Singing bowls let souls swing - part 1

In a 2-year lasting unique research study about the usage of singing bowls for improvements of dementia of elderly people, Petra Lipka, from the German homecare institute APD GmbH, has been able to deliver first longlasting experimental analyses and protocolls. Petra Lipka is a certified Reiki and singing bowls therapist specialised in elderly care. The singing bowls are very effective for elderly people because you may use them in lying, standing or sitting position and do not efford active participation of the treated person. The bowls permit their swinging frequencies to the place of the body where they are situated. These acustic waves do affect similar results as a massage. They stimulate skin and blodd circulation, relax muscles etc.. The study was performed in the elderly care homes (ambulant and stationery) of the APD in Gelsenkirchen, Germany. 600 elderly people are present in the homes of APD. The most exciting protocolled reports of treated people are:

- Deeper and easier relaxation than by other methods
- Less restlessness, nervosism and sleep disorders
- Relaxation of contractures
- Improvement of respiration and coughing
- Better social contact abilities
- Improved usage of senses and sensitivity
- Lower blood pressure
- Improved mobility
- Improved body sensitivity
- Reduction of pain perception

The protocolled reports contain a mix of measured values, such as blood pressure and interviews with a simple form of Anamnesis. The singing bowls are perfectly adoptable to care services of elderly and dement people, because of the indirect way of usage. The patient is not forced to participate in the treatment, he/she may just receive it without being self-active. Petra Lipka experienced also positive side-effects such as improved contact ability and loss of social barriers. People, who were not communicating for long time opened themselves and told stories about their lives and happenings. This is a major key to understand where further treatment is needed. Especially for the care services, where care-takers have to be closed and hands-on with the patients. One major improvement for the bedridden patients was also the fact of better mobility. After some treatments they could move hands and legs and took a different lying position, which eased their daily situation. In groups with better mobilities, people showed deep interest and wanted to learn about the bowls. They asked a lot of questions about them and tried out themselves which sounds they could produce with them.

Singing bowls let souls swing - part 2

They even started humming the tones while treatment. They trained their fine motor skills by holding the bowls and swapping them from one hand to the other or by using the stick to bring them to sound. Petra Lipka could experience also an improved social behaviour because the treated group associated very strong, exchanging experiences and information. They had more attention of other patients and felt to be part of a group. The improved mobility was expressed even by little dances or spontaneous walking after treatments. Sitting patients moved their hands like a Maestro to the sound of the bowls and laughed and smiled. They also referred the bowls to other sound experiences of their lives, such as bells etc., which allowed a better biographic work of the care-takers. Petra Lipka reported, that she is very thankful for this experience and wants to go on collecting such important data.

Source: "Report of the APD GmbH, Gelsenkirchen, 15.02.2013. - Images: Petra Lipka and APD

EU funds Research for cheap Malaria Diagnostics

An estimated 220 million people become infected with malaria each year. The disease is often lethal – particularly in tropical developing countries with insufficient health care services. The infected suffer from a high fever. As this is also the case with other germs, however, it is important to conduct a rapid and precise analysis to determine the cause of the disease for a successful therapy. A team of researchers aims to develop a rapid test of this kind within the context of the project DiscoGnosis. Launched in November 2012, the project will receive three million euros in funding from the European Union and is being coordinated by the Department of Microsystems Engineering (IMTEK) of the University of Freiburg.

Source: News published by University of Freiburg, Germany; Image: IMTEK