



## SRU COLLEGE OF PARAMEDICAL TECHNOLOGY SunRise University Campus, Alwar, Rajasthan, India

### SYLLABUS

#### POST GRADUATE DIPLOMA IN MAGNETO THERAPY

Magnets have been used for healing for thousands of years. The term magnet comes from Magnesia, a province in Asia Minor, where ancient Greeks discovered the rock, Magnetite, that attracted ferrous material. These people, and early Chinese, recorded its use in their medical literature. Medical use of magnets has been reported throughout the ages, as, in recent years, been the subject of world wide interest.

It was not until the beginning of the 16th century that magnets became an object of scientific research. A Swiss alchemist and physician, Paracelsus, discovered its healing powers. Other researchers took the clue from him. Dr. Samuel Hahneman, the father of homeopathy, was fully convinced of the magnet's healing powers and recommended its use but magneto therapy is now widely recognized and has scientific support.

Magneto therapy is very effective in drawing out pain and relieving stiffness as and when the body comes into contact with magnets. The magnetic waves pass through the tissues and induce secondary currents which produce impacting heats thus reducing pains and swellings. It also revives and promotes the growth of cells and increases the number of healthy red blood corpuscles. The red corpuscles contain haemoglobin which contains iron. The magnets influence the iron in the blood through which it reaches every part of the body removing calcium, cholesterol and other deposits- it cleans, purifies and ionizes the blood. It flows easily thus there is no clotting, eases the activity of the heart and normalizes blood pressure. The secretion of hormones is also regulated and this improves the luster of the skin.

Magneto therapy requires no medicines, no injections, no tonics. Just magnets! Magnets of various shapes, sizes and strengths are used to regulate and strengthen the natural system and preserve the balance of magnetic field in the body.

#### I SEMESTER

Paper Code	Subject	Internal	External	Total
1PGDMT01	Basic Anatomy & Physiology I	40	60	100
1PGDMT02	Fundamentals of Magnetology & Applied Therapy I	40	60	100
1PGDMT03	Magnetotherapy for Common Illness I	40	60	100

1PGDMT04	Practicals I	40	60	100
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## II SEMESTER

2PGDMT01	Basic Anatomy & Physiology II	40	60	Total
2PGDMT01	Fundamentals of Magnetology & Applied Therapy II	40	60	100
2PGDMT01	Magnetotherapy for Common Illness II	40	60	100
2PGDMT01	Practicals II	40	60	100

### INTRODUCTION:

#### Course details

The course begins by introducing you to the subject. You will be taken through the basics of magnet therapy, how it is used to improve health and treat illness, its background, and some of the pioneers in the field and their contributions to the therapy.

From this foundation, You will delve deeper - exploring the science behind magnet therapy, from ancient discoveries to research and development by NASA. You will learn how magnet therapy works, the ailments it is used to combat, and the types of magnets used in its practice.

The human body has a powerful energy field; an extremely sensitive reflection of our physical, emotional and spiritual conditions. Through studying the Magnet Therapy Diploma Course, you will become familiar with the human body energy map, gain an understanding of the link between the energy field and health problems, and become aware of the meridians in our bodies and their relationship to our health.

The course takes a broader look at health, as it raises awareness of the toxins our bodies absorb every day and the importance of detoxifying the body and the various ways you can go about doing this. You will learn about the seven glands of the endocrine system and how each of these are affected by your chakras, and the importance of maintaining a healthy lymphatic system.

Taking you through the practical side of magnet therapy, You will learn what happens when a magnet is placed on the skin and how magnets should be used for various diseases and conditions. You will become aware of the difference between magnetic north and geographic or true north and understand which pole you should be using, depending on the ailment being treated. You will also be guided through how to start a consultation with someone who is seeking magnet therapy. This includes a patient questionnaire that you can have them fill in, common questions you may be asked (and may have yourself), and the various magnetic products that can be worn to encourage self-healing.

A perfect complement to magnet therapy is emotional freedom technique (EFT). Through studying the Magnet Therapy Diploma Course, You will explore how EFT works and why it is often used alongside magnet therapy. You will also learn what muscle testing is and how to use it

on yourself. A three-week magnet healing plan is also provided for you to follow.

The course provides focus on the use of magnet therapy for pain relief - presenting research, explaining how to use magnets for specific pains and how magnets promote the body's ability to heal itself. You will also learn magnet therapy's contraindications.

To encapsulate a broader view of good health and wellness, the course looks at nutrition. You will become aware of the basics of good nutrition, understand the power of fruits, vegetables, nuts and seeds, and learn what foodstuffs to consume to promote healthy, vibrant skin.

### Modules

- Module 1 – Introduction to Magnet Therapy
- Module 2 - Healing with Magnets
- Module 3 - The Human Body and Magnets
- Module 4 - Detoxification
- Module 5 - Treatment Protocols
- Module 6 - Starting Magnet Therapy
- Module 7 - Emotional Freedom Technique and Magnet Therapy
- Module 8 - Magnet Therapy and Pain Relief
- Module 9 - Recommended Magnet Diet

### Introduction to Magnetotherapy :

Natural Magnets, Artificial Magnets, Permanent Magnets, Electromagnets, Ceramic magnets, Keepers, Properties of Magnets

### Magnetotherapy :

Basic principles, Magnets and electricity, Uses, Marking of the magnets, Traditional Marking, Effects of magnets on Water, Blood, others, Advantages of Magnetic Treatment

### Application of Magnets.

Biopolar Theory, Treatment Methods, Section of Magnet, Various Magnetic Devices, Duration of Treatment, Side Effects, Precautions.

Treatment with Magnets for common diseases.

Rehabilitation practice for many patients consisting of a combined use of magneto therapy resulting emission of low frequency magnetic fields to the patient, elicit concerns about occupational exposure to electromagnetic radiation (EMR) for the operators.

The time extended use of the device periodically leads to mechanical failures or troubleshooting of the machine which, in most cases, are not perceived by the operator of the device.

All device's efficient functionality have a major impact on the completion of the treatment procedure in a large percentage of specific clinical conditions.

If the device's operating condition is technically out of order or in a mode of over-activity, operators are mainly seeking solutions by reviewing the clinical case of the patient.

This eliminates their contribution during the primary therapeutic plan or increases the treatment sessions. In this work, an extended survey is presented including 75 physiotherapy centres concerning usability and maintenance issues of magneto therapy devices throughout Greek

territory combined with extended measurements of Electromagnetic Radiation in the unit room were performed. Physiotherapists' perceptions revealed lack of technical support, maintenance and safe use of magneto therapy devices that extract auxiliary observations upon their clinical practice routines.

Additionally safety measurements have not revealed field strengths over International Reference Levels which could result health risks for users and coexisting patients.

The pilot survey that conducted in Attica and Western Greece confirms that magnetic fields strength that are measured are in accordance with the statutory legislation but will, at the same time, revealed lack of maintenance of the devices.

Deficiency in topics such as proper equipment function will necessitate the creation of quality safety protocols, concerning the use of magneto-therapy, with the main aim the improvement of treatment procedures for the higher performance of therapeutic rehabilitation services to patients. Finally in this work, the proposal of a QC protocol for magnetotherapy devices is proposed for evaluation.

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