



Healing power of Rudraksha

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Abstract

The sacred Rudraksha beads are importance in use as their healing properties and being identified for various physical and mental problems. The ancient Vedas use this Rudraksha in different diseases. Rudraksha and Mantra have most influence on that part of the body. In modern science the Rudraksha bead possess electromagnetic nature due to this it affect our neurophysiology in a specific manner that permit to control heart-beat, blood pressure, stress levels, hypertension and at the same time relieves nervousness, depression and fearful situation. Rudraksha beads are also believed to have a positive effect on the heart and nerves. This holy Rudraksha beads are used for treatment of cancer and other such types of diseases. The beads can be worn externally or boiled in milk and then the milk is used as a therapeutic. Different Mukhi Rudraksha powder is also taken with water to improve the pain and is also used for the treatment of more diseases. 3 P's of life namely Peace, Progress and Prosperity. We can get from rudraksha in health as well as in our vastu.

A rudraksha is the seed of the *Elaeocarpus ganitrus* tree and plays an important role in a spiritual seeker's life. Sadhguru looks at the various types of these beads and their benefits, including the panchmukhi and ek Mukhi.

Sadhguru: Rudraksha is the seed of a particular tree species which usually grows at a certain altitude in the mountains – mainly in the Himalayan region These seeds have a very unique vibration.

INTRODUCTION

Panchmukhi Rudraksha Benefits

Five-faced beads or panchmukhi is safe and good for everyone – man, woman and child. It is for general wellbeing, health and freedom. It lowers your blood pressure, calms your nerves and brings a certain calmness and alertness in your nervous system. It will help them calm down and be more focused.

It is also a kind of shield against negative energies. It is possible for some people to use negative energies to cause harm to someone else. This is a whole science by itself. One Veda, the Atharvana Veda, is all about how to use energies to your advantage and to someone else's detriment. If somebody who has mastery over this wants to use it, so many things – extreme suffering and even death can be caused.

A rudraksha is a kind of shield against this. You may think nobody will do negative things to you, but it is not necessary that it should be targeted at you. Let us say somebody did it to the person sitting next to you, but he is not receptive to it. Now you may get it because you are

sitting next to him. It is just like when two people are shooting at each other on the street, they do not intend to shoot you, but you may get shot. Similarly these things also can happen. It is not intended for you, but it can happen if you are in the wrong place at the wrong moment. There need not be a huge fear about such things, but a mala is a kind of protection from that.

Rudraksha is believed to have electro-magnetic, para-magnetic, inductive dia-magnetic and dynamic polarity effects that help in healing various diseases like insomnia, blood pressure, body ache, head ache, depression, maladjustments, heart diseases, skin diseases. Rudraksha beads possess various pharmacological activities which include analgesic and anti-inflammatory[19], CNS activities, typical behavioral actions, sedative, tranquilizing, hypnosis potentiating, antidepressant, antiasthmatic, anti-diabetic, cardio stimulation, antihypertensive, anticonvulsant, etc. [20] Methanolic extract of *Elaeocarpus ganitrus* seeds possess potent hypoglycemic activity.

Antiasthmatic activity

The chloroform, acetone, petroleum ether, benzene, and ethanolic extracts of *Elaeocarpus sphaericus* fruits were found to have mast-cell stabilizing activity, substantiating the effectiveness of *Elaeocarpus sphaericus* in bronchial asthma.

Antidepressant activity

Ethanol and Petroleum ether extracts of *Elaeocarpus sphaericus*'s fruit decreased the swim stress immobility in mice signifying some scale of antidepressant activity.

Antianxiety activity

Elaeocarpus ganitrus was evaluated for antianxiety activity in mice using elevated plus maze model. The chloroform and ethanolic extracts were shown effective against anxiety at all doses, but a dose of 200 mg/kg of ethanol extractive was at equality with that of diazepam as clear from statistical equivalence between the results of this dose and that manifested by diazepam.

Antidiabetic activity

Chitosan based aqueous extract of *Elaeocarpus ganitrus* by producing hypoglycemic effect in normal rats. At 100 mg/kg body weight doses of given orally formed clinically significant hypoglycemia.

In the study of aqueous extract of *Elaeocarpus ganitrus* showed potential antidiabetic effects.

Antihypertension activity

Aqueous seeds extract of *Elaeocarpus ganitrus* showed the antihypertensive effect in renal artery occluded hypertensive in male wistar rats.

Anti-inflammatory activity

The benzene, chloroform, acetone, petroleum ether, and ethanol, fruits

extracts of *Elaeocarpus sphaericus* at a dose level of 200 mg/kg body weight was studied in rat paw edema using different inflammogens. The ethanolic and petroleum ether fruit extracts are effective against carrageenan, bradykinin and PGE. The chloroform fruit extract of *Elaeocarpus sphaericus* showed effect against histamine. Chloroform extract, was essentially effective in 5-HT induced inflammation and ethanolic extract also inhibit histamine. In other study petroleum ether, benzene, acetone, chloroform, and ethanol fruit extracts showed significant antiinflammatory action against both acute and subacute models.

Antimicrobial activity

The petroleum ether, benzene, chloroform, acetone, and ethanol extracts of dried fruit of *Elaeocarpus sphaericus* was investigated against 28 gram-positive and gram-negative bacteria using the plate dilution and disc diffusion methods. The acetone fraction showed marked antimicrobial activity against ten organisms.

Antiulcerogenic activity

The benzene, petroleum ether, acetone, chloroform and ethanol, extracts of dried fruit of *Elaeocarpus sphaericus*, showed antiulcerogenic activities in rats.

Antioxidant activity

Ethanolic leaf extracts of *Elaeocarpus sphaericus* exhibited metal chelating, total antioxidant capacity.

Cytotoxic activity

Chloroform-soluble bark extract of *Elaeocarpus mastersii* was found to reveal significant cytotoxic activity when evaluated against a panel of human cancer cell line.

Other activities

Ethanolic extract of *Elaeocarpus ganitrus* fruits exhibit sedative, anticonvulsive, hypnotic, tranquillizing, and antiepileptic properties.

As a blood purifier:

Rudraksha shall be used for treating the blood impurities and strengthens the body substance.

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