

# THE AMAZING OZONE THERAPY

Ozone Therapy is widely used these days as alternative therapy. When all else fails Ozone cures.

**RAMESH CHAUHAN,**  
Chairman and MD, Bisleri  
International Pvt Ltd,  
writes about how it works

**O**zone Therapy was discovered in Germany by a chemist, Christian Friedrich Schonbein, in 1840. It was used extensively to treat war wounds during the World Wars. It is popular in Germany, Italy, France, Russia, Latin American

countries like Brazil, Mexico, Cuba. There are more than 800 clinics in Germany.

With the mounting cost of health care and increasing incidences of side-effects, more and more people are taking to alternative therapies. Ozone Therapy is an incredible rejuvenator, normaliser, detoxifier, regenerator, immune enhancer and physical and mental energiser. It is completely natural and safe and has no side effects. Medical Ozone can positively influence or even heal a large number of diseases. Ozone Therapy is given along with whatever medication the patient is taking and experience shows that the patient discontinues the medication after Ozone Therapy.

Most disorders are due to unhealthy blood cells which have been deprived of oxygen. Oxygen is the source of life and energy to all the cells. That is why in yoga the emphasis is on breathing. Ozone is a faster way of getting oxygen into the blood.

Bombay Hospital has vast experience in using Ozone Therapy for slipped disc (herniated disc) with more than 3500 cases of Ozone Therapy in the last three years. Doctor Kares Hospital in Delhi has more than 2500 cases. Dr. Das in Calcutta has been training doctors in Pain Management and Ozone Nucleolysis. Premier institutes like Saifee Hospital, KEM Hospital have started using Ozone Therapy. Ozone Therapy has been practiced in India

since 2003 by practitioners in various fields.

Ozone Forum of India is a common platform where doctors share their knowledge and experience with others. The group includes surgeons, orthopaedic surgeons, gynaecologists, physicians, GPs, ayurvedic practitioners, homeopaths, chest physicians.

Some case histories

### Diabetes

Ozone Therapy gives very good results in controlling blood sugar levels and also helps in complications like polyneuritis, kidney problems. Bharat Visanjage was heavily diabetic and he had a chronic kidney problem for which he had to be on dialysis. After his dialysis sessions his immunity was very low, he had become anaemic and very weak. After 10 sessions of Ozone Therapy he showed improvement and in 30 sessions his diabetes was under control and his immunity was boosted.

### Lung-Cardiac Condition( Breathlessness)

Mohan Shah in New York who was diabetic and was operated for quadruple bypass had difficulty in breathing and was very weak. He visited several cardiologists and lung specialists but nothing worked. He developed water in his lungs and swelling in legs. Ozone infusion was started for an 18 days course. After the fourth day there was a remarkable improvement in his general physical condition and his body was re-energised. Since then his energy level has constantly improved and his breathing has returned to almost normal. After 15 days he continued the medications for his heart but stopped the medicines for breathing, lungs and infection.

### Backache (Prolapsed Intervertebral Disc)

K P, an athlete, had a prolapsed intervertebral disc between L4 and L5 after a football match. He was in great pain. He was given paraspinal Ozone injections, (An OPD procedure) twice a week for 5 weeks. His pain was reduced by 75 per cent after the fourth injection. On completion of the course, he was totally pain-free and working normally.

### Geriatric conditions

Ozone shows general revitalising capacity (including nerve and brain functions). Therefore, it can be successfully used for poor concentration, forgetfulness, general reduction in mental and physical performance, clinical dizziness or vertigo. Elderly people generally experience a feeling of well being and improved quality of life.

S. M, 74, had been diagnosed with Parkinsonism, tremor in right leg, severe stiffness, pain all over the body and had no control over passing urine. After 20 sessions of Ozone Therapy there was overall improvement in his condition. Besides, his depression was reduced.

### TREATING VARIOUS DISEASES

Ozone is useful in many medical conditions. It is used in treatment of circulatory disorders like angina or chest pain, paralysis, varicose veins, impaired blood circulation in legs due to diabetes.

It works wonders in the treatment of diseases produced by infection and inflammation like burns, scalds and infected wounds, fungus infections, non-healing ulcers, bed sores, diabetic foot, gangrene. Herpes, Hepatitis, ulcerative colitis are also


treated with Ozone. In many age-related diseases like osteoarthritis of knee joint, low back ache, Ozone can relieve pain and offer better quality of life. Allergies like eczema, urticaria and asthma can also be treated with Ozone. Chronic diseases like diabetes, rheumatoid arthritis, ankylosing spondylitis can be effectively controlled.

Ozone Therapy is not given through the nose like oxygen. Exact measured quantities of ozone gas are administered through the rectum, vagina, and eardrums, mixed in blood or saline infusions. Ozone gas and ozonated oils are also applied over the affected parts and ulcers for quick healing. Each treatment takes only a few minutes. No anesthesia is required and patients can talk during the treatment. These sessions are given two or three times weekly for about 15 to 20 sittings.

### How does it work?

Ozone therapy works on a large number of diseases because it enhances our body's defense mechanism system. The body gets enriched with oxygen. Ozone mainly interacts with blood components to produce its effects. It acts on red blood cells (RBCs) and increases glucose uptake. Thus it helps in Diabetes.

It stimulates RBC's metabolism and makes them energetic. It makes their cell membrane more elastic and pliable which means improved circulation. White blood cells (WBCs) are stimulated to improve immunity. Ozone stimulates anti-oxidant enzymes in the body to fight against oxidative stress.

It kills all sorts of bacteria, viruses and fungi. It burns toxins and provide more oxygen to cells. It rejuvenates the entire body. 

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