

Gemstones and their use in healing

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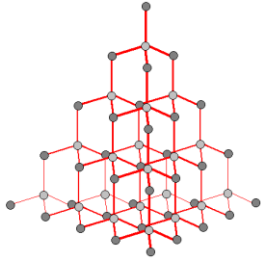
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You may have noticed people wearing rings of various gemstones. Today people believe in Reiki and Feng Sui, which recommend use of gems. Astrologers recommend some particular stone or some crystal therapist may ask one to wear a big crystal to cure something or it may be that the gem is worn just for its beauty. The beauty of gemstones has fascinated man for centuries. As man started wearing gems certain properties came to be known and slowly the healing nature of some of the gems became apparent. Today there are books written on the healing properties of gem materials, there are websites on crystal therapies, which indicates that there must be some truth in the theory that gemstones have been beneficial for curing certain ailments. This paper presents the gemstones used in healing indicating that there is a great scope for research.



How gems are formed in nature:

Deep inside the earth when the molten magma is slowly cooling, molecules start slowly forming and arranging themselves in proper organized manner leading to crystal structure. Most of the gemstones possess a crystalline structure actually it means in simple terms an orderly geometrical arrangement of its molecules.



This orderly arrangement of atoms and molecules allows light to pass through the crystal in such a way that the emitted light is very beneficial. In short, crystalline structures can collect, focus and emit electromagnetic energy. Today the laser beam is possible because when light is transmitted through a ruby crystal it can emit a laser beam, which has tremendous uses.



Ruby Crystal and the faceted gem

Scientists and researchers have found out that when a gem crystal is set in an energy field it will collect and focus that energy. Another interesting fact is that if a quartz crystal is squeezed i.e. subjected to pressure, it will release its own internal energy (the piezoelectric effect). Quartz is perhaps the master gemstone. Chemically, Quartz is composed of silicon and oxygen (SiO_2), a combination known to geologists as the building block of minerals. In fact, most of our planet is made up of minerals containing SiO_2 . Silicon dioxide is also an important constituent of our body, which may be the physical basis for our connection to crystals. The transfer of energy from the natural crystal to our body's silicon could have something to do with healing.



Quartz crystals

Each mineral crystal has its special influence, function and vibration. It is said that the energy emitted by gemstones can be tapped as long as the wearer chooses to make use of the stone. Natural gemstones do not lose their power with age or use. Their energy comes from the cosmos and once activated is eternal. Natural gemstones and crystals are stronger in their powers than those that are synthetic (man-made).



Different coloured Gemstones

Basis for healing

Human bodies are surrounded by an electromagnetic field that is sometimes visible in special pictures known as Kirlian photographs. This field is often charged with electricity. Gemstones also have their fields of electricity that, when worn on the body or carried in close proximity to a person, will affect the body of the person as well.

Chakras are the seven main energy centers of the human body according to eastern medicine. They are in the center of the body, starting at the base of the spine and running up the top of the head.

- 1. Base Chakra**
- 2. Navel Chakra**
- 3. Stomach/Solar Plexus Chakra**
- 4. Heart Chakra**
- 5. Throat Chakra**
- 6. Brow/Third Eye Chakra**
- 7. Crown Chakra**

The principle behind this healing process is the fact the body needs all of the following seven color rays: red, orange, yellow, green, blue, indigo, and violet. Each color ray is associated with one or more of the chakras. By using a color ray that supports a particular chakra, a person can speed healing of the associated areas and organs. Gems are super concentrated storehouses of cosmic energies that vibrate at different frequencies and wavelengths depending on the gem used.

The sunlight is made of seven visible bands of color popularly called as *vibgyor* (*violet, indigo, blue green yellow orange and red*) and two more that are invisible, each of which has a different frequency and wavelength. We can view the visible colors of the spectrum in a rainbow. Ultraviolet and infrared rays are the invisible bands. Lower frequency infrared rays pass through the body when we are next to a heater or fire. They speed up the activity of electrons in the cells and make us feel warm. Cold weather slows down our rate of vibrations in our body and we have to burn extra calories to stay warm.

A wonderful example of the potency of gems is the ruby laser used in hospitals. It is a beam of light so hot that it can penetrate and cut through many hard substances and that too forming such fine microscopic tunnel. Other gems also influence cellular behavior, as do the infrared rays of fire. Different gems emanate different cosmic colors that affect living organisms in different ways.

Gems emit different frequencies

According to this theory gems emit different frequencies of color that are not necessarily the colors we perceive with our naked eyes. With the aid of a prism this phenomenon is easily seen. For e.g. although the ruby does exist in different shades of red colour it always emits the red



cosmic ray and the emerald does emit the green cosmic ray, but the other gems emit a cosmic color different from what we would think from their appearance.



Pearls emit the orange band of wavelength. Red coral emits a yellow cosmic ray. Yellow sapphire actually emits a blue cosmic ray (akin to the color of the sky). Diamond emits an indigo blue cosmic ray, and blue sapphire emits the violet band of the color spectrum.



Blue sapphire emit the violet band of the color spectrum

The cosmic rays of hessonite and chrysoberyl cats-eye cannot be seen, but hessonite emits the coldest ray of ultraviolet, and chrysoberyl cats-eye emits the infrared cosmic wavelength. All together these gems together are storehouses of the 7 visible and 2 invisible bands, which together comprise what we see as white light.



Chrysoberyl Cat's eye emits the infrared cosmic wavelength

Which gem to use for an ailment?



Ruby

Rubies are basically aluminium oxide with chromium as coloring agents. They are "hot" gems (note the use in lasers as mentioned) so they are used to treat illnesses coming from cold or damp. In India and Tibet especially doctors treat anemia, low blood pressure, lack of energy, or constipation with ruby. Such diseases are "cold" and employing ruby will raise the body temperature, increase metabolic rate, circulation and muscle tone.

Ruby is very helpful for those with weight problems or just heavy body types that have slow biological functions. It is used to treat low blood pressure, irregular heartbeat or palpitations, paralysis, and general debility. The energy of a ruby is hot, drying, energizing, and expanding. Ruby is a gemstone that must be carefully scrutinized before choosing it for healing purposes. The classic stone is usually a deep, brilliant red but can be found in shaded of pink or lavender.

Rubies are found in the United States, India, and Sri Lanka. Ruby can bring anger or negativity to the surface quickly. However, Ruby can also amplify positive energy, heightening whatever purity you already possess. Rubies benefit the heart and circulatory system, and can assist in the filtration and detoxification of the body. Rubies are also good for the eyes.

Pearl

Pearls are calcium carbonate with conchiolin as the bonding protein. Pearls are cooling and thus used to treat diseases arising from too much heat. It can be used for high blood pressure, asthma, flu, pneumonia, tonsillitis, bronchitis or chickenpox. It is believed, that pearl is also effective against high acidity or conjunctivitis as well as treating emotional fears, bad dreams, excessive anger, or hysteria. The pearl's energy is anti-allergenic, moist and harmonizing.



Pearls are calcified objects made by molluscs from the very same material that they use to form their protective shells. They are usually pale white or cream-colored, though darker blue, gray, and even black variations exist. Astrologers say that pearl, if used properly, will lessen stress and its resulting maladies: hypertension, headaches, and exhaustion. This may help to prevent heart attacks and strokes. Pearls are also said to be an aid in digestion and may reduce the chance of developing ulcers.

Red Coral

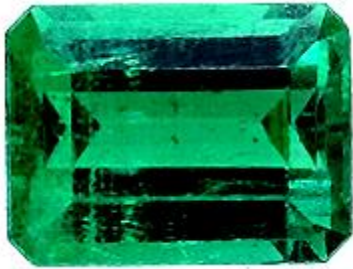
Red coral is the skeletal remains of material deposited by the marine animal polyp. Coral is warm and used for treatment of colic, gall stones, hemorrhoids, warts, and liver problems such as jaundice and hepatitis. It is enlivening and cleansing for the body.



Chemically coral is also calcium carbonate like the pearl but has different properties.

Emerald

It is indeed interesting that the emerald which is beryllium aluminum silicate is often used to treat burns, colitis, cystitis, diarrhea, heartburn, eczema, gastritis, inflammation, stomach ulcers, and even anorexia. Like ruby emerald is also coloured by chromium. It is said that the emerald energy is cold, analgesic, unifying, and solidifying. It is to be used against disease caused by an excess of heat in the body.



Emerald is an important stone to anyone who works in science or healing. It provides inspiration and helps those in need of balance, healing, and infinite patience. Emerald comes from the Beryl family, and is found in shades of green varying from very light to very deep. Gem therapists say that an emerald helps the wearer gain physical, emotional and mental equilibrium.

Yellow Sapphire

Yellow sapphire belongs to the same corundum family like the ruby and the blue sapphire but the yellow sapphire emits blue rays that may be used for swollen glands, mumps, ulcers in the mouth, abscess, coughs, goiter, pancreas disorders as well as obesity. Its energy is cool, soft, satisfying and antiseptic. This stone is also helpful in bolstering the body's immune system if worn on the body as a ring or necklace.



Diamond

Diamond is pure carbon like the graphite in your pencil. But the crystalline structure of diamond being cubic it has very dynamic properties. According to crystal healers diamond can be used effectively in treating diabetes, epilepsy, and depression. It is an antidepressant and antiseptic and its energy is invigorating, stimulating and clarifying. Diamond is also prescribed for sterility as well as problems related to menopause.



Diamonds are considered by some to be the purest expression of gemstones the earth has ever produced. Their clarity and ability to refract the entire light spectrum is peerless in the gem world. They are without questions the hardest substance produced by nature. If worn alone, a diamond will amplify the energy of the wearer.

Some gem literature recommends that the blue light within the color spectrum of a diamond is beneficial for glaucoma. This is because of diamond's ability to refract all colors without diluting or filtering them. It has also been suggested that diamonds are beneficial to the brain and testicles.

Blue Sapphire

Blue Sapphire gets its blue colour from the presence of titanium and iron present in its crystal lattice which is formed of aluminium oxide. It is said to be very effective for pain such as backache, joint pain and headaches. It has shown good results in treating earache, gout, inflammations, dandruff, eczema, psoriasis, alopecia, laryngitis, neuralgia, lumbago, vertigo, and symptoms of Parkinson's disease, as well as many other maladies. The energy of this gemstone

is cool, soothing, sedative, tranquilizing, analgesic and antispasmodic.



Sapphire is a serene stone. It usually comes in a shade of deep blue, although it can also come in shades of gray, black, yellow, and green. Sapphires are found in the United States, Australia, and India. Sapphire lessens tension and can be an important stone for people with confusion of depression. The usefulness of Sapphire as an eye stone for the removal of all impurities or foreign bodies was noted by Albertus Magnus.

Electronic Gem Therapy

In Europe health care professionals are on the cutting edge of technology in gem therapy. Not only alternative practitioners are using it, but also traditional allopathic medical doctors have found its use so successful that the technology's use is increasing rapidly. The most successful of these instruments combines the use of gems, color filters, frequency, and electronic amplification. The therapy is extremely versatile and effective for the majority of disorders of the body.

These electronic gem therapy instruments use low voltage lamps with three powerful lenses to focus the light beam. Inside are placed specific gems and color filters. The lamps are plugged into a precision electronic instrument that has digital monitors to display vibration-rate and intensity that can be adjusted with controls on the panel. By combining the natural healing frequencies with the gems and color filters the vibration-rate of cells, organs, or glands in the body are affected, thereby increasing the "pranic" or "chi" energies inherent within them.

Health care workers using acupuncture or acupressure can use the gem lamps on the acupuncture points, "marma" points or meridians of the body. The chakras can also be energized using the appropriate gemstones. This balances the patient's vibration-rate and increases the biological energy levels. Balancing the chakras accelerates emotional, physical, and spiritual development and can lead to developing higher states of consciousness.

Need for research

Many people who have experienced the benefits of gem therapy either through wearing natural precious gems on the body or through the use of the electronic instruments with gems have considered it miraculous. This clearly indicates that there is a great scope for research. All these

miraculous cures must be having some clear explanations for them which may be requiring some different type of instrumentation. We would require some different type of instruments that would actually test certain parameters that measure wavelengths of cosmic-ray sizes and other smaller rays perhaps which we humans do not at present know about. But the fact remains that gemstones have healing benefits.