Solarien – Additional info

IR and UV – Application of lamps

Application of the IR lamps (Standard)

In a horse solarium are actually big red lamps that emit infrared rays. The difference between the infrared radiation (IR) and ultraviolet (UV) radiation is that IR radiation gives off heat and artificial UV radiation mimics the sun and the skin tans. A horse is not so brown under an IR solarium. All living things need IR and UV radiation. The amount of UV light, which requires a living being is low and, when a living creature is exposed to these long even be harmful. IR light (ie heat) is very important for us. From your horse is expected to bring power, the condition building and training are the main focus. With congested and tight muscles will however be able to provide less power. Infrared Therapy ensure a better blood circulation, reducing blood sugar is absorbed faster by the muscles. The waste in the muscles are better degraded, thus your horse after a heavy load regenerates faster. In addition, your horse dries after work or after washing faster. Thus, the risk is less cold and your horse's coat gets a beautiful shine. A warming-up and / or a cooling-down before and / or after the ride bring better training results will be. All in all, you will notice that your horse with regular use of an IR solarium can provide greater power and will have an improved general condition.

Application of UV lamps (optional)

From the sun's rays, which have so important and partly recovering effect for a living, we make too little use nowadays. Industrialization, we have our work shifted from outdoors to indoors, where the sun's rays reach only filtered or not at us. Even horses are kept in stables, allways less come into contact with the precious rays of the sun. The lack of sunlight can lead over time to "interference" in the horse, the one "Vegetative Dystonia" lists. These disorders result in higher sensitivity, faster fatigue, decline in performance and a higher risk of infection of the horse.

What has Columbus

Columbus has artificial emitters in the program, which have proven themselves for years as an excellent replacement sun, the solar spotlight for installation in solariums

COLUMBUS sun spotlight

The solar radiator consists of a quartz glass burner and a tungsten filament. The spotlights are coordinated so that they reach the radiation effects of natural sunlight in conjunction with a special carboy with internal reflector

Biologisch effect

For a long time it is known that the output from the sun in combination ultraviolet + light + infrared (heat) radiation, in radiation therapy are of great importance. The radiation effect has not only affect the skin, but also an effect on the non-exposed parts of the body. About the biological effect of the sun spotlights numerous scientific publications have appeared in the past 20 years.

Some results from this are: The variable acting on the autonomic nervous system, increasing the elasticity and improve the reactivity of the redox system represent a strengthening of the organism and under certain conditions, an improvement in the performance of the horse. Improve regeneration after heavy physical exertion or illness. Bacteriological effect and thus the prevention of infectious diseases. Reactivation of active substances, increase or regulate blood calcium levels. Better blood circulation of the skin, which thereby is also elastic

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The use of sun lamps

For drugs that increase as a side effect, the UV sensitivity, must be temporarily stopped with the application. During irradiation, it is sufficient to close their eyes or cover with cotton wool. A medical application, the radiator against diseases should be used only at the recommendation of a veterinarian.

Radiation scheme

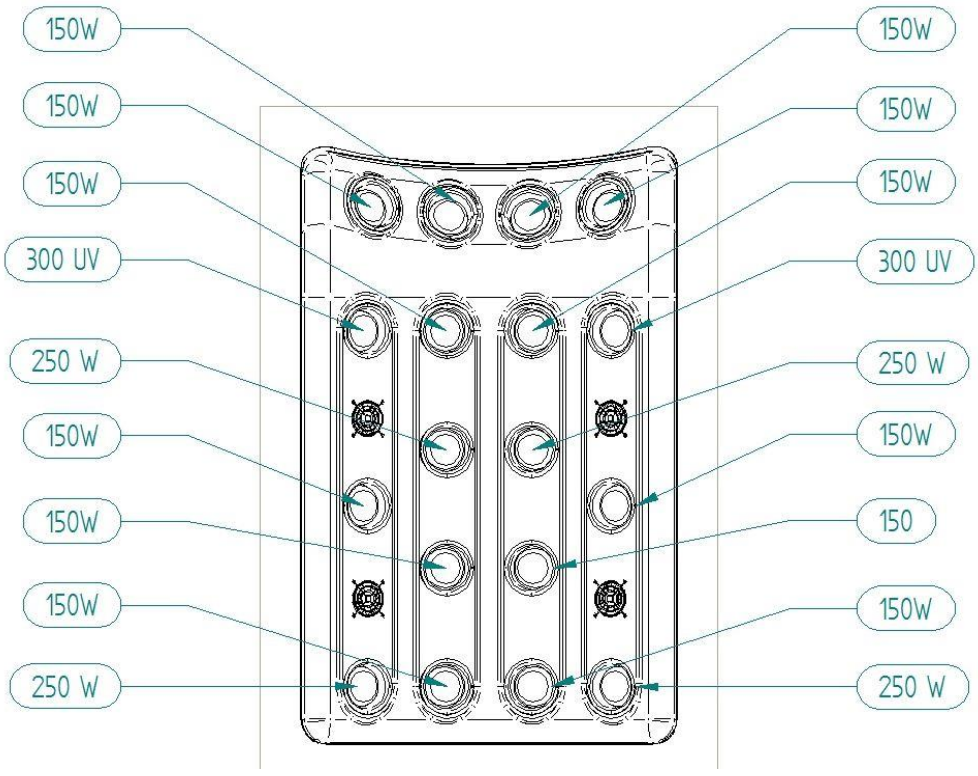
Radiation pattern at a distance of solarium for body 50-75 cm: The irradiation with solar lamps at a distance between the body and the air of 50cm, you achieve a 6-7x higher biological effect than the natural sun. In a normally sensitive skin type, the human skin is red after about 3 minutes. Due to the natural sun to reach this result after about 35 minutes. The effect of UV light on horses can only be determined visually.

Day	1	2	3+4	5	6	7+8	9+10	11-14
irradiation time in minutes	3	4	6	7	-	9	11	14
After at least 4 weeks off								

Instruction for application of the sun lamps

The solar radiator is screwed into the Solarium (version) and then reconnected to the mains. Before applying the radiator needs to burn about 2 minutes after turning off the lamp can again only after a cooling of 2-3 minutes are turned on. The irradiation distance must be at least 50cm, respectively. During irradiation, it is sufficient to close their eyes or possibly covered with cotton.

Example: MeRCuRR



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