



A Hand Book of MAGNETOTHERAPY



JV'n Dr. Humera Khan

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

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Author Name: Dr. Humera Khan

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1. INTRODUCTION

Magnetism is well-known in the fields of physics, industry, and commerce. It is also known for centuries to have remarkable effects on certain metals as well as on living organisms but its recognition as having highly beneficial clinical impact on human ailments has been a comparatively recent development and is not yet widely known.

In the past variety of wonderful properties were attributed to the magnet from time to time. For instance, dignitaries wore magnets on their persons for the purpose of maintaining vigorous health and for arresting ageing of their bodies. Cleopatra (69-30 B.C.) The extraordinarily beautiful daughter of the king of Egypt—Ptolemy Auletes—is said to have worn a magnet on her forehead to maintain her beauty. Magnet was used as an amulet to relieve headaches. The common people believed that the magnet had a divine force. A philosopher-scientist went to the extent of concluding that "a magnet has a soul because it moved iron". Although, apparently a magnet has no life yet the intelligence of its poles to recognize friend-ship or hatred of the poles of another magnet and to attract or repel it accordingly remains unexplained even today.

Magnet has proved to be highly beneficial in certain diseases. It is known to have the power of drawing pain out of the body of relieving stiffness of joints and muscles and by removing toothache immediately. It has also the capacity to reduce weight in obesity and to increase height of short-statured boys and girls and to increase intelligence and wisdom. If used for a long time it also corrects blood pressure and provides immunity against certain diseases of human body by increasing the vitalising secretions of glands.

And other innumerable positive properties of the magnet and with the objective of deriving the maximum benefit from its qualities.

'Magnetotherapy' - the system of treating patients through the medium of magnets.

A Science and an Art

Magnetotherapy is both a science and an art. This is a science as magnetism is similar too, and works on the lines of electricity; and its application is an art as it involves the selection of magnets of different strength to different parts to relieve different ailments of the body. It is a system of treatment which covers a vast field of therapeutics and can relieve almost all functional defects of the various systems working in the human body. Magnetotherapy is based on natural laws and principles and is not a magic or miracle. It means carrying out

treatment of the sick with application of magnets over the suffering parts of the body or on the extremities for altering the diseased condition into a state of recovery and complete health. The use of magnets for treatment is not a new system there are references about it in the very ancient records of human knowledge.

In Advanced Countries the system of treatment with magnets has, however, been gaining popularity in the advanced countries like USA. USSR. Japan and several other countries and large number of patients, including those suffering from chronic diseases, are being cured by it.

Magnets and their properties were known to the very ancient Aryans. They believed that the magnets besides having the power of attracting iron, was also endowed with many mystical and curative powers. Special sand stone and stones were used for treatment are mentioned in the Vedas which are the most ancient religious scriptures of the Hindus.

2. MAGNETISM IN UNIVERSE

Magnetism is the basic principle that dominates and governs the infinite universe and holds various bodies. The earth, sun and moon and all the other planets in our galaxy transmit the magnetic emanations which greatly influence our lives.

The Earth is a huge magnet. And this fact has been proved by many experiments as;

- The anvil of blacksmith gets magnetised in north south direction.
- If a bar of iron is laid horizontally in the north-south direction the end pointing to the north acquires north polarity.
- A vertical bar of iron or steel begins to exhibit magnetic properties.
- If a magnet is pivoted so as to swing in vertical plane or in horizontal plane, it comes to rest along particular direction.

THE EARTH'S MAGNETISM:

Earth transmits magnetic energy to all living organism i.e. human, animal and plants.

Earth as a natural magnet has two poles namely North and South. The North Pole is in North America and south is at the South Victoria. Even earth has the magnetic lines just as magnets. The magnetic lines of force of the earth extend approximately from the geographic south to the northerly direction. The magnetic field of the earth is not a thin wrapping round surface but it forms a thousand mile thick stratum. It has come to light that Sputnik-III and other satellites have detected earth's magnetic field extending to a distance of 105600 metre (6600 miles) beyond the surface of the earth.

The earth is a gigantic magnet with its South Magnetic Pole somewhere near the North Geographical Pole and the North Magnetic Pole near the South Geographical Pole. It is due to the mutual effect of the forces between the Poles of the earth and those of the magnet that the latter tends to set itself parallel to the magnetic axis of the earth. It is, therefore, concluded that the North Geo-graphical Pole and the South Magnetic Pole are near each other, and the North Magnetic Pole is near the South Geographical Pole of the earth. Hence the Geographical Poles of the earth do not coincide with its Magnetic Poles.

The distribution of magnetic lines of force at various localities of the earth goes to show that the earth behaves very nearly as a uniformly magnetised sphere. Dr William Gilbert (1544—1603) who carried out certain experiments in the year 1600, gave us the picture of the general

character of the earth's magnetic field and concluded that the earth is itself a big natural magnet. Everything on earth and in the air above is permeated with the earth's magnetic force. Gauss, the illustrious German astronomer, has computed this force and has stated that the attracting force or lifting power of the earth is forty two quintillions and three hundred and ten quadrillions of tons, which, if equally distributed throughout the mass of the earth would make the magnetic intensity of every cubic yard equal to sixty pounds attracting force. Professor Mayor has shown that this magnetic influence is filling space to an unknown distance and is radiating the lines of magnetic force like the rays of the sun.

Sources of Magnetism of Earth:

One school of thought is that the earth is a permanently magnetised sphere, having two polarities at the two ends, while the other school of thought is that the annual variations and the magnetic storms of the earth owe their origin to the sun and cause magnetic effect on the earth and another view is that the permanent magnetism of the earth might have its origin in the rotational motions. According due to still another view, the magnetic field of the earth may be due to:

- a permanent magnet, magnetic masses or electric currents inside the earth,
- a magnetic field, the origin of which is at a considerable distance from the earth,
- Electric currents produced due to the ionisation of layers of air surrounding the surface of the earth.

Earth's Magnetic Effect on Human Beings:

Human body itself is a magnet. According to the magnetic parlance, our bodies are considered to have magnetic sides. Considering a human body vertically, the head and the upper half of the body are taken to represent 'North Pole' and their opposites, namely, the feet and the lower half of the body, are taken to represent 'South Pole'.

Considering the human body horizontally, the right hand, the right arm and the right side of the body are considered to be 'North Pole' and their opposites, namely, the left hand, the left arm and the left side of the body, are taken to be 'South Pole'. Also the front side of a person consisting of forehead, face, chest and belly is considered North and back side consisting of occiput, back of neck, spine and hips is considered South. Abiding by natural law and forces, any action or deed done in the natural direction, affords peace and pacification, and causes the least possible discomfort than when done otherwise. Accordingly, if we lie, when going

to sleep, in the same posture, in which a hanging bar takes its direction, we can avoid tension, sleeplessness and restlessness. When we lie stretching our North to the North of the earth and our South to the South of we attain equilibrium. Hence it is wise to lie with the earth, the head towards the North and the feet towards the South, while sleeping, especially if one sleeps on the ground. This position brings on better sleep and also improves health. This is because the body in that direction is in accordance with the magnetic direction of the earth and the magnetic currents affect the system favourably.

According to the ancient philosophy, when a person on the death-bed finds it extremely painful and difficult to breath his last breath, he is made to lie on the earth in the North and South position that is the head being towards the North. This brings the person in line with the magnetic direction of the earth and the soul of the dying person is believed to leave the body with less pain and agony. It is a custom among the Hindus that when the death of any person is impending and is feared any moment, the patient is laid down on the earth to breathe his last.

This custom prevails according to the above belief about the soothing effect of the magnetic currents of the earth on the human bodies.

Magnetism and electricity are two branches of the same natural force. They are inseparable and they go side by side. The earth is not only a huge magnet but a vast electrical reservoir too, as an electric current, when released, finds its way into the earth. The human body also is a miniature form of the earth. There is exchange of matters, magnetism and electricity in human bodies. That is the reason why improvement in health occurs by walking on dewy grass or by sleeping out-doors on newly mown hay. The Yogis believe that in some mysterious way the power enters their body and restores energy.

Magnetism in the other Astral Bodies:

The whole universe is permeated with magnetism.

The sun:

The sun is a large natural magnet and has great attractive power. It attracts all other planets which remain revolving' around it under its magnetic influence.

Earth is especially related to the sun. It rotates on its axis and also revolves around the sun. The rotation causes days, and nights and the revolution causes years. During revolution there

are great changes on the earth due to different exposures of its surface to the sun's rays. These changes make seasons and consequently influence human beings in many ways.

The sun represents fire while the moon rules water. Heat, light and moistures are necessary for all kinds of growth. As the sun and the moon provide these requirements, they help a great deal in production of all eatable and vegetation as well as in the maintenance of life on the earth.

The Moon:

The moon is too a great natural magnet. Both the dark and bright fortnights of the moon have great influence on our lives. Many things of our routine life are affected the moon.

The ancient Indian calendars were made with reference to the moon. The dates of women's menstrual periods are counted with reference to the lunar calendar. The time and date of observance of many festivals in the Hindus as well as in the Muslims are determined with reference to the appearance of the moon.

The moon through its attractive force causes tidal waves in the seas. Similarly the human bodies which consist about seventy per cent of liquids are greatly influenced by the moon. Statistics have proved that body fluids flow more freely at the time of full moon.

The custom of fasting on no-moon and on full-moon days has been considered highly scientific, since it helps in reducing the body fluids and in maintaining proper equilibrium in the body. Many diseases as well as medicines are also affected by the magnetic effect of the moon. Some diseases are aggravated in the days of full-moon and some medicines work better when administered on full-moon days. There is a certain Ayurvedic medicine for Asthma which is given to the asthmatic patients on the night of the Sharad Poornima (full-moon night) which generally falls in the month of October each year. That medicine is taken with kheer in the early hours of the morning after keeping the kheer openly exposed to the especially effective rays of the moon throughout that night. The same medicine works better if taken that night in that way, due to the special magnetic effect of the moon rays on that night. This shows how an important role is played by the magnetic force of the moon on our health and lives.

Similarly, other planets also have their magnetic effect on our lives. Such effect of the different planets together with that of the sun and the moon forms the basis of astrological calculations and predictions. Thus, we find that all the planets in space have their magnetic

powers and give out astral emanations, like the terrestrial objects. They exert their influence upon each other as well as upon every organised being, including human beings, in proportion to their size, their distance and the velocity of their revolutions. The strength of the magnetic field of the Earth is approximately 0.5 oersted while that of the Sun is 25 to 50 oersted i.e., 50 -100 times greater.

It is thus clear that the earth, the sun, the moon and all other Planets have great magnetic influence on our lives.

3. TYPES OF MAGNETS:

Magnets may be broadly divided into two groups, namely:-

Natural magnets and Artificial magnets.

Natural magnets:

These are substances created by nature, which have the property of attraction. The biggest natural magnet is the earth itself. Some other natural magnets are iron ore, magnetite and other iron-pyrites, etc., which contain iron and oxygen and also have the property of attracting iron filings.

The force of these natural magnets remains the same and cannot be increased or decreased according to one's wish or requirement. Hence the natural magnets are of very restricted use.

Artificial magnets:

Man has, made his own magnets and has designed them in many ways to suit his requirements. These man-made magnets are called artificial magnets. The artificial magnets can be made to have different degrees of magnetism and can be manufactured in various designs.

These can, therefore, be used for many purposes and are utilised in innumerable items of general nature as well as in cottage and heavy industries.

Artificial magnets are divided into two types:

1. Electromagnets
2. Permanent magnets

Electromagnets:

The electromagnets are magnets which work. When electricity is applied to them and has no power of their own to act without electricity.

Electromagnets are used in electric machines, generators and motors and are utilised in various industries. These are used for loading and unloading iron equipment on ships, for magnetic cranes, and magnetic brake in trams. These are also used for separating iron scraps from other non magnetic substances, as well as in amplifiers, armatures, bells, buzzers, circuit

breakers, contact rectifiers, electronics, loud speakers, reed relays, radios, storage devices telecommunications, transformers, etc.

Electromagnets are also used by surgeons for extracting iron splinters from eyeballs and other parts of body.

Permanent magnets:

Permanent magnets remain permanently magnetised once they are charged with electric current and are used without electricity applied to them every time they are put to use. They do not lose their magnetism if they are properly preserved with keepers attached to them for many years. If not stocked with keepers, these may, however, lose some force of their magnetism, in due course of time—say in some years, but these can be remagnetised and the decreased force of their strength restored to them. If they are recharged every 5-6 years, they work for 100 years—even more.

Different Shapes, Sizes, Designs and Strength:

The permanent magnets are made of different alloys and are of different shapes, sizes, and designs. These also have different magnetic strength. The strength of the magnets depends upon the proportion, quantity and quality of the different metallic alloys which are mixed for making them. The most commonly manufactured and used shapes and designs of the permanent magnets are -

1. Bar magnets
2. Cylindrical magnets
3. Ring magnets
4. Chuck magnets
5. Cylindrical magnets with holes
6. Rectangular magnets with holes and without holes.
7. U shaped magnets
8. Arc or crescent magnets
9. Horse shoe magnets
10. Cup shaped covered magnets
11. Square shape with holes or without holes.

The above shapes are but examples of the magnets which are generally produced by the manufacturing companies. In fact, permanent magnets can be made, with the alloys already in use, according to, any given measurements or specifications to suit any purpose, in any shape, size, design or strength.

Generally permanent magnets are made for industrial, commercial and educational purposes but some of them can be utilised for medical purposes also. They are however of low strength and are not therefore of great use for the purpose of treatment. The author has, after his long experience, developed some special magnets for treatment of chronic diseases. The photos of these pairs of magnets are given at the end of this book.

4. Classification of Magnetic Materials

There is a very wide range of magnetic materials from which permanent magnets may be made. The materials differ in the nature of their elements and their composition. Each of them has its own values, its own characteristics and, consequently its own uses.

The most commonly used alloy in the manufacture of permanent magnets is Alnico. This is composed of Aluminium, Nickel, Iron and Cobalt. The last of these four metals, namely cobalt, is Costlier than the others and Iron is the cheapest of all.

The different metallic alloys from which magnets are made are called magnetic materials or magnetic substances. The magnetic substances are broadly classified in three main categories namely

- i) Ferromagnetic.
- ii) Paramagnetic.
- iii) Diamagnetic.

Ferromagnetic:

These substances have got very large values of magnetic permeability and are, therefore, capable of high degree of magnetisation. They include the metals which are found to be attracted by magnets or magnetic fields. Such substances are Iron, Steel, Nickel and Cobalt.

The difference between the properties of Iron and Steel is that soft iron has far greater receptivity than steel, but has far less coercivity; in other words, steel retains magnetism for a long time, whereas soft iron loses it earlier. As such soft iron is used in electro-magnets and steel is used for permanent magnets.

Paramagnetic:

These substances represent the materials which are feebly attracted when placed in a magnetic field in "non -uniform field, paramagnetic substances will experience an attractive force towards the strongest part of the field. Such substance includes Aluminium, Chromium, Copper sulphate, Manganese, Palladium, Platinum, Potassium and Tungsten, etc.

Diamagnetic:

These substances are the materials which are not attracted by magnets. They have a tendency to move from stronger to weaker parts of magnetic field and are characterised by negative susceptibility. To this class belong Antimony, Bismuth, Copper, Diamond, Gold, Mercury, Silver, Sulphur, Tin and Zinc.

Permanent alloys magnets are generally used for door latches, fans, filter coils, gramophones, loud speakers, magnetos, magnetic generator, magnetic separators, meters, radios, scooters, sugar mills, telephones, television receivers, toy motors and other novelties.

Gases and liquids are also found to belong to the classes of paramagnetic while Alcohol, Hydrogen, Nitrogen, and water are Diamagnetic in their properties.

5. CERAMIC MAGNETS:

Magnets which are made up of synthetic material are called Ceramic ferrite or graphite magnets. These ceramic or ferrite magnets are manufactured from oxides of ferric and Barium (or Strontium), with certain doping agents which differ from manufacturer to manufacturer.

Uses of ceramic magnets are:

1. Communication - loud speakers, microphone
2. Transport - car radios, motors of scooters.
3. Electronics - calculator, computers
4. Electricals - cycle dynamos, toy motors
5. Miscellaneous - belts, door latches, magnetic chucks.

Advantages of ceramic magnets are:

1. Higher coercivity force and retention of Magnetism for very long time.
2. High stability to demagnetising field and temperature changes.
3. About 60 percent weight as compared to metallic magnets.
4. No keepers required.
5. Available at lower costs.

Disadvantage of ceramic magnets are that they are liable to break on falling down. They should be handled with care particularly to avoid chipping of sharp edges or corners.

Magnetisation and Magnetic Poles:

After the magnetic materials are transformed into the required shapes, sizes and designs, the formed pieces have to be magnetised before they can be put to use.

The magnetisation is done by electric current; and for this purpose, electro magnetising machines are used these days, as they are convenient and powerful. By this magnetisation process, the formed pieces develop North polarity on one end or side and south polarity on the other end of side, in a very short time. Magnetisation does not take long time of one had a charger or magnetiser and knows how to operate it.

6. LAWS OF MAGNETISM:

The laws of Magnetism are as follows:

1. Like poles repel each other and unlike poles attract each other.

This is a universal rule and it can be experienced by any one by taking two magnets and bringing one marked pole of one magnet near each of the two poles of the other magnet.

2. Equality of poles of magnets.

As the molecules are arranged in lines in the magnetised state of a substance, there are as many like poles on one side of the, neutral region as on the other. Both the poles of every magnet are, therefore, opposite to each other and have equal and the same strength. In other words, the pole strength at the two ends of a magnet is always equal in magnitude but opposite in nature.

3. Inseparability of Poles.

Every bar magnet has two different poles, at its two ends, and has every other type of magnet. If a bar magnet is actually cut into two parts, each part becomes an independent magnet having two opposite poles like the original one. If the smallest magnets be subdivided, still shorter magnets are formed, each having two poles again.

4. Demagnetisation and remagnetisation of magnets.

When a magnet is subjected to rough handling (such as hammering, heating or twisting), its strength is impaired, because such treatment partially breaks down the linear arrangement of molecules. Demagnetised, magnets can, however, be remagnetised or recharged to regain their lost strength.

5. Safe custody of magnets.

In order to avoid the automatic demagnetising effect of the poles, magnets are kept in pairs with two ends of the pieces of soft iron strips placed across them. These strips are called keepers. The 'keeper' completes the magnetic circuit and hence there are no free poles to lose their strength.

7. MAGNEISED WATER

Water is a transparent fluid, which has no colour, odour, or taste of its own. It takes the shape of its container colour, odour and taste of other things mixed with it has got the characteristic of assimilating the properties things. Accordingly, when the properties of a magnet absorbed in water by continuous contact between the two, are magnetised and shows its beneficial effect in the water gets almost all ailments when taken internally for some considerable time

Influence of Magnetic Field on Properties of Water

Scientists have proved that a magnetic field influences the progress of crystallisation in solutions and increases the number of crystallisation centres. It has also been established that many physical and chemical properties of water undergo a change when it is exposed even for fractions of a second to the lye of a weak magnetic field. The changes take place in its boiling temperature, density, electrical conductivity, surface tension and viscosity and the new properties exist for several days.

Useful Results of Experiments with Magnetised

Many experiments have been made in Russia with magnetised water and very useful results have been noticed in different field of technology. It is a matter of common knowledge that when water flows into a Pipeline, some deposits adhere to the walls of the pipes.

These deposited coatings of the pipes and other fittings cause great nuisance, interfere with the free working of the machine and reduce its efficiency. These deposits are harmful, combustion engines also. A coating of 1.5 mm in thicker reduces the power of a car engine by 5 horse power. Consequently, the expenditure of fuel and lubricants is increased and the mechanical strength of various parts of the engine decreased.

When a section of pipeline carrying water is placed in a magnetic field, there appears on its walls, a brownish powder instead of the coating of hard deposit. This powder can be removed from the pipes, fittings, or the boilers, etc. without stopping the technological process.

Magnetised water has helped the automobile engineers. When poured into radiators, it prevents the forming of deposits and also destroys old salt sediments on the pipes. The magnetised water also removes the so-called water stone inside the pipes and fittings.

Magnetised water has proved useful for oil industry. Salts adhere to the pipes through which oil is pumped out to the surface. Sets of magnets were mounted in the shafts of wells. This

resulted in the dropping of the sedimentation of salts in pipes and in the manifold increase of their length of service.

Magnetised water lessens dust during the drilling of blast holes and thus improves the working condition of the miners.

Magnetised water helps in building construction too. The strength of the samples of concrete made with magnetised water is increased by about 20 to 30 percent. Light concrete becomes almost twice stronger and heavy concrete 50 percent stronger as compared to similar concretes made with normal water.

Magnetised water was also used in irrigation and the plants grew at the speed of 20 o 40 percent faster than before.

The magnetic treatment of water thus saves a lot of expenses of labour, time and money and is successfully applied in many industries in Russia.

It appears that the use of magnetised water can solve or minimise many problems and can afford many facilities. The use of magnetised water, therefore, deserves the attention of the industrialists in India for the benefit of their industries and for the country as a whole.

Beneficial Effects of Magnetised Water on Human Beings

The live tissues are mostly colloidal solutions. Scientists have therefore, arrived at the conclusion that the magnetic field can influence biological processes as well.

If the invisible force of magnetism is transferred to some other substance which is capable of absorbing it within itself, and then the magnetised substance is administered into and in assimilated by any living organism, such assimilation naturally has its effect on the living organism.

When a permanent magnet is kept in continuous contact with water, for considerable time, the water is not only influenced by the magnetic flux of the magnet, but becomes magnetised and acquires magnetic properties. Such magnetised water has its effect on the human body when taken internally, regularly for a considerable period.

Magnetised Water helps in All Diseases

The experience on long use of magnetised water, prepared from the healing vibrations of permanent magnets, has proved beyond doubt that it helps in almost all diseases and is especially beneficial in the disorders of the digestive, nervous and urinary systems.

The continuous use of magnetised water improves digestion, increases appetite and reduces excess of acids and bile. It helps in proper movement of bowels and expels poison, unwarranted salts and morbidity from the body.

The use of magnetised water has helped women in the regularisation of their menses. The magnetised water can also help to clear the clogged arteries, normalise circulatory system and regulate the functioning of the heart.

The magnetised water helps in kidney troubles and brings out urine. If urine is stopped, administration of one ounce of the magnetised water mixed with one ounce of simple water in quick succession of 5 to 10 minutes for 8 to 10 times will make the patient pass urine.

In a Leningrad clinic, patients suffering from stones in the kidneys and gall bladder drank magnetised water and it helped to wash out the salts and stones from their organism. The magnetised water is effective in the treatment of all kinds of fevers, all sorts of pains, asthma, bronchitis, colds, coughs, headaches, etc. In short, it helps in the removal of every indisposition.

The use of magnetised water is economical, safe and simple. Magnetised water can be easily prepared in every house if some magnets are available. Magnetised water can be taken by healthy persons also for improving digestion and for removing weakness and tiredness associated with the day-to-day activity of life.

Dr. H.T. Bolakani has written in his book "Secrets of Magnet Therapy" that many Europeans go to a place **"Evian"** in France to seek relief from various ailments of the kidneys, exhaustion, gout and obesity, as well as prematurely growing old. Every cure is based there on Evian Water, which flows from a spring.

Bottles of this water are sold all over France and it shares honours in houses and restaurants with other mineral waters. This water is proclaimed beneficial for feeding children, diuresis, intoxication, kidney troubles, arthritis, gout, obesity and urinary ailments. It is felt that **Evian Water** is nothing else but '**Magnetised Water**'.

It has been reported that patients in Britain, Denmark, Norway and Sweden have noticed that drinking magnetised water or even beer treated with magnetic conditioner has improved their health. The Russians call the magnetised water **Wonder Water**'.

Milk can be Magnetised and Made more Potential

Many people in India are in the habit of taking milk before going to sleep at night. If a glass of hot milk is kept over the South Pole of a permanent magnet, encased in a round or square frame about 3 or 4 inches diameter, or if two permanent magnets of crescent type of about 5cms. The Length are placed around and in close contact with the glass, for 20 to 30 minutes, and the milk is taken thereafter, it makes a very beneficial diet for the convalescent period and becomes more potential generally as well as sexually.

A news item about the effect of magnets and magnetised water has been published in the Times of India and the Hindustan Times both dated the 21st August 1975. The news is reproduced below for information New Delhi—August 20—Soviet researchers have found that cows give more milk when magnetised. They have discovered that magnets can raise milk output and the fat content in milk, according to the Soviet News Agency—APN. They have reported that magnetic treatment also cures and prevents a disease called 'Mastitis'.

Magnetised water is also used to cure human ailments. It is used in Soviet Clinics to relieve pain, reduce swelling and for the removal and prevention of kidney stones.

"Some Soviet biologists are of the view that all effects of magnetism on living beings are exerted through water"—PTI.

Preparation of Magnetised Water

There are different views about the methods of preparation of magnetised water. Some of the methods are given below

Some Magneto therapists are of the view that an iron alloy magnet of one piece, which can lift a quarter of a kilogram iron weight, may be taken and cleaned thoroughly. If the magnet

has any colour paint it should be removed completely. Then a glass-tumbler may be taken and filled up with clean drinking water.

The magnet may be immersed in the water and the glass tumbler may be covered and kept safely. This may be done in the evening. The water gets magnetised in a short time. The magnet may, however, be allowed to remain in the water for twelve hours to assimilate full magnetic emanations. Next Morning the magnetised water may be filtered and transferred to a clean colourless bottle from which it may be used.

Some other magneto therapists are of the view that if a bigger one-piece iron-alloy magnet which can lift about one kilogram of iron-weight, is used for preparation of magnetised water, bigger glass-vessel or china-clay jar which can contain 2 or 3 litres of water may be used.

The method of preparation of magnetised water remains the same in both the ways. The magnetised water prepared in the bigger vessel or jar may be kept in several bottles after filtration and can be used by many persons or by one person for many days. The duration of keeping the magnet in the bigger vessel or jar also remains the same.

The magnet can also be allowed to remain in water for 24 hours, but during this time or any longer period; there is the likelihood of the magnet getting rusted and the water getting contaminated in both of these ways. It is, therefore, necessary that the magnet and the glass tumbler or the jar, in which the magnet is kept, must be cleaned thoroughly every time before keeping the magnet in water.

In case any reddish deposit is seen in the glass-tumbler or in the jar or in the bottles, in which the magnetised water is stored after filtration, the magnetised water up to a centimetre above the bottom of the bottle may be used for human consumption and the lower reddish portion of the water may be thrown out.

The other way of magnetising water is by bring the magnet in close contact of the vessel or glass container from outside. Magnetism passes through glass, and therefore milk, water, wine, juice, etc. Assimilate magnetic effect even when magnets are kept in close touch with the vessels from outside.

The vessel is kept in contact for about 12 hours or up to 24 hours without any rusting or contamination.

8. DOSAGE OF MAGNETISED WATER

The dose of magnetised water for adults is two ounces (50ml or more) at a time.

For children the dosage is one ounce (25ml) at a time, thrice daily.

In case of infants the dosage is one or two teaspoonful at a time, thrice daily.

In fever condition the water can be taken every two hours.

Magnetised water becomes a medicine and should not be taken in excessive quantities like simple drinking water.

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Contact Us:

University Campus Address:

Jayoti Vidyapeeth Women's University

Vadaant Gyan Valley, Village-Jharna, Mahala Jobner Link Road,
Jaipur Ajmer Express Way, NH-8, Jaipur- 303122, Rajasthan (INDIA)

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