

Twitter Thread by Ayur Arogyam



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Why should we wear Bindi / Kumkum / Tilak ??

- Wearing Bindi / Kumkum /Tilak on our forehead is not just symbol of religion or culture
- it's has profound impact on your health and wellbeing
- Why this is practiced even for new born babes
- It's a ancient health hack



- As per ayurveda forehead is a key biological region which has major role to play both over your mind , body and spirit
- Forehead has sensory nerves which helps to detect the earths magnetic field by our brain

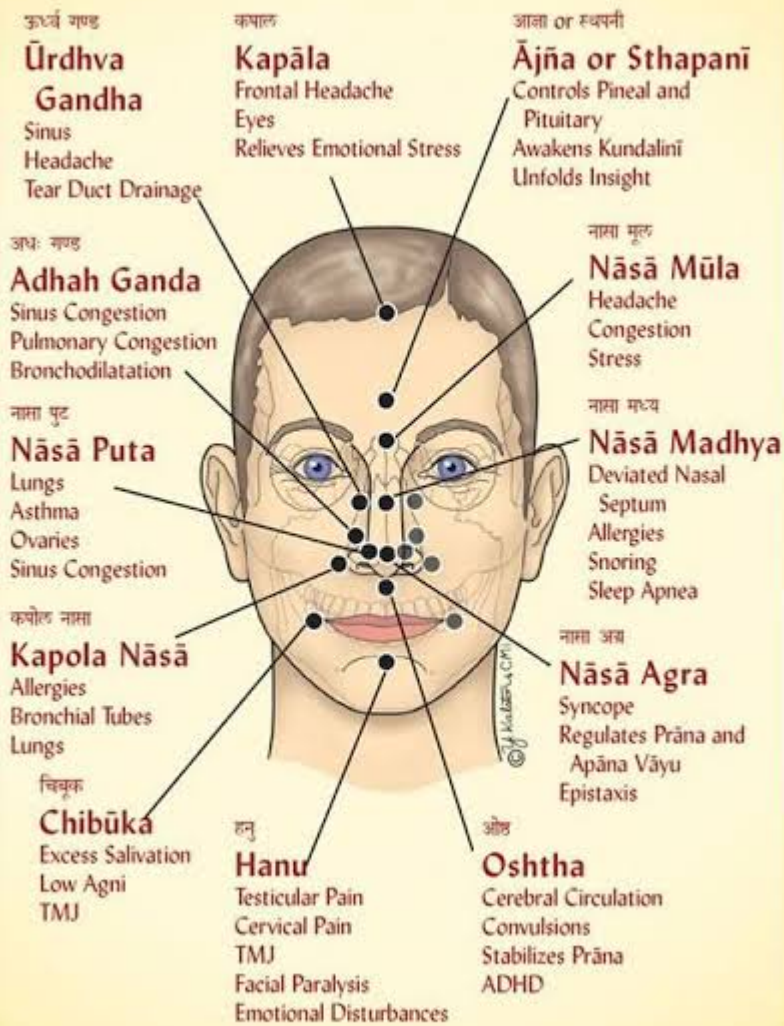
- it has deep connect towards your subconscious mind



Per Ayurvedic texts our forehead is gateway for our energy/ kundalini

Marma chikitsa a branch of Ayurveda which is similar to reiki or pranic healing starts the therapy from the muka / face especially with herbal paste being applied over the forehead

Mukha (Face) Marmāni

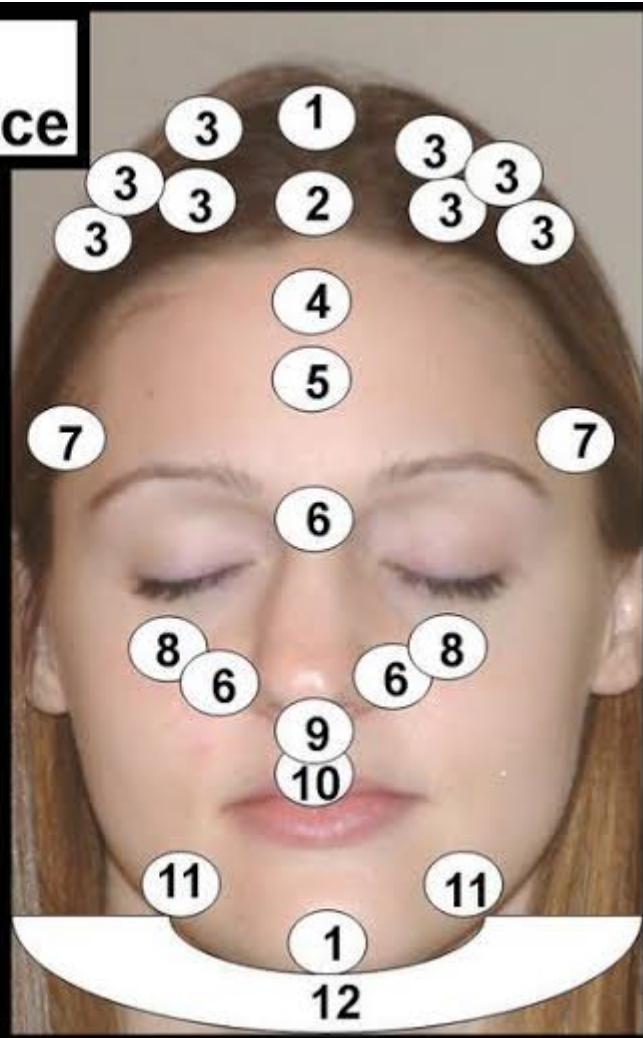


Same references are found in accupressure and traditional Chinese medicine

- Applying gentle pressure over forehead by wearing bindi / kumkum/ Tilak helps to keep key pineal gland hale and healthy

Acupressure Points for the Face

1. Gonads
2. Stomach
3. Internal Organs
4. Pituitary
5. Pineal
6. Sinuses
7. Headache Relief
8. Kidney / Adrenal
9. Pineal / Pituitary
10. Spleen / Pancreas
11. Colon
12. Spine



As per Hindu culture, sadashiva holds the sacred and fierce third eye over this region

For normal man, it's a key technique to activate your key chakra - the Ajna chakra

This is soul reason any hindu Pooja or vedic procedure emphasizes wearing a Tilak over this region



Chakra 6 – The Third Eye

Sixth Chakra: Know your worth.

clarity | psychic expansion | reading energy

The Third Eye color is Indigo (a combination of red and blue).

It is located at the center of your forehead at eye level or slightly above.

This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom.

Your dreams for this life and recollections of other lifetimes are held in this Chakra.

Blockage may manifest as problems like lack of foresight, mental rigidity, 'selective' memory and depression.

If you think chakra has no significance over your well being please see the attached image

Ajna chakra enables more around your logical and intuitive reasoning

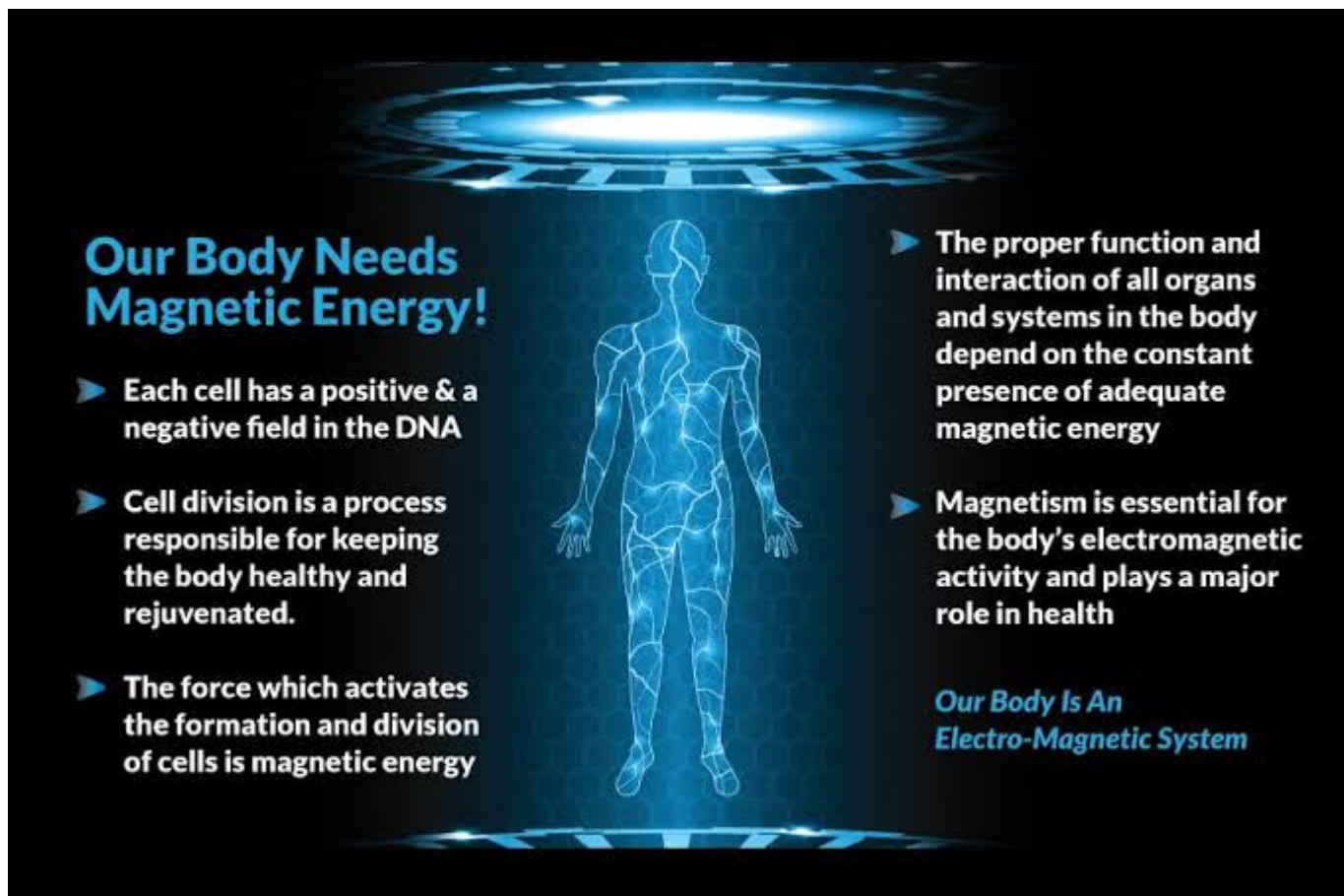
Disregarding it is equal to leading a
life keeping our eyes closed forever



At West, Bio magnetic therapy is becoming popular alternative non invasive treatment

It's more or less a extension of our chakra system

Human body is enclosed by aura fields where every cell every organ of our body has electromagnetic influence of our surroundings aka energy

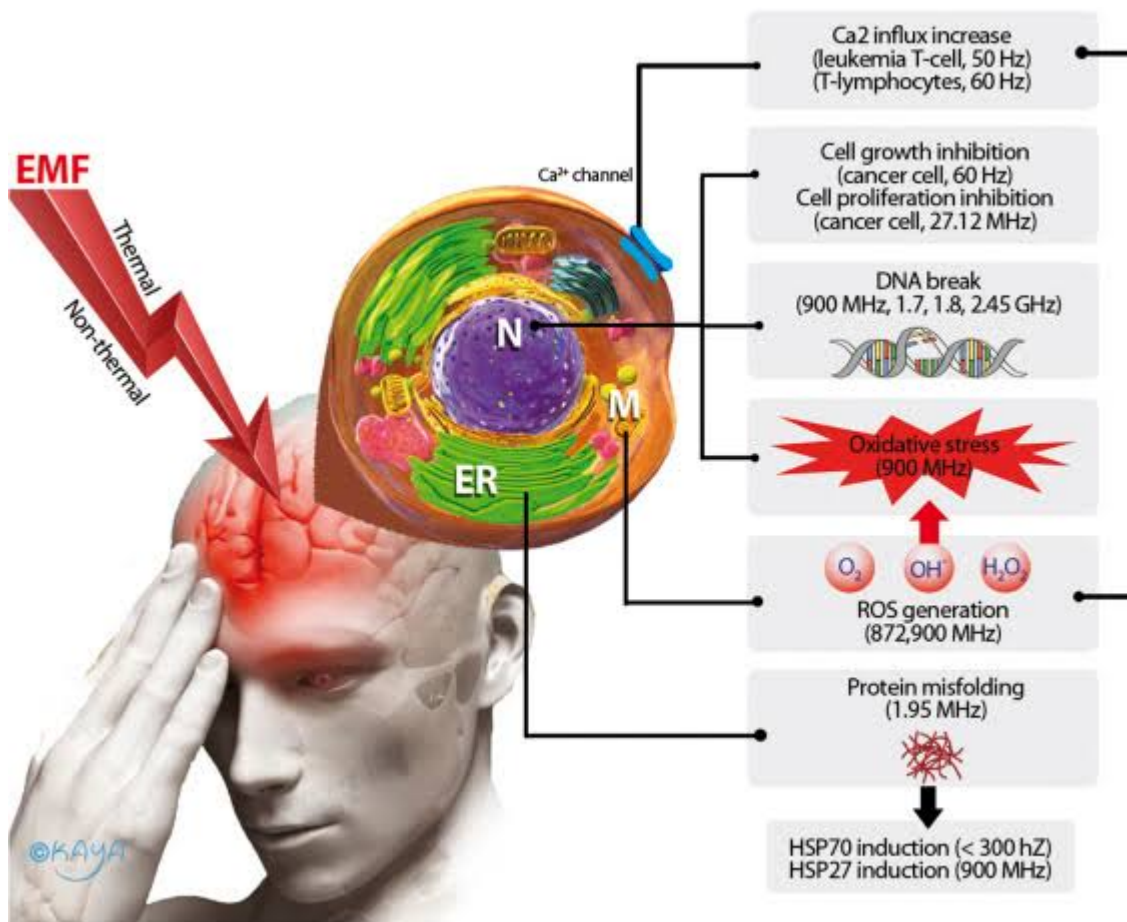


Why we start this practice even for new born baby

- For babies, traditional household used to make Anjana out of herbs which is a biological energy shield for the child especially it's brain

It's applied over its cheek, palms and under feet

Mainly for its brain development



Apart from this , pineal gland harmonoal release is controlled by this practice

-The pineal gland is best known for the secretion of the hormone melatonin, which is released into the blood and possibly also into the brain fluid, known as cerebrospinal fluid

-Pineal melatonin is a hormone that regulates the body's daily (circadian) clock and so melatonin is commonly used in human research to understand the body's biological time.

-There is a rhythm to the biology of the pineal gland and melatonin is secreted according to the amount of day light a person is exposed to. It varies with changes in day length

- The pineal gland is sometimes referred to as both an endocrine clock and an endocrine calendar

By a simple Bindi / Tilak tradition, ancient Indian has mastered the art of managing his circadian rhythm and key endocrine gland functions

All above his heightened awareness by managing his mental well-being

Fashion is good so is health

