

Magnet Therapy

Your attention is drawn to Preface to Medical section. Kindly read the same before you read this section.

- ❖ **Principle of Magnet Therapy:** The person remains healthy so long as equilibrium is maintained in the electromagnetic forces flowing in the body. Illness results from a disturbance of this equilibrium.

- ❖ **Advantages:**
 - (i) Practically any disease can be treated.
 - (ii) No side effects unless blunder is made in selection of pole.
 - (iii) Cost-effective.
 - (iv) The treatment can be taken as per patient's convenience.
 - (v) Preventive aspect.

- ❖ **Limitations:**
 - (i) It can not be the sole form of treatment.
 - (ii) It has no role to play in purely surgical problems.

- ❖ **Methods:**
 - (i) Unipolar-Either north or south
 - (ii) Bipolar- both poles are used.

- ❖ **South Pole:** It has a cooling & tranquilizing effect. It reduces swelling and brings infection under control. It slows down the circulation of blood in the capillaries. If kept in contact with water for some time, alkalinity of water is increased.

- ❖ **North Pole:** it gives warmth & energy and stimulates the physiological reactions. If North Pole is kept in contact with water, acidity of the water is

increased. It accelerates the circulation of blood. It increases swelling.

- ❖ **Strength** of the magnets depends on (i) disease (ii) organ (iii) age of the patient.
- ❖ **Duration of treatment:** Magnets should be applied for the diseased part for minimum 15 minutes.

Magnetized Water

- ❖ Magnetized water has beneficial effect on (i) digestive system(ii) blood and blood vessels (iii) Urino-genital system(iv) through blood, it affects each & every cell of the body.
- ❖ Plastic bottle containing water should be kept on / between north & South Pole for 12/24 hours for making magnetized water.
- ❖ Magnet brings about physical & chemical changes in water.
Physical: An evolution of gases like Nitrogen is dissolved in water.
Chemical: A dissociation of water molecules into hydrogen and hydroxylions.

$$\text{H}_2\text{O} \leftrightarrow \text{H}^+ + \text{OH}^-$$
- ❖ Healthy person should consume at least 4 cups of magnetized water for preventing disease. The patient should consume about 750 ml magnetized water.