

**GEMSTONE THERAPY: AN OVERVIEW**

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**ABSTRACT:**

Gemstones are extremely powerful tools to aid in balancing the physical, psychological and spiritual sides of life. They have been in use as part of alternative and complementary medicine for years. Due to side effects of allopathic medicine peoples always want to use medicines with less or no side effects. Due to this AYUSH is getting more and more recognition in developed countries too. Gemstone therapy has sound base in Ayurveda. Gemstones are used by wearing them or by using their tincture or ash. More scientific study can give impetus to Gemstone therapy. It has the capacity to treat various diseases. Combination of ancient wisdom and modern techniques definitely make human life disease free.

**Key Words:** Gemstones, legacy of gemstone therapy, healing power of gemstones.

**Introduction:**

Gemstone, any of various minerals highly prized for beauty, durability, and rarity. A few noncrystalline materials of organic origin (*e.g.*, pearl, red coral, and amber) also are classified as gemstones.<sup>1</sup> Wearing of gems and ornaments promotes, wealth, auspiciousness, longevity, prosperity, destroys calamity, produce happiness, charms and ojas. <sup>2</sup> It is known that planets produce effects in humans. Gemstones were studied and used to neutralize these effects. They have been in use as part of alternative and complementary medicine for years. They were regarded by many civilizations as miraculous and endowed with mysterious powers. Gemstone therapy is most aptly described as a holistic and non-invasive therapy that involves wearing precious and semi-precious stones to improve physical and emotional health.

Of the more than 2000 identified natural minerals, fewer than 100 are used as gemstones and only 16 have achieved importance. These are beryl, chrysoberyl, corundum, diamond, feldspar, garnet, jade, lazurite, olivine, opal, quartz, spinel, topaz, tourmaline, turquoise, and zircon. Some of these minerals provide more than one type of gem; beryl, for example, provides emeralds and aquamarines, while corundum provides rubies and sapphires. In virtually all cases, the minerals have to be cut and polished for use in jewellery. <sup>3</sup>

**Ancient Legacy of Gemstone Therapy:**

It is known that the ancient Greeks, Egyptians and Judaic cultures utilized gems for both healing and general enhancement of life, but it was ancient Vedic culture of India that gave us the greatest inheritance of this knowledge. The metaphysical

properties and how persons can increase their well being on the physical, emotional and even spiritual planes through the proper use of gemstones is a science delineated in the Vedic scriptures to a far greater degree than the texts of any other ancient culture.<sup>4</sup> The Vedas contain the most complete storehouse of knowledge of gems, their description, potencies and prescriptions for effective usage. The instructions on their uses and prescriptions are found especially in the texts of the 'Jyotish' and the 'Guruda Purana'. They give detailed descriptions of the uses of gemstones as remedial measures to counter imbalances in an astrological horoscope by the wearing of gems on the body, as well as the uses of the gems in preparing elixirs and the medicines to be taken internally.<sup>5</sup> Thus gemstone therapy has great Indian inheritance.

### What Makes Gemstone Healing? 6

From innermost essence to physical body human being is made up of and nourished by a continuous flow of life force. This life force is a current of light which springs from the source of life itself. When it flows freely, we experienced joy,

vitality and vibrant health. In the natural course of living, however, various blockages accumulate within this flow. These blockages create dark clouds within us. This gives rise to disharmony, pain and disease.

Like us, the Earth is enlivened by life force. As the Earth was forming, life energy was infused into the planet's crystalline matrices. Thus, the Earth's gemstones come to embody and express the life force within the planet.

Gemstones radiate their life force with great power. When used properly they can bring light into areas of darkness and neutralize blockages within us. As these blockages dissolve, the light of the life force can once again shine through to enliven, nourish and heal us.

### Gemstones and Their Actions: 7

Gemstones are related to the various planets and produce a balancing effect to counter specific diseases. Mostly gemstones are used by wearing them. In some cases they can be used in the form of their tincture or ash. Healing properties of various gemstones are given below.

<i>GEM</i>	<i>ACTIONS</i>	<i>PLANET</i>
Ruby <i>(padmanabha mani or manika)</i>	<ul style="list-style-type: none"> <li>• Promotes long life.</li> <li>• Good for poor circulation, anemia and spleen dysfunctions.</li> </ul>	Sun
Pearl <i>(moti)</i>	<ul style="list-style-type: none"> <li>• Calms the mind.</li> <li>• Nutritious and strengthening for <i>rasa, mamsa and shukra dhatus.</i></li> </ul>	Moon
Gomed <i>(tapomani)</i>	<ul style="list-style-type: none"> <li>• Improves digestion and circulation.</li> <li>• Strengthens solar plexus and spleen.</li> </ul>	Rahu

	<ul style="list-style-type: none"> <li>• Helps lymphatic congestion and edema.</li> <li>• Good for attention deficit disorder.</li> </ul>	
Yellow Sapphire ( <i>pushkaraja</i> )	<ul style="list-style-type: none"> <li>• Brings stability, groundedness and wisdom.</li> </ul>	Jupiter
Red Coral( <i>pravala</i> )	<ul style="list-style-type: none"> <li>• Improves colour complexion and imparts gracefulness to the person.</li> </ul>	Mars
Diamond( <i>vajra</i> )	<ul style="list-style-type: none"> <li>• Brings prosperity.</li> <li>• Strengthens <i>shukra</i>.</li> <li>• Improves romantic qualities, digestion and slows aging.</li> </ul>	Venus
Blue Sapphire( <i>nilam</i> )	<ul style="list-style-type: none"> <li>• Gives energy to the nerves, bones, joints and muscles.</li> </ul>	Saturn
Lapis Lazuli ( <i>indranila</i> )	<ul style="list-style-type: none"> <li>• Good for liver, gallbladder, regulates bile.</li> <li>• Good for skin disease.</li> </ul>	Saturn-like energy
Emerald( <i>panna</i> )	<ul style="list-style-type: none"> <li>• Removes nervousness, improves writing and lecturing skill, gives intelligence.</li> </ul>	Mercury
Cat's Eye ( <i>vaidurya, lasnya</i> )	<ul style="list-style-type: none"> <li>• Produces energy, cures cold, renal disorder.</li> <li>• Good for diabetes and arthritis.</li> </ul>	Ketu
Suryakanta	<ul style="list-style-type: none"> <li>• Stop bleeding, improves memory and helps seizures.</li> </ul>	Sun-like energy
Quartz Crystals ( <i>sphatika</i> )	<ul style="list-style-type: none"> <li>• Good for gas, fistula.</li> <li>• Improves communication and enhances intuition.</li> </ul>	Venus-like energy
Onyx( <i>tribhuj, harita pita mani</i> )	<ul style="list-style-type: none"> <li>• Good for epilepsy, Parkinson's, schizophrenia.</li> <li>• Improves love and positive thinking.</li> </ul>	Sun-and Jupiter-like energy
Bloodstone( <i>lohita</i> )	<ul style="list-style-type: none"> <li>• Good for anemia, improves <i>agni</i>, heals stomach ulcer, improves memory.</li> <li>• Gives energy, warmth, improves circulation and builds liver and gallbladder energy.</li> </ul>	Mars-and Sun-like energy
Jade( <i>nephrite, yashava</i> )	<ul style="list-style-type: none"> <li>• Good for prostate and kidney disease.</li> </ul>	
Amethyst( <i>nila sphatika</i> )	<ul style="list-style-type: none"> <li>• For mental clarity.</li> <li>• Acts on <i>majja dhatu</i>.</li> <li>• Helps neuromuscular</li> </ul>	Saturn-like energy

	weakness.	
Opal( <i>sagararaja varuna</i> )	<ul style="list-style-type: none"> <li>• Improves vision and relieves fever.</li> <li>• Enhances spiritual feelings and unfolds intuition.</li> <li>• Good for migraine headache.</li> </ul>	Neptune
Alexandria( <i>hemaratna, harshal</i> )	<ul style="list-style-type: none"> <li>• Brings tranquility and enhances memory.</li> </ul>	
Aquamarine ( <i>harita nila mani</i> )	<ul style="list-style-type: none"> <li>• Eliminates dullness of mind and brings mental happiness and intelligence.</li> <li>• Enhances love in relationship.</li> </ul>	Venus-like energy

### Qualities of the Best Gemstones: 8

The best quality gem should be clear, light, shining or glittering and must possess various surfaces and angles. According to modern view gems should be beautiful, durable, rare, costly and portable. The beauty of a gem depends upon its transparency, clarity, brilliancy, colour, lustre and shining appearance. These qualities could be seen when the gems are cut and polished.

### Defects of Gemstones: 9

In ancient texts five defects of gems are described. These are *grasa*, *trasa*, *bindu*, *rekha*, and *jalagarbhata*. According to modern terminology these may be explained as: *grasa* means black spots, *trasa* means discolouration or presence of grains, *bindu* means erosions, *rekha* means lines or boundaries, and *jalagarbhata* means presence of bubbles. Gems are claimed to be free from earth and water born defects.

### Metals for Setting Gemstones: 10

Some astrologers consider that gold is the best metal for setting all expensive stones because it is the

metal of the Sun from which all the planets derive their light. Their view is that the energetic of the metal are overcome by the power of the stone and it serves a more or less neutral role to transmit the gem's influence.

Other astrologers point out that the heating nature of gold must be considered in its usage with gemstones. They hold that white gold (gold with silver) or gold with copper are better when the properties of gold may be inappropriate for a gemstone that is cooling in nature. Or they may recommend silver, which is cooling metal and has lunar qualities opposite to the solar nature of gold. In this way effect of gemstone can be modified according to the metals used to set them, which have their own properties.

Gold promotes the stimulating, heating and fiery properties of gems. It increases the Agni (fire) in the gem and makes it more suitable for Vata and Pitta constitutions in terms of Ayurveda. It is better for ruby, cat's eye, yellow sapphire or hessonite garnet and aids in their heating and expansive energy. It can be used for emerald and blue sapphire, which tend to be cooling,

but only if we want to help balance their effects.

White gold has a more cooling effect. Many regard it as preferable to silver, if one wants a good metal conductor that is less heating than gold. It is better for pearl or diamond. Gold with copper has neutral nature and can be used for settings in which we do not want to overly increase Pitta, particularly red coral for Mars.

Silver increases the sedating, cooling and watery properties of gems, but is not as powerful a conductor of planetary energies as gold. It makes gems more suitable to Pitta constitutions. Substitute gemstones, as their influences are weak, do not require gold and can be set in silver.

Vedic astrologers may also modulate the effects of gems according to their colour. For example, a lighter red coloured ruby may be used when one wants to increase solar energy but not aggravate Pitta. Or pink coral may be used if one wants to increase Mars energy but guard against overheating the person.

#### **Gemstones and Essential Oils: 11**

By combining the life force of plants and the mineral crystals, we can create a synergistic effect, enhancing both the energy of the gemstone and the energy of the oil. Once the essential oils have been potentized by the mineral -for a period of an hour, a day, a week, a month-those essential oils are transformed and now have within them the power of the gemstones. It is also beneficial to put a single drop

of essential oil onto a gemstone before wearing it.

#### **Conclusion:**

Gemstone therapy which deals with balancing the physical, psychological and spiritual sides of life has strong base in Ayurveda. As most of the allopathic medicines show side effects peoples of the developed countries are in constant search of the way of treatment with no or less side effects. Due to this AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) is receiving more and more public trust day by day in comparison with Allopathic way of treatment. Gemstone therapy can be easily applied. It is cheap to use. It shows no side effect if it is applied under the guidance of experts. With more scientific study Gemstone therapy can acquire world recognition and it can be used as alternative medicine for number of diseases.

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