

ДОРИВОР ТУРМАЛИН ТОШИ

М.М. Акбарова - Ўқитувчи

Х.А.Одилжонов, В.Г.Мамазокирова - Талаба

Андижон Давлат Унверситети

Аннотация: Ушбу мақолада турмалин тошининг табиатда учраши, ишлатилиши ва инсон учун дориворлиги ҳақида маълумотлар келтирилган.

Калит сўзи: доривор, турмалин тош, гиёҳ, заргарлик тоши, асаб, эндокрин, иммун тўқима.

HEALING TOURMALINE

M.M.Akbarova - teacher

X.A.Odiljonov, V.G.Mamazokirova - female students

Andijan State University

Annotation: This article provides information on the occurrence, use and medicinal properties of tourmaline stone in nature.

Keywords: medicinal, tourmaline, plant, jewelry stone, nerve, endocrine system, immune tissue.

A person constantly strives to achieve something throughout his life, in some cases, depending on the level of the result, he rejoices, his love for life and for life increases, and sometimes he gets tired, experiences stress and loses pleasure.

Just as an action without a cause is not a cause without an action, some reason moves a person, and an action leads to some reality. Reason, movement, perception, peace of mind - all this is the basis of human health. The preservation of health is in our hands. When people get sick, they use two different ways of treatment: one with chemicals, and the other with natural herbs, which is one of the greatest blessings bestowed on people by Mother Nature.

In addition to natural herbs, Mother Nature has given us minerals that add beauty to a person, and also serve as a painless means to restore health, without any bitterness. One of these hard minerals is tourmaline. Of the minerals present on Earth, only tourmaline has the property of carrying a constant electric charge. Therefore, it is also called a magnetic crystal. Given the variety of stones, tourmaline always takes the first place in luster.

The brilliance, transparency and durability bestowed by nature have given this rare mineral the honorary title of "jeweler's stone". Tourmaline contains 26 elements of the periodic table. It contains lithium, potassium, calcium, magnesium, manganese, iron, silicon, iodine, fluorine and other elements. Tourmaline is found in nature in about 50 species. Historians have determined that the name of the stone comes from the Sinhalese (Sri Lankan) word "tura mali", which means "stone of multicolored flowers" or "stone attracting ashes".

Since ancient times, this strange stone has been a symbol of wisdom, faith and additional strength in achieving spiritual maturity. Tourmalines, like doctors, have a positive effect on nervous, endocrine and immune tissues, sleep. Treats the circulatory system, digestive functions of the body. Tourmaline eliminates the power of drugs that negatively affect the body. Of all the green stones, tourmaline also has the strongest rejuvenating properties. A healthy person should have a charge of 5-6 volts. If a person is sick, the charge in him decreases, and the tourmaline is recharged.

It has the following effects: improves metabolism and metabolism in the cell, accelerates blood circulation, restores the activity of the lymphatic system, improves nutrition of tissues and cells in the body, restores the endocrine and hormonal system, improves nutrition of internal organs and skin, strengthens the immune system, gives energy, improves blood circulation and fluidity, improves sleep, cleanses the complexion, improves vision and memory.

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