



Short Communication

CRYSTAL SALT LAMP, AN AFFORDABLE EQUIPMENT

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ABSTRACT

As we are proceeding to next century, along with all the comforts of life, we are getting hazardous effects, out of our luxurious life. In today's era, where no doubt technically we are getting stronger and on the other end this technology is definitely rendering us with some of the major side effects. we are constantly using and are in touch with the various equipments like mobile phones, laptops, LCDS, LEDS, oven, etc and various other devices, which are causing hazardous effects on us. Now since we belong to particular century where it becomes essential for one to use these common gadgets which are being commonly used by almost every one. To kill the hazardous and unwanted effects of these gadgets, crystal salt lamp is an easy and affordable answer for it. Mythologically, salt is considered as gift of god and is dear to god. In Ayurveda also there is detail explanation about salt and its uses and salt is widely used in almost all the various formulations in *Ayurveda*.

Key words: Crystal salt lamp, Gadgets, Radiation.

INTRODUCTION

Has Human being made his life more easy or more difficult? It is the question which still is searching for an answer, life was much easy, Happy and peaceful till Apple and Blackberry were treated as fruits only. we are running in a century where we cannot treat apple as Fruit but as a device which tend to connect us to world, without which our life would seem boring and dull, it has now become an life line for almost all of us and without knowing the possible side effects of the devices we are not using them judicially. After a complete hectic day of exertion at workplace one would definitely want to go back to home where one can sit back and relax keeping all worries apart, since when we go out we have to wear mask because of air pollution, but what we can do to balance the pollution which is there in our house and offices. To our ignorance we are our self not aware of the fact that we have our self have knitted a web for our self in a form of LCDS, LEDS, laptops, mobile phones and all the various gadgets which perhaps we believe would give us peace of mind. The notion of these gadgets, giving

us relieve is now proving wrong, since these gadgets are some where responsible for causing on stress, anxiety, depression, lethargy, mood swings, headaches, eyestress and various other disorders through their ionic exposure to human body. Salt lamps are simply large pieces of pure Himalayan salt with a small bulb inside.

Since we belong to the century where one cannot survive without these gadgets, as we have made our system depend on these gadgets, now the point comes that we need to have an equipment which would not only neutralize the ionic effect, but would help reduce the stress factor. crystal salt lamp is such a hope in this situation. In Ayurvedic treatise we get reference of salt or *Lavan*, there are five types of salt, among which *Saindhava* is considered as the best, except *Saindhav lavan* rest *Lavan* are *Ahitkar* for eyes¹. it is said to get originated near *Sindhu* river in Punjab east region, especially in mines hence it is called as rock salt.

Vernacular names

English name: Himalayan crystal salt, Himalayan rock salt, Himalayan pink salt.

Hindi: *Sainda namak*.

It has two types *Shweta saindhava* and *Rakta saindhava*. one can use any one of these.

MATERIAL AND METHODS

9 kg of crystal salt was purchased from the market, it was then hand carved and was given proper shape and hence was given oval shape and a bulb was fixed under it to give glow to crystal salt, then over it a shade was placed to give a look like that of lamp.



Figure 1: Salt Crystal lamp

DISCUSSION

Crystal salt lamps are natural ion generators, emitting negative ions into the atmosphere, it does this by draining water molecules from the air to the surface of the salt lamp, it is known as Hygroscopy and as the lamp is warmed by the globe a gentle chemical reaction takes place. The heat from lightened salt lamp attracts moisture, the evaporation of water through salt emits negative ions, salt lamp emits negative ions depending upon size of the lamp, the bigger the lamp the more emission of negative

ions². A night bulb size of the lamp would be effective for an office or a cubicle.

Crystal salt lamp emits a negative ion which is good for us, negative ions restore and neutralize air quality, negative ions can be used to treat illness and improve health. our homes and offices are filled with electrical appliances and electronics, like Tv, computer, florescent lighting, air conditioners, microwaves, heater etc. use of such devices have been blamed for lowering our energy levels, making us feel tired, crazy and depressed because of emission of positive ions. PH balancing alkalizing positive potential the ability to effect positive change in all metabolic functions of the body bringing the body into harmony. keeping a crystal salt lamp in a area where positive ions are polluting your air space will help neutralizing our breath, balancing positive and negative ions and also helps in reducing air borne infections.

Crystal salt lamp not only looks warm and welcome but it has beneficial health properties, crystal lamp salt in one's home or office naturally improves the indoor air quality by creating negative ions and helps in air pollution.

Beautiful glow of crystal salt lamp will bring tranquil ambience to one's home. crystal salt lamps best placed near LCDS, LEDS, laptops, around smoker, offices, air conditioner in fact any where you want to restore or preserve the natural air. Naturally the larger an area means a larger lamp is needed so that more and more negative ions will be emitted. Crystal salt lamp is more than salt, its way of life or more precisely a way of approaching aspects of living your life well with in nature. Now it is our option to be within them or without them.

CONCLUSION

Crystal salt lamp is an easy and approachable way out for ionic radiations, which would not only keep us protected from various ionic radiation but also will give us a tranquil effect, helps to purify indoor air and would certainly increase our energy levels, I therefore recommend judicial use of gadgets and placing of crystal salt lamp in ones office and home. the main aim to write this article is to create awareness among the masses that *Saindhava lavan* is not only used for preparation of medicine, it can also be used to combat the hazardous effects of ionic radiation of gadgets at houses, offices etc places n is a quite natural way to pacify air pollution, *Saindhava lavan* has got various benefits among

which making of crystal salt lamp is one. We should now try and return to our roots where actually the solace is. crystal salt lamp is a small effort done to keep our room atleast free from ionic radiations, and improves breathing quality.

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