

The word “**Rudraksha**” is derived from Rudra (Shiva—the Hindu god of all living creatures) and aksha (eyes). Hindu legends and some holy Books in **HINDUISM** Like **SHIVAPURANAS** says that once Lord Shiva opened His eyes after a long period yogic meditation, and because of extreme fulfillment He shed a tear. This single tear from Shiva’s eye grew into the rudraksha tree. It is believed that by wearing the rudraksha bead one will have the protection of Lord Shiva.

Rudraksha is a Sanskrit word made of Rudra + Akasha or in English "Rudra's eyes" means the aksha or tears of lord rudra or shiva, is a seed is traditionally used for prayer beads in Hinduism and Buddhism. The seed is produced by several species of large evergreen broad-leaved tree in the genus Elaeocarpus, with Elaeocarpus ganitrus being the principal species used in the making of organic jewellery or mala.

Rudraksha beads are a plant product, containing carbon, hydrogen, nitrogen, oxygen and trace elements in combined form. The percentage compositions of their gaseous elements was determined by C-H-N Analyzer and by Gaschromatography. The result shows that Rudraksha beads consist of 50.031 % carbon, 0.95% nitrogen, 17.897% hydrogen and 30.53% oxygen.

Rudraksha is a large evergreen broad-leaved tree. Its scientific name being **ELAEOCARPUS GANITRUX ROXUB**, the family is **TILLIACEAE**. Altitude-wise, its habitat starts from sea-coast and goes up to 2,000 meters. Geographically it is found growing naturally and abundantly in tropical and subtropical areas. The trees are perennial in habitat. The trees are almost 50ft to 200ft in height

Common Name:

- ✚ Sanskrit, Hindi & Marathi : Rudraksha
- ✚ Bengali: Rudrakaya
- ✚ Kannada: Rudrakshi
- ✚ Tamil: Akkamrudrakai
- ✚ Telugu: Rudraksha Halu
- ✚ English: Woodenbegar

According to old mythology "**Siva Purana**" that the favorites of Lord Siva , Rudraksha trees grow in Gouda Land which in present era is the area of the Gangetic Plain on the southern border area of Asia to the foothills of great Himalaya and middle area of Nepal. Thus, starting from Manila, passing through Myanmar, plains as well as low hills, its habitat extends to Bengal, Assam and adjoining north-eastern states, Bangladesh, Bhutan, Nepal .In present era Rudraksha trees are basically localized in Nepal and the southern part of Asia.

Although Rudraksha are grown and found in Nepal but these are mainly localized to eastern part of Nepal due to climatic suitability.

Rudraksha Plant Elaeocarpus is a large genus of evergreen trees. It has nearly 36 sister species, including Rudraksha. All trees bearing white flowers with fringed petals developing into drupaceous fruit resembling olive. The main trunk of rudraksha tree is cylindrical. Its section is circular. Bark is grayish white and rough in texture with small vertical lenticels and narrow horizontal furrows.

The branches of Rudraksha spread in all directions in such a way that when growing in natural habitat, the crown takes the shape of a pyramid. The leaves of rudraksha are shining green above and dull coriaceous below. The flowers are ovoid, conical, elongate, nearly 1 to 2 cm in diameter. These appear in April-May. The fruit is globose and drupaceous having a fleshy exterior. The beads inside are hard and tubercled. The fruit starts appearing in June and ripens by August to October.

General information on the rudraksha tree-

Rudraksha Trees are found up to 3000m above, or at, sea level. The rudraksha tree grows in a narrow opening, not on open ground. Its leaves resemble those of [tamarind](#) or nux vomica, but are longer. It yields one to two thousand fruits annually. The Yatis (Ascetics) in the Himalayas survive only on these fruits. These fruits are also known as amritphal (Fruits of Nectar).

Plantation & Care-

Farming of Rudraksha is a difficult process due to its slow sprouting from the beads which usually takes about 1 to 2 years depending on the humidity of soil. Rudraksha is basically grown in subtropical climatic region with temperature ranges from 25 to 30 degree centigrade. Once Rudraksha are planted it starts giving fruit after 7 years and thereafter for long time.

In the single tree, Rudraksha beads come in all different faces at the same time but higher mukhis or faces are very rare to find where most of Rudraksha beads are five faces Rudraksha beads come in seasonal pattern every year around mid August to mid October from the tree.

The Himalayan Beads simply seem to be larger, heavier and more powerful due to the environment they grow in. So it is a certainty that environment and specifically the location of the Rudraksha Trees plays a key role in their growth. Rudraksha trees are easy to grow and once established, a rudraksha tree will last for years with a little care.

Local Belief & Benefits.

For someone who is constantly on the move and who eats and sleeps in various places, rudraksha is a very good support because it creates a cocoon of your own energy. You might have noticed that when you go to a new place, sometimes you can fall asleep easily, whereas in certain other places you cannot fall asleep even if you are physically tired. This is because, if the situation around you is not conducive to your kind of energy, it will not let you settle down.

For sadhus and sanyasis, places and situations could trouble them because they were constantly moving. One of the rules for them was never to put their head down in the same place twice. Today, once again, people have started eating and sleeping in different places because of their business or profession, so a rudraksha can be helpful.

Another thing is, sadhus or sanyasis living in the forest cannot drink water from just any pool because many times in nature, the water may be poisoned or contaminated with certain gases. If they were to drink it, it might cripple or even kill them.

If a rudraksha is held above the water, if the water is good and drinkable, it will go clockwise. If it is poisoned, it will go anticlockwise. It is also a way of checking the quality of food. If you hold it above any positive pranic substance, it will move in a clockwise direction. If you hold it over any negative pranic substance, it will move in anti-clockwise direction.

A shield against negative energies.

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. If somebody who has mastery over negative energies wants to use it, so many things – extreme suffering and even death can be caused. A rudraksha is a kind of shield against this.

Spiritual use.

Rudraksha beads are the material from which malas or Rosary are made. The term is used both for the berries themselves and as a term for the type of mala made from them. In this sense, a rudraksha is a rosary, used for repetitive prayer (japa), a common aid to worship in Hinduism and Buddhism. Rudrakshas also used for the treatment of various diseases in traditional Indian medicine.

Seeds show variation in the number of grooves or compartments or **MUKHI'S** on their surface, and are classified on the basis of the number of divisions they have. Different qualities are attributed to rudraksha based on the number of grooves, or "faces" that it has. A common type has Five divisions or five mukh, and these are considered to be symbolic of the five faces of Shiva. It can only be worn with a black or red string or, rarely, a gold chain.

Rudraksha malas have been used by Hindus and Buddhists as rosaries from at least the 10th century for meditation purposes and to sanctify the mind, body and soul. The word rudraksha is derived from Rudra (**Shiva—the Hindu god of all living creatures**) and aksha (eyes).

One Hindu legend says that once Lord Shiva opened His eyes after a long period yogic meditation, and because of extreme fulfillment He shed a tear. This single tear from Shiva's eye grew into the rudraksha tree. It is believed that by wearing the rudraksha bead one will have the

protection of Lord Shiva. The rudraksha fruit is blue in colour but turns black when dried. The central hard rudraksha uni-seed may have 1 to 24 faces But the species found in **INDONESIA** reported from **1 mukhi & up to 38 MUKHIS** .

Hindu Mythology-

Creation of the rudraksha tree from the tears of grief shed by Shankar (or Shiva) upon seeing the unrighteous conduct of demon Tarakasur's sons, and their destruction by Shiva :

Through their righteous conduct and devotion into Shiva, Tarakasur's sons Tadinmali, Tarakaksh and Kamalaksh, attained divinity. After some time, seeing that they have returned to their original unrighteous conduct, Shankar was grief-stricken, and His eyes were filled with tears.

A few of these tears fell onto the earth; a tree sprang up from these, which came to be known as the rudraksha tree. Later, Shiva destroyed the sons of Tarakasur.

That's why people have a very much believe in these **RUDRAKSHA BEADS**.

Significance of RUDRAKSHA MALAS

Usually the beads of rudraksha are strung together as a Mala Traditionally, it is believed that the number of beads used should be 108 plus one. The extra bead is the *bindu* or **MERU PARVAT**. If the mālā lacks a bindu OR **MERU PARVAT**, the energy is said to become cyclical and wearers who are sensitive may become dizzy. When the beads are stringed, it is advised that they be strung with either a silk thread or cotton thread. If the rudraksha is threaded, it is advised to change the thread every six months to prevent the thread from snapping and the 109 beads from scattering. The rudraksha mala may also be strung with either copper, silver or Gold typically by a jeweler. A common issue with malas wired with such metals is the mala being tied too tightly. This may result in the insides of the rudraksha seeds cracking and crumbling from excessive pressure. Thus, it is necessary to ensure that the mala is tied loosely. The mala can be worn all the time, including when showering. When bathing in cold water baths without chemical soaps it is beneficial for the water to flow over it and upon the body. Wearing the mala while in contact with chemical soaps and warm water is best avoided, however, as it can result in the rudraksha becoming brittle and eventually cracking