



Acupressure and Magnetic Healing In relation To Elaeocarpus Ganitrus Seed (Rudraksha)

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ABSTRACT

Elaeocarpus Ganitrus Seed (Rudraksha) beads have several amazing medicinal property due to its electromagnetic property even when we keep a genuine original Rudraksha beads between two copper coin it response to it by physical movement. When it touches to human body it control human bioelectric energy and give the wearer better coordination with his body and mind giving better concentration, mental strength and Antiageing property .Sometime it is believe that Rudraksha has natural piezoelectric effect that mean that it has the ability to generate electric charge in response to applied mechanical stress. Acupressure is solid, controlled and timed pressure applied by thumb, fingers, or elbow, on specific pain-causing sore point of the muscles. No drugs or other medicines or other medicinal device are used. Acupressure points generally called potent points are spot on the skin that are especially sensitive to bioelectrical impulses in the body and conduct those impulses readily there by reliving pain in our body. Similarly magnetic field also affects our body and mind. In the lack of a magnetic field, the stage of charge of subatomic particles diminishes, ensuing in the reduced overall charge of atoms. This process causes nutritional elements in our body to become depolarized, thus rendering them almost unusable by the body. Therefore the biological system may develop character of imbalance and impaired functioning so exposing the body to certain magnetic fields restores the subatomic and Bioenergetics balance of the biological organism, thereby naturally alleviating many existing Health conditions. . This review article is aimed at explaining the effect of Elaeocarpus Ganitrus Seed (Rudraksha) medicinal property in response with acupressure and magnetic healing.

Keywords: Rudraksha, Antiageing property, Acupressure, electromagnetic property, magnetic healing.

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Received 08 July 2016, Accepted 21 July 2016

Please cite this article as: Tripathy S *et al.*, Acupressure and Magnetic Healing In relation To Elaeocarpus Ganitrus Seed (Rudraksha). American Journal of Pharmacy & Health Research 2016.

INTRODUCTION

Elaeocarpus ganitrus Beads helps healing various body diseases chronically due to its acupressure and biomagnetic therapy¹⁻². Acupressure is potent point on the skin that is sensitive to bioelectrical impulse or pressure on the body there by heals pain. Acupressure inhibits the pain signals sent to the brain through a mild, fairly painless stimulation, it has been described as closing the "gates" of the pain-signaling system, preventing painful sensations from passing through the spinal cord to the brain. The art of acupressure follow the theory that there exist special acupoints, or acupressure points, that lie along meridians, or channels, in your body³⁻⁴. It is believe the median or channel control flow of vital energy there by stimulating particular point stimulates various organ of our body similarly biomagnetic healing technique is another old technique that heals disease and pain by the help of magnet. The occurrence of pain is fundamentally the transmission of electrical signals along a path of connecting nerve cells. The signal is transmitted from the area of wound or malfunction the source of the pain signal to the brain. The nerve cells along that passageway of travel, when at rest, have a charge of approximately -70 mV. The electrical pain signal, when it reaches each nerve cell, has the effect of depolarizing that cell⁵⁻⁶. The existence of a supplemental magnetic field provides extra support for maintaining the natural charge of the nerve cells in the area of the magnetic field. Accordingly, therapeutic magnets raise the depolarization threshold of nerve cells, ensuing in the potentially depolarizing pain signal to block. Therefore, applying therapeutic magnets to an area near the source of injury or trauma effectively blocks the pain⁷.

Elaeocarpus Ganitrus Seed (Rudraksha):

Elaeocarpus ganitrus normally known as Rudraksha in India belongs to the Elaeocarpaceae family and grows in the Himalayan region⁸. According to Hindu mythology, Rudraksha beads bear a huge religions, spiritual, and materialistic meaning. The Hindu mythology considers Rudraksha as symbol of link between earth and heaven. It is believed that it contains the secrets of evolution of entire universe within itself⁹⁻¹⁰. The entire human body acts as if a complex bio-electric circuit consisting of nervous system and other organs. A amount of electrical impulses are generated in the human body because of incessant heart beats, blood circulation, and conduction of sensory and motor impulses in nerves, contraction and relaxing of muscle fibers. These electrical impulses are recognized as bio-electricity due to difference in the energy levels of different body parts, flood of bio-electric current starts. Smooth and controlled flow of this bio-electric current in the body give streamlined functioning of different

body systems¹¹⁻¹³. All the activities in our sense organs are governed by flow of this bio-electric current and Rudraksha beads control our bio electrical energy . Rudraksha seeds have been used for thousands of years as an astonishing aid to gain power and for living healthy life. It has been observed in experiment that Rudraksha beads hold electromagnetic properties and by this worth of these properties they empowers and control proper functioning of all body parts¹⁴⁻¹⁵. Inductance, resistance, dielectrical as well as enduring magnetic properties and dynamic polarity are expansively catalogued in to electrical properties of Rudraksha. Due to electromagnetic and inductive properties of Rudraksha beads, they send out equivalent signals, differing for different mukhi to brain, activates firm brain chemicals and neurotransmitters so imposes optimistic impact on blood circulation, nervous system and various other organ systems¹⁶⁻¹⁷.



Medicinal use of Elaeocarpus beads according to Ayurveda

Types of Rudrakasha

Uses

One Face Rudrakasha	It improves the concentration and mental constitution of the wearer. Use for headache, heart disease, blood pressure and right eye defect.
Two Faces Rudrakasha	Good for mental peace and pregnancy. Use for left eye defect, diseases of heart, lung, brain, kidney and intestine.
Three faces Rudrakasha	Recommended for: Blood defect, plague, small pox, digestive problems, blood pressure, weakness, disturbed menstrual cycle, spontaneous abortion and ulcer.
Four Faces Rudrakasha	Recommended for: Mental disease, paralysis, arthritis, yellow fever, and nasal disease.
Five Faces Rudrakasha	Recommended for: Bone marrow, liver, kidney, feet, thigh, ear, diseases of fat and diabetes.
Six Faces Rudrakasha	Recommended for: Eyes, reproductive organs, urinary tract, prostate, mouth and throat.
Seven Faces Rudrakasha	Recommended for: Weakness, colic pain, handicappers, pain in bone and muscles, paralysis, long term disease, impotency, worries and hopelessness.
Eight Faces Rudrakasha	Recommended for: Lung, feet, skin and eye catarrhis, hydrosol, airtracia.
Nine Faces Rudrakasha	Recommended for: Lung diseases, fever, eye pain, bowel pain, skin disease, body pain.

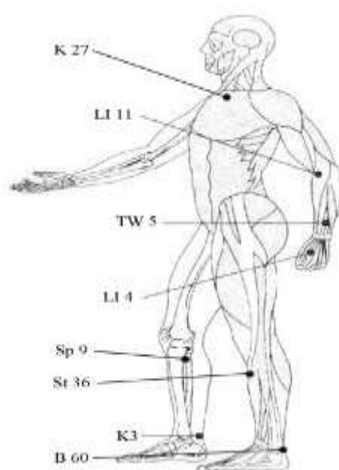
Ten Faces Rudrakasha	Recommended for: Pacifying all the bad planets effect on our body.
Eleven Faces Rudrakasha	Recommended for: Maintenance of entire neurophysiology.
Twelve Faces Rudrakasha	Recommended for: Heart, lung, and skin disease, hiatus of stomach, esophagus, and bowel problems.
Thirteen Faces Rudrakasha	Recommended for: Meditation and spiritual attainments
Fourteen Faces Rudrakasha	Recommended for: Safety and riches, provides miraculous cures to several ailments.
Fifteen Faces Rudrakasha	It is best for curing diseases like skin diseases, recurring miscarriage, still birth etc. Fifteen mukhi Rudraksha is measured as a blessing for women who are incapable to imagine and in such case both the partner should wear it for fruitfulness.
Sixteen Faces Rudrakasha	It is used for curing the diseases like leprosy, tuberculosis, cor-pulmonale, lung diseases, etc.
Seventeen Faces Rudrakasha	It is best for the treating diseases like memory lapse, body functional disorders, etc.
Eighteen Faces Rudrakasha	Its treatment is best for prevent and curing diseases like mental in harmonization, loss of power, etc.
Nineteen Mukhi Rudraksha	Nineteen Mukhi Rudrakasha eradicate the diseases like blood disorder, spinal disorder etc.
Twenty Mukhi Rudrakasha	It is used as medical cure for eyesight problem and snake bites.
Twenty One Mukhi Rudrakasha	Only twenty one Mukhi Rudraksha has deep-rooted medical healing and it eliminates every form of diseases.
Trijuti/Tribhagi Rudrakasha	Trijuti Rudrakasha is best for keeping diseases like internal and external body disorders at bark.
Gauri Shankar Rudrakasha	It is used for the treatment of diseases like sexual problems, behavioral disorders, etc.
Ganesh Rudrakasha	It is used for wisdom, learning, prudence, and power.

Rudraksha beads possess the property of a stabilizing anchor. Wearing these beads controls and normalizes the flow of bio-electric current in body so it is use for various type of disease, BP, Heart rate, Insomnia, Antiageing, sexual problem, learning, concentration etc.

Acupressure Pain Relief:

Acupressure is a five thousand year ancient Asian technique of healing using the finger to gradually press key healing points, which stimulate the body natural self –curative abilities using the power and sensitivity of hand so is effective in relief of stress-related ailment ideal for self treatment and preventive health care for enhancing the immune system. Acupressure release tension, increase circulation, reduce pain develop spirituality and vibrant health. Acupressure healing touch reduces muscular tension, increase blood circulation and enable deep relaxation there by giving our body strength to disease and promote wellness and useful for emotional imbalance¹⁸⁻¹⁹. Acupressure points are various spots are places on the skin that are especially

sensitive bioelectrical impulses and conduct these impulses readily. These acupressure points are called as potent points. Asian cultures conceived of the points as junctures of special pathways that carry human energy which is call as chi in Chinese and ki in Japanese. Western scientist have also mapped out proven the existence of this system of body points by sensitive electrical devices²⁰⁻²¹. The whole concept of acupressure is governed by the theory that there exist special acupoints or acupressure points that lie along the meridians or channels in our body it is believe that these invisible channels flow vital energy and connect specific organ or network of organ organizing a system of communication throughout our body²². The meridians begin at our finger tips, connect to our brain and connect to an organ with certain meridian. Because acupressure inhibits the pain signals sent to the brain through a gentle, fairly painless stimulation, it has been described as closing the gate of the pain-signaling system, preventing painful sensations from passing through the spinal cord to the brain. Common Acupressure Points for Self Treatment are helpful to reduce day to day stress, anxiety, sleeping disorders, back and neck pains, headache etc²³. According to acupressure our ring finger correspond to our heart, middle finger to kidney and blood circulation, middle finger and index finger together consists to points for our eyes, tip of the thumb corresponds to the brain and the length of the thumb corresponds to the spine, the base of the thumb correspond to the tail bone, back little finger is associated with water in the body and is also linked to the ears , the ears are our energy webs, the nose corresponds to the centre bone in the chest can be implicated in colds etc, the back of the hands correspond to the chest, the sides of your feet correspond to your spine .



The top ten common Acupressure point for pain relief²⁴

1. Joining the Valley-for Headaches
2. Pericardium- for Nausea and Vomiting

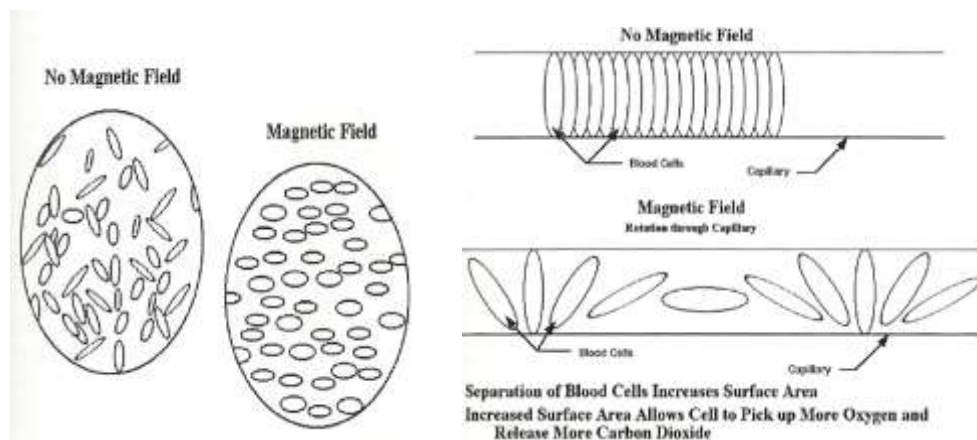
3. The Third Eye- for Chronic Fatigue and Eye Strain
4. Sea of Tranquility- for Emotional Healing
5. Leg Three Miles- for Stomach Problems
6. Commanding Middle- for Arthritis and Sciatica
7. Sacral Points- for Menstrual Pain
8. Shen Men- to Quit Smoking
9. Heavenly Pillar- for Insomnia and Stress
10. Bigger Rushing- for Improving Concentration

Besides relieving pain, acupressure can help rebalance the body by dissolving tensions and stresses that keep it from functioning smoothly and that inhibit the immune system²⁵⁻²⁶. Acupressure enables the body to adapt to environmental changes and resist illness. Some time acupressure use in martial art to kill or generate sever pain in enemy. Minamoto no Yoshimitsu, a Japanese samurai who lived from 1045 to 1127, who apparently was the first to pioneer the idea of pressure points into martial arts fighting²⁷. Acupressure is considered safe but pregnant women should consult a specialist before applying this therapy as a number of acupoints may stimulate uterine contractions. As suggested when a acupressure point is pressed, the muscle tension yields to the finger pressure, enabling the fibers to elongate and relax, blood to flow freely, and toxins to be released and eliminated. Increased circulation also brings more oxygen and other nutrients to affected areas. This increases the body's resistance to illness and promotes a longer, healthier, more vital life. When the blood and bioelectrical energy circulate properly, we have a greater sense of harmony. Health and well-being²⁸⁻²⁹.

Magnet Therapy

Magnet therapy commonalty known as magnotherapy is a alternate medicine practice involve the use of static magnetic field to heal pain and other disease. Magnetic fields upon the body help to energize and boost the rate of circulation stimulating nutrient rich blood flow thus invigorating our body metabolism by oxygenating the organs providing muscle and tissue more oxygen for mental and physical vigor while accelerating the removal of body waste, flushing out unwanted toxins releasing more endorphins, the body natural pain killers promoting repair and stimulating faster healing. It also improves the body's anti-infective activity and enhancing immunity normalize endocrine production³⁰⁻³¹. Also affecting enzyme production affecting enzyme production for reducing swelling, stiffness and acidity from wounds helping in reducing inflammation. Static magnetic field also stimulate collagen density in and around the joints heal bones and alleviate chronic pain. In the absence of a magnetic field the level of charge of

subatomic particles diminishes, resulting in the reduced overall charge of atoms³²⁻³⁵. This process causes nutritional elements to become depolarized, thus rendering them almost unusable by the body. Therefore, exposing the body to certain magnetic fields restores the subatomic and bioenergetics balance of the biological organism, thereby naturally alleviating many existing health conditions. Magnetism is a natural technique which magnetic forces penetrate in to the channels and its co ordination of the blood circulation to regulate body physiological functions. Magnetic field affects the relaxation and constriction of capillary blood vessels affecting blood flow³⁷⁻³⁸.



Magnetic field affects the Relaxation and constriction of capillary blood vessels affecting blood flow affecting blood vessels. Wounds and painful areas of body are marked by a lack of oxygen, off pH and poor circulation. It is believed that magnetic stimulation helps with the normalization of calcium ion flow which controls the attraction of calcium ion to help heal broken bone or help to remove calcium build up from painful arthritic joint. The pH balance of body fluid can be alter by magnetic field and also alter enzyme activity and bio chemical process with the lower frequency reliving pain inflammation and brushing. Increased blood flow for a boost to our natural healing ability. Damaged tissue has been found to emit a positive electrical charge. The healing process can therefore be accelerated by applying the receptive polarity of a therapeutic magnet to the area of injury, thus restoring the bioenergetics balance³⁹⁻⁴⁰. Negative magnetic field is use to normalize disturbed metabolic function and heal inflammation and cell degeneration. It is believed that magnetic energy has the ability to penetrate all facets of the human body and reach every cell. That translates to greater energy and vitality throughout the body as a whole. Consequently, supplemental biomagnetic therapy can help revitalize the body.

CONCLUSION

The widespread investigation of literature exposed that *Elaeocarpus ganitrus* beads Rudraksha

when touches the skin of our body it control wearer bioelectrical energy due to its electromagnetic property. Its medicinal property can be compare to the effect of Acupressure and magnetic therapy. Acupressure is an ancient technique which relives pain, stress and anxiety. Acupressure points are various spots are places on the skin that are especially sensitive bioelectrical impulses and conduct these impulses readily. When this potent point pressed by finger needle or such kind of stuff it release tension, increase circulation, reduce pain develop spirituality and vibrant health and magnetic therapy is also an alternative medicinal technique where we use static magnetic field to heal disease and chronic disease. Damage tissue generally emit positive charge and negative magnetic field is use to normalize disturbed metabolic function and heal inflammation cell degradation and catabolism of cell. So widespread investigation of literature show the connection between Rudraksha with Acupressure and Magnet therapy.

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