

## Twitter Thread by



                   

[@HiteshAwasthi89](#)



### #Thread

#### Why Indian married Women Wear Toe Rings ?

It is worn as a symbol of married state by Hindu women, called Bichiya (pronounced: bee-chee-ya) in Hindi, Women wear these Toe rings, They are usually made of silver and worn in pairs on the second toe of both feet.



Scientific reason behind why Indian married women wear toe rings, health benefits ; Why to use only Silver toe rings and Why Not gold: 'Bichiyas' may not be made of gold, as gold holds a 'respected' status & may not be worn below the waist.  
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Indians especially Hindus believe that gold is the metal of the Mata Lakshmi Devi, The Goddess of Wealth, & so they consider it inappropriate to wear gold below the waist. Scientific & Ayurvedic Reason behind wearing Toe Rings..  
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Some Men frequently wore a ring on the big toe for curative purposes or to augment their masculine vigor. Wearing toe ring to the second toe has sexual effect. The reflexology texts also mention about treating gynaecological problems by massaging the second toe.



There is also a belief that the wearing of toe rings press on certain nerves that pertain to the reproductive system, keeping it in balance and healthy.

Ancient Ayurvedic medicine has long been used along side acupressure.

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Indians believe that ur “prana”/“life force” must be in balance in order for u to stay healthy. All of the paths of ur “prana” run down to your toes, so the idea that a marital symbol could double up as a reproductive enhancer is not a big stretch.

@Sumita327 @khanna248

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By wearing this in both feet, it is believed, that their menstrual cycle course is regularized with even intervals. gives good scope for conceiving to married women. Also it is said just because that particular nerve...

@Dharma\_Vaarta @chitranayal09

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in the second finger from toe, also connects the uterus & passes through the heart. Because of this, the constant friction caused while walking & doing all sorts of chores during a day, it revitalizes the productivity organs...

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Silver a good conductor, absorbs the energy from the polar energies from Earth...!!!

#SanatanDharma

#Hindutva

#JaiShriRam

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