

## FREQUENTLY ASKED QUESTIONS (FAQ) (Rudraksha Section)

∅ "What is a Rudraksha Bead & is it man made?"

Rudrakshas are a natural spiritual product grown on trees majorly in regions of Nepal, Indonesia & India. Botanically it is known as *Elaeocarpus Granitrus* Roxb. & is produced by the utrasum tree. According to Vedic texts Rudraksha are considered to be formed out of the eyes of Lord Shiva. The word Rudraksha is derived by combining two words i.e. Rudra + Aksha," Rudra" is one of the names of Lord Shiva & "Aksha" means eye. To know more visit [What is Rudraksha? By Rohan Advani](#)

∅ How do we select a good Rudraksha bead?

One might get confused with the shape, size, color & origin of Rudraksha. One should not seriously worry about it as Rudraksha bead doesn't work on shape, size, color & origin but on the genuineness & formation of the mukhis / facets. One only needs to see that the mukhis / facets are well defined, corners and contours are natural.

∅ How do the Rudraksha beads work? How much time does it take to give effects?

The beads are ancient Vedic beads of power and they may work by touch, sight, worship or possession. So you may wear them or hold them or keep them in your pocket or altar for worship. However we would like to make it clear that there is no instrument to measure the percentage & time of effects of Rudrakshas. Vendors do claim the time period to cheat or promote sales but we recommend our clients to beware of such traders.....to know more visit [Effects of Rudraksha](#).

∅ Do Rudraksha suit all skins?

Rudraksha is slightly hot in nature. So it just might not suit some people, their skin may show signs of allergy. In that case you may keep the beads in puja room and offer daily prayers.

∅ "How can the authenticity of the bead be checked?"

There is no specific process for testing the authenticity of Rudraksha. A test like 'Rudraksha that sinks in water is original & Rudraksha that floats in water is duplicate' & "A genuine Rudraksha bead rotates between two copper coins" are not right, in fact such tests are used to cheat people. Only an experienced eye can detect Rudraksha. Therefore, it is advised that a Rudraksha should be procured only from a reliable source.... to know more on authenticity of Rudraksha [kindly visit Authenticity & identification of Rudraksha](#) in the related articles section.

∅ "Can ladies wear?"

Yes, they can. According to our holy books, everyone irrespective of caste, creed & sex can wear Rudraksha. Ladies can also wear Rudrakshas but if required can avoid the days when nature is at work. To know more about Rudraksha precautions visit [Do's & Don'ts](#).

∅ "Is it that only Hindus can wear the Rudraksha?"

No. It can universally be worn by all. There is no discrimination. It is made by the lord for the welfare of humans, which includes people of all religion, caste, creed & sex.

Ø "What is the life of Rudraksha beads?"

It could be any number of years. The age of Rudraksha cannot be determined & predicted by traders, if well maintained it can be passed on from generation to generation. Kindly clean & oil the Rudrakshas regularly...to know more visit [Rudraksha Care & Maintenance](#).

Ø "Can we wear Rudraksha in ring"?

If possible, please avoid. Fingers often get dirty. Purity of the bead gets affected, but Rudraksha can be worn around the wrist in the form of a bracelet.

Ø "Does it bring luck?"

Yes, Shiva Purana specially describes that Goddess Lakshmi stays where Rudraksha is honored, respected & worshipped. Good luck follows Rudraksha.

Ø "Does it have any medical use?"

Yes, Rudraksha is classified as a seed of *Elaeocarpaceae Granitrus* family and has many medicinal properties. It is widely used in preparation of Ayurvedic medicines, for ayurvedic benefits one needs to consult ayurvedic doctors & kindly do not rely on traders as they may again want to promote sales.

Ø "Is it true that Rudraksha controls blood pressure?"

It is said that the thorny protrusive body of Rudraksha beads acts as natural acupressure device which messages the chest & ensures normal blood flow, they are said to be very effective in controlling blood pressure but the therapist should be an experienced person.

Ø "Does Rudraksha help sudden nervousness?"

Yes, It is said that keep a big avla size 6 Mukhi Rudraksha with you, Whenever you feel nervous due to sudden shock and feel cold, just hold it tight in your right palm for ten minutes. You will regain your confidence and body will start warming up.

Ø "Can children wear Rudraksha?"

Yes. Children above three years of age can start wearing Rudraksha, provided parents take proper care & update the child on maintaining the Rudraksha.

Ø "Can the family members keep interchanging Neck Malas, Japa Malas or Rudraksha beads?"

There is a relationship between the wearer and Rudraksha, which is very private and must not be shared. However, it can be passed on to the next generation or to their near & dear ones as blessings but should not be taken back.

Ø "Non - veg and alcohol have become the part of our food. Are we therefore disqualified to wear Rudraksha?"

A Rudraksha bead doesn't work on materialistic conditions; the only things that help it work are faith, dedication, respect & love towards it. One should follow what they solely feel is right. Your faith will bring grace in your life. Infact you would be surprised to know that there are no restrictions on wearing a Rudraksha bead mentioned in the Vedic texts. All the so called restrictions are created & spread by man. To know more kindly visit [Do's & don'ts](#).

Ø "We read in Puranas that Rudraksha are to be worn in different numbers on the different parts of the body like head, neck, both wrists, both fore arms, waist, abdomen etc. Is it so?"

Yes. It is true for those who desire to acquire special siddhis. Generally saints & maha rishis follow this. Anyone is free to follow the same if he is comfortable & wishes to do so provided he/she maintains the purity of Rudraksha.

Ø "Is Rudraksha therapy effective?"  
Very much. But only if the therapist is a well-experienced person.

\* For any further questions feel free to contact us we are here to serve you.

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