

Do gemstones have powers?

Prof.P.G.R.Dharmarathna
University of Moratuwa

There is so much literature on the healing power of gemstones and the power of eliminating malefic effects on planets. Sometime back, I wondered if there was any scientific proof of such powers (not that the absence of scientific proof meant it should be ignored).

I read many books about it but none speak about proof, only the powers are described in detail. So I got hold of a copy of the journal 'Planetary Gemmologist Association' (PGA). I was amazed, by the list of members at the PGA. Their qualifications, experience and positions they hold were quite impressive. I selected a large number of Vedic astrologers and scientists from them.

Having explained to them my qualifications and experience in gemmology and in the gem industry, I inquired whether they knew of any evidence of powers in gemstones. There was not a single positive reply. Some had just observed the changing blood pressure during meditation when stroking a quartz crystal. But then the drop of blood pressure during meditation is well known. The quartz crystal may or may have not helped at all. Then, I thought, if there is no benefit in wearing gems, why would astrologers have believed in those and recommended the wear of specific gemstones for centuries? Would astrology have lasted this long?

Anyways, as a scientist, I thought of looking at it my own way.

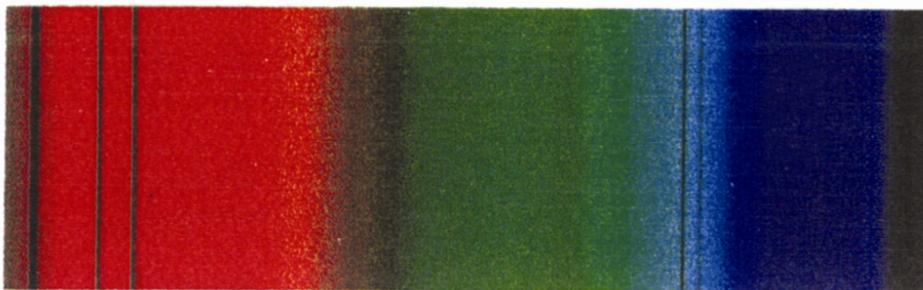
First of all, let us look at how gemstones get their colour. The most essential source to observe colour of a gemstone, or any other object, is the presence of light. When all the known radiations from gamma rays (10^{-4} nm) to long radio waves (10^{10} nm) are displayed in a bar, we call it the electromagnetic spectrum. We must remember that all these radiations are forms of energy and that energy can be transformed into different forms but can never be destroyed. For example light energy can be transformed to heat.

The visible light or day light or sun light is a part of the electromagnetic spectrum. It extends from violet (400nm) to red (700nm). When the visible light falls on a gemstone, either it is fully or partially absorbed or fully or partially reflected. The unabsorbed components of visible light combined reach the eye of the observer and the brain analyzes it and sees it as the colour of the gemstone. Take, for example, a ruby ring. It absorbs parts of red, green and blue. The rest is combined to produce red colour in the ruby.

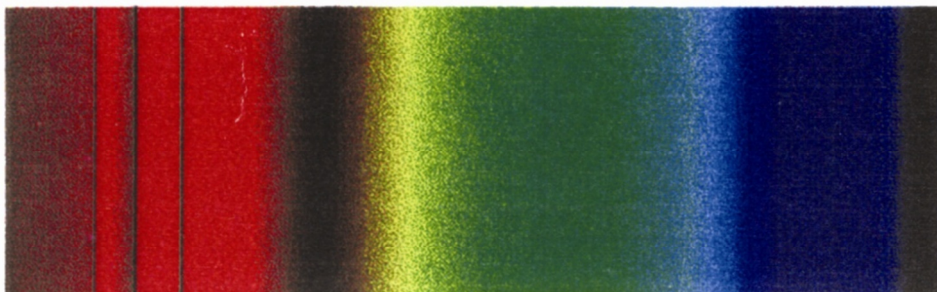
So what happened to the absorbed components of colour? Is it going to be dissipated in to your finger? We also know that radiations emitted from the sun has UV light and infra red light etc. So when all these radiations fall on the ruby in the ring in your hand, it may not only absorb visible light but parts of other radiations as well. So all these absorbed radiations are discharged on to the finger and hence to the body. Will that have no effect on your body? When you wear different coloured gems, you get different amount of radiations into your body in different ways. Is that why astrologers recommend different coloured gemstones for different periods or different people?

Sometimes it is not only the colours they recommend, but a specific colour of a certain stones E.g. green colour of emerald or that of peridot (they have different shades of green).

So can such a slight variation in colour, due to a minor difference in absorption have different effects on the human body? Take the case of Chromium, which is responsible for the pure red colour in ruby and pure green in emerald. There is hardly any difference in spectra except perhaps in emeralds yellow is not absorbed as compared with rubies.



Spectrum of Ruby



Spectrum of Emerald

In these two gemstones, the surroundings in which they exist in their respective crystal lattices are different (in Corundum - Al_2O_3 and Chrysoberyl - BeAl_2O_4), Al replace Cr)

The degree of absorption in these two gems is so minute, yet it is enough to cause red in ruby and green in emerald.

Therefore the astrologer's advice for different gemstones of the same colour at different occasions cannot be just ignored.

The following list may be taken as a guide for healing powers of gemstones;

- Agate:** contribute to physical balance
- Alexandrite:** stimulates sexual powers
- Amber:** reduces fluid retention and help detoxify the urinary system
- Amethyst:** relives headaches and alcoholism
- Aquamarine:** aids eyesight and reduces fluid retention
- Bloodstone:** stimulates the flow of energy for all healings
- Cat's eye:** reduces headaches and nervous spasms. Heals stressed nerves
- Coral:** relives throat and voice ailments, balances physical endurance
- Crystal(Quartz):** all-round healers
- Emerald:** aids neurological diseases
- Garnet:** balances thyroid disorders
- Jades:** promote healing of vital organs
- Jasper:** promote healing of gastric system and balance endocrine functioning
- Lapis Lazuli:** strengthens the physical body during spiritual awakening
- Moonstone:** regulates pituitary gland function
- Onyx:** assist physical coordination
- Pearl:** promotes antibodies and fights infection
- Peridot:** aids adrenal function
- Ruby:** prevents schizophrenia
- Sapphire:** increases level of potassium, magnesium and calcium
- Topaz:** fights kidney and bladder ailments
- Tourmaline:** prevents lymphatic diseases, battle anemia
- Zircon:** like crystals is an all-round healer

The following list shows the gems recommended for warding off evil influences for the nine planets:

- Sun** - Padmaraga (padparadscha)
- Moon** - Pearl and sometimes Moonstone
- Mars** - Ruby or red Coral
- Mercury** - Emerald or green Tourmaline or Peridot

- Jupiter** - Yellow Sapphire
- Venus** - Diamond or white Sapphire
- Saturn** - Blue Sapphire or Lapis Lazuli
- Rahu** - Hessonite Garnet
- Kethu** - Chrysoberyl Cat's Eye

Professor PGR.Dharmaratne, PhD, FGG,FGA