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Significance of Applying Tilak/#KumKum On The Forehead

On the forehead, between the two eyebrows, is a spot that is considered as a major nerve point in human body since ancient times. The Tilak is believed to prevent the loss of “energy”,

The red 'kumkum' between the eyebrows is said to retain energy in the human body and control the various levels of concentration and enhance the understanding of the individual. While applying kumkum the points on the mid-brow region Ajna-chakra get pressed automatically.

This also facilitates the blood supply to the face muscles.

This is not just aesthetic, applying kumkum tilak before puja helps one to focus on deities/mantra/dhyana.

We make kumkum at home like this (picture) with turmeric, chuna/soda, and water.

According to astrology, in kalpurush horoscope house of Aries (Mesh Rashi) is on forehead. Lord of Mesh is Mars and its color is Red. This is another reason behind putting Red Chandan, kumkum and Sindoor as Tilak on the forehead.

The latest trend for at least the last 2 decade is the "sticker Bindi". These are nothing more than round pieces of plastic/paper with adhesive on the back. there is no use of such tilaka/bindi. they simply block the Ajna chakra and are very harmful to the skin.