



ENERGY MEDICINE - HUMAN BODY VIBRATIONS AND HEALTH

Dr. Namrata Redkar

M.D. Ph. D (Ayurveda)

E-mail address: drnamrata1981@gmail.com

Abstract

Energy medicine is an emerging field that recognizes the vital role of energy in maintaining health and well-being. This research article delves into the fascinating concept of human body vibrations and their connection to overall health. Drawing from scientific research, traditional healing practices, and contemporary perspectives, this article explores the underlying principles, measurement techniques, and potential therapeutic applications of human body vibrations. By examining the intricate relationship between energy, vibrations, and health, this article aims to shed light on the promising possibilities for integrating energy medicine into mainstream healthcare.

Keywords: Vibration, Health, Disease, Electro-magnetic field, medicines, immune system, Human Body, Energy

Introduction

We are energy beings vibrating at certain frequencies. Doctors take the ECG of the heart or the EEG of the brain, what is it? Nothing but we record the electrical activity taking place in the heart and your brain. So scientifically it is proved that our heart and brain has some electricity in it. Similarly, all the organs, the liver, lungs, kidney, eyes etc. of our body also have certain electricity flowing through it which keeps it vibrating at a certain frequency.

Each organ generates a unique resonance frequency (RF). The vibration frequencies of significant bodily functions (organs and systems) range from 30 to 80 MHz. However according to the International Standard ISO2631, the sensitive range of the Human body is 60 to 80 MHz.

Now if this vibrational frequency drops down than the normal value, we start getting diseased. For example, our liver vibrates at 55 M hertz. If it decreases or starts vibrating at a any lower frequency than the required, we suffer from liver diseases like fatty liver, jaundice, hepatitis etc. now the energy required to repair the liver is present in the cosmos and if we know how to invoke it and flow or channelize into our body, we can repair our liver or for that matter any organ of our body without medications or dietary restrictions. I, being a doctor, know the Human body and its functioning and also the limitations of medicines. Thus, I myself follow and have benefited from the methods to connect with the cosmos and have around 15 years' experience in this field. I am now willing to share my experiences

with you. This is a total scientific approach of how you can be healthy by maintaining or balancing your energy levels. The vibrational frequencies make a magnetic effect on the body. The stronger the magnetic field the stronger is the protective mechanism of our body which cannot be easily penetrated by any external agents like bacteria or virus nor can be affected with disease. This boosts our immune system and thus protects us from the pandemic conditions also. We are not safe without this strong energy protective shield.

We are a living energy field. Our body is composed of energy-producing particles, each of which is in constant motion. So, like everything and everyone else in the universe, we are vibrating and creating energy. The field of vibrational medicine, sometimes called Energy Medicine seeks to use the vibrational energy generated by and around your body to optimize your health. I have been into this field for more than 10 years and seen many people getting cured with energy only by no or little medication. I also have machines which can analyse our energy bodies and provide us the reports just like medical or any other blood report, but diagnosing the condition of the body and disease well before it starts showing symptoms in us.

To many people, the concept of energy fields in the body may sound more spiritual than medicinal but a lot of research is done to understand how electrical and magnetic energy in the body stimulate chemical processes and there's growing evidence that these energies do influence our health and Prosperity.

What do we know about vibrations?

Vibrations are a kind of rhythm. Like how rhythms happen on a grand scale, --- seasonal changes and tidal patterns, they also happen within your body. Heartbeats, breathing rates, and circadian rhythms are examples of physiological rhythms we can see, feel, and measure.

But there are much smaller vibrations happening in our body, too. Inside each one of your cells, molecules vibrate at characteristic rates. Each organ of our body has a particular vibration of its own and thus Each organ generates a unique resonance frequency (RF). Using atomic force microscopes, researchers have detected vibrations on the nanoscale — much smaller than 1/1000th the diameter of a single human hair. Some of the body organ frequencies are listed below-

Table1: Frequency Table of Body Organs [13]

S.N.	Name of Body Organs	Frequency (MHz)
1	Brain Frequency	72-90
2	Normal Brain Frequency	72
3	Human Body	62-78
4	Heart Frequency	67-70
5	Liver Frequency	55-60
6	Pancreas Frequency	60-80
7	Disease Start at	58

These vibrations generate Electromagnetic energy. Researchers have found that vibrations and the electromagnetic energy associated with them cause changes in your cells, which can then affect how your body functions.

Thus it is seen that the different organs vibrate at different rates — and those rates can speed up or slow down if conditions around the molecules change.

Temperature, for example, can change the speed of a molecule's vibration. When there is change in the normal vibrational frequency of organs or body as a whole – Disease occurs. The word itself says not at ease thus Disease.

How does the energy or frequency gets disturbed

Body frequency is affected in two ways one at Mental level and second at physical level. Researchers have known for a long time that thoughts and behaviours affect the rhythms in your body. For example, anxious thoughts trigger the release of stress hormones that stimulate your heart rate to speed up or slow down. The sound vibrations of music, likewise, affect thoughts, emotions, and body systems. Thus Vibrational energy experts think our behaviours and thoughts alter much smaller rhythms and believe it's possible to speed up or slow down the vibrations that occur at the cellular and atomic levels by changing our thoughts, behaviours — and even our surroundings, thus affecting our mental state and physical health.

Physically we are also exposed to other higher vibrational frequencies than that of our organs like those of microwaves, mobiles, cell towers, computers, refrigerators, Air conditioners etc and many more to be counted. For example, let us consider the effect of Mobile phones only. Mobile or cell phones are nowadays an integral part of modern telecommunications in every individual life. Mobile phones communicate with base stations using radiofrequency (RF) radiation. If RF radiation is high enough, it has a 'thermal' effect, which means it raises body temperature. There are concerns that the low levels of RF radiation emitted by mobile phones could cause health problems such as headaches or brain tumours. Mobile phones emit radiofrequency energy, a form of non-ionizing electromagnetic radiation, which can be absorbed by tissues close to the phone. The amount of radiofrequency energy a mobile phone user is exposed to depends on many factors such as the technology of the phone, the distance between the phone and the user, the extent and type of mobile phone use and the user's distance from cell phone towers. With an increased risk of brain tumours, Scientists have also reported adverse health effects of using mobile phones including changes in brain activity, reaction times, and sleep patterns.

Thus having learnt the effects of THOUGHTS, BEHAVIOURS , MODERN GAGETS and Human body let us know how to protect ourselves from these harmful hazards.

How to protect our healthy vibrational energy?

The growing research suggests that there's a strong connection between your mind and your body. Scientifically It isn't yet understood how vibrational energy fits into the relationship between the two, but theosophical it can be explained. Thus you may be able to change your body's vibrations to:

- alter your mood
 - improve your physical health
-

- help you achieve your goals and intentions

Vibrational energy experts claim that certain emotions and thought patterns, such as joy, peace, and acceptance, create high frequency vibrations, while other feelings and mindsets (such as anger, despair, and fear) vibrate at a lower rate. There isn't much scientific evidence to support this correlation. But there is plenty of evidence linking positive emotions and thinking patterns to better health and greater goal achievement. Researchers are finding that vibrations of many kinds — electromagnetic, sound, and light — can be used to encourage healing and stimulate growth in the body.

How can I change my vibrational energy?

Vibrational energy experts recommend several strategies for elevating the vibrations in your body and your life.

Although more research needs to be done to understand whether and how these practices impact vibrational energy, many of the recommended practices are known to provide important health benefits.

Breath work

Rhythmic deep breathing is a good way to realign your vibrational energy. Research suggests that slow, controlled breathing can calm your heart rate and stimulate the areas of your brain that influence:

- comfort
- relaxation
- emotional control
- well-being

Meditation

Meditation generally involves comfortably sitting or lying down in a quiet zone, focusing your attention on body sensations or on a specified word or object, and allowing your responses to change as you meditate.

Studies have suggested that the vibrations produced during the rhythmic chanting of the syllable “om” temporarily deactivate the amygdala and other brain structures involved in processing emotion.

Research also suggests that meditation may:

- change your blood pressure
- reduce your pain sensitivity
- affect your mood
- irritable bowel syndrome
- insomnia
- anxiety
- depression
- Gratitude

Taking time to notice and appreciate what is good in your life is often recommended as a way to raise your vibrations. Intentionally and regularly expressing gratitude can:

- enhance your psychological well-being
- lower stress
- make you more inclined to participate in activities that promote your physical health

Generosity

Generosity is thought to raise your vibrational energy because it's considered a pro- social behaviour. In addition to its potential effects on your vibrational energy, there's evidence generosity could help you live longer. Generosity may prolong your life by shielding you from the harmful effects of stress.

Diet

Vibrational energy proponents say it's important to eat foods that contain higher energy levels. No research has been done to quantify vibrations in food groups and that many of these foods are simply valuable for their associated health benefits.

Vibrational energy advocates propose that a diet rich in the following foods, which are linked to numerous health benefits, can increase vibrational energy:

- leafy green vegetables
- fresh fruits
- legumes
- minimally processed grains
- honey
- spring water
- herbal teas

Vibrational energy advocates also suggest that the following foods are not considered to have any valuable vibrational energy and may also have negative impacts on your health:

- meat
- fish
- poultry
- alcohol
- dairy
- fried foods
- highly processed foods

Get out into Nature

To raise or reset your vibrational energy, get out into nature as often as you can. Exposure to natural sound waves, light waves and green spaces are all going to benefit you. Multiple studies have found that interacting with nature:

- lowers stress
- lowers blood pressure
- reduces fatigue
- reduces cortisol levels
- may lower your risk of cardiovascular and respiratory diseases

A walk in the woods or a picnic beside a high-energy waterfall is also likely to increase your cognitive functioning and your sense of well-being.

Therapeutic touch- healing touch

These modalities are called Energy therapy. This means that a trained therapist can move the energy in your body (called your biofields) to improve your health. Typically used with other conventional medical treatments, these therapies have been part of cancer treatment for decades. Vibrational energy specialists recommend them for correcting the flow of the energy in and around your body.

Yoga

Yoga unites the mind-body benefits of breathing, meditation, and rhythmic movement. Little research has measured the effects of yoga on your vibrational energy. But numerous studies show that regularly practicing rhythmic yoga poses increases the size, function, and connectivity of brain structures devoted to your cognitive abilities.

Yoga has also been shown to:

- improve or balances blood sugar levels
- aid in recovery from muscle and bone problems
- improve cardiovascular health
- alleviate symptoms of anxiety and depression

Healthy relationships

Energy specialists agree that healthy relationships raise your vibrations, while conflict has the opposite effect. The National Institutes of Health reports that your relationships have a “powerful effect” on your health. If you want to raise your vibe, lower your stress levels, and

live a longer, healthier life, it's important to develop a network of relationships. You need friends, family members, neighbours, colleagues, and other social connections to:

- share your interests
- provide brain-stimulating conversations
- imbue your life with a sense of belonging and self-worth

Are there alternative methods to alter the vibrational energy?

In addition to the activities recommended above, you may want to learn more about other integrative and complementary alternative medical therapies.

Each of these therapies is based in part on improving the flow of energy through your mind and body:

- Ayurvedic medicine
- chakra therapy
- Vastu shastra

When should one see a doctor?

The vibrations happening at the molecular level in your body may be tiny, but it could turn out that they have a seismic effect on your health.

The field of energy medicine is growing. If you want to enrich your understanding of the ways energy and vibration influence your health, reach out here to the integrative medicine specialist.

While there isn't much research to explain the benefits and drawbacks of vibrational energy, many of the techniques associated with vibrational energy therapy provide well-researched health benefits.

Deep breathing, meditation, yoga, and meditation may boost your vibrational energy. Interacting with nature, eating a good diet, developing healthy relationships, and practicing gratitude and generosity can also help.

Raising your vibrational energy may provide positive health benefits, but it shouldn't be used on its own to treat mental or physical health conditions.

If you're experiencing physical, mental, or emotional symptoms that are interfering with your quality of life, it's important to seek conventional treatments alongside integrative or complementary therapies.

If you want to work with a health professional to elevate your vibe, a Therapeutic practitioner like me might be a good option. We can work on how to blend vibrational energy therapies with targeted medical treatment so you can relieve your symptoms and treat any underlying health issues. We can discuss how you can keep yourself fit without exercises. Actually in today's era everyone is focussing on their physical body and physical health. But the need of the hour is to concentrate on our MIND. Competitions in all areas of life keeps us stressed all the time thus increasing the Dopamine hormones in our body which are the triggering hormones for all actions. Thereby increasing the problems like insomnia (lack of sleep),

anxiety, depressions, mood swings, and insecurity in life thus causing the diseases like heart attacks, diabetes, obesity, hyper acidity, infertility, ovarian cysts, hormonal imbalance, hypo and hyperthyroidism, high blood pressure and many more labelled as lifestyle diseases. The point to be noted here is that the cause of these diseases is mental imbalance and we are trying to cure it with medicines. Actually the cause of the problem is at the Energy level whose only symptoms are seen in the physical body, and modern medicine is only trying to solve it by matter or by medical procedures. The problem of the solution lies within us. According to the International theosophical society just as we are having this human body we also have Energy bodies which can directly influence our physical body a lot more times than we know. These energy bodies are Pranamaya Sharira – made of Chakras and Nadis, Manomaya Sharira – made of emotions and thoughts, Jyanamaya Sharira – made of all the acquired knowledge in this as well as past lives etc which we all are unaware of but we carry it with our self.

Conclusion

The conclusion summarizes the key findings and insights gained from exploring the concept of human body vibrations in the context of energy medicine. It emphasizes the potential of energy medicine to compliment the enhance conentional health care approaches by considering the energetic aspects of human health. the article concludes by encouraging continued exploration and inetgration of energy medicine principles into mainstream healthcare to optimize health outcomes.