning and at night, before going to bed. They thought that during these two periods of the day,

people are more protected from outward interferences and they can concentrate well upon these exercises, thus amplifying the positive effects. The sounds to be emitted by the patient depend on the organ that must be treated.

When emitting the sound **Ga** during exhalation, there can be healed diseases such as cirrhosis and hepatitis.

**Cung** – is the sound that heals spleen dysfunctions, indigestions and stimulates appetite.

**Ha** – is a sound that influences the kidneys, heart and circulatory system. Its emission feeds the kidneys' energy, lowers blood pressure, helps in healing heart diseases and sexual dysfunctions.

**Hei** – emitting this sound during exhalation treats the kidneys, sexual dysfunctions, impotence, incontinence and excessive urination.

**Ha** – this sound quenches the “fire of the heart”, it heals insomnia, nocturnal pollutions, ear tingling and sore throat.

**Hai** – has an enormous influence on the stomach and spleen. If emitted during exhalation, it improves their functioning. By stimulating digestion, they address obesity and the high levels of cholesterol.

**Huu** – this sound is correlated with the stomach and duodenum. Its emission treats and stimulates the stomach and duodenum. It heals diarrhoea, stomach aches and ulcer.

**Sang** – pertains to the lungs. It heals asthma, coughing, defective breathing and lung cancer.

**Shi** – just as the previous one, it improves the functioning of the lungs and treats asthma, coughing and colds.

**Siu** – is the sound that treats the liver. It improves eye sight, treats eye discharge, ocular fatigue and hypertension, dizziness and heart disease.

**Djan** – its emission during exhalation stimulates blood circulation, improves the functioning of the heart and treats heart disease.

Another tool of sound therapy is the Tibetan singing bowls. In their case, the patient is not required to do anything but to stand still in a place where they feel comfortable, in the proximity of the bowls, in order to feel their vibration. The first benefit of a sound therapy session with Tibetan bowls is the

energetic cleansing, the clearing of negativity and accumulated energetic pressure. Their pure tone opens and facilitates the communication, at energetic level, with everything that was created within us and outside of us: organs, the bone system, chakras, the epidermis, emotional communication, etc. The Tibetan bowls act the same way as the voice, as they, too, possesses 5 harmonics each. Through repeated auditions, there is generated a more rapid increase in the frequency of the charkas and of our atomic-molecular energy, as the sound penetrates all the internal organs and human anatomic systems, which benefit from a real "sound massage".

Each sound or musical pitch is correlated with an organ on which it has a therapeutic effect:

**C** – urinary bladder, genital organs, small intestine and thyroid;

**C#** - kidneys, neck, oesophagus, trachea, heart's meridian;

**D** – stomach and the large intestine meridian;

**D#** - gallbladder, the adrenal glands, the endocrine glands;

**E** – spleen, rheum, lungs;

**F** - pancreas, gastro-intestinal digestion, liver;

**F#** - the small intestine, nervous system, digestive system, liver;

**G** – the heart, muscles, bone system, blood circulation, kidney meridian;

**G#** - the large intestine, nutrition – excretion, stomach meridian;

**A** – the endocrine system, genital organs, the gallbladder meridian;

**A#** - lungs, bronchus, lymphatic system, cellular and nervous oxygenation, spleen meridian;

**B** - liver, the nervous system, the immunologic system, the circulatory meridian.

The sounds emitted by the human voice and by the Tibetan instruments must imitate the heart beats, as the molecules harmoniously reorganize themselves under the impulse of the outward sound, overlapped with the interior, cardiac sound.

Sound therapy is acknowledged as an excellent auxiliary support in treating various diseases, such as insomnia, concentration deficit disorder, chronic fatigue, emotional imbalance, stress and its side-effects.

By using various relaxation techniques, which are handy for anyone, through sound therapy or other vibrational therapies, meditation, etc., people can significantly improve their state of mind and their physical condition.

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