



## CONCH - AN ALTERNATIVE THERAPY

### Health Science

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### KEYWORDS

#### Heal Your Body Through Healing Your Mind:

Conch can be used for chakra balancing and healing our body and mind by an ALTERNATIVE method which is called an ALTERNATIVE THERAPY.

Conch shells are used in temple, home and at death ceremony. It is therefore used by people somehow or in some way. The nature of the conch shell is to clear the obstacles or person's mind. It purifies the heart and mind by its waves.

#### INTRODUCTION:

We should know why people focus on conch during festivals and ceremonies. Especially in temple, god idol with conch. Because the conch has calcium, sulphur, and phosphorus which is important in human body.

#### Calcium

for- bones, teeth, skin, maintains PH level, muscles.

#### Sulphur

for- skin, tendons, ligaments,

Two amino acids that include sulphur are methionine, cysteine. Which prevents toxic damage in the liver.

#### Phosphorus

for - growth, maintenance, repairs all tissue cells. It also balances the use vitamins, minerals, iodine, magnesium and zinc.

#### Male Conch And Female Conch:

People have described conch into two male conch and female conch. Especially people use female conch for death ceremony.

#### Male Conch:

light brown in the right mouth region.

#### Female Conch :

white left mouth region.

#### Chemical Compound Of Conch:

It consists of 95% of calcium carbonate and 5% of organic matter.

#### Medical Properties Of Conch:

Shanga bhasma is an ayurvedic medicine used in the treatment of gastroesophageal which helps to cure acidity, loss of appetite, bowel syndrome. There are different types of conches like dakshinivarti conch, vamavarti conch, madhyvarti conch and many more.

#### Conch In Healing Therapy:

According to my research left hand conch has healing effects to cure some diseases, mental depressions and addictions state.

#### Spine And Chakra Healing Effects:

As we know there are seven chakras in our body. As an alternative therapy we can use left hand conch 7 CONCHES (CROWN, FOREHEAD, THROAT, CHEST, STOMACH, ABDOMEN, AND AT END OF SPINE BACK) to heal our body and balance our chakra to get rid of diseases. It works out effectively. The left hand conch helps to reduce the problems related to mental and as well as physical issues. Like crystals left hand conch can be used for healing 7 chakra point to get rid of various problems.

#### Palm Therapy:

Place the left hand conch in the palm for cleansing and activating

minor chakras in the palm. These chakras receive and heal the energy of our and other people.

#### Mud Therapy:

By placing the conch in the mud we can use it as a nature cure technique apply the mud for whole body for better result.

#### Conch In Bach Flower Remedies:

We can use the conch in flower remedies too. Bach flower remedies is used for the mental healing and problems. We can put the conch in the glass of water and add few drops of bach flower soak for 2 hours and intake for good result.

#### Conch As A Reflexology:

Place the left hand conch in the toe and wrap the tape around the toe with conch it heals the inner organs as a reflexology. Wait for 3 to 5 hours and remove the tape. It heals the body.

#### Powerful Technique:

The most powerful technique to use the conch is to use in the spine for chakra healing. It heals the overall metabolism.

#### CONCLUSION:

Heal your body by healing your mind. Conch can be used for healing purposes.