

HEALING POWERS OF GEM THERAPY: AN UPDATE

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ABSTRACT

Gem therapy is very ancient. It is mentioned in Unani system and detailed knowledge and maximum practice is required. The gem therapy works on the concept of colors energy can be called as color therapy. The modern science has observed the significant influence of colors on the human body. This therapy is harmless with no side effect, and may resolve many forthcoming issues for the control of problems aroused. The core strength of Gemstones lies in the colors they emit. Sun rays passing through a gemstone make it emit a cosmic color that is absorbed by the body chakras. They are widely used to heal physical and emotional sufferings. What makes a gemstone distinct, fascinating, and exotic are its color, cut, transparency and vibrancy. This review includes all details of healing powers of Gem therapy.

KEYWORDS: Gem therapy is very ancient.**INTRODUCTION^[1]**

In this mechanical world, the life is full of stress and strained and these often disturb us. Whereas everybody desires peace and prosperity in life. There are various options such as allopathic medicine, homeopathic medicine, ayurvedic, holisticpathy, yoga, naturopathy etc. to help us. The gemstone therapy is one of the ancient & natural science followed in India million years ago but lost in transition, does now gearing up with better understanding. The disappearance of this science in the last few centuries appears to be associated with two reasons: - the leaders in each society knew the concepts but did not pass on to others for one reason to other; - the cost of gems and their rare availability. However this science remained in the hands of limited people.

Geology and mineralogy are the names of the sciences that concern themselves with minerals - among them gems-in the rough; metallurgy is the name of the science that has to do with metals; "gemology" is a word sometimes used to describe the branch of art or of the crafts that deals with gems which have passed through the hands of the diamond cutter or the lapidary.^[2]

In Gem therapy the color originates in a gem and each gem when seen through a prism has its own particular color and by drinking the impregnated liquid the patient is cured.^[3]

The Earth's crust is a solid layer on an ocean of molten magma and the majority of gems have precipitated out of

this primordial pool of minerals. Even the Pearl naturally comes from the ocean depths.^[4]

Nearly 2000 years ago, color halls were made in many countries where patients used to take color bath for cure of their diseases.^[5] It has no doubt that the colors show a great influence on the system of human body. How they function it is not clearly understood.

History^[6]

Crystals and gemstones have been used for thousands of years for healing, protection, decoration, physical adornment, magic and in religious ceremonies. They are said to be the most organized and stable examples of physical matter in the natural world and as such they represent the lowest state of entropy (disorder) possible. Countless magical and medicinal properties have been attributed to crystals and gemstones over the centuries. Humans have always searched for ways to beautify themselves. Carrying crystals as protective amulets or wearing them as jewellery were the simplest ways to utilise their natural potential. Evidence has been found for the use of gemstones as jewellery as early as the Palaeolithic Age. The first written accounts of crystal healing came from the ancient Egyptians who gave detailed recipes for using gemstones such as malachite for healing and protection.

Definition^[6]

Crystal therapy, crystal healing or gem therapy is defined as the use of crystals, individually selected for their wavelengths, to influence the body's "energy field".

Crystal healing is based on tuning in to the natural vibrations of a mineral from the earth, which has infused it with its energies.

Crystals and gems are said to be an inexhaustible source of energy, as they can be used to heal, invigorate, balance or tranquilize in an all-together natural way.

Types of Treatments^[6]

Crystals are used in various ways for treatment. Many people also use crystals in combination with other healing methods. Gems for women are also available.^[7]

Gemstones therapeutics is a part of complementary and alternative medicine (CAM). CAM refers to a group of medical and health systems, practices, disciplines and products that are not considered a part of conventional medicine. Apart from gemstone therapy, medicine homeopathy, acupuncture, chiropractic, flower essences and radionics are also included in alternative medicine. Patients with inflammatory bowel disease, arthritis and mixed chronic conditions have used CAM, as was observed in a study that examined the patterns of provider-based CAM use across three chronic illness groups. In addition, infections, constipation, diarrhea, pregnancy related issues, gynecological problems and kidney stones have all been treated under the umbrella of CAM. Aquamarine water has been used to treat conditions such as arthritis and scleroderma.^[8]

In treatment, the color gems make a wonderful background remedy by boosting the vital force of the body which in turn enables the homeopathic remedies to work quicker; using the two together they make a great pair.^[3]

Following are some types of treatment by using gemstones as an alternative medicine.

1) Wearing of jewellery^[6,8]

Crystals or gems can be set in jewellery and kept close to the body. A particularly popular jewellery item for many years was, for example, the signet ring.

2) Feng shui^[6]

Feng shui, the ancient Oriental art, has nine “cures”, all designed to repel, dispel or dissipate stagnant or harmful energy (or *chi*) – of these, crystals are probably the most popular. Large amethyst geodes or quartz clusters are said to be effective room cleansers, while quartz obelisks are said to be potent energy enhancers that magnetize or pull positive *chi* towards them.

Crystals are therefore often used in homes and offices to improve the quality of everyday life, and to absorb any bad vibrations that are caused by common pollutants and machinery (including computers).

3) Electrocrystal therapy^[6]

In electrocrystal therapy, the body is initially scanned with a specially adapted video camera that relays a colored picture of the auric field onto a computer screen. The therapist marks those areas where the color of the aura is inappropriate, indicating stress or dysfunction. Electrocrystal therapy uses quartz crystals in saline solution that are enclosed in a sealed, glass electrode connected to a battery. Upto five electrodes are placed against the affected area or over a chakra point. The crystals are electrically stimulated, which amplifies their natural healing vibrations until they vibrate and resonate at a desired frequency. This treatment is thought to bring the endogenous fields back to a harmonious state.

4) Crystal cards^[6]

Crystal cards, created to be worn on the body, were developed as a result of the NASA space programme. Astronauts travel into space with a number of pyramid-shaped quartz crystals, electronically charged to vibrate at the frequency of the earth’s geomagnetic field, to combat the negative effects of spending time outside the earth’s magnetic field.

5) Electronic gem therapy^[6,8,9]

Electronic gem therapy blends modern technology with traditional Ayurvedic medicine by combining gemstones or crystals, colored light and electronic amplification. Depending on the condition, patients either require cooling gems such as emerald, topaz or carnelian, or warming gems such as ruby, chrysoberyl or citrine. During treatment the gemstone is electronically vibrated at a frequency set for a specific condition. The energy from the gemstone is focused via special colored lamps called gem transducers onto the part of the body requiring treatment. It is believed the treatment provides additional energy needed to bring about self-healing. The seven chakras are assigned different gemstones corresponding to their vibratory rates.

6) Gem essences^[6,8]

Gem essences are bottled essences of gemstones that are made by immersing the stones in pure water and leaving them in natural sunlight. The sun’s energy percolates through the stones into the water taking the gem’s vibrations with it (transferring their “vibratory signature” into the water). It is believed that they are more effective when taken in a relaxed state and at least half an hour before or after eating. Normally seven drops are taken three times a day under the tongue, but it can also be dissolved and sipped slowly, placed on a meridian, added to bathwater or massage oil, or sprayed around the body.

7) Meditating with a crystal^[6]

Crystals of the quartz family, such as clear quartz, amethyst and rose quartz, are the crystals used most frequently in healing. Amethyst is the “stone of meditation”, creating a state of enhanced spirituality and contentment. Clear quartz represents the clarity of mind that people hope to achieve through meditation.

Maintaining a focus on a crystal helps quiet thoughts during meditation. The crystal is held or placed in front of the person on the floor or on a small table. Some people use three similar crystals and position them in an equilateral triangle, forming a charged energy field in which to sit.

8) Chakra cleansing and revitalization^[3,10]

In crystal bodywork, people place crystals on the chakras as they meditate. Illnesses are treated with certain gems and crystals by laying them on or around the body or even on the meridian points of the body. Following figure 1 shows the seven main chakras.

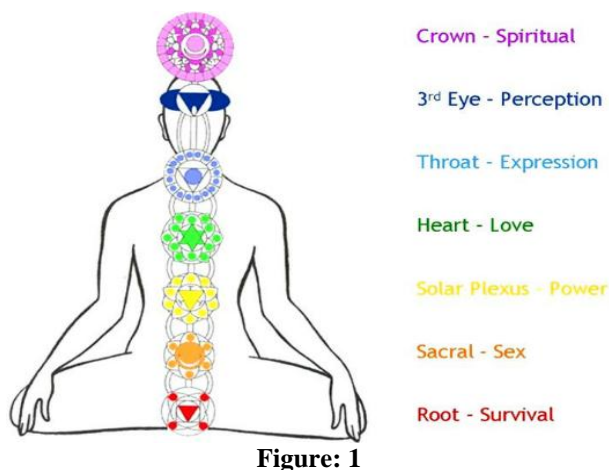


Figure: 1

It is said that the chakras control the organs and glands of the body and each of the seven main chakras relate to a specific area of the body. The flow of energy between the chakras can affect physical health as well as emotional feelings of wellbeing. When the chakras are clear and vitalized, each resembling a whirling centre of energy, the body is at its healthiest. However, when one of the chakras is not in harmony or a blockage occurs, this will hinder the flow of energy. It is thought that the positive vibration of gemstones can harmonize the chakras and allow the energy to flow freely. Different stones are thought to be more effective with each chakra, usually associated with the color of the stones (Table 1). Some stones, such as rock crystal, diamonds and sugilite, are considered to be helpful in clearing blockages in all the chakras.

Table 1: Crystals, gemstones and chakras.

Sr. No.	Chakra	Color	Stones used
1	Root	Red	Garnets, Rubies, Agate, Bloodstone, Tiger's eye, Hematite
2	Sacral	Orange	Carnelian, Moonstone, Tiger's eye, Citrine
3	Solar plexus	Yellow	Citrine, Yellow Topaz, Amber, Rose Quartz, Aventurine Quartz, Malachite
4	Heart	Green and pink	Emeralds, Green and pink Tourmaline, Rhodochrosite, Jade, Rose Quartz, Aventurine Quartz
5	Throat	Light blue	Chalcedony, Blue Topaz, Aquamarine, Lapis Lazuli, Turquoise, Celestite
6	Forehead or brow (third eye)	Dark blue	Lapis Lazuli, Amethyst, Fluorite, Sodalite
7	Crown	Violet, White and Gold	Amethyst, Celestite, Jade, Rock crystal (clear Quartz)

The method that is used to clean or revitalize the chakras is to lie down and place a suitable stone on each chakra and relax in this way for about 10 minutes. It is best to treat all seven chakras at the same time, but if a crystal is used start with the root chakra and move the crystal up the body, allowing about three minutes on each chakra. When placed on each chakra the point of the crystal should be upwards, pointing towards the crown chakra.

Classification

1) According to category^[6,11]

PRECIOUS GEMSTONES

- Ruby
- Natural Pearl
- Red Coral
- Emerald
- Yellow Sapphire
- White Sapphire
- Blue Sapphire
- Hessonite
- Cat's Eye

UPARATNAS

- Red Garnet
- Blue Moonstone
- Peridot
- Heliodor
- Iolite
- Amethyst
- White Coral

2) According to Jyotish Gemstone^[11]

Jyotish shashtra also mention about the gemstone therapy according to planets.^[12] Following is the list of Jyotish Gemstones and their associated planets:

Table 2: Jyotish Gemstone and their associated Planet.

Jyotish Gemstone	Associated Planet
Ruby	Sun
Pearl	Moon
Red coral	Mars
Emerald	Mercury
Yellow Sapphire	Jupiter
Diamond	Venus
Blue Sapphire	Saturn
Hessonite	Rahu
Cat's eye	Ketu

3) According to seven color ray Gemstone^[11]

All therapeutic gems embody intense concentrations of energy. they help to remove obstructions to the flow of

life force in bodies and being. Seven colors of these gemstones also serve another, very special function: each of them carries one of the seven color rays of the life force. Embodied in the crystalline matrix of each of these seven gems is the pure and highly concentrated vibration of a certain color ray. because the color of rays themselves are not physically tangible, It is difficult to work with them directly in their pure form. The gemstones that carry the seven color rays solve this problem. They are the Earth's most powerful tools available for drawing the color rays from their origin through one's inner dimensions., or subtle bodies, to the physical body. Indeed, these seven gemstones are the Earth's premier color healing tools.

The seven color ray gemstones and the color rays they carry are: Ruby (red ray), Carnelian (orange ray), Citrine (yellow ray), Emerald (green ray), Blue Sapphire (blue ray), Indigo (indigo ray), and Amethyst (purple/violet ray).



Figure: 2

Each of these gemstones not only contains the energy of a certain color ray; each also acts as a magnet to continuously draw a current of that color to the physical plane from its unlimited source, the pure life force that

lies at the basis of all life. When you wear a necklace of a color ray gemstone, you effectively step into the current of color that the gemstone draws to itself.

4) According to color Quality and Healing Property^[5,11]

Table: 3

Color	Color Qualities and Healing Properties	Gems associated with this color
White	It is the king of the colors. White represents the totality of life. It contains all other colors and reflects back the color that is sent towards it. White is the color for truth, honesty, peace and stillness. White gives us a lesson that is a pleasure to give and give with a full heart.	White Sapphire, Diamond, White tourmaline
Blue	It is the color of serenity and passivity. It is the color that fine tunes the intuition and sharpens the 6th sense. It also represents divine inspiration. Blue also represents femininity and the power of nurture and communicate.	Blue Sapphire, Blue topaz, Lapis Lazuli
Violet	Brilliance, intelligence, breaking away from negative pattern behavior. Violet also represents the power of forgiveness and gives conviction of thought. It represents higher knowledge and divine wisdom.	Amethyst - Great for breaking the habit of alcoholism. Also good for drug abuse. Tanzanite, lolite
Green	Represents serenity, love, intelligence, communication skills. Excellent for curing depression and anxiety. Excellence in academics is also represented by this color	Emerald, Peridot, Green Tourmaline
Yellow	The color of good luck, fortune, freedom, relaxation, freedom	Yellow Sapphire, Heliodor,

	from anxiety. This color activates the energy centres and fosters optimism and hope.	Golden Topaz, Citrine
Orange	Orange is the color of initiative, hope, planning and looking positively at the future. Enhances creativity and helps to cure introvertedness and certain kind of complexes. Gives excellent results in individuals suffering from eating disorders. Balances the rate of metabolism and stimulates appetite.	Spessartite, Orange Mandarin Garnet, Orange Sapphire
Red	Passion, initiative, courage and enthusiasm. This is also the color of energy and passion.	Ruby, Red Coral, Carnellian
Black	Restraint, complexes, escapism.	Black Agate, Black onyx, Mexican Black Opal

Gemstones Healing Properties

1) Individual gemstones^[3,10,13,14,15]

Table 4: Individual gemstones with their properties.

Sr. No.	Gemstone	Healing properties
1	Abalone	Is associated with healing, serenity, calmness, nobility, and honesty.
2	Abundance crystals	A clear quartz crystal with many tiny crystals growing at the base. This is a mothering, protective crystal, bestowing nurturance, love, abundance, fullness, sufficiency, creativity, well-being, success, good fortune, blessings and growth. Encourages our dreams and our wishes to thrive.
3	Actinolite	The color is green. This stone is associated with creative expression, appreciation of beauty and spontaneity. This is also an excellent stone for improving visualizations and mental imagery.
4	Agate	This quartz, belonging to the Chalcedony family, comes in a wide range of colors and is often variegated and banded. Agates foster love, abundance, wealth, good luck, longevity, acceptance, courage, protection, balance, harmony, generosity, strength, security and appreciation of nature. Agates are considered very powerful stones. They are also very calming and soothing to the emotions. <i>See Botswana, Dextritic, Fire Agates, Lace Agates, Moss Agates and Plume Agates.</i>
5	Albite feldspar	A white, gray, clear or bluish sodium feldspar. Associated with stability, steadiness and constancy. It is a balancing stone, offering a firm and grounding energy. Albite Feldspar also inspires all of us to become spiritual leaders by sharing our unique truths with others.
6	Alexandrite	A green form of Chrysoberyl. Encourages regeneration, renewal, protection, joy, emotional maturity, purity, grace and elegance.
7	Almandine	A red garnet with a violet tint. Brings spirituality to relationships. Helps in the transition from romance to a spiritual commitment in love.
8	Amazonite	A green or blue-green member of the Feldspar clan. Inspires truth, sincerity, honor, self-love, communication, eloquence, integrity, trust, clairvoyance, clarity, prophecy and openness. Held to the third eye (middle of forehead), Amazonite unlocks psychic vision.
9	Amber	Solidified and petrified sap from a pine tree. Its color is golden or amber. Amber brings romantic love, purification, wisdom, energy and balance. It enhances patience, altruism, strength, calmness, healing, remembrance of past lives and ancient knowledge. This gentle stone draws out negative energy from the body and purifies the spirit and heart as well. Amber also helps us discover ancient wisdom and knowledge.
10	Amblygonite	A golden-yellow to clear color. Is said to increase a feeling of one's own worth. It helps us develop empathy, self-confidence and thoughtfulness towards others.
11	Amethyst	Quartz. Ranges in color from violet to dark purple. Amethyst is associated with increased nobility, spiritual awareness, meditation, balance, psychic abilities, inner peace, healing and positive transformation. This stone brings an understanding of death and rebirth and relieves stress. Amethyst is a teacher of all things spiritual, mystic and psychic. This stone is very healing of body, mind and soul.
12	Andalusite	Yellow, green or brownish-red. Is said to promote business and career success, ascendancy, authority, leadership ability. It helps us to become powerful and then to use our power wisely and for the good.






13	Anglesite	A white metallic mineral. Promotes sensitivity, gentleness, relaxation and tenderness.
14	Anorthite feldspar	A calcium feldspar. The color is usually white, gray or glassy. It is associated with balance, wholeness, integration, stability and grounding.
15	Apatite	Comes in a variety of colors ranging from yellow to green, white, pink, blue or purple. Enhances intellect, focus, learning, clarity of concentration, acceptance, oceanic consciousness and unconditional love. It stimulates thoughts and ideas. This stone is useful in all intellectual pursuits. Apatite fosters peace and harmony through communication and communion with our higher self.
16	Aquamarine	A blue-green member of the Beryl clan. Associated with cleansing, meditation, serenity, peace, prophecy, inspiration, tranquillity, strength and the wise use of inner power. This stone is attuned to the ocean and helps us to get in touch with the nature spirits of the sea. It is traditionally used to soothe, calm and alleviate fears and phobias. Promotes safe travel on water.
17	Aragonite	A form of calcite. Colors are usually white, cream or gray. It is said to foster truth, emotional and mental stability, inner understanding and clear perception.
18	Arizona agate	Is linked with sensuality, pleasure, emotional warmth, earthiness, happiness, cheerfulness and prosperity.
19	Artemis crystal	Also called Candle Crystal . A long, thin, clear quartz crystal with a sharp, undamaged point. Promotes independence, freedom and love of nature. Protective of women, children, wild places and wild creatures. This crystal combines strength, action and directness with sensitivity and kindness. Helps us focus and speed our prayers, visualizations and thought-forms to their goal.
20	Augite	Green to black. Is associated with prosperity, success, good fortune and luck. It helps us to be at the right place at the right time.













Further Gemstones upto Zoizite can be referred from reference no. 15.













2) Combination gemstones^[16]













Gemstone combinations give you maximum therapeutic value.











Table 5: Combined Gemstones with their properties.







Sr. No.	Gemstones	Healing properties	Image
1	Agate & Citrine	A Foundation Five Earth Element design. Center yourself with nourishing Earth energies. Also helpful for travel, motion sickness, and jet lag.	
2	Amethyst & White Beryl	Carrier of the purple color ray. Calms the nervous system, vitalizes the crown chakra, helps your body establish priorities for healing.	
3	Aquamarine & Mother of Pearl	Expands your awareness of yourself on all levels.	
4	Bloodstone & Red Coral	Supports natural immunity by balancing and normalizing body ecology, supporting the human biome, and strengthening the vortexes in your body.	
5	Blue Flash Moonstone & Blue Sapphire	Supports your emotions, memory, and mind to function at their very best.	

6	Blue Lace Agate & White Beryl	Strengthens your true nature so you can express yourself authentically. Frees blockages within yourself.	
7	Blue Sapphire & White Beryl	Nourishes your mind, improves thought quality, vitalizes the throat chakra, and carries the blue ray.	
8	Blue Topaz & Australian Opal	Dissolves borders and barriers. Increases the flow of life energy.	
9	Carnelian & White Beryl	Carrier of the orange color ray. Improves vitality and encourages joy and enthusiasm. Supports the endocrine system.	
10	Chakra Guardian (Tanzanite, Blue Sapphire, White Beryl)	Increases your energy and sense of well being by supporting excellent chakra health.	
11	Charoite & Indigo and Dream On (Dream on is Charoite, Indigo, White Quartz)	Improves intuition and enhances dream recall.	
12	Citrine & White Beryl	Unwinds energy blockages that cause tension and tightness. Supports healthy digestive tract.	
13	Core Four (Apatite, White Coral, Freshwater Pearl, Indigo)	Strengthens and vitalizes the energies that form the structure of your body and aura, including your skeletal system, bones, and teeth.	
14	Dark Aventurine & Green Tsavorite	A Foundation Five Wood Element design. Supports cellular vitality and detoxification, and liver health. Brings new energy into your project, idea, or business to help it grow.	
15	Dumortierite & Carnelian	Supports healthy circulation of blood and energies through the body including the vessels that contain these flows.	
16	Earth Star (Azurite-Malachite, Blue Sapphire, Emerald)	Draws information about your purpose in this lifetime and strengthens your momentum for fulfilling it.	
17	Emerald & White Beryl	Supports major organ health, neutralizes negative energy, nourishes with green ray, vitalizes the heart chakra.	

18	Golden Eagle (Golden Beryl, Spessartite, Light Green Aventurine)	Nourishes memory, helps resolve karma by supporting your ability to recall how your past influences you.	
19	Green Nephrite Jade & Prehnite	Vitalizes connective tissue. Supports longevity, good constitution, and fearlessness.	
20	Green Tourmaline & Tektite	Helps you master the masculine energy within you. Enhances athletic performance and tissue restoration.	
21	Harmony (Frosted Quartz/Clear Quartz)	Brings overall balance and light to the body. Vitalizes the respiratory system.	
22	HeartSong (Morganite, White Beryl, Rhodonite)	Emotional nourishment. Strengthens and soothes. Promotes feelings of inner peace.	
23	Indigo & White Beryl	Supports your ability to imagine, intuit, and dream. Vitalizes the brow chakra and nourishes bones.	
24	Lapis Lazuli & Pyrite	Builds and stimulates a healthy heart-mind connection. Helps the various aspects of yourself to communicate and work together better.	
25	Leopardskin Jasper & Peach Aventurine	Helps you attract what you desire and then recognize the gift of what you are given. Also supports good digestion	
26	Lightening and Spark (Lilac Quartz, Amethyst, Clear Topaz)	Awakens latent DNA to fulfill your highest dreams and aspirations.	
27	Living River (Blue-Green Fluorite, Carnelian, Citrine)	Brings healing energy to the urinary and reproductive systems. Can also ease cough, nausea, & constipation.	
28	Loving Me (Rhodochrosite, Peach Moonstone, Marble)	Builds self-esteem, dissolves patterns of low self-worth.	
29	Manifest Destiny (Azurite- Malachite, Amethyst, Onyx)	Releases stored information about your life purpose, so that your decisions can keep you on course.	

30	Master Healer (Lavender Quartz, Sugilite, Tanzanite)	Increases energy by enhancing alignment throughout your body, spine, and chakras.	
31	Moon Quartz & Purple Tourmaline	Offers comforting, supportive energy so you can make transitions, prepare for change and new realities.	
32	Mother of Pearl & Blue Chalcedony	Brings calmness, comfort, and stress relief.	
33	Mother Opal	Helps you resolve issues with mother, motherhood, and birth; increases your access to inner knowledge.	
34	Mountain Pose	Helps you resolve issues with mother, motherhood, and birth; increases your access to inner knowledge.	
35	My Ally (Tree Agate, White Quartz, Light Green Aventurine)	Identifies foreign energies and helps you release them.	
36	Nourishing Color Ray (White Quartz with Color Ray Gemstones)	Paves the way for color rays to nourish color-empty places inside your physical body.	
37	Pink Sapphire & White Beryl	Nourishes and uplifts the emotional body.	
38	Pink Tourmaline & White Tourmaline	Helps you master the feminine energy within, and your ability to set boundaries. Protects from electromagnetic radiation.	
39	Poppy Jasper & Riverstone	Helps you feel motivated, enlivened, invigorated, and has a warming influence.	
40	Purple Tourmaline & White Beryl	Carrier of a high-vibration purple color ray. Uplifts you and helps you explore your greater potential and create a new and better reality for yourself.	
41	Relevé (Pink Sapphire, Dark Pink Sapphire, Rosellite, White Beryl)	Strengthens and lifts the emotional body and aura.	

42	Rhodonite & Pink Tourmaline	A Foundation Five Fire Element design. Builds an emotional foundation of courage and self-reliance.	
43	Rhyolite & Gray Moonstone	Vitalizes eliminatory functions, detoxifies, and releases unwanted energies.	
44	Rhythm (Red Spinel, Pink Spinel, Roselite)	Energetically supports heart health. Enhances and fine-tunes healthy rhythms and rhythmic flows throughout your body and being.	
45	Rising Light (Chrysoprase, Freshwater Pearl, Pink Sapphire)	Reverses downwardly spiraling energies that can dampen your spirits and positive attitude.	
46	Riverstone & Blue Tourmaline	Engages the body's own healing energies and directs them to quickly and efficiently gather around the affected areas. Balances your creative energies.	
47	Rose Quartz & Red Spinel	Releases emotion from physical tissue to relieve the burden of prolonged grief, stress, or frustration.	
48	Ruby & Onyx	A Foundation Five Water Element design. Collects and settles scattered energies to help you feel grounded in your body and centered in your heart. Also vitalizes the root chakra	
49	Ruby & White Beryl	Carrier of the red color ray. Encourages acceptance of your own authority, leadership, and self kingdom, and helps you properly wield love verses power.	
50	Rutilated Quartz & Spessartite	Enhances clear and effective communication, & your ability to reach a wide audience.	
51	Search and Rescue (Light Green Aventurine, Amethyst, Aquamarine)	Locates areas of disharmony in your body and aura. Then purifies and uplifts the area and alerts your body to direct healing energies to it.	

52	Snowflake Obsidian & Emerald	Locates pools of negative energies in your body and aura and then releases them.	
53	Sugilite & Indigo	Clears unwanted and toxic energies that interfere with health and healing, and replaces them with calmness, peacefulness, and joy.	
54	Sunray (Spessartite, Rhodolite, Rosellite)	Vitalizes the endocrine system and helps orchestrate and moderate the function of all life processes.	
55	Tranquility (Blue Chalcedony, Blue Sapphire, Blue Topaz)	Relaxes and nourishes your mind, enhances creativity, and dissolves mental ruts.	
56	White Beryl & Turquoise	One of our most important therapy tools. Purifies with white light, clears unwanted energy from the body and aura. Supports healthy lymphatic function.	
57	White Flash Moonstone & Emerald	For all-around health improvement. Enhances youthfulness, lubricates joints. Vitalizes skin, hair, and nails.	
58	Yellow Calcite & Orange Sapphire	Helps the body reorganize its energies so they are stored more appropriately.	
59	Yellow Sapphire & White Beryl	Carrier of the yellow color ray. Supports digestive system vitality and skin health. Builds immunity to electromagnetic fields. Vitalizes the stomach chakra.	

Gemstone Meanings of the Zodiac^[13,17]

Signs and symbols cultivate their meanings according to culture, context, passage of time in society as well as mass societal opinion. What's cool and highly important is that signs and symbols earn their most powerful meanings from our own personal perspectives.

1) Aries Gemstones

Diamonds: These will enhance your ability to cut through clutter and see facts clearly. Diamonds also enhance luck in wealth for Aries personalities.

Amethyst: Perfect for activating patience, and balancing out your moods if things aren't going the way you want.

Emerald: Wear for protection, and when you need a bit

of settling and grounding after having been charged up with action.

2) Taurus Gemstones

Emeralds: Opens up creativity and a feeling of connection. Also a protective stone for Taureans, as well as boosts self-esteem.

Rose Quartz: Wear for social occasions and when you want your environment wrapped in a loving, caring feeling.

Lapis Lazuli: If you're feeling unstable, lapis will help you regain your connections to that which is most important to you. Also helps with intuitive clarity.

3) Gemini Gemstones

Agate: Wear when you need your highest intention to be revealed. Good for bringing about softness, comfort and healing too.

Tourmaline: Magnificent for focus and mental acuity. Also good to keep with you to aid with meditative practices.

Citrine: A great stone when you just need a lift. Wear to keep your mood sparkly, fresh and bright.

4) Cancer Gemstones

Pearls: Perfect to keep with you when you're contemplating decisions as it helps strengthen inner wisdom.

Moonstone: Soothes moodiness. Wear when you're feeling out of sorts as it helps with clarity. Also great to wear while doing for intuitive work.

Peridot: Outstanding gem for healing. And, for Cancerians, this stone is also useful for lifting depression.

5) Leo Gemstones

Ruby: Enhances the warmth and generosity inherent to your nature. Wear during social events when your intent is to experience harmonious communication.

Topaz: Helps clear physical blockages. Also good for mental clarity. Wear when you need to focus on projects.

Tiger Eye: Enhances perception, great for psychic development and intuition work. Also helpful for visions (scrying).

6) Virgo Gemstones

Sapphire: Wear when you need to escape from the every day. This stone lifts moods, and enhances dreams for Virgos.

Amethyst: Promotes calm and healing. Wear when you need relief from worry, stress or depression.

Carnelian: Perfect stone when you need to be reminded of your personal power. Increases feelings of security and confidence.

7) Libra Gemstones

Opal: Sparks the fire within your creative self. Wear when you need inspiration.

Peridot: Enhances your heart energies. Wear when you need to communicate your heart's desire with clarity.

Jade: Brings balance to your finances. Keep a jade chip in your pocket or purse to remind you of your deserved prosperity.

8) Scorpio Gemstones

Onyx: Fabulous stone for getting in touch with your latent psychic abilities. Perfect for shadow work.

Black pearls: Feeling edgy? Wear black pearls to sooth your choppy emotions. Enhances calm and tranquility

Garnet: Stimulates libido. Wear when you want to enhance your beauty, virility and/or sensuality.

9) Sagittarius Gemstones

Turquoise: Tempers your ambition and aggression. Protects against injury and enhances psychic communication.

Topaz: A great stone to help keep you mellow. Wear in the evenings during dinner parties for the perfect harmonic mood amongst guests.

Quartz: Assists in unifying your duplicitous nature. Facilitates communication between your hedonistic and puritan selves.

10) Capricorn Gemstones

Snowflake Obsidian: Galvanizes your sense of authority and leadership while also helping you to be flexible in negotiations.

Garnet: Offers a light confidence and lifts some of the seriousness of your disposition. Also a great stone for attracting health and social warmth.

Sapphire: Enhances your intuitive abilities, allowing you to see with the third eye more clearly.

11) Aquarius Gemstones

Amethyst: Enhances an amicable mood, and assists in communicating with love and clarity.

Amber: Perfect stone for healing emotional injuries. Wear when you are receiving or giving counsel or advice.

Hematite: Brings you back down to the ground after you've been flying high. Wear when you need focus, order and discipline.

12) Pisces Gemstones

Bloodstone: The power to ground. Wear when those deep currents of yours threatened to pull you away from safe harbor.

Aquamarine: Offers heightened awareness, and gives you spot-on clarity when worn with intent for psychic accuracy.

Opal: For Pisces, this stone has a unique comforting effect, and helps protect against addictive behaviors.

Following are some Birthstones according to the Astrology (Zodiac) sign:

Table 6: Astrology sign and Birthstones.^[18]

Sr. No.	Astrology Sign	Ancient Birthstones	Traditional Birthstones	Modern Birthstones
1	Aries	Bloodstone, Amethyst	Emerald Gemstones, Diamond	Amethyst, Anyolite, Apache Tears, Aquamarine, Aventurine, Axinite, Bixbite, Bloodstone, Citrine, Crocoite, Datolite, Diamonds, Dravite aka Brown Tourmaline, Emerald, Fire Agate, Magnesite, Magnetite, Sardonyx, Stellerite
2	Taurus	Emerald	Emeralds	Amblygonite, Black Spinel, Rhodonite, Blue Muscovite, Blue Tourmaline, Carnelian, Emerald, Iolite, Kunzite, Kyanite, Rose Quartz, Scapolite, Selenite, Septaria, Variscite
3	Gemini	Agate, Sapphire	Agate	Agate, Apophyllite, Aquamarine, Arfvedsonite, Blue Sapphire, Celestite, Citrine, Chrysocolla, Emerald, Serpentine, Tigers Eye, Tanzanite, Thulite, Ulexite, Variscite
4	Cancer	Ruby Gemstones	Ruby, Emeralds	Brookite, Calcite, Carnelian, Natrolite, Rainbow Moonstone, Rhodizite, Rose Quartz, Ruby, Tinaksite
5	Leo	Onyx	Peridot Gemstones, Rubies	Amber, Carnelian, Citrine, Danburite, Dumortierite, Emeralds, Garnet, Golden Topaz, Kunzite, Labradorite, Larimar, Muscovite, Onyx, Peridot, Petalite, Pietersite, Rhodochrosite, Ruby, Rutilated Quartz, Sunstones, Yellow Sapphire, Zircon
6	Virgo	Peridot Gemstones, Blue Sapphire	Amazonite, Garnet, Zircon Gemstones	Amazonite, Blue Sapphire, Blue Topaz, Chrysocolla, Garnet, Gaspeite, Magnetite aka Lodestone, Moss Agate, Peridot, Smithsonite, Stichtite, Stichtite in Serpentine aka Atlantasite, Sugilite, Zircon
7	Libra	Sapphire	Pink Tourmaline, Bloodstone	Ametrine, Bloodstone, Chiastolite, Chrysoprase, Citrine, Lepidolite, Mahogany Obsidian, Moonstone, Morganite, Pink Tourmaline, Prehnite, Stichtite in Serpentine, Sunstone, Tanzanite, Tourmalined Quartz
8	Scorpio	Peridot Gemstones, Agate, Rubies	Turquoise, Malachite, Golden Topaz	Agate, Boji Stone, Charoite, Diopase, Golden Yellow Topaz, Hiddenite, Kunzite, Labradorite, Malachite, Moonstone, Peridot, Rhodochrosite, Ruby, Turquoise, Variscite
9	Sagittarius	Amethyst, Turquoise, Blue Topaz	Lapis Lazuli, Blue Topaz, Vesuvianite	Amethyst, Atacamite, Azurite, Black Obsidian, Blue Topaz, Charoite, Diopase, Herkimer Diamonds, Iolite, Labradorite, Lapis Lazuli, Peridot, Pink Tourmaline, Ruby, Snowflake Obsidian, Sodalite, Tanzanite, Turquoise, Vesuvianite aka Idocrase, White Topaz, Zircon
10	Capricorn	Peridot Gemstones, Agate	Agate, Garnet, Vesuvianite	Agate, Azurite, Black Tourmaline, Blue Aragonite, Jet, Chalcopyrite, Fluorite, Garnet, Green Tourmaline, Magnetite, Malachite, Ocean Jasper, Peridot, Vivianite, Smokey Quartz, Tigers Eye, Vesuvianite aka Idocrase
11	Aquarius	Garnet, Amethyst	Amethyst, Garnet	Amber, Amethyst, Angelite, Blue Obsidian, Boji Stone, Cryolite, Garnet, Hematite, Lithium Quartz, Magnetite, Merlinite, Rainforest Jasper
12	Pisces	Lapis Lazuli, Turquoise	Aquamarine, Turquoise	Amethyst, Ametrine, Aquamarine, Bloodstone, Blue Lace Agate, Fluorite, Kambaba Stone aka Kambaba Jasper, Lapis Lazuli, Smithsonite, Turquoise

CONCLUSION

It may be concluded that the Gem therapy is complementary and alternative medicine for healing of any disease. It appears, however, that in many cases of duplicate healing powers, either the color or the constitution of the stone has indicated its appropriateness for a particular disease and that most of this has evolved over many centuries. The fact that crystal therapy has survived over so many centuries, is practised in so many countries, and that there is a renewed interest in it, makes one wonder whether it only has a placebo effect.

Gemstones are one of the most beautiful and exotic minerals with elegant appearance and color. They are used extensively in jewellery and also for self-empowerment. Scientifically, Gemstones influence our mind, heart and the entire body as they work on different chakras. Gemstones can help awaken our awareness of the psychological, spiritual and emotional aspects of ourselves.

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