

ELECTROMAGNETIC PROPERTIES OF RUDRAKSHA

Rudraksha Has “ELECTROMAGNETIC”, “DIAMAGNETIC”, “PARAMAGNETIC” & “DYNAMIC POLARITY”.

It is believed that real rudraksha beads can change polarity & influence the flow from “ENDOCRINE GLANDS”, which has anti-ageing properties.

Studies on the impact of rudraksha on “DOPAMINE” & “SEROTONIN levels found it can regulate the flow of dopamine & serotonin.

WHAT IS DOPAMINE?

Dopamine is a hormone & a neurotransmitter that plays several important roles in the brain & body. It is an organic Chemical of the catecholamine & phenethylamine families. It is an amine synthesized by removing a carboxyl group from a molecule of its precursor chemical L-DOPA, which is synthesized in the brain & kidneys. In the brain, DOPAMINE functions as a “NEUROTRANSMITTER”-a chemical released by neurons (Nerve Cells) to send signals to the other nerve cells. The brain includes several distinct dopamine pathways, one of which plays a major role in the motivational component of reward-motivated behaviour)

WHAT IS SEROTONIN?

Serotonin is a chemical nerve cells produce. It sends signals between your nerve cells. Serotonin is found mostly in the **digestive system**, although it's also in blood platelets and throughout the central nervous system.

Serotonin is made from the essential amino acid tryptophan. This amino acid must enter your body through your diet and is commonly found in foods such as nuts, cheese, and red meat. Tryptophan deficiency can lead to lower serotonin levels. This can result in mood disorders, such as anxiety or depression.

Serotonin impacts every part of your body, from your emotions to your motor skills. Serotonin is considered a natural mood stabilizer. It's the chemical that helps with sleeping, eating, and digesting. Serotonin also helps:

- reduce depression
- regulate anxiety
- heal wounds
- stimulate nausea
- maintain bone health

Serotonin helps regulate your mood naturally. When your serotonin levels are normal, you feel:

- happier
- calmer
- more focused
- less anxious
- more emotionally stable

In short “DOPAMINE” is related to Actions, Restlessness & Competitive energies & “SEROTONIN” is related to happiness & satisfaction.

FOR IMPROVING COGNITIVE FUNCTIONS

The functions of human nervous system are based on signaling from the brain to the body organs. The disruption of flow of “NEURONS” along the spinal cord can alter sensations.

If the connectivity in signaling is lost, the person may not feel COLD, PAIN or HEAT immediately.

Alternative therapies like reiki, herbs, yoga & meditation can help in regulating neuron signaling by promoting relaxation of mind.

CHANGING POLARITY

It is believed that rudraksha can change polarity. It is diamagnetic & requires temporary magnetic property in the presence of an external magnetic field. In other words, Rudraksha beads act like a magnet due to its property of Dynamic Polarity. The property can help in regulating Bio-Electricity, which improves the flow of blood in arteries & clear blockages. It is also helpful in controlling hyperactivity or restlessness or palpitation of heart, especially in people who suffer from STRESS.

The INDUCTANCE in beads creates magnetic properties which can send vibrations that make the mind active. Some beads can send signals to regulate particular chemicals released by the brain & this can have a positive impact on the personality.

DIELECTRIC BENEFITS

Rudraksha beads infuse us with a positive attitude. Scientific studies prove that rudraksha beads have Dielectric properties, which means that they act as a storage unit for any excessive or bad energy. Whenever we are stressed out, physically or mentally our body produces more energy which if not stored or burned, creates problem in our body leading us to hypertension, anxiety and other disorders. Rudraksha beads stabilize this unwanted energy source & improve our nervous system & balance those excessive hormones.

ANTI-INFLAMMATION BENEFITS

Rudraksha beads have anti-inflammatory and anti-bacterial properties. Drinking the water of soaked Rudraksha will build your resistance towards various diseases, It is rich source of "VITAMIN-C".

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