RUDRAKSHA THERAPY FOR PERFECT HEALTH

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ABSTRACT: The article describes briefly the salient features of Rudraksha therapy.

Rudraksha is a dried herbal fruit. Rudraksha’s motherland or birth place is mountains of Himalayas. Rudrakshas are considered to be sacred and have many spiritual and medicinal values both as preventive and curative. Rudraksha is the King of herbal medicine working effectively and positively both as preventive and curative. We have taken up this project under Indian Medicine Academy and developed it as Rudraksha Therapy.

The mode of action of Rudraksha therapy is covered by basic principles of Ayurveda and also fulfils the ideals of gentle, harmless and quick restoration of health basing on comprehensive principles. This therapy being purely herbal and most to tolerable by human body, can be taken by persons of any age, sex and profession and it has no side effects.

As now we have realized that the more indiscriminately we use allopathic drugs the worst the disturbance if the vital force and the human body’s natural mechanism and the resistance power of the body are gradually reduced. Hence there is rapid growth in the usage and wearing of rudrakshas by more and more people in this computer age in India and in various other parts of the world. It is mainly due to the positive results gained by rudraksha wearing and internal usage for perfect health.

Rudraksha therapy has been found useful broadly in the treatment of high blood pressure and high cholesterol content in the blood. It cures various allergies, neurological diseases; early stage of asthma, diabetes, cancer many other circulatory and mental ailments. In chronic cases of long sufferings with many complications, which could not be successfully treated by any other medical systems, rudraksha mixed with various ayurvedic herbs given internally, not only improves its effectiveness but also cuts short the treatment period, leading to speedy and early recovery. The treatment is given depending upon the patient’s condition and seriousness of the disease.

When chanting (japam) is being performed with Rudraksha Mala keeping the beads little pressed and pushed, a type of acupressure is being done on the acupressure points in the thumb and middle finger. This improves the blood circulation in eyes, and brain.

The latest research result is on wearing rudraksha necklace or Rudraksha Mala in helping to radiate out the accumulated static electricity growing due to internal bioelectrical current flow. Rudraksha can
be worn by people of all caste and communities. It is found that for medicinal use and worshipping the bigger Rudraksha is the best one. Smaller or medium size rudraksha are most effective for wearing and japam. Rudrakshas can be worn on wrists, forearms, neck, chest, head, forehead, ear lobes and stomach. Tulasi mala will give psychic powers called Siddhis, while the Rudraksha mala will give Riddhi, psychic powers and prosperity. To get complete benefit Rudraksha Mala can be made of 108, 54,36,27 or 18 beads. One should use those Rudraksha only which are nice, handsome, strong auspicious, well formed and grooved faces. Natural central holed Rudrakshas are the best. Rudraksha wearer gets different types of benefits depending upon the Rudraksha’s faces. Ladies should not wear Rudraksha during menstruation.

On the basis of pharmacological experiments made by Indian and foreign experts it is proved that rudrakshas are beneficial in the treatment of neurological and mental disorders. Rudraksha acts as central depressant, anticonvulsant, cardiac stimulant, smooth muscle relaxant, hypotensive and hypoglycemic.

It is evident from subjective survey, that 30 per cent people use it for spiritual purpose, 35 per cent for mental troubles and 35 per cent for cardiac troubles. As regards its effect, cardiac patients get 85 per cent relief, followed by 71 per cent relief of mental troubles and 50 per cent in spiritual group. These findings clearly indicate that Rudraksha has more therapeutic values as compared to spiritual values.

Rudraksha is hot in nature, hence it helps in proper blood circulation, equal distribution of energy to all the parts of human body and melts out the excess quantity of cholesterol in the blood thus keeping the heart ailments at bay. It is Vataghna, hence Rudraksha plays a vital role in treating chest pain and in early stage of rheumatic pains. It will not allow any further complications to grow in rheumatic cases and also works for mental alertness making a man feel mentally and spiritually hale and healthy. Rudraksha is also Kaphanashak, hence it has curative effect on early stage of asthma, various allergies, rhinitis, obesity, unwanted over swelling etc. It is also having characteristic of “Shirathi Shamanam” which means having curative qualities of head diseases which includes mental diseases, eyes, nose, ears, throat ailments. It is Ruchyam, which means, it is used, to cure stomach ailments especially, indigestion, gases, tastelessness, etc. It is Bhutagrah Vinashanam hence cures the various mental diseases, bad effects of evil spirits and planetary afflictions.

**RUDRAKSHA HEALTH CARE BY 4-FOLD METHOD.**

(1) For Health maintenance; (2) Preventive (Resistance against diseases); (3) Curative and (4) Yoga Sadhana.

**Rudraksha Therapy Treatment Methods**

**Darshan:** (By looking like Thrataka in Yoga)

**Sparshan:** (By touch and inhalation)

(a) By wearing Rudraksha Mala; (b) By doing Japam with Rudraksha mala; (c) By Rudraksha Dhoopam; (d) Rubbing on Rudraksha Plates (Acupressure) having magnets inside.

**Sevana:** Rudraksha Churan; rudraksha Hima (Cold infusion), Rudraksha decoction for Gargling; Rudraksha Milk; Rudraksha...
**Bhasma; Rudraksha Vibhuti; Rudraksha Oil; Rudraksha Lehyam; Rudraksha eye drops and Rudraksha Paste.**

**Yoga Sadhana: Rudraksha Mandap; Rudraksha Kireetam; Rudraksha wearing below waist (in Yantra – Manthra – Thanthra – Kshudra Prayogas)**

Rudraksha medicines are most effective as preventive and curative but one must use them for not less than 40 days or a *mandalam*. As any other Ayurvedic herbs this also works from the root levels of the diseases to eradicate the diseases.

**A FEW RUDRAKSHA REMEDIES**

For the medicinal use of *Rudraksha*, honey coloured is the best one although they are available in white, black and in mixed colours. Four different types of *Rudraksha* are available (1) *Rudraksha* (2) *Bhadhraksha* (3) *Roudraksha* (4) *Sadraksha* or (*Subhaksha*). *Rudraksha* with fifteen to twenty one faces are also available but very rate in therapy. In *Puranas* it is written that *Rudrakshas* are up to thirty-eight faces. *Rudraksha* ayurvedic doctor’s consultation is a must before medicinal use of *Rudraksha* internally.

(i) Continuous wearing of *Rudraksha* malas or necklace relieves the depression, mental tension, activates the central nervous system, controls the blood pressure, builds up the self confidence and cures certain skin diseases.

(ii) *Rudraksha mala* wearing along with *Tulasimala* or *Mala* made of *Rudraksha* and *Tulasi* beads alternatively is found to be very much effective in T.B. and Lung diseases.

(iii) For cracks on tongue, tastelessness and heaviness, *Rudraksha* decoction’s gargling is found to be very effective.

(iv) Ten *Rudraksha* are boiled with 200 ml gingely oil and nine garlic pieces for 30 minutes is *Rudraksha oil*. This oil can be used by little warming up and applied on chest for cure of *Pneumonia* and chest pains.

(v) Keep the *Shanmukhi Rudraksha* in a cup of boiled milk during night and drink before going to bed for 40 days. It corrects the mental weakness and improves memory power.

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