

Did you know?



Why Copper Was Used by Our Ancestors

Copper can destroy undesirable virus and bacteria. It is interesting that *Ayurveda* knew this, when bacteria were unknown to science. *Ayurveda* recommends storing water in copper vessels. Ancient Egyptians used copper vessels to keep water fresh.

Even today, important temples, such as the Sri Ramanathaswamy Temple at Rameswaram use large-sized copper vessels to store water brought from river Ganga to do daily *abhishek* to Siva. Water, stored thus, stays fresh for years. According to scientists, copper vessel can be the answer to kill the E-Coli bacteria that causes food poisoning. Research findings show that at temperature of 20 degree centigrade, Coli bacteria live for 34 days in a stainless steel vessel, while in a copper vessel

they live for just four days. Thus storing water in copper vessels can help to get rid of the risk of food poisoning bacteria.

Immunity

It is well known that many older homes in western countries still have copper water piping. Drinking a glass of cold water first in the morning out of the tap is seen to aid the intake of copper. One of our ancient practices is filling cold water in a copper metal cup at bedtime, and drinking it first upon getting up in the morning.

The body readily absorbs the 'copper water'. There is a reference in the Journal of Orthomolecular Medicine on how drinking water from copper vessels aids fertility, and general health. Copper is a known anti-

oxidant and anti-carcinogenic agent that helps in slowing down the ageing process. It is also used in treatment of cancer these days. Copper is known for its property of synthesizing phospholipids that helps in formation of nerve coating (myelin).

This prevents from seizures to occur and acts as brain stimulant. Positively charged water regulates the Thyroid Gland functioning. Copper water (ionic electrolyte) helps maintain balance of acid-alkaline (pH balance) in body, and helps regulate body fat.

Copper helps production of melanin in the body. This prevents white patches, sunburns, and premature graying of hair. However, just like anything else, excess of copper in the human body can be detrimental to health. Pregnant and lactating mothers should limit consumption of copper. For normal adults, a dose of not more than 10mg of copper is recommended daily in tablet form.

Throwing Copper Coins

Have you noticed the ancient practice of throwing copper coins in rivers, lakes, ponds and wells? The idea behind is not blind

faith, but to kill the harmful bacteria in water with copper so as to purify the water body for fish and other living organisms to flourish. Today's generation is ignorant of this rationale, and is seen to be mindlessly throwing nickel or aluminium coins into water bodies, which can be detrimental to environment.

Copper Yantras

Ancient seers have recognized that copper conducts heat and energy. So, they made *yantras* on thin copper plates with mysterious geometrical patterns. Before copper, palm leaves were used but later it was discovered that copper is efficient conductor and lasts much longer.

According to *mantra sastra*, if someone suffers from excess heat in the body due to the influence of Mars in their horoscope, they are advised to wear a copper bangle/bracelet on active hand's wrist. This helps to balance the body temperature. *Ayurveda* suggests usage of copper water to prevent and cure arthritis, internal wounds, ulcers, piles, skin diseases, respiratory disorders, and rheumatism.

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