

Brief Communication

The potential for Han Ak (Korean music, 韓樂) therapy based on the five phases (五行) theory. (Korean traditional music therapy)

Dahae Lim^{1,*}, Woogyong Kim¹, Sangwoo Kang², Sungwei Hong², Kajung Ryu²

¹Department of Korean Physiology, College of Pharmacy, Kyung Hee University, Seoul, Republic of Korea; ²Department of Pharmacology, College of Korean Medicine, Kyung Hee University, Seoul, Republic of Korea

ABSTRACT

Music therapy is a treatment for a range of disorders (physical, emotional, mental, and social) by using music. This article introduces traditional medical books, which mentioned relation between sounds and emotions or internal organs based on the five phases (五行) theory. And, authors provide the Korean traditional musical instruments related with five phases and Six Healing Sounds (六字訣).

Keywords Han Ak (Korean music, 韓樂), Korean musical instruments, music therapy, Six Healing Sounds

INTRODUCTION

Music therapy is the use of music to recover health with a therapeutic purpose, and is a process that improves psychological or physical problems. Although some people know that music therapy is limited to psychological therapy, but it also affects changes in body function (Lee et al., 2015). Sound vibrations of music are transmitted to human body stimulate physiological activities, such as blood circulation and secretion of hormones or neurotransmitter production, thus various music therapies are used for several diseases, including pain, insomnia, stroke, and anaphylaxis.

Recently, Korean traditional music therapists have researched the physiological and pathological changes caused from applying of Han Ak (Korean music, 韓樂) based on the traditional medicine theory (Park et al., 2012). According to the oriental medicine theory, the internal organs, emotions and sounds can be explained by applying to the five phases (Wood, Fire, Earth, Metal, and Water). Huang Di Nei Jing (黄帝内经) introduced connections between the five viscera (五臟: liver, heart, spleen, lung, and kidney) and the five minds (五志: anger, joy, thought, anxiety, and fear). The five minds play a role in circulating body energy, but excessive emotion can interfere with health. For example, hot anger can induce hepatic dysfunction, Excessive joy can overaccelerate heart function, too much worrying causes stomach disorders, deep sadness affects pulmonary function, and extreme fear can induce renal function.

Book of Music (樂記) of the Book of Rites (禮記), the Confucian scriptures, mentioned the effects of sounds on the human emotions. Sound of Bell (Taepyeongso (https://youtu.be/nydIZevi_Bs) and Kkwaenggwari (https://youtu.be/gRU_ef63uLQ)) can be musical instruments

for treating liver diseases by releasing anger; Sound of Drum (<https://youtu.be/6lPSeC8-1bs>) is helpful to treat cardiac disorders by making people feel excited; Sound of Stone (Pyeongyeong (<https://youtu.be/8kf5fhz76l0>)) can use to treat spleen function disorder by releasing qi (氣) stagnation caused worry; Sound of Thread (gayageum (<https://youtu.be/m5NP0ur4C4M>), geomungo (<https://youtu.be/xUqC6NPofDo>), and ajaeng (<https://youtu.be/IHnjCQNXXOU>)) helps to reduce lung diseases by allaying sorrow; Sound of Bamboo (Danso (https://youtu.be/UKI86uUiR_M) and Daegeum (<https://youtu.be/RnXiNWALM54>)) can use to treat kidney disorder by removing fear.

Toegy's Hwal-in-sim-bang mentioned Six Healing Sounds (六字訣) that is a breathing technique to protect health and promote healing and longevity. The Healing Sounds, which are associated with every internal organ, activate function of internal organs and be helpful in treating internal organ disorders (Park et al., 2013). The Six Healing sounds and relevant internal organs are as follows (Table 1, https://youtu.be/_yMHHxwlt4).

Table 1. The Six Healing sounds and relevant internal organs

Liver	Heart	Spleen	Lung	Kidney	Triple Burner
Xu	He	Hu	Si	Chi	Xi

Although there are several traditional references, there are not enough data to demonstrate the therapeutic effect of Han Ak on various disorders (physical, emotional, mental, and social). Therefore, more diverse and specific research, and also animal experiments are needed.

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CONFLICT OF INTEREST

*Correspondence: Dahae Lim

E-mail: pbldh@hanmail.net

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