Health Benefits of Singing: A Perspective from Traditional Chinese Medicine and Chi Kung

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Abstract

It is often said that singing is good for the soul, and recent medical studies show that singing is also good for the body. In this paper I will present a perspective from Traditional Chinese Medicine (TCM) and Chi Kung on why singing is such an effective sound therapy.

Chi Kung (Qigong) is a Chinese term for energy work, representing a large body of exercises that have breath work at the core. A subset of Chi Kung focuses on specific sounds that are practiced to improve the health of internal organs; I will concentrate on one such routine, the Six Healing Sounds (Liu Zi Jue). Tao Hongling is credited with creating this exercise during the Southern and Northern Dynasties (420-589 AD). Although these exercises originate from China, the universal sounds apply to languages and singers around the world.

Sound is a useful component of Chi Kung because vibration is energy that can be directed throughout the body. TCM recognizes twelve meridians, or energy pathways, in the body, and these are associated with twelve organs. In the Six Healing Sounds each sound is said to provide benefit to a specific organ. The five elements of traditional Chinese philosophy are also associated, resulting in these connections: 1) HA benefits the heart (fire element), 2) HU benefits the spleen (earth), 3) SS benefits the lungs (metal), 4) SHU benefits the liver (wood), 5) CHOO benefits the kidneys (water), and 6) SEE benefits the triple burner body function rather than an organ (mutual fire).

In this session I will demonstrate the six healing sounds and discuss their applicability to Western singing practices. Over the last fifteen centuries, the Six Healing Sounds have a history of enhancing health, offering a unique perspective on why singing has a multitude of health benefits.

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Refbacks

There are currently no refbacks.

As Chinese medicine practitioners we are already familiar with some of the benefits of hemp seed, and as practitioners in the modern world we might like to incorporate something as useful as CBD. But how does this botanical fit into our thinking and practice? And where is the research, that is so readily touted, come from given that cannabis is still a Schedule 1 drug at the federal level? Ananda was the first Multi- Disciplinary Wellness Center’s in Morocco, offering Acupuncture, Osteopathy, Massage Therapy, Psychotherapy, Yoga, Tai Chi and Reiki. We also had many international experts give trainings and workshops at the Center. My treatment styles included Japanese Acupuncture and mixing process orientated psycho-emotional techniques to my practice. From a Chinese Traditional Medicine perspective, coffee holds numerous benefits if consumed in the correct dosages. This delicious photo by Nathan Dumlao on Unsplash. How to get the most out of your coffee. Coffee is steeped in thousands of years of development and based in esoteric beginnings, what has become known as “traditional Chinese medicine” (TCM) is widely accepted around the world today. TCM uses unfamiliar methods of assessing physical illness and is grounded in theories that seem more philosophical than scientific. But even though many Westerners don’t know how or why it works, TCM offers natural therapies that can effectively improve your health. Three of the most common questions I am asked about TCM are: How does acupuncture work? What is qigong (chi kung)? Are Chinese herbs safe to take? To