

Twitter Thread by Vibhu Vashisth



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WHY IS RUDRAKSH SO IMPORTANT IN OUR SANATAN DHARMA?

Rudraksh is the seed of medicinal plant known as *Elaeocarpus Ganitrus* in scientific terms. It has a great religious significance, used as ayurvedic medicine & taken as a remedy for multiple health concerns.



Rudraksh is a Sanskrit word consisting of the name Rudra (A form of Shiva) and Aksh (teardrops from eyes), which translates as, 'Teardrops from Lord Shiva's eye's'.



The Legend says that Lord Shiva was so hurt and sad due to the unrighteous behaviour of Demon Tarkasur's sons that tears shed from his eyes, taking the shape of a Rudraksh tree.



These fruits are also known as Amritphal (Fruits of Nectar). The Rudraksh fruit is blue in color and resembles a lot like blueberries, only it turns black on getting dried. The hard seed in the center can have 1 to 21 faces.



There are 38 varieties of Rudraksh that are found primarily in Nepal, India, Indonesia & Sri Lanka. Rudraksh tree is a large evergreen tree, which grows up to 50 to 200 feet and it bears fruit in 3 to 7 years.



Ancient texts believe that each type of Rudraksh (based on its faces) has unique properties with specific benefits. The Malas of Rudraksh with 108 beads are made and used in the Sanatan Dharma for "Jaap".

Rudraksh has following healing properties:

Antacid, Anti-inflammatory...



...Anti-arthritis, Anti-pyretic, Digestive stimulant, Anti-cancer, Analgesic, Anti-Oxidant, Anti-depressant among others.

Some of the proven scientific and religious benefits of Rudraksh are:

- Geeta states that one seeks benefit by simply looking or touching a Rudraksh.



- Rudraksh increases confidence in a person due to its Bio-electric simulation effects.

- It facilitates meditation by keeping our mind and heart calm.

- It improves circulation, function of endocrine glands and respiration in the body.



- Rudraksh beads have electromagnetic properties which helps a person in reducing the stress, anxiety and high BP.

Various puranas highlight the significance of Rudraksh by saying that:

- Wearing a Rudraksh frees a soul from bad Karma and help attain its goals.



- If a person wears Rudraksh on his body, it will multiply fruit of good deeds a million times.

Rudraksh beads benefit all people who want to be successful & happy in life. It's beneficial for family harmony, prosperity & spiritual growth. It casts-off any negative forces in life. ■

