

Original Article

The effects of reed pipe music listening on fatigue recovery played by Chan Bum Park (<https://www.youtube.com/watch?v=7Ge9IT6ngpA&feature=youtu.be&list=PLUy01s6kWVN9GVxoZM4JDZrQr1DCKbesF>)

Kyung Ja Ko¹, Ji-Youn Kim^{2*}, Ji Yun Oh³

¹Department of Pharmacology, College of Korean Medicine, Kyung Hee University, Seoul, Republic of Korea, *Esperamondo* (<http://esperamondo.tistory.com/>) of art organization, Seoul, Republic of Korea; ²Liberal Arts College, Director of Arts & Education Institute, Daejeon University, Daejeon, Republic of Korea; ³Seodaemun museum of natural history, Seoul, Republic of Korea

ABSTRACT

The purpose of this article was to examine the effects of reed pipe music listening on fatigue recovery. A great number of the moderns are suffering from mental and physical exhaustion these days. It was well known for leading to cause various diseases and health problems. A reed pipe is completely natural and a basic instrument. As everyone knows, spending time in nature also helps you feel better and refreshable. From old times, we rested in the bosom of nature. The author think reed pipe music is one of the most beautiful and useful gifts presented by nature to humans. Listening reed pipe music is a good way to value and enjoy the purity of nature. Also, you can find peace and stillness, and relax and rest in the woods. That way, we could feel the throbbing pulse of life in nature and we have gotten some solace and rest from natural healing power. The author think listening reed pipe music is a nice approach to sharing nature, as well as communicating with it. Therefore, the author think listening to reed pipe music is a wonderful way to recovery fatigue and you can truly relax in nature. It will heal us rest and feel better and a reed pipe music is nature-friendly music that gives you relax and heals you to recovery fatigue.

Keywords reed pipe music, fatigue recovery, Chan Bum Park, music therapy, Korean music (Han Ak, 韓樂)

INTRODUCTION

There are many different kinds of musical instruments in the world. A reed pipe is completely natural and a basic instrument. By our measurements, some would often ignore these instruments as primitive. As everyone knows, spending time in nature also helps you feel better and refreshable. From old times, we rested in the bosom of nature. Listening reed pipe music is a good way to value and enjoy the purity of nature. Also, you can find comfort and peace, and relax and rest in the woods. Therefore, the author think that a reed pipe music is one of the most beautiful and useful gifts presented by nature to humans to recovery fatigue.

A history of reed pipe

In 2013 according to Seoul-city Intangible Cultural Assets Compiled by Youngam Park Chan Bum a reed pipe (草笛) is one of Korean folk music which has been play since old days. It is music making tree bark or leaf as musical instrument and creating sound by blowing that. It is not found as to from when

the reed pipe has been played, but according to *Samguksagi* (三國史記: Vol. 32, Akji 樂志 1), in *Goguryeo* and *Baekje* of the Three States, it can be found that it was played called as *Dopipilryul* or pipe tree (桃皮簫 or 管木). On one hand, a book entitled, *Joseon's Folk Tradition* (Vol. 6, 1055, p.167) published in North introduced *Dopil Pipe* as a wind instrument of *Goguryeo*. On one hand, *Gudangseo* 舊唐書: vol. 29, *Akji 樂志*) in Chinese book records that *Dopipilryul* exists as *Goguryeo* and *Bakjae* music, so a reed pipe can be found that *Bakjae's* native music was common in China.

A great number of the moderns are suffering from mental and physical exhaustion these days. It was well known for leading to cause various diseases and health problems. Reed pipe must overcome adversities and hardships. That must be expected. Only, it gets to be instrument. A poet of the first order *Dal-ja Sin* noted the leaves that overcome hardships and enormous efforts become a good reed pipe. The reason is due to meet the people's lip and creates lucid sounds. Reed pipe is best to be made of orange tree leaves and the citron leaves. That is because it is so hard and hydrated.

Biography of Chan Bum Park

It was Chan bum Park who family established the foundation of the reed pipe as Korean folk music. Born as Susan village, miam-myeon yeongam-gun, Jeollanam-do, Korea, has had got often see and hear his father, Pon Seong Park play the reed pipe and learn that naturally. Later while making his living, he continued to practice persistently, and finally he has got today's

*Correspondence: Ji-Youn Kim

E-mail: jymusic@dju.kr

Received January 14, 2018; Accepted February 22, 2018; Published February 28, 2018

doi: <http://dx.doi.org/10.5667/tang.2018.0002>

© 2018 by Association of Humanitas Medicine

This is an open access article under the CC BY-NC license.

(<http://creativecommons.org/licenses/by-nc/3.0/>)



Fig. 1. Chan Bum Park. <http://search.daum.net/search?w=img&q=%ED%92%80%ED%94%BC%EB%A6%AC%EB%B0%95%EC%B0%AC%EB%B2%94&docid=33DV3kqJvWXAwzZtI8&DA=IIM>

reed pipe reborn after hard work. Consequently, he came to make known the revival of the reed pipe through the reed pipe performance, Sinawi in concert with the Korean Classical Music Orchestra for the first time in the country in Mar, 1991. He was designated as No. 24 Seoul-city Intangible Cultural Assets in Apr, 2000, by which the reed pipe got to win an official certification as one of Korean folk music.

Each time his lip see leaves, his great many lips cracked. In order to become a sincere artist, you need a vivid imagination and a passion for art and storytelling. He had no interest in becoming a famous player, certainly not a famous artist. He just simply loved to perform in front of people at any place.

Reporter Byeong Woon Kim noted the reed pipe is an instrument played with as a grass leaf or a tree bark in mouth, and it was used for the court as well as there were masters playing folk music tune, and has come to retain its life by one person called Chan Bum Park. Playing a leaf in the mouth can absorb all kinds of music genre like Jazz, song and pop, and as for the leaf, relative tough one is used. He (Chan Bum Park) said “I have been playing the reed for about 45years since the age of 8, and felt happy and curious about the sound, leaves in all mountains are all my instruments”. “I have made effort to make it known, and will teach how to play to anyone wishing to learn for free, and it will take about one year to play it to some extent.”

RESULT AND DISCUSSION

Human beings are also part of nature and their “true” nature is “nature” itself (Sravanti, 2017). We, as a part of nature, are connected with the work and life as a whole. Chronic Fatigue Syndrome (CFS) patients may suffer from severe fatigue for periods of six months or even longer. Chronic Fatigue Syndrome (CFS) is a badly understood illness that is characterized by diverse physical symptoms, hypothalamic pituitary adrenal (HPA) axis dysfunction and heightened inflammatory indicators, and these symptoms are often aggravated and belonged together by psychological distress conditions and depression (Milrad et al., 2017). Music mainly has gone through over the auditory modality, much research on beat synchronization has focused on synchronization to sounds (Repp and Su, 2013; Tranchant et al., 2017). Music gets involved a wide network of auditory, cognitive, motor, and emotional processing areas in the brain (Särkämö, 2017). Music listening can sometimes lead to altered conditions of consciousness, including trance, absorption (Sandstrom and Russo, 2013), groove (Janata et al., 2012), states that are

similar to flow states (Csíkszentmihályi, 1990), and states of religious ecstasy (Penman and Becker, 2009; Barrett et al., 2017). The centrality within healthcare of an aesthetic process such as music-making invites reappraisal of the healthcare relationship and of the systems that maintain it (Wood, 2017). Music as therapy refers to exploiting therapeutic potential of a piece of music played or sung, which means the effects obtained depend on the rhythm, melody of music or scale used, and so on (Sravanti, 2017). Relaxing music has farther effects on the rehabilitation of cardiovascular, central, musculoskeletal and psychological exhaustion and the enhancement of the regulatory capability of the kidneys (Jing and Xudong, 2008).

A reed pipe has not the leaves of a plant. It is very compelling and vivid feelings and energy. Because these reed pipe music is natural, these solutions are sustainable, and these music is long-term solutions on recovery fatigue for the moderns. Long-term solves that we're making for our generation and for future generations. Therefore, reed pipe music is relaxing music on recovery fatigue. How about recovering fatigue, relaxing your body and mind by listening green music now.

More research is needed on the relationship between reed pipe music listening and fatigue recovery. The author hopes such this article finally lead to better relax for both those with the moderns and those without them.

ACKNOWLEDGEMENTS

None.

CONFLICT OF INTEREST

None.

REFERENCES

- Csíkszentmihályi M. Flow: The Psychology of Optimal Experience. (New York, U.S.A.: Harper & Row), 1990.
- Frederick S. Barrett, Hollis Robbins, David Smooke, Jenine L. Brown, and Roland R. Griffiths. Qualitative and Quantitative Features of Music Reported to Support Peak Mystical Experiences during Psychedelic Therapy Sessions. *Front Psychol.* 2017;8:1238.
- Janata P, Tomic S. T, Haberman J. M. Sensorimotor coupling in music and the psychology of the groove. *J. Exp. Psychol Gen.* 2002;141:54-75.
- Jing L, Xudong W. Evaluation on the effects of relaxing music on the recovery from aerobic exercise-induced fatigue. *J Sports Med Phys Fitness.* 2008;48:102-106.
- Lakshmi Sravanti. Music in, as, or for therapy. *Indian J Psychiatry.* 2017;59:240-241.
- Milrad SF, Hall DL, Jutagir DR, Lattie EG, Czaja SJ, Perdomo DM, Fletcher MA, Klimas N, Antoni MH. Depression, evening salivary cortisol and inflammation in chronic fatigue syndrome: A psychoneuroendocrinological structural regression model. *Int J Psychophysiol.* 2017. doi: 10.1016/j.ijpsycho.2017.09.009.

Pauline Tranchant, Martha M. Shiell, Marcello Giordano, Alexis Nadeau, Isabelle Peretz, and Robert J. Zatorre. Feeling the Beat: Bouncing Synchronization to Vibrotactile Music in Hearing and Early Deaf People. *Front Neurosci.* 2017;11:507.

Penman J., Becker J. Religious ecstasies, “Deep listeners,” and musical emotion. *Empir. Musicol. Rev.* 4:70 Available online at: <http://hdl.handle.net/1811/37474> (accessed on 06th February 2018).

Sandstrom GM, Russo FA. Absorption in music: development of a scale to identify individuals with strong emotional responses to music. *Psychol Music.* 2013;41:228.

Särkämö T, Music for the ageing brain: Cognitive, emotional, social, and neural benefits of musical leisure activities in stroke and dementia. *Dementia* (London). 2017. doi: 10.1177/1471301217729237.

Wood S. “Found Performance”: Towards a Musical Methodology for Exploring the Aesthetics of Care. *Healthcare* (Basel). 2017;5:59.