

# The Science of Gemstones and their Effect on Human Body

**Dr. Mithlesh Kumari**

Associate Professor, Department of Physics, K.L.D.A.V.P.G.College, Roorkee-247667 (Uttarakhand)  
India

## **Abstract:**

Gemstones have fascinated humans for centuries. Their uses other than perfect jewelry include their perceived effects on the human body. Gemstones are not only beautiful to look at but also have amazing properties that enhance our physical, mental and spiritual well-being. Each gemstone has unique vibrations that resonate with a specific planet, chakra and element. By wearing gemstone, we can put their energy and benefit. Ancient people believed that gemstones protect the wearer from unhappiness, misfortune, and illness.

**Keywords:** gemstones, crystal vibration, planets, elements, colour-therapy

## **Introduction:**

Gemstones occur naturally beneath the earth's surface. Their crystalline structure has been formed under specific geological conditions for millions of years. Each stone has a particular structure and properties, including hardness, colour, inclusions etc. When extracted directly from the earth and used in the same form, these stones are called crystals. When these are shaped, they are categorized as gemstones. Since crystals or gems possess electromagnetic properties, some energy is inside them.

Gems have fascinated humans for centuries, not only for their striking beauty but also for their mystical powers [1]. It is believed that stones provides the wearer happiness, fortune, health, spiritual and emotional healing, generate positive energies. The emotional well-being and building resilience for oneself are some of the primary gemstone benefits for which they are widely popular [2].

## **The Science behind the Gemstones:**

There is a strong relation between gemstone and science [3]. Gemstones are scientific devices and a particular structure, colour and energy is associated with them, which is transferred to the body of the wearer. They are also related to the planets. If a planet is beneficial but weak or afflicted; its gemstone may provide extra strength to it. As the planet gains strength, we may benefit. Some important factors which relates gemstones with science are as follows:

## **Crystal vibrations**

Gemstones have a crystal structure, composed of atoms arranged in specific patterns and the energy is the concept of crystal vibrations. These atomic structures vibrate with certain frequencies [4], which are believed to interact with the energy fields of living things. The effect of gemstones on the human body is

because of these vibrations. This interaction forms the basis of the healing properties attributed to gemstones [5]. It is said to emit calming frequencies can help to reduce stress and promote tranquility.

### Energy Transfer

Every particular gemstone absorbs all types of cosmic as well as solar energy and permits only a particular energy type to pass through it. The effect of gemstone on the human body is because of these energies. This form of energy, which is absorbed by the human body, can improve health conditions, restore chakra balance and cause positive effects. The chakras, when unblocked, serve us with many benefits. If they are blocked, they can lead to emotional and physical unbalance. Such as, yellow sapphire is known to stimulate the solar plexus chakra, benefiting the wearer with wisdom and intelligence and reducing anxiety. These gemstones possessing the solar and cosmic energy are capable to cure any kind of health-related disorders.

### Colour

The Colour greatly influences our feelings, overall health, and the energy of our environment. The gemstones work on a well-known therapy ‘Colour Therapy’ which exactly means they work on colour energy. In fact, modern science has also observed the spectacular influence of colours over the human body. Colours such as green, red, blue of the gemstone produce the rays to increase the human body system behaviour. Every gemstone possesses different luster as well as colours. Sun is the primary source of energy of all these gemstones that positively affects human minds. The seven colours of the spectrum such as red, orange, yellow, green, blue, violet and indigo have different wavelengths. Due to this reason, all of these have different influence and operating power on the human body system.

### Planets and gemstones

The gemstones have celestial forces which are governed by their respective planets. The planets radiate the forces and influence via colour. These colours are associated with nine planets and the gemstones are also in this consonance. The gems absorb or reflect the planet’s vibrations or rays. Wearing the proper gem can increase a planet’s positive effect on the body because the gem acts as a filter and allows only positive vibrations [6]. Every planet is associated with a particular gemstone and these stones are known as “Navratna”.

Planet	Associated Gemstone
Sun (Surya)	Ruby (Maanik)
Moon (Chandra)	Pearl (Moti)
Mars (Mangal)	Coral (Munga)
Mercury (Budh)	Emerald (Panna)
Jupiter (Brahspati)	Yellow Sapphire (Pukhraaj)
Venus (Shukra)	Diamond ( Heera)
Saturn (Shani)	Blue Sapphire (Neelam )
Raahu	Hessonite ( Gomed )
Ketu	Cat’s Eye (Lahsuniya)

### Five Elements and Gemstones

In various spiritual and metaphysical practices, different gemstones are often associated with the five elements - Earth, Air, Fire, Water and space. The red colour, which is linked to the fire element, stands for strength and passion. It generates passion and energies in people. Yellow is the colour that symbolize the earth element and is linked to intelligence, optimism, and creativity. The colour blue is linked to the water element and stands for emotional harmony, tranquilly, and peace. The colour green stands for the wood element and denotes development, harmony, and balance. It is connected to nature.

Element	Gemstone
Air	pearl
Fire	coral, Ruby
Earth	yellow sapphire, Emerald
Space	Diamond
Water	Blue sapphire

### Effect of gemstones on human body (Gem Therapy)

Gemstones are precious stones renowned for their numerous benefits and healing properties. The important scientific fact is gem therapy that is based on colour therapy. The distinct colours of gemstones have a distinct influence on the system with different operating power. From the calming embrace of amethyst to the fiery passion, each gem whispers a unique story, adding a touch of magic to our lives. Gemstones are not just accessories but indispensable companions in the pursuit of both style and holistic well-being. There are many interesting facts behind gemstones. Some important gemstones and their effect on human body are as follows [7]:

#### Ruby or Manik

Ruby, also known as Manik or Manikya, is a naturally occurring gemstone. According to Sanskrit, it is also called "Ratnaraj", which translates to "the king of gems". Apart from its mesmerizing beauty and aesthetic value, this gemstone possesses supernatural healing and beneficial attributes that are far more admirable. It represents power, prosperity, passion, energy, fame, and vitality and includes spiritual and metaphysical properties. The gem is associated with the Sun and is said to draw inspiration, nurturing characteristics, and vital forces from the celestial body. Wearing a Ruby helps imbibe these features in the wearer. So overall, this stone is excellent for mental and emotional healing, possesses positive cosmic strengths. In addition, the stone's positive healing energy and aura facilitate a stress-free and peaceful living.

#### Pearls or Moti

Pearl or Moti is the gemstone of the Moon, which is the image of the brain. Pearl reflects harmony and tranquility and is generally used to carry mental harmony and prosperity to the conveyor. Pearl symbolizes emotional clarity and purity. We can wear pearl for receiving liberal energy from people that can help us. It is also recommended for controlling temperament. The benefits of this gemstone also include enhanced intuition and a sense of inner peace.

**Diamond or Heera**

Diamond is the hardest substance and is also one of the most preferred jewelry. It is a colourless crystalline and is considered the most important in all aspects. It is a hot gem. It is governed by the planet Venus. It is the symbol of purity, beauty. It shows soft nature and peace.

**Emerald or Panna**

Emerald gemstone is one of the famous stones ,it is also called Panna. This gemstone belongs to the planet “Mercury” or “Budhh” which makes it directly related to mental wellness and gives health benefits. It symbolizes love, hope and prosperity. The green colour provides freshness and swiftness. It offers peace, happiness, and life. It enhances our communication skills and intellect. It helps us benefit financially by increasing our earnings.

**Coral or Munga**

The Red Coral stone benefits reverse the malefic effects of the planet Mars in life to bring prosperity, marital bliss, and spirituality to the wearer. This vibrant red gemstone contributes to escalated protection, love, divinity, and career. It is believed that red coral have healing qualities and positive effect. The Red Coral gemstone imparts strong willpower, determination, vitality, and courage.

**Hessonite or Gomed**

The extremely powerful hessonite gemstone eliminates confusion & enhances mental clarity along with a balanced temperament. It offers the wearer a sense of confidence, stability, & positive energy in their lives. It has high protective energy and shields the wearer in all such scenarios. It helps boost concentration, focus and gives the wearer clear direction to help achieve life goals. So, it is extremely beneficial for students and researchers.

**Blue Sapphire or Neelam**

This gemstone is quite a powerful to remove Saturn’s evil effects. Although it can react adversely. We must test it for a minimum of a week before going for the final one. Neelam can give everything that you desire such as wealth, health, happiness, and long life. The blue colour is the symbol of spirituality. It manages the activity of the brain with healing powers. Neelam stone is also considered a stone of insight, instinct, and spiritual enlightenment. The deep, celestial blue colour is associated with divine connection and inspiration. For these reasons, this blue colour sapphire can be very helpful for enhancing psychic abilities and spiritual development.

**Yellow Sapphire or Pukhraaj**

It represents Jupiter and is considered an auspicious gemstone worn to bring luck and good fortune. Yellow Sapphire provides massive health, wealth, name, fame, and success to the wearer. It is known to enhance our financial status and empower us. For instance, yellow sapphire is considered an auspicious stone worn to bring luck and good fortune.

**Cat’s Eye or Lahsuniya**

The Cat’s Eye stone, offers a multitude of benefits ranging from mental and physical health improvements to spiritual and astrological advantages. It enhance wisdom and insight, protect against

negative energies and aid success in career and relationship. The Cat's Eye stone continues to be a symbol of mystery and power, captivating the interest of people around the world.

### **Conclusion**

There is a scientific explanation behind the perceived healing powers of gemstones but the mystical and spiritual aspects of crystal healing remain unsupported. The colours and energy vibrations of gemstones may have a subtle effect on a person's mind and body. The beautiful colours and textures of gemstones can lift our mood and reduce stress. The act of choosing, handling, and wearing gemstone jewelry may provide a sense of empowerment or positive focus. Hence gemstones have various benefits and help people to manage their diseases and problems too without any side effects. So, we might have noticed that gemstones are quite useful and have the science behind their effectiveness.

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