



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2022; 8(3): 275-279
www.allresearchjournal.com
Received: 18-01-2022
Accepted: 24-02-2022

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Sound therapy, crystal therapy and its role in preventing stress: Eating

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DOI: <https://doi.org/10.22271/allresearch.2022.v8.i3d.9576>

Abstract

Aim: To assess the effect of sound therapy and crystals on stress-eating.

Methods: About 5000 individuals participated in our study who visited us to find solutions to resolve their inability to control over-eating, leading to uncontrolled weight gain.

Results: We observed a significant reduction in stress levels of participants. A remarkable improvement in dealing with emotional issues was noted. Participants who diligently followed our advice stopped overeating and started living a healthier lifestyle. Additionally, an improvement in other areas of life such as personal and work-life was also observed.

Conclusion: Sound therapy has an important role to play in tuning an individual's psychological state, and when combined with the use of crystals the effect magnifies. Crystals significantly affect a person's chakras, thereby eradicating the root cause of the issue faced.

Keywords: Chhani, consumption, fuel-wood, households, Lanchaan

Introduction

Emotional eating is one of the problems associated with obesity that affect a person's well-being. It is the most comforting response to a person dealing with stress. Emotional eating is a pattern of consuming food, where food acts as a coping mechanism to deal with stressful circumstances. Poor mood and elevated anxiety lead to increased incidences of over-eating. The munching on a bag of chips when bored or swallowing candies and chocolates becomes a habit after experiencing a tough day at home or work. Emotional eating creates a negative impact on life.

Conditions such as heart disease, diabetes, addiction, mental health issues, and over-eating have an association with stress and tension ^[1-6]. Mindful meditation is a proven technique to relax the mind and alleviate body pain, stress, and anxiety. Guided meditations practiced in a stressful situation can elicit a relaxing response ^[7-8].

Quietly listening to sounds like a singing bowl or drumming Tibetan bowls evoke a soothing response in the body. Meditation helps relax tensed muscles and eventually leads to a state of trance and tranquility. Additionally, placing crystals when dealing with a specific situation in conjunction with guided meditation can amplify results.

Triggers of Stress Eating

Stress-eating may have physiologic and emotional roots. It may be affected by habits, boredom, stress, and fatigue. People who are generally active, when suddenly sitting free, try to fill the void with food. Boredom and fatigue also attract snacking to avoid addressing the daunting tasks at hand.

Highly palatable foods such as sugar, candies, cheesy bites, and crunchy toasts trigger the production of pleasure chemicals like dopamine in the brain. Once this pleasure is experienced in times of stress, the brain is likely to signal the need to eat it again. As a result, a person is more likely to consume food whether hungry or not.

Sound Therapy

Music does not only soothe the ears but has also shown significant effects on the mind and body. Listening to soothing music can affect mood and relax tense muscles and nerves. When typical sounds are used with an intention to heal oneself, it is termed Sound Therapy.

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Sound wave vibrations are used to provide the healing effect in sound therapy. Electronic pieces of equipment, chanting bowls, and tuning forks are the most commonly used for healing through sound. Some aspects involve listening to recorded classical music on a portable player with headphones to enhance brain performance and improve life. Sound Therapy is a therapeutic self-help listening program that is well-known to increase focus and reduce body pain.

Types of Sound and Music Therapy

There are varied types of sound therapy, each with unique benefits, though not all have been supported through research.

1. Guided meditation

Guided meditation is a form of sound healing in which you meditate to a recorded session voiced by a professional or using a video or app. Meditation may involve chanting or repeating mantras or prayers. People have experienced that meditation offers a number of health benefits, for instance, reduction of pain, anxiety, stress, depression, and blood pressure.

2. Neurologic Music Therapy

Music therapy can significantly reduce stress and promote relaxation. It has proven to be more effective than prescription drugs in reducing anxiety levels before surgery or any apprehending event. Music therapy can only be administered by a credentialed provider such as a healing therapist who assesses the individual's needs. Treatment involves creating, listening, singing, or moving to music. It's used for physical rehabilitation, pain management, and brain injuries.

3. Bonny Method

Named after Helen L. Bonny, Ph.D., the Bonny Method of Guided Imagery and Music (GIM) is a classical music and imagery technique used to explore personal growth, consciousness, and transformation.

4. Nordoff-Robbins

His sound healing method is commissioned by skilled musicians who complete the Nordoff-Robbins 2-year master's program. They utilize music familiar to those being treated, create new music together, or work toward a performance. The Nordoff-Robbins approach is used to treat children with developmental delays (as well as their parents), mental health issues, learning difficulties, autism spectrum disorder, dementia, and other conditions.

5. Tuning fork therapy

This therapy uses calibrated metal tuning forks to apply specific vibrations to varied parts of the body. This helps release tension and energy and promotes emotional balance in an individual. It supposedly uses sound frequencies for point stimulation instead of needle stimulation. There is some research suggesting that tuning fork therapy may assist in relieving muscle and bone pain.

6. Brainwave entrainment

Also known as binaural beats, the brainwave entrainment method stimulates the brain into a specific state using pulsing sound to align the brainwaves to the frequency of the beat. It enhances focus, entranced state, relaxation, and

sleep. There is little evidence that audible brainwave entrainment lowers anxiety, pain, and symptoms of premenstrual syndrome. It also improves behavioral issues in children.

Crystal Therapy

Crystal healing is a holistic and natural therapy that betakes the energies of crystals. Crystals carry vibrations that heal the energy of chakras of the body when not in balance.

It is believed a human has four levels - Soul, Thought, Energy (Aura), and Body. If there is a breach in any of the layers, a significant effect may be seen in an individual's life. When a person fails to heal the upper three layers around the body, its effects manifest in the form of disease or pain in the body.

The disease or pain can be treated with medicines at the body level. However, if treated at the root of the problem, i.e. at the upper layers' level, healing at the body level would be faster and require fewer doses of allopathic medicines. Crystals and Sound therapy help heal the upper, invisible layers.

The Science behind Crystals

There is no scientific evidence to prove the effectiveness of crystals on the human body. However, it has been widely accepted that crystals do have a placebo effect. Placebo effect means a procedure or medicine that affects an individual psychologically and may not show direct physical effects. Although crystal therapy may not support scientific laws, it can be surmised as the law of gravity - which can only be observed and not be experimented with. The benefits of the placebo effect are firmly supported by research. Additionally, the power of positive thinking has been shown to affect health consequences in patients who are undergoing treatments. It is evident that color therapy significantly affects our body chakras. In the same context, a knowledgeable astrologer can guide one about using the correct color of crystals to gain benefits from them.

As per physics, the phenomenon of color is the result of the interaction between energy and matter. The wavelength, frequency, and quantity of energy of every colorful ray are fixed for each color; that is, a specific wavelength, a certain frequency and a particular amount of energy in that wave have been denominated as a distinct color. Every crystal carries a certain vibratory energy and its availability in different colors can be used for the benefit of humans. Visible light consists of numerous electromagnetic frequencies. These frequencies reflect the colors of the rainbow: red, orange, yellow, green, blue, indigo, violet, and all the vibrations thereof.

Everything that exists interacts with light and is influenced mentally, physically, and emotionally by light. According to the theory of chromotherapy, each body is composed of colors. All organs, cells, and atoms exist as energy, and each structure has its frequency or vibrational energy. Every organ and energy center vibrates and harmonizes with the frequencies of these colors. At the point when different parts of the body deviate from these normal vibrations, one can assume that the body is either infected or possibly not functioning as it should. The vibratory rates ingrained in the crystals are to such an extent that they balance the ailing energy pattern seen in the body. Every organ has an energy level at which it functions perfectly. However, an imbalance

in these energy levels may result in disease or dysfunction of the system.

A part of crystal healing involves colors of the visible spectrum which is a narrow band in the cosmic electromagnetic energy range. These visual colors with their exceptional frequency and oscillations, when conjunct with a light source and specifically applied to disabled organs or life systems, give the fundamental recuperating energy needed by the body. Light affects both the physical and etheric bodies. Colors create electrical impulses and magnetic currents or fields of energy that are prime activators of the biochemical and hormonal cycles in the human body, the stimulants or sedatives required to balance the whole system and its organs.

Stress Eating, Sound Therapy, And Crystal Therapy

Stress-eating has become a common problem among the youth given the extreme use of technology and sedentary lifestyle. The competitive environment at work, school, home, keeps stress levels high among people. People find comfort in food and thus tend to overeat; using food as a coping mechanism to deal with stress.

Nowadays, sound therapy and crystal therapy have gained popularity as part of wellness therapies for relaxation and rejuvenation. A stress-eating sound bath takes advantage of the relaxing effects of sound and music along with crystal (or Tibetan) singing bowls, chimes, steel tong drums, and other instruments. The goal of combined therapy is to help individuals deal with their problems in a healthy way than relying on food. Prolonged episodes of stress are responsible for poor individual health^[9-10] and associated with the substantial economic loss for people.

Consequently, the development of cheaper alternatives for stress prevention or stress management approaches has become a crucial endeavor of modern research efforts. Music has been shown to favorably affect stress-related physiological^[11-13], cognitive^[14], and emotional processes^[15-16]. Thus, the use of listening to music as an economic, non-invasive, and widely accepted intervention tool has received special interest in the management of stress and stress-related health issues.

On similar grounds, Tibetan singing bowl meditation is an effective low technology intervention for alleviating feelings of tension, anxiety, and depression, and increasing spiritual well-being. This meditation type may be especially useful in lowering tension in people who have not previously experienced this kind of meditation.

Crystal Singing Bowls

Crystal Singing Bowls are like ancient tools for our present-day culture, vibrational therapy for the body and soul. Each bowl is formed from 99.9% high-grade pure quartz and infused with semi-precious metals, gems, and minerals. These quartz crystal bowls amplify, store, transfer, and transmute energy. Quartz is a crucial vehicle of communication in our lives.

It is an essential component in modern technology like computers, microphones, former radios, and more. The human body has a crystalline structure, and the quartz crystal may have deep healing effects on body organs, muscles, tissues, and cells. Each tone and vibration emanating from the bowls have been shown to have a positive effect through frequency and sound. Each musical

note corresponds to an energy center in our body i.e. the Seven Chakras, aligning and balancing our human system.

Mechanism

As per physics, every particle vibrates. These vibrations have different effects on the human body. Relaxing beats and sounds when listened to with intent and focus, tend to heal the body and relax each cell. Listening to these sounds can slow and calm the brain wave patterns and state. A study by Tamara L. Goldsby *et al* examined the effects of sound meditation specifically Tibetan singing bowl meditation, on mood, anxiety, pain, and spiritual well-being^[17].

They inferred a positive connotation about the effects of the sound therapy they applied on individuals seeking relief from stress.

As per Quantum physics, atoms are made of vortices of energy, each radiating its own energy vibe. From the level of an atom to the farthest reaches of the galaxy, every object has a frequency. Every organ, thought, feeling, every part of the body has a vibration, even low vibrating illnesses. When the vibration is in homeostasis with every atom of the body, we experience harmony in health. When it lacks harmony, we suffer from diseases.

To understand how crystals work, thinking in terms of energy, vibration, and frequency is important. Crystals work as instruments that hold, transmit and transmute energy. Our body is made up of different energies. When the body's energies become stagnant, imbalanced, or blocked, crystals can be kept in contact with the body to allow energy exchange. They would balance, unblock, and direct energies where most needed, healing the body therapeutically.

When a person continually relies on food for comfort, it gives rise to addiction. It might be difficult for a person with food addiction to even consider the negative impact being expressed on their body or relationships. Scientists have still not been able to figure out the exact treatment option for food addicts. We thus conducted a study to understand the effects of sound and crystal therapy as a treatment modality for lowering incidences of stress-eating.

How does Crystal Sound Therapy work?

The pure, high-frequency sounds resonate and entrain with the physical, emotional, and energetic bodies, allowing the feasibility of cleansing, energizing, and balancing at the cellular level. Every meditation practice should begin with a personal intention, and then tuning the feet with the weighted tuning fork. Lay down and keep the crystals alongside, followed by listening to a guided meditation. Remember, the goals are to lower anxiety, reduce stress and pain, bring deep relaxation, develop self-awareness, and address eating trigger points. The use of the binaural beat helps balance the brain hemispheres, bringing clarity of mind and relaxing of body muscles.

Methods

About 5000 candidates were chosen for the study to assess each individual's issues related to an increase in weight owing to stress-eating. Each individual was given a survey to assess factors such as triggers of overeating, stress levels when maximum indulgence in food was occurring, frequency of stress-eating episodes, routine time of the day when over-eating was observed. A longitudinal study was carried out in which each participant, based on the above factors were given sound therapies to practice. They were

also assigned a crystal as per their healing necessity. Results were evaluated at the end of 1 year and 2 years respectively. This enabled us to gauge the effects of continued practice of therapy for short-term and mid-term analysis.

Results

We chose about 5000 individuals to participate in our study who visited us to find the missing pieces of their puzzle for not being able to deal with emotional eating triggers, food addiction, and obesity. This was an observational study designed to assess the potential effects of sound therapy and crystals on mood, tension, anxiety, pain, and spiritual well-being.

A significant difference was found in all endpoints examined in response to the allotted meditation as per each individual's requirement. About 87% of participants practiced meditation listening to the sounds recorded for them as advised; cleansed, energized, and used crystals as instructed to them and observed a significant improvement in their condition. By religiously practicing the assigned therapies, 93% felt happier and spent their day with an enhanced focus on the tasks at hand. They were better able to handle stress and seldom turned to food for solace. About 76% stopped their habit of overeating and adopted a healthy lifestyle thereby achieving their health goals more efficiently.

The difference in attitude towards dealing with life immediately post-meditation supports the hypothesis that a sound meditation would elevate feelings of relaxation and plummet feelings of stress. Additionally, participants opined that depressed mood and anxiety scores were remarkably reduced post-meditation in contrast to pre-meditation. Thus, while detrimental mood states such as anxiety, anger, and depression declined following the meditation, potentially acceptable variables such as a sense of spiritual well-being augmented.

Discussion

Sound therapy reprograms the subconscious mind to reveal life situations that trigger emotional eating. It is certain that psychological techniques are so effective that they can help stop emotional eating in one session alone.

Research suggests that excessive or prolonged stress activates a process called the vagal brake in the brain leading to our primitive responses (involuntary motor responses) to cut in, causing it to shut down. This process affects some of the autonomic functions such as breathing, heart rate, and digestion, and has long-term health effects.

Sound Therapy is a simple way to counteract the effect of stress. Regular Sound Therapy reduces the build-up of stress beyond the level that makes it unhealthy for the body.

Sound Therapy reduces stress by restoring the normal functions of the nervous system, recharges the cortex of the brain with high-frequency sound, releases latent energy from the brain, improves sleep quality, focus and reduces incoming negative thoughts. It has also been proven to enhance inner calm and the production of positive thoughts and emotions.

Using the Tibetan singing bowls as a part of Sound Therapy has numerous favorable effects. One theory proposed the potential effects of binaural beats in which the brain entrains to the hertz difference between tones played in each ear, propelling the brain into brainwave states of deep relaxation,

such as beta waves or even meditative or trance-like brainwave states in theta waves^[18-20]

In addition, potentially the action of sound waves on the alleged biofield or energy field of the body could be a factor responsible for an improved state of the mind^[21].

Such theories may begin to portray the probable effects on temper as well as physiological changes linked with music therapy. Physical healing was the goal of a study that utilized blood pressure data in relation to a singing bowl. This study attempted to quantify the sonification of blood pressure through 3-dimensional imprinting, designing, and fabricating of a singing bowl using blood pressure data^[22].

Allen and Shealy^[23] examined the use of a single quartz crystal singing bowl on participants' electrodermal responses (the body's electric responses) to toning and playing the crystal bowl. The authors recorded electrodermal responses of 40 acupuncture meridian points on participants' left hands and right feet, which revealed the increase and decrease, respectively, in electrical responses to playing the crystal bowl.

Another study examined the potential effects of quartz crystal bowl playing on the perception of pain and presented mixed results^[24].

In the latest randomized crossover study, playing a single Tibetan (or Himalayan) singing bowl established reduced blood pressure and heart rate more than silence alone when conducted immediately just before a guided visualization^[25]. As discovered by Landry, this low-tech form of meditation might have the ability to reduce blood pressure and heart rate. Thus, there may be probable, undiscovered advantages to cardiovascular health. The results provided promise to plummet stress levels that do not necessitate the person to master a disciplined form of meditation. Falling asleep during the meditation would not affect the resultant effect of this practice. At the most, participants would express feelings of profound relaxation and inner peace subsequent to the sound meditation.

Crystals interact with the body's energy fields, also known as vibrational energy. Crystals can redirect and re-channel energy flow with their unique energetic vibrations, unblocking areas of the body or energy fields that have become stuck or stagnant. Crystals have potent healing powers. When touched, healing is activated immediately. As the crystal vibrations interact with the body's natural energetic frequency, the body relaxes. Crystals absorb energy from pressure and movement and transmute it to electronic frequency. This frequency that healing professionals rely on, is unique to each kind of crystal.

Moreover, those in healing professions such as nurses, doctors, and counselors could effortlessly offer these meditations to patients. It may not require extensive training to master the art of playing the singing bowls and other instruments; one can merely tap or rub the bowls graciously with a mallet. This type of meditation could thus be learned by health and counseling professionals and could be practiced numerous times to induce a relaxing response, lower stress levels, and potentially stress-related ailments in the body.

Conclusion

In summary, our observational study found substantial beneficial effects of sound-based meditations and the use of crystals on numerous markers associated with well-being. Future randomized control trials are warranted to further

assess the effects of sound and crystal therapy on mood, well-being, and physical pain. In addition, future research could explore the effects on various age groups in depth.

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