

## RUDRAKSHA THERAPY FOR PERFECT HEALTH

**JUSTICE I. PANDURANGA RAO and K. SATHYANARAYANA SWAMY**

*Rudraksha Ayurvedic Ashramam, No. 5-41/72, Raja Rajeshwari Nagar  
Near old Bavenpally Check Post, Secunderabad – 500 011. Andhara Pradesh.*

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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 is 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*. *Rrudrakshas* 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 rare 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.

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- (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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