



## **RUDRAKSHA FOR GOOD - HEALTH**



**R**udraksha is the dried herbal fruit of a tree of the same name. It occupies an important place in the worship of Lord Shiva. According to Puranas (Holy Books of Hinduism) at the time of destruction of Tripura tears of pity from the Lord Shiva eyes fell on the earth and they turned into Rudraksha. This Rudraksha is a blissful gift from Lord Shiva to all the human being.

The Rudraksha beads are known to one and all, It is considered sacred and have many spiritual and medicinal values both as preventive & curative.

Previously Rudraksha were worn mainly by Sadhus, Sanyasis Yogis etc., but now a days the wearing & usage of it has become more popular due its positive results gained by Rudraksha wearing & internal usage for perfect health.

Rudraksha stimulates the mental faculty and also activates the human body mechanism and keeps the man healthy by body, mind & spirit and also is having a powerful control on vital of human body.

The latest research result is on wearing Rudraksha necklace ( or Mala) is helping to radiate out the accumulated static Electricity growing due to internal bio-Electrical current flow and radiating out the accumulated charge in outer space, thereby allowing the free circulation and uniform distribution.

Rudraksha is the king of herbal medicine and working effectively & positively on mental faculty & also correcting the physical imbalances.

Continued wearing of Rudraksha Mala release the depression, mental tension, activates the control of nervous system, controls the blood-pressure, builds up the self confidence and cures certain diseases. The person who wears Rudraksha possess always good health, the respected by all & is capable of attracting people.

Rudraksha Mala wearing along Tulsi Mala is found to be very much effective in T.B. and Lung diseases.

Pharmacological experiment has proved the Rudraksha work as Central Nervous system depressant Anticonvulsant cardioc stimulant, smooth muscle relaxant Hypotensive & Hypoglycemic.





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It has also calimed in “YOGSARA” that by wearing Rudraksha in the neck which touches cardiac region, heart diseases are cured and prophylactic against hypertensive syndromes are prove.

According tp ancient sages wearing of Rudraksha modulates the Pranatatvad (vital forces) of the body and destroy Unmada (Mental) apasmara (Exlepsy), Bhutbodha, Pretbadha ( bad-effect of evil-spirits), Grahabadha (plantary afficition) other mental diseases & all types of phobias.

Rudraksha is hot in nature, hence it helps in proper blood circulation equal distribution of energy to all parts of human body and melts out excess quantity of cholestrol in the blood and keeps the heart-ailments away. It is vatagma hence helps in treating chest pain, & in early stage of rheumatic pains.

Rudraksha health care by 4 fold methods \_

- 1) For health maintance
- 2) Preventive (resostance against diseases)
- 3) Curative
- 4) Yofsadhana

Japa with Rudraksha Mala yields many good results on human body mind , while Japam, keep the beads little pressed and pushed, a type pf accupressure is being done on the occpessure point in thumd & middle finger. This improves the blood-circulation at eyes, mental nerves, Pituitary & pineal and it prevents the cold & asthama.

In uncontrolable cases of high blood-pressure, the wearing of 16 beads Rudraksha on each arm and 2 beads on wrist and 108 on chest refion gives wonderful results.

According to faces (vertical lines) we find Rudraksha up to 28 Mukhas. The wearer of Rudraksha get various types of benefits according to the Mukhas of Rudraksha.

Rudraksha increases memory power, ses-power & will power. It also helps on concentration of mind & longivity.

Indian Govt. after going through, all these wonderful benefits have now allowed the import of Rudraksha and have also lowered the Custom Duty which has made possible to offer the real Rudraksha at attractive prises.

### IMPORTANCE OF RUDRAKSHA :

Rudrakash holder always spent his livelihood happily & peacefully. Each Rudrakasha containts its own power & Strength. As and when a person desire to adopt Rudraksha, first of all he have wash it with cow's milk of Gangajal then accect with the Mantra. “ Om Namah Shivay” on Monday.

GANESH MUKHI ( Lord Ganesha): Bring good luck especially for newly established business fand when worshioed during for Siddhi and Sick Industries.



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**ONE MUKHI (Lord Shiva) :** Destroyer of sins, stability of wealth, increase in peace & calm. Benifical in B.P. & heart problems, remover of sudden death. Where it is worshiped, the wealth neverdestroyed. It shows it's strength within 40 days specially good for Leo, Pisces, Moon. Very ideal for Doctors and Business.

**TWO MUKHI (Ardh Nareshwar) :** Wearing this Rudraksha fosters good relationship in the family. Good for Heart disease, depression & high B.P. It makes unity between Parents-children, Husband-wife and Friend.

**THREE MUKHI (Brahma Vishnui Mahesh):** Good for Meditation/Knowledge/Concentration. Cleansing one of his sins. Beneficial specially for school going children. Helpful for depression and other psychological problems.

**FOUR MUKHI (Brahma) :** Recommended for positive thinking and aids in meditation and growth in confidence leveles improves Blood Circulation, Pregrancy.

**FIVE MUKHI (Pashupati) :** Represent auspiciousness. Good for health and peace Frinking water in which Rudraksha is soaked is good for Heart Diseases, Short Temperament, High B.P.

**SIX MUKHI (Kartilkey):** For Karthik pooja, enhances understanding capacity and appreciation of love and instills good taste foe music and fosters personal relationships. For throat and oral diseases. Special benefit in old diseases.

**SEVEN MUKHI (Goddess Laxmi) :** Special benefit in business, wealth and prosperty. Good for wisdom, knowledge and will power, Improves sexual pleasure, (Special for service & profession) Its ruling planets is Saturn.

**EIGHT MUKHI ( Ganesh):** Invokes Riddhi and Siddhi to bring good luck, future works, Skin Lung, Eyes, Leg problems.

**NINE MUKHI ( Navdurga):** Symbol of Shakti (Power or divine energy) Intitalis dynamism and fearlessness. Helps gain success. Bowel discovers, body pain.

**TEN MUKHI ( Lord Vishnu) :** Special for personality, social , credit, education and family development. Creating health and wealth.

**ELEVEN MUKHI ( Lord Indra):** Desroy poverty afraid of ghost, development personality, health and wealth.

**TWELVE MUKHI (Lord Sun):** Instill limitless administrative power. Best for politician, Minister, Executive and those who aspire to be good administrator making them famous and important. Good for Heart & Skain Diseases.

**THIRTEEN MUKHI (Lord Kamdev) :** For love and affection , attraccation, Credit, Political, and Ruler Class.



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**FOURTEEN MUKHI (Lord Hanuman) :** Remove of ghost-disturbances, creator of Physical Power and property with healthy life.

**GAURI SHANKAR(Shivshakti):** It provides happy married life, increment of business, internal peace, happy life. where it is worshipped there is no quarrel & partition. Its substitute is One Mukhi, Protects from the unforeseen and untimely accidents and improves the sexual power (Vitality) Good for happy married life. Also helpful for young unmarried youths. The growth of Gauri- Shankar takes place in a special day when nine stars get together.

**SAVAAR (Shiva)** The only one found in Nepal. A one faced Rudraksha over riding other Rudraksha(Savaar) has the power of one faced Rudraksha apart from the Rudraksha it over rides on should be kept in a sacred place of worship. Very good for stomach problem joint pain, high B.P., it has same function of one Mukhi.

**RUDRAKSHA CHAIN (Lord Shiva with five Mukhi)** Beneficial in B. P. and Heart Diseases).

**MERCURY LING (Lord Shiva):** Special significance of Mercury in wonderful stones. Worshipping or keeping mercury at home many benefits can be obtained calm, credit, pleasure, money and mercy of Laxmi

**KAMALAKSHA (Laxmi Narayan):** It has magical strength. By worshipping or wearing it, provide the effects of all Rudrakshas. It is rarely found.(It shows its effects within 14 days)

### BENEFITS OF RUDRAKSHA

- 1) Rudraksha is helpful in B.P. and Heart problems.
- 2) Where Rudraksha is worshipped there will be special mercy of Goddess Laxmi.
- 3) Rudraksha is protector of sudden death.
- 4) Rudraksha's water removes many kinds of disease.
- 5) Rudraksha removes many physical and natural problems.

For all inquiries about Real Rudraksha and its availability please contact



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