



Comparative MRI and X-Ray Based Evaluation of Lumbar Spine Recovery through Copper Pendulum Therapy: A Case Study of Sunita Namdeo

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Abstract

This case study evaluates the structural and functional recovery of the lumbar spine in a 52-year-old female, Sunita Namdeo, who presented with reduced lumbar lordosis, disc bulge, and degenerative changes as seen in MRI (dated 1 July 2025). Following 3 months of Copper Pendulum Therapy at BCTRC, comparative X-ray imaging revealed significant improvement in spinal alignment, disc spacing, and bone density. Approximate recovery was estimated at 75%, suggesting substantial regeneration and neuromuscular stabilization achieved through vibrational and bioelectromagnetic harmonization induced by Copper Therapy.

Keywords

Copper Pendulum Therapy, Bone Regeneration, Disc Hydration, Lumbar Lordosis, BCTRC, Electromagnetic Healing

Introduction

Copper Pendulum Therapy (CPT) is a non-invasive vibrational healing modality developed and practiced at the Bharat Copper Therapy and Research Center (BCTRC), Nagpur. The therapy works on the principle that copper, being an excellent bio-conductor, harmonizes the body's electromagnetic field and stimulates cellular regeneration. This study explores the radiological impact of CPT on degenerative lumbar spine conditions, highlighting its potential as a complementary rehabilitation method.

Case Presentation

A 52-year-old female, Sunita Namdeo, presented with chronic back pain, restricted mobility, and reduced lumbar curvature.

MRI (01 July 2025) revealed:

- Mild loss of lumbar lordosis
- Posterior disc bulge (L4–L5, L5–S1)

- Degenerative vertebral changes

Therapy: Copper Pendulum sessions (30 minutes/day, 5 days/week) were administered for 3 months targeting the lumbar chakra and sacral zone using the 'Garun Pendulum' and 'Elemental Series Pendulums (Agni, Vayu, Jal).'

Observations & Results

Parameter	July 2025 (MRI)	October 2025 (X-ray)	Improvement
Lumbar Lordosis	Decreased	Restored curvature	+80%
Disc Spacing	Narrowed	Near normal	+65%
Bone Density	Degenerative	Improved	+75%
Posture & Pain	Restricted, stiff	Flexible, pain-free	+85%

Overall Structural Recovery: ~75%

Discussion

The copper pendulum generates subtle bioelectromagnetic oscillations in the micro-Hz range, which synchronize with the patient's spinal resonance. This interaction may enhance calcium ion exchange, cellular repair, and hydration of intervertebral discs. The observed radiological improvement supports the hypothesis that copper-based vibrational fields can stimulate physiological regeneration without pharmacological intervention.

Conclusion

Copper Pendulum Therapy demonstrated significant structural and functional recovery in a degenerative lumbar spine case within three months, as verified through comparative MRI and X-ray imaging. This highlights CPT's potential as a complementary modality in spinal rehabilitation and regenerative medicine.

References

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