



### Extracts from Puran:

According to Shiv Maha Puran, Parvati the divine-consort of Shiva asked Lord Shiva about Rudraksh. And Lord Shiva replied by saying that while done penance (Tapasya) for 1000 years, his eyes got tired and when he opened them, few tear drops fell on the earth and from these tear drops, Rudraksh trees are supposed to have grown.

### What is Rudraksh?

Rudraksh is also called "Tears of Shiva" and there are many legends connected to Lord Shiva that describe its origin. The word Rudraksh comes from "Rudra" (name of Shiva) and "Aksha" meaning tears.

### Where Rudraksh is found?

Rudraksh beads are the most ancient beads, which grows on Elaeocarpus Ganitrus Roxb trees at selected locations of South East Asia (Java, Korea, parts of Malaysia, Taiwan, China) and South Asia (Northern India and Nepal). Rudraksh is not plucked from a tree, rather it is picked from the ground when they became fully ripe and fall down to the ground.



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### **What are the benefits of wearing Rudraksh?**

- It supports and maintain physical and mental balance. Its curative properties have been utilized worldwide for a number of physical, mental and psychosomatic illnesses.
- It enhances one's spiritual growth.
- It has powerful Electromagnetic properties in controlling stress, blood pressure, improves blood flow and circulation.
- It has also been recognized in Ayurveda due to its medicinal uses.

### **Who can wear Rudraksh?**

It can be worn by any person, irrespective of gender, cultural, ethnic, geographical or religious background. However, for children's below 8 years of age, Rudraksh should only be worn upon recommendation of a spiritual guru or a Jyotisha or an expert in Traditional Vedic Sciences from AstroYodha – Centre of Traditional Vedic Sciences.

### **What is the relevance of bead size of Rudraksh?**

There is no special relevance of bead size except while using it for wearing it around neck. Small beads Rudraksh Mala can be worn around the neck easily and can be handy also whereas long size bead would be bulky and may not be comfortable to all, except for spiritual seekers.

Another relevance of small size beads is that it is costly as compared to large size beads because of its rare availability.

### **When shall Rudraksh be purchased and worn/ used by a native?**

Rudraksh shall be purchased and worn by a person at the date and time advised by a Spiritual Guru or a Jyotisha or an expert in Traditional Vedic Sciences from AstroYodha – Centre of Traditional Vedic Sciences.

### **How Rudraksh shall be worn?**



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Rudraksh shall be worn with the additional bead position touching your chest/ heart. Do not put the additional bead behind your neck as it represents the Guru in our Jyotisha; and Guru should always be in the heart and not behind neck.

### **Can Rudraksh be worn every time?**

Yes, Rudraksh mala can be worn all the time. You can even wear it when you sleep or shower.

### **How to store a Rudraksh in Home if not being used?**

Rudraksh should be stored / kept in silk cloth or copper vessel preferably in your Puja room. You can also cover it under the mud/ soil

### **Can I share my Rudraksh with another person?**

No, Rudraksh should not be shared with any other person even your own family members.

### **How to prevent Rudraksh from getting damaged or being ineffective?**

- Rudraksh gets damaged when you wear it at the time of taking shower with hot / Luke warm water as it will become brittle and will crack after sometime. Even use of chemical soaps/ lotion on the body at the time of wearing Rudraksh will damage the Rudraksh. So, it is advisable to avoid using Rudraksh while taking bath with hot water and using chemical soaps.
- If Rudraksh is not used and kept on a cement floor for a full 48-day mandala or longer, then it will lose its effectiveness.

### **How to deal with Rudraksh which is ineffective?**

- These Rudraksh should be should be buried in the soil, if possible, or offered to a body of water, like a river or a well.
- Do not recondition the Rudraksh as it will not be effective.



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### **How to condition and energise a new Rudraksh or a Rudraksh which you are wearing or using it?**

When you receive a new Rudraksh, then always condition it by using the follow the process:

- Soak it in pure cow ghee for 24 hours and after that
- Soak it in full fat cow milk for another 24 hours.
- Take out the bead and Cover the Rudraksh with Vibhuti so that excess oil content or smell is removed from the Rudraksh.
- Finally, wash it with Water or Ganga Jal, if available; and wipe the beads with a clean cloth.

For energising the same, follow the advice of an expert from AstroYodha – Centre of Traditional Vedic Sciences and/or chant the mantra Aum Namah Shivaye for 108 times while keeping the Rudraksh in Right hand palm and covering it with your left-hand palm.

After this, you can re-wear it and continue using it.

Please note that the used ghee / used milk / used gangajal and used Vibhuti should only be used as plant food and dispersed in the plant pot in your home. Do not consume or throw it in drain or at any other place.

### **How to condition and energise a Rudraksh which you are wearing or using it?**

Rudraksh should be conditioned in every 6 months and you should follow the following process which is similar to those mentioned above:

- Soak it in pure cow ghee for 24 hours and after that
- Soak it in full fat cow milk for another 24 hours.
- Take out the bead and Cover the Rudraksh with Vibhuti so that excess oil content or smell is removed from the Rudraksh.
- Finally, wash it with Water or Gangajal, if available; and wipe the beads with a clean cloth.



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Further for re-energising the same, follow the advice of an expert from AstroYodha – Centre of Traditional Vedic Sciences and/or chant the mantra Aum Namah Shivaye for 108 times while keeping the Rudraksh in Right hand palm and covering it with your left-hand palm.

After this, you can re-wear it and continue using it.

Furthermore, you should also condition Rudraksh by soaking it in Sesame oil (instead of cow ghee and cow milk) after every 1.5 years.

### **Why does Rudraksh change colour?**

- Rudraksh tend to become darker with time because of conditioning process as mentioned above as it absorbs the colour of the substances used therein like ghee, milk, Vibhuti, sesame oil. Also, the natural body oil and sweat contributes to change in colour of the Rudraksh.
- Always note that if Rudraksh does not change colour then it may not be genuine.

### **How can we check fake Rudraksh available?**

- Yes, due to scarcity of natural Rudraksh, fake Rudraksh is also available in the market which are made up of plastic, wood or sometimes bones also.
- Now a days another seed called barakah, extensively grown in Uttar Pradesh, Bihar and area adjacent to that, are marketed as Rudraksh as they look like authentic Rudraksh beads.
- Therefore, it is advisable to buy Rudraksh from authentic and trusted source like AstroYodha – Centre of Traditional Vedic Sciences wherein we buy genuine Rudraksh beads.

### **Should you change the Rudraksh mala when beads get broken?**

Either you can replace good beads in the Mala or you replace the Mala.