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Spontaneous Happiness and the Power of Sound Considered in Relation to the Serotonin Neuron

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Abstract

Depression is a disease that has spread throughout modern society (a 2008 survey reported that approximately 120 million people worldwide suffer from depression). Persons with the disease are prone to feelings of anxiety. One cause of depression is thought to be an insufficient amount of serotonin in the body. We measured the concentration of serotonin in the blood before, immediately after, and 30 minutes after application of sonic vibration energy to determine if a change in serotonin concentration occurred. Results showed a change in the concentration of serotonin in the blood: average values (n7) were 200.01ng/mL before, 191.13ng/mL immediately after, and 204.47ng/mL 30 minutes after application of sonic vibration energy. In contrast to the view of modern humans that they become happy as a result of acquiring things that exist outside of themselves, our experiment results suggest the unexplored possibility that sonic vibration may be useful as a method of producing spontaneous happiness from within.

Keyword Spontaneous Healing Serotonin Neuron Sonic Vibration Sound Healing

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セロトニン神経から見る自発的幸福と音の力

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要旨

不安を感じやすくなるうつ病、近年世界中に広がるうつ病(1.2億人/2008)の原因の一つと考えられるセロトニン不足。この血液中濃度を測定し、音の振動エネルギーを負荷する前、直後、30分後でその変化を探ってみた。その結果、音の振動を負荷する前の平均値(n7)で200.01ng/ml, 実験直後, 191.13ng/ml, 30分後 204.47ng/ml と変化した。外の何かを得ると幸福になれるという観念に捕われている現代人にとって、音の振動は内からの自発的幸福を得る方法として可能性を秘めている。

Keyword 自発的治癒 セロトニン神経 体感音響 サウンドヒーリング

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