Brief Study on Five-tone Singing Therapy in Huangdi Neijing

Huan Liu[1], AlainLinGe Jaffres-Liu[2*]

[1] College of Art, Beijing Union University, Beijing 100101, China

[2] The French International School of Beijing, Beijing, China

Abstract: The core of singing therapy research based on the five-tone singing therapy in Huangdi Neijing is to build an interactive health network. It uses the five-tone model to guide singing, stimulating consciousness to optimize the body's functions and enhance overall health. From a microscopic view, this study explores the link between the five tones and five organs. By combining instrument measurements and questionnaires, it collects multi-dimensional data. Integrating traditional five-tone singing therapy and music therapy's state-oriented approach, it analyzes key health areas. The study refines conclusions, verifies the objectivity of the five-tone singing therapy in Huangdi Neijing, aiming to offer a scientific basis for improving five-tone singing therapy and TCM smell diagnosis.

***Keywords*:** Huangdi Neijing, five-tone singing therapy, brief research

1. Origins

As today's medical science is constantly updating the research and development of medicines and therapeutic devices at a rate far less than the mutation of physical and mental illnesses, people have begun to re-emphasize and return their attention to the enhancement of their own immune systems[1]. Naturopathic medicine has become one of the core topics of health research in the world, and the art of healing, led by music, has gradually gained public attention.

2. Experimental research

2.1 Data collection of physiological indicators in cases of monophonic and pentatonic listening and singing

This study affirmed the theory that the five-tone singing vocalizations of the Huangdi Neijing affect the body's internal organs and meridians through all four experimental methods. Among them, two experiments pointed to the most stable and significant effective values of the spleen meridian (as shown in Table 1 and Figures 1)[2].

Table1: Comparison of data before and after pentatonic practice in 30 subjects

	Liver/gallbladder	Heart/small intestine	Spleen/stomach	Lung/large intestine	Kidney/bladder
Practicebefore	16.4(15.9)	12.5(11.1)	24.1(22.3)	13.4(10.7)	16.5(17.9)
practice After	12.6(11.0)	8.8(7.3)	11.9(10.1)	12.1(9.9)	16(16.4)
P-Value	0.2692	0.2854	0.01578	0.5679	0.8561
Significant or not	Not Significant	Not Significant	Significant	Not Significant	Not Significant

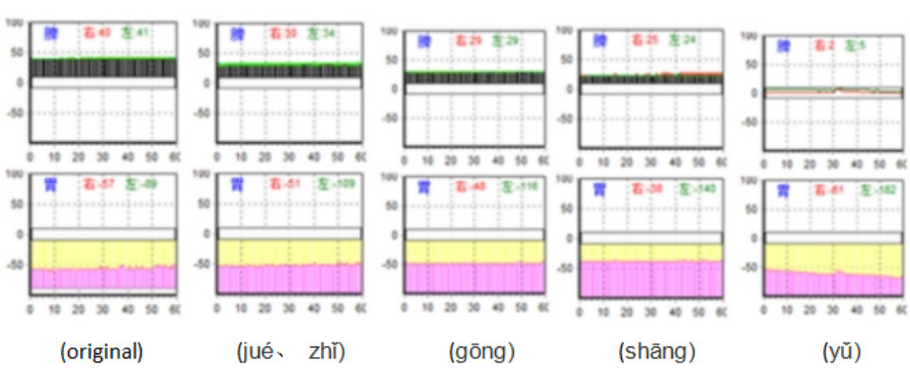

Figure 1: Physiological indicators of the individual impact of the "gōng" sound

After a set of five sound exercises, the spleen meridian went from being blocked after lunch to stagnation in less than 30 minutes (life practice also confirms that the "gōng" sound is effective for food accumulation and bloating)[3].

After singing and pronouncing a set of "jué" and "zhǐ" sounds, the cold values in the lung and pericardium meridians are completely dispersed (Figure 2).

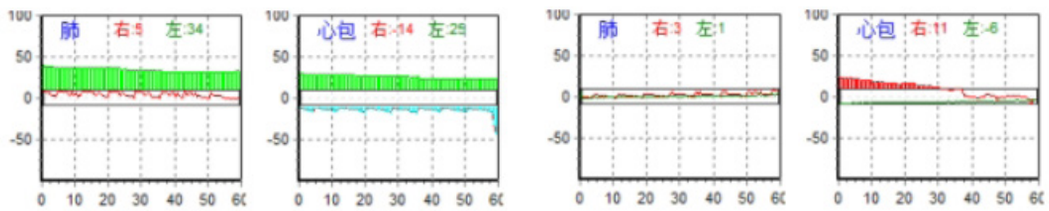

Figure 2: Physiological indicators of individual effects on the singing of the "horn" and "levy" tones[4].

However, it is difficult for the five tones to enter the Kidney meridian, and the data after the "yǔ" tone vocalization exercise showed minimal changes in the Kidney meridian, but the cold blockage in the Bladder meridian dissipated (Figure 3).

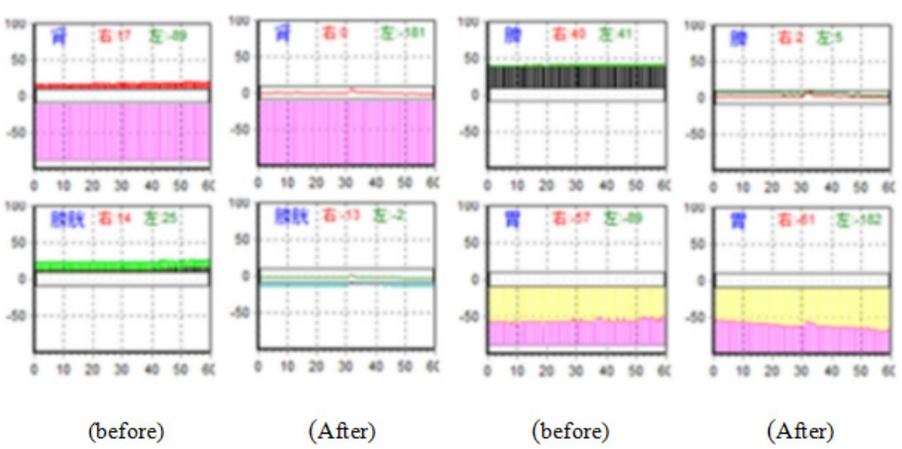

Figure 3: Physiological indicators of individual effects of the "feather" sound

Studies have also found that chanting the five tones silently in the mind can also have the effect of harmonizing the meridians[5]. In summary, the five-note therapy has the fastest effect on changes in the spleen, lung and heart meridians, followed by the liver meridian and the kidney meridian the slowest. The original point and the well point narrowed from the initial difference of 17.6 to 0.5,≦ 1, and complete unification of yin and yang had been achieved (Figure 4)[6].

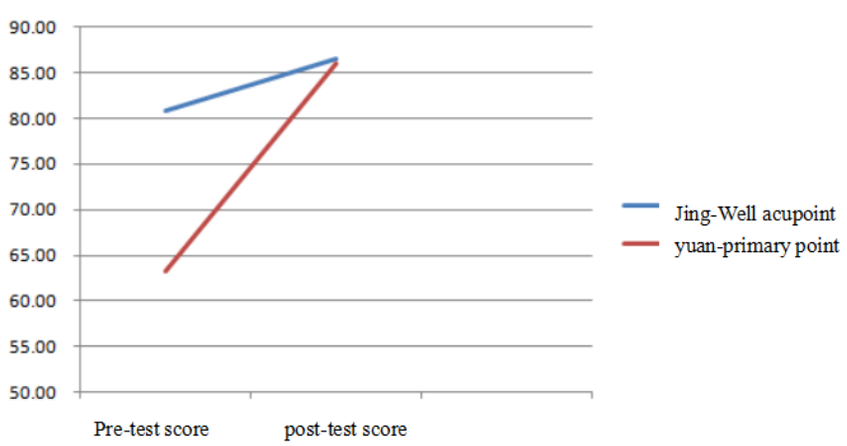

Figure 4: Physiological indicators of individual impact for a set of five tones

2.2 A study of the effect of singing and pronouncing pentatonic monophthongs on the physical and mental states of individual cases

The initial physiological states of the 10 subjects in this experiment were detected by the meridian instrument as follows: one had an imbalance of the spleen meridian and practiced the gōng sound; three had an imbalance of the heart meridian and the small intestine meridian and practiced the zhǐ sound; two had an imbalance of the lung meridian and practiced the shāng sound; one had a severe imbalance of the gallbladder meridian and practiced the jué sound; and three had an imbalance of the kidney meridian and the bladder meridian and practiced the yǔ sound; data were obtained from the posttest after a 5-10-minute exercise of the five tones (Figure 5)[7].

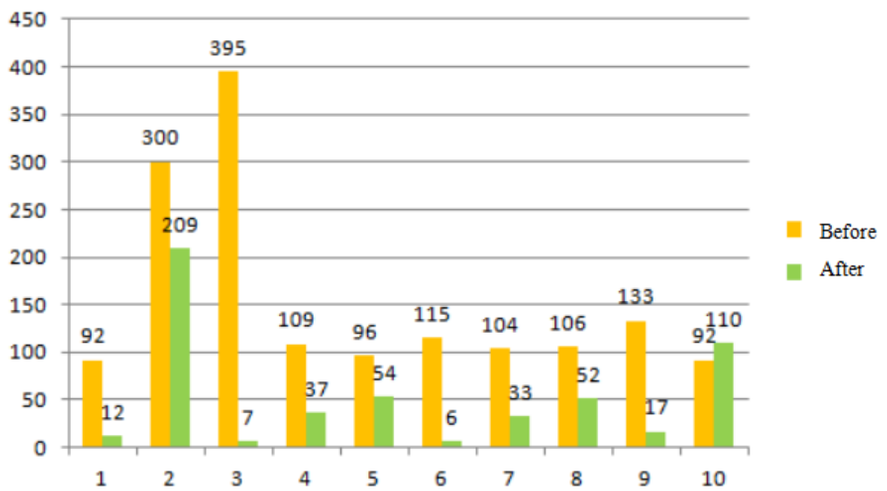

Figure 5: Comparison of physiological initial state of 10 subjects presented by the detector

2.3 Comparative study of collective teaching of pentatonic singing

In this study, two groups of college students and adults practiced the five tones, and the results of the feedback collected through the questionnaire were: both groups responded to the Shang and Gong tones more prominently, and the Chinese medicine training course participants (Subject 2) had a significant perception of the "yǔ" tone (57%), which was second only to the feedback of the shāng tone (61%), followed by the gōng tone (35%) and the zhǐ tone (26%); whereas the college student group (Subject 1) had relatively more stable data. (57%), followed by Shang (61%), gōng (35%), and zhǐ (26%); while the data of the university student group (Subject 1) were relatively stable[8]. (Figure 6)

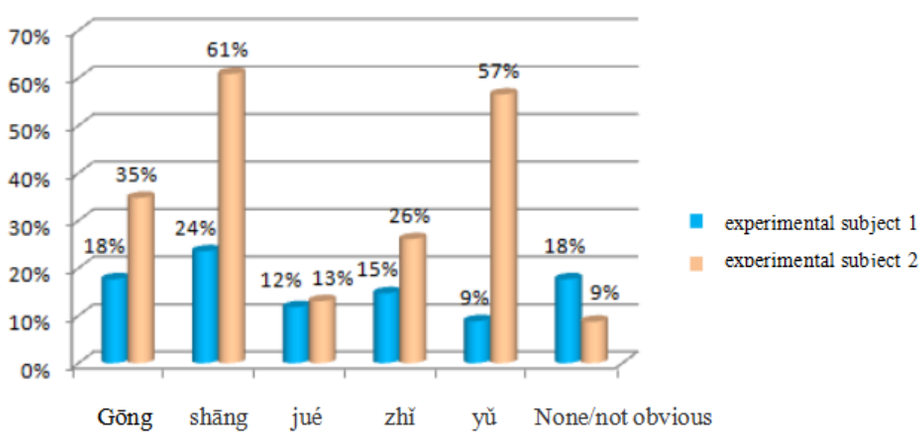

Figure 6: Comparison of the values of pentatonic singing between college students and adult groups

Using the three stages of youth, middle age and old age as boundaries, male life energy becomes stronger with age[9], while the opposite is true for females (Figure 7).

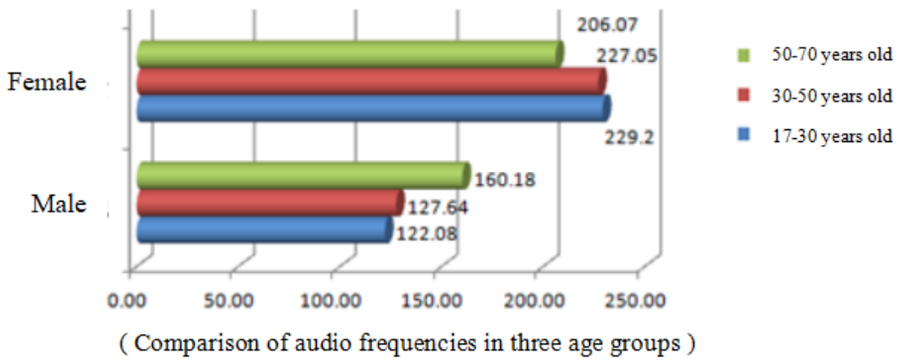

Figure 7: Comparison of five-tone sound wave values among 158 male and female subjects of old[10], middle and young age groups

3. Conclusion

Western music scholars have begun to pay attention to the research in the field of sound efficacy, summarized as sound processing, sound focus, sound balance, sound energizing, agreeing with the diagnostic efficacy theory of sound, and also mentioning the correlation between sound and personality. In Chinese medicine, personality psychology noted the relationship between sound and personality thousands of years ago, and the five elements of the five states of man and the five-five-twenty-five people explained at length the close connection between the five sounds and twelve rhythms and the physiology and psychology of the five sounds and twelve rhythms.

Acknowledgments

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Author Bio

Huan Liu (1978-), female, Han, Jiangxi, Associate professor, Doctor. Main Research Interests: Traditional Chinese Medicine Music Therapy, Music and Artificial Intelligence.