

# The impact of sound frequency meditation on household well-being: A survey-based analysis

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## Abstract

The effect of sound frequency-based meditation on several facets of family well-being, including stress levels, emotional stability, sleep quality, and clarity of mind, is examined in this paper. Before and after a ten-day sound frequency meditation programme, one hundred people (n=100) in all from various age groups were polled. Results reveal notable increases in emotional changes, stress lowering, and better quality of sleep. According to the results, solfeggio frequency-based meditation can be a basic yet effective approach to promote mental wellness in home environments. These results have notably significant consequences in the modern society because household mental health now forms the pillar of general societal well-being.

**Keywords:** Sound Frequency Meditation; Solfeggio Frequencies; Household Well-being; Frequency meditation; Sound waves

## 1. Introduction

Harmonious household living and operation depend on mental and emotional well-being. Modern life's everyday demands often cause chronic stress, emotional instability, and disrupted sleep patterns, which affect not only people but whole families. Alternative and complementary therapies have evolved in response to these difficulties; sound-based meditation is now a major technique.

Solfeggio frequencies especially help to ground sound frequency meditation—which has roots in ancient musical traditions and spiritual practices. These particular tones are said to interact with the human biofield, therefore encouraging psychological equilibrium and emotional healing. Researchers have hypothesised that precise frequency range auditory inputs can directly impact brainwave patterns, so influencing mental states (Lane, 2009). Within this framework, our study explores the potential effects of sound frequency meditation on various aspects of household well-being.

## 2. Survey Methodology

We administered a standardised questionnaire to a hundred people over a two-week period. The sample comprised people from many age groups, socioeconomic backgrounds, and educational levels, offering a varied data set for study. There were thirty men and seventy women, ages ranging from eighteen to above 56 years. The study modelled pre-post surveys. Participants completed a comprehensive questionnaire before starting the sound frequency meditation and again after ten days of consistent practice. The poll gathered subjective well-being under the following criteria:

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- Stress Level: 1–5 scale rating
- Emotional State (qualitative terminology)
- Energy Degree
- Sleeping Quality
- Physical Tension: headaches, weariness, etc.
- Clarity of Mind: concentration, mental fog, overanalysis

Additionally, qualitative feedback and open-ended responses were collected to enrich the data and capture individual experiences.

**The Protocol Followed** The intervention was easily available. Every participant was told to listen to a 15-minute audio track including solfeggio frequencies once every day for ten straight days. Ideally, one listened from a seated, comfortable posture with little outside disturbance. Depending on availability, participants could make use of speakers or headphones. Every day, a fresh solfeggio frequency or combo of frequencies spun throughout the spectrum of healing tones. Participants were also urged to daily record their experiences and turn in any noteworthy remarks. Maintaining consistency and tracking minute psychological or physiological changes depend on this regular involvement.

**Sound-Based Meditation** Using audio stimulus, sound-based meditation guides the brain into particular states of consciousness. This type of meditation makes use of auditory entrainment, that is, the brain's tendency to sync its electrical activity with the frequency of auditory cues. Particularly powerful for creating peaceful and contemplative states are frequencies in the alpha and theta ranges. Sound therapy has been found in many trials to improve the autonomic nervous system, therefore lowering cortisol levels and encouraging parasympathetic action (Lehmann et al., 2012). An efficient method for stress management since the soothing power of music lets the listener go from increased arousal or anxiety into deeper realms of awareness.

**Solfeggio Frequency Overview** Considered to have therapeutic effects, the solfeggio scale consists of nine particular frequencies. Gregorian chants and early Christian hymns used these tones; they were rediscovered in contemporary holistic wellness programs. It is believed that each frequency corresponds to a specific aspect of emotional or physical healing:

- 174 Hz- Associated with grounding, stress reduction, and pain relief
- 285 Hz- thought to affect the energy field and promote tissue repair.
- 396 Hz- Helps one release guilt and anxiety.
- 417 Hz- helps transform and eliminate negative energy.
- 528 Hz- relates to DNA repair and change. Known as the "miracle" frequency,
- 639 Hz- improves harmonic relationships, comprehension, and communication.
- 741 Hz- Encouragement of intuitive waking and problem-solving tool
- 852 Hz- Encouragement of spiritual order and return to balance
- 963 Hz- Links with greater awareness and spiritual awakening.

Participants were exposed to these frequencies in a structured sequence, ensuring a holistic exposure to a wide spectrum of healing tones.

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### 3. Results of the Survey

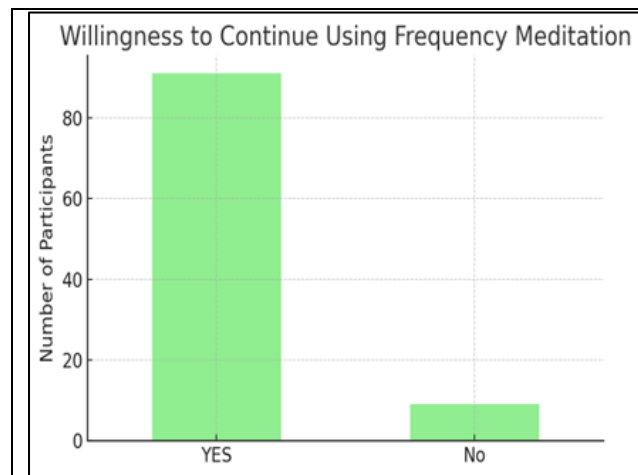
The post-intervention results showed notable, favourable changes in several criteria: With great acceptability and perceived efficacy, 91% of participants stated they want to keep up the practice. One participant reported a shift from "moderate/high" stress levels to "very low/low" stress levels. 52 participants said they had emotional changes ranging from decreased irritation to increased relaxation to better mood. Improved Sleep: 63 participants said their sleep quality was better; several mentioned deeper, unbroken sleep. Participants stating "clear" mental experiences doubled; many also described less overthinking and more focused attention. The qualitative answers ranged in nature, from "feeling relaxed and peaceful" to "emotional balance and reduced anxiety.". Throughout meditation sessions, some participants reported physiological reactions that included warmth, tingling feelings, and reduced heart rate.

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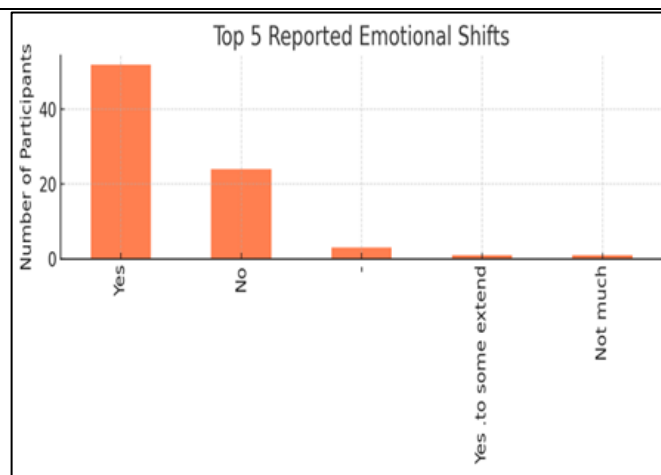
### 4. Discussion

These findings imply that homes might benefit much from solfeggio frequency-based meditation as a self-care tool. Positive comments covering all demographic groups show that this practice crosses age, gender, and past meditation experience. Participants who had never practised frequency meditation (68%) answered favourably, therefore

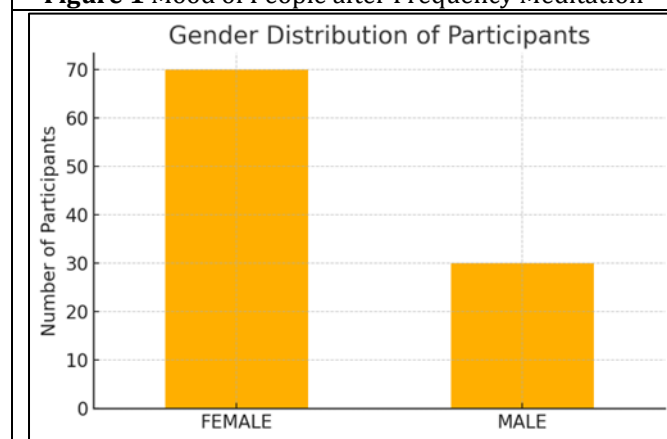
highlighting the general appeal and accessibility of the method. Neuroscientific hypotheses of auditory entrainment match the notable gains in stress management, emotional control, and sleep. Healing frequencies probably activate the default mode network of the brain, support parasympathetic nervous system activity, and help to stop rumination. Fascinatingly, some participants said they first felt uncomfortable—that is, they had emotional release or a higher heart rate which went away with regular practice. These results could capture the mind and body responding to more profound levels of awareness and rest. Although the self-reported approach to the study adds subjectivity, the consistent positive results across several domains are impressive. Daily journaling gave the research more complexity and guided the triangulation of the quantitative data.



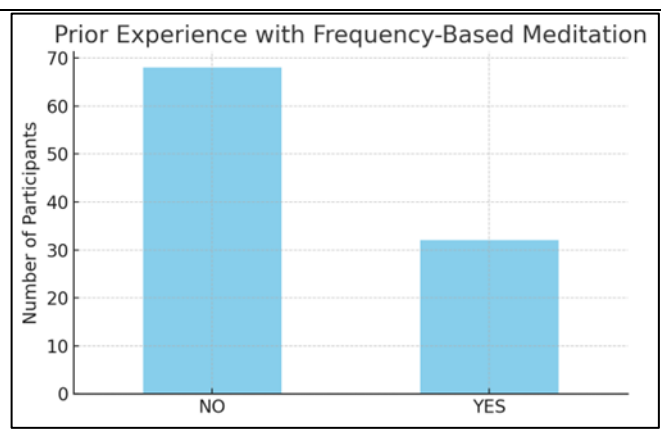
**Figure 1** Mood of People after Frequency Meditation



**Figure 2** Mental Changes among Participants



**Figure 3** Demographic Distribution



**Figure 4** Pre- Experienced Participants

## 5. Conclusion

One interesting, low-cost technique to increase home well-being is solfeggio frequency-based meditation. Regular practice helped people report lower stress, improved sleep, and emotional balance qualities that are critical for a harmonic home. The ramifications also include more general mental health policies, especially in environments with restricted professional care availability. Future research, including randomised control trials and physiological biomarkers such as cortisol levels or heart rate variability, may confirm and expand these initial results.

## Compliance with ethical standards

### *Declarations of conflicts of interest*

The authors declare that they have no potential conflicts of interest regarding the study design, research analysis, or publication of this article.

### *Statement of ethical approval*

The study was approved by the Review Committee of the UNS Research Council.

### *Statement of informed consent*

The participants were informed orally and written consent is obtained from all individual participants included in the study.

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