

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

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Healing Through Sound: Ancient Wisdom and Scientific Frontiers

Sound has long been revered across civilizations as a vehicle of transformation, from the Vedic concept of Nāda Brahman—sound as the fundamental substratum of creation—to the healing chants of indigenous medicine women, to the resonant frequencies embedded in sacred architecture. Across traditions, the voice was not simply a means of communication, but a vibrational instrument for aligning body, mind, and soul with cosmic harmony.

Today, modern science is beginning to catch up with what the ancients always knew: that sound is medicine. Emerging research in biophysics, neuroscience, and vocal biomarkers reveals that vibrational input affects physiology, cellular behavior, and emotional regulation in measurable ways. Acoustic fields can modulate immune function, voice features can diagnose disease, and rhythmic tones can synchronize brainwaves.

This presentation explores the convergence between ancestral sound practices and contemporary science, offering a fresh framework for understanding how sound heals—spiritually, emotionally, and biologically.

We'll journey through:

Sacred sound traditions: including mantras, bija syllables, and the "Word" (Logos) as understood in Vedic, Tantric, and Western esoteric traditions.

Scientific studies validating the role of vocal frequencies in identifying illnesses like depression, Parkinson's, heart failure, and neurodegenerative disorders—using pitch irregularities, jitter, shimmer, and formant shifts as diagnostic clues.

The concept of the human voice as a vibrational fingerprint, and how training, trauma, and illness alter our vocal access to certain notes and resonance fields.

We'll also review promising therapeutic frontiers, including:

Vocal Biomarkers: Early diagnosis of illness through vocal analysis—non-invasive, scalable, and potentially life-saving.

Sound-Induced Neuroplasticity: The use of binaural beats, harmonic chanting, and rhythmic drumming to entrain brainwaves, reduce anxiety, and enhance focus.

Cymatics and Resonance Therapy: Visualizing sound's impact on matter and its application in therapies that restructure cellular behavior.

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Crucially, we'll explore the role of the sacred voice—not as a performance tool, but as a healer, initiator, and activator of inner truth. In ancient traditions, to find one's voice was to find one's medicine. Reconnecting with our authentic sound, whether through humming, chanting, or silent vibration, becomes a portal back to wholeness.

As modern medicine becomes more integrative, sound healing stands at the threshold of a new paradigm: one that honors both measurable outcomes and the intangible mystery of resonance. This talk is a call to reclaim ancient knowing while embracing innovation—to become conscious stewards of our own frequency, and to rediscover the sacred language of healing that lives within our bones and breath.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda under Dr. Smita Naram, with advanced Panchakarma studies at Ayurvedguru Hospital (Karnal, India). She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, she has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master.

Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing.

With a focus on the emotional and spiritual roots of disease, Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.