



## A Review Article: Medicinal, Astrological and Religious Comprehensive Description of Rudraksha

<sup>1</sup>Shailesh Pradhan, <sup>2</sup>Hitesh Bhoi, <sup>3</sup>Chaitnya Hanumanta, <sup>4</sup>Gagan Rathore, <sup>5</sup>Soniya Verma, <sup>6</sup>Bhishm Kumar Sahu, <sup>7</sup>Rashmi Chanda

<sup>1</sup>Assistant Professor, Pharmaceutical Quality Assurance, Mona College of Pharmacy, Sarangarh, Chhattisgarh, India

<sup>2</sup>Assistant Professor, Pharmacology, RITEE College of Pharmacy, Raipur, Chhattisgarh, India

<sup>3</sup>M. Pharma, Pharmacology, Columbia Institute of Pharmacy, Raipur, Chhattisgarh, India

<sup>4</sup>Assistant Professor, Pharmaceutical Quality Assurance, RITEE College of Pharmacy, Raipur, Chhattisgarh, India

<sup>5</sup>M. Pharma, Pharmaceutics, Pandit Ravishankar Shukla University of Pharmacy, Raipur, Chhattisgarh, India

<sup>6</sup>M. Pharma, Pharmaceutical Chemistry, Royal College of Pharmacy, Raipur, Chhattisgarh, India

<sup>7</sup>M. Pharma, Pharmacology, Shri Shankaracharya Technical Campus, Bilai, Chhattisgarh, India

### ABSTRACT

Rudraksha is very popular plant in ayurveda which give medicinally and astrologically very powerful benefits in human life because it's believed that it originated from tears of lord shiva.

Along with scientific form, Rudraksha plays an important role in the daily life of man spiritually and it possesses such special properties that it can cure many incurable diseases. Through bio-chemical analysis, electromagnetic analysis and chemical constitution of Rudraksha, all the chemical information about Rudraksha can be obtained. Correct information about its scientific properties shows that it is a very effective plant which will be very useful for our medical science as well as it also has traditional mythological and astrological value which tell about different types of Rudraksha, generally it have 1-14 face (Mukhi) and there are different value contain each type of rudraksha. Rudraksha is also full of many medicinal and pharmacological activity like analgesic, antioxidant, antifungal, anti depressant etc. which have being used by modern medical science.

**Key Word:** Rudraksha, Astrology, Spirituality, Bij mantra etc.

### 1. INTRODUCTION

Rudraksha bead or scientifically *Elaeocarpus ganitrus* (L.) fruit owes a great spiritual and medicinal importance in traditional system of medicine. Several review studies quoted the medicinal benefits of wearing Rudraksha beads against neurological and cardiovascular disorders, rheumatism, infertility and other diseases based upon Ayurvedic system of medicine.

In addition, it has also been stated that the pharmacological properties of Rudraksha bead differs from each other based upon the type of grooves or Mukhis, which enclosed a dense cellular endosperm comprising of calcium oxalate druses. Fruits are popular from ancient times for their mythological, aesthetic and medicinal.

*Elaeocarpus ganitrus* trees grow up to 20 meter and are found from the Gangetic plain in the foothills of the Himalayas to China, South and Southeast Asia, parts of Australia, and Guam and Hawaii. Rudraksha trees are commonly found in mountain and hilly areas of Nepal, Indonesia, Java and Sumatra. Dried Rudraksha bead is obtained from the ripe fruit of *Elaeocarpus ganitrus*. Microscopic studies revealed the presence of a hard endocarp with lignified isodiametric sclereids, seeds with membranous seed coat).

The word Rudraksha, literally imitative from two Sanskrit words - 'rudra', a synonym for Lord Shiva and 'aksha' meaning eyes. It is also called blueberry beads because beads are sheltered by an outer shell of The blue color on fully ripening. The folklore states about the plant that the three demons, Tripurasuras were having inestimable powers. They lived in Purams which was built in the sky and revolved in the region of the space. The Purams were cosseted by a fortunate thing from Lord Ganesha that nonentity can harm them, unless they come into a single axis.

That moment comes only once in every thousand years. Prayed by all gods, Lord Shiva resolute to kill those demons. Lord Shiva did tapasya (meditation) with half-closed eye (Ardhanimeelitanetra). He opened his eyes, strenuous on the axis and burnt Tripurams. Due to the stress caused by tapasya, tears

came out his eyes while opening them and they turned into rudraksha . The fruits of this plant are commonly known as Rudraksha and have been used in Ayurvedic traditional medicine for the treatment of mental diseases, epilepsy, asthma, hypertension, arthritis and liver diseases.

E. ganitrus fruits be full of glycosides, steroids, alkaloids and flavonoids. Apart from this, it has been found that the exocarp of the fruit provisions a nutritious incentive to consumers, predominantly rich in carbohydrates (21.0% dry mass, or 0.58 g per fruit) and proteins (4.3% dry mass, or 0.12g per fruit).

### 1.1. Plant Profile of *Elaeocarpus ganitrus*

Plant Profile of <i>Elaeocarpus ganitrus</i>	
Botanical Name	<i>Elaeocarpus Ganitrus</i> (Roxb.)
Kingdom	Plantae
Division	Magnoliophyta
Class	Magnoliopsida
Order	Oxalidales
Family	Elaeocarpaceae
Genus	<i>Elaeocarpus</i>
Species	<i>E. Ganitrus</i>
Ayurvedic name	Rudraksha
Hindi name	Rudraki
English name	Utrasum Bead tree
Trade name	Rudraksh
Parts used	Fruit, seeds

**Table 1.1: Plant Profile of *Elaeocarpus ganitrus***

### 1.2. BIOCHEMICAL ANALYSIS

In the Rudraksha may biochemical constituents are presence like glycosides, alkaloids, minerals, vitamins, steroids, flavanoid, gallic acid, ellagic acid and quercetin in Rudraksha. The ethanolic fruit extract of Rudraksha and reported the presence of alkaloids, glycosides, phenolic compounds, flavonoids, saponins, carbohydrates and fixed oils, but protein and amino acids were absent in this extract. screened the presence of phytochemical in hexane, chloroform, ethyl acetate, acetone and methanol extracts of Rudraksha.

### 1.3. ELECTROMAGNETICAL ANALYSIS

Electromagnetic properties in Rudraksha have been reported by several reviewers, where Rudraksha was mentioned as a famous electromagnetic bead helpful in curing several chronic disorders. Stated the healing mechanism of Rudraksha due to its electromagnetic property. The study reported that the electromagnetic properties of Rudraksha beads activate body's energy wheel, which in turn influences the bioelectrical properties of human body and heals various chronic diseases like blood pressure, heart rate, diabetes, gynaecological problem, neurological disorders, mental problem, insomnia and rheumatism. In another report Tripathy mentioned that rotation of Rudraksha between two copper coins is an evidence of its electromagnetic property.

### 1.4. CHEMICAL CONSTITUENTS

Phytoconstituent such as glycosides, steroids, alkaloids and flavonoids are found in *E. ganitrus* fruit. Apart from this, fruit extract also provide nutritious rewards to consumers, especially those that are rich in carbohydrates (21.0% dry weight, or 0.58 g per fruit) and protein (4.3% dry weight, or 0.12g per fruit). Quercetin, gallic and ellagic acid are present in the leaves of *E. ganitrus*. Singh says that a significant amount of phytochemicals such as isoelaecarpicine, elaeocarpine etc.

Three new ellagic acid derivatives of eleocarpaceae, 4-O-methylellagic acid 3-O-a-rhamnoside, 4-O-methylellagic acid 3-O-(300-O-acetyl)-a-rhamnoside and 4-O-methylellagic acid 3-O-(400-O-acetyl)- a-rhamnoside in addition to the known ellagic acid derivative, 4-O-methylellagic acid 3-O- (200,300-

diOacetyl)-a-rhamnoside are used in multi besieged therapy of cancer and a significant antioxidant ability due to its wealthy content of tannins and flavonoids.

### 1.5. TRADITIONAL USES OF RUDRAKSHA

Unripened and ripened fruits of *Elaeocarpus sphaericus* shows different traditional uses:

- *Elaeocarpus sphaericus* imposes positive effect on stress, anxiety, depression, palpitation and lack of concentration.
- It cools down the body temperature and brings calm to mind. Those who suffer from anxiety should keep big size five mukhi *Elaeocarpus sphaericus* with themselves and whenever they feel nervous; they should hold them tight in their right palm for ten minutes. It will help them to regain their confidence and their body becomes stable.
- *Elaeocarpus sphaericus* also possess anti ageing property.
- *Elaeocarpus sphaericus* is also useful in mental diseases. Milk boiled with four faced rudraksha seed is good medicine for mental diseases. This also helps in increasing memory.
- *Elaeocarpus sphaericus* is also good for women's who suffering from hysteria and coma.
- *Elaeocarpus sphaericus* is also good for children's who suffers from frequent fever.
- *Elaeocarpus sphaericus* also helps to cure prolonged cough, the paste of ten- faced rudraksha with milk relieves prolonged cough. This medicine should take thrice a day. It can be used as a cure for skin diseases, sores, ringworms, pimples, boils and burns also.
- To cure small pox equal quantity of black pepper and *Elaeocarpus sphaericus* should powdered and taken with water.

---

## 2. TYPE OF RUDRAKSHA WITH ITS ASTROLOGICAL USES AND INDICATIONS

### 1. Mukhi:

Chronic asthma heart problems, mental anxiety, T.B, Paralysis, stroke, eye problem bone pain and headache. Enlightens the super consciousness, provides improved concentration and mental structure changes specific to renunciation form worldly affairs. The wearer enjoys all comforts at his command but still remains unattached

### 2. Mukhi:

Impotency, renal failure, stress, anxiety, lack of concentration, depression, negative thinking, eye problems, mental chaos, hysteria and intestinal disorder Blesses the wearer with 'UNITY'. It could be related to guru-shishya, parents-children, husband-wife or friends. Maintaining oneness is its peculiarity

### 3. Mukhi:

Depression, schizophrenia, weakness multifarious, directive of the menstrual cycle/menstrual stress, fixation or guilt induced The wearer gets free from sins or wrongs from his life and returns to purity. Ideal for those who suffer from inferior complexes, subjective fear, guilt and depression Mythological and Spiritual review on *Elaeocarpus ganitrus* and assessment of scientific facts for its medicinal uses - complexes, blood pressure, mood swings, fever or weakness, jaundice and mental disability

### 4. Mukhi:

Blood circulation, cough and brain linked illness, asthma, memory lapse and respiratory problems The wearer gains power of creativity when blessed. Increases memory power and intelligence

### 5. Mukhi:

Blood pressure, heart problems, stress, mental disability, fatness, anger management, diabetics, piles, neurotic and maladjustment problems Wearer gains health and peace. It increases memory also

### 6. Mukhi:

Epilepsy and gynecological problems Saves from the emotional trauma of worldly sorrows and gives learning, wisdom and knowledge. Affects understanding and appreciation of love, sexual pleasure, music and personal relationships

### 7 Mukhi:

Asthma, pharyngitis, impotency, foot related disease, respiratory and confusion It should be worn by those who are suffering from miseries pertaining to body, finance and mental set-up. By wearing this man can progress in business and service. Mythological and Spiritual review on *Elaeocarpus ganitrus* and assessment of scientific facts for its medicinal

### 8. Mukhi:

Stomach ache, stress, skin diseases and anxiety Removes all obstacles and brings success in all sssundertakings. It gives the wearer all kinds of attainments - Riddhies and Siddhies. His opponents are finished i.e. the minds or intentions of his opponents are changed

#### 9. Mukhi:

Work as mysterious medicine for treating strange diseases Wearer is blessed with lot of energy, powers, Dynamism and fearlessness, which are useful to live a life of success

#### 10. Mukhi:

Hormonal inequality in the body, mental insecurity and whooping cough This contains the influence of ten incarnations and the ten directions. It works like a shield on one's body and drives evils away

#### 11. Mukhi:

Body pain, backache, chronic alcoholism and liver diseases Blesses wearer with wisdom, right judgment, powerful vocabulary, adventurous life, fearlessness and success. Above all, it also protects from accidental death. It also helps in Meditation and removes the problems of yogic practices

#### 12. Mukhi:

Bone diseases, rickets, osteoporosis, mental Wearer gets the quality of the sun - to rule and to move continuously with Mythological and Spiritual review on Elaecarpus ganitrus and assessment of scientific facts for its medicinal

#### 13. Mukhi:

Muscular dystrophies Showers all possible comforts of life one can ever desire. It gives riches and honor and fulfills all the earthly desires and gives eight accomplishments (Siddhies), and the god cupid (Kamadeva) pleases with the man who wears it.. It is helpful for meditation and spiritual and materialistic attainments

#### 14. Mukhi:

It awakens the sixth sense organ by which the wearer foresees the future happenings. Its wearer never fails in his decisions. Its wearer gets rid of all the calamities, miseries, worries. It protects from ghosts, evil spirits and black magic.

#### Types of Rudraksha with description

Types	Rulling God	Identification of Rudraksha	Exact Matches(Rashi)	Based Planet	Vedic Bij Mantra
1 Mukhi	Shiva	Half moon shape	Leo	Sun	Om Hreem Namah
2 Mukhi	Ardhanarishwar	Two natural lines or facets on its surface	Cancer, Scorpio	Marsh	Om Namah Shivay
3 Mukhi	Agni	Three natural lines or mukhas on its surface	Aries, Cancer, Leo, Pisces	Mercury	Om Kleem Namah
4 Mukhi	Bramha	Four lines on its surface	Gemini, Virgo	Jupiter	Om Kleem Namah
5 Mukhi	Kalaagni	Five natural lines (mukhas) on its surface	Aries, Scorpio, Pisces	Venus	Om Hreem
6 Mukhi	Kartikeya	Six natural lines (mukhas) on its surface	Taurus, Gemini, Virgo, Libra, Capricorn, Aquarius	Saturn	Om Hreem Hoom Namah
7 Mukhi	Mahalaxmi	Seven natural lines (mukhas) on its surface	Taurus, Libra, Capricorn, Aquarius	Rahu	Om Hoom
8 Mukhi	Ganesh	Eight natural lines (mukhas) on its surface	Aries, Taurus, Gemini	Ketu	Om Hoom Namah

<b>9 Mukhi</b>	Durga	9 natural lines (mukhas) on its surface	Aries, Scorpio, Pisces	None	Om Heem Hoom Namah
<b>10 Mukhi</b>	Vishnu	10 natural lines (mukhas) on its surface	All Rashi	None	Om Hreem Namah
<b>11 Mukhi</b>	Hanuman	11 natural lines (mukhas) on its surface	All Rashi	None	Om Hreem Hoom Namah
<b>12 Mukhi</b>	Surya(Sun)	12 natural lines (mukhas) on its surface	Leo, Sagittarius	Sun	Om Hreem Hoom Namah
<b>13 Mukhi</b>	Indra	13 natural lines (mukhas) on its surface	Taurus, Gemini, Capricorn, Aquarius	Venus	Om Hreem Namah
<b>14 Mukhi</b>	Hanuman	14 natural lines on its surface	Taurus, Gemini, Capricorn, Aquarius	None	Om Namah Shivay

Table2: Types of Rudraksha with discription

### 3. MEDICINAL VALUE OF RUDRAKSHA

Modern science has shown that the electromagnetic nature of rudraksha beads affect our neurophysiology in a specific manner that allows control of heart beat, blood pressure, stress levels, hypertension and at the same time relieves anxiety, depression and neurotic condition.

Rudraksha can be used even for the treatment of chronic diseases like cancer either used externally by wearing it or an oral administered by drinking milk of rudraksha beads boiled in it and taking the finest dust of rudraksha mixed with water and different mukhi dust are used for different diseases.

Medicinal Value of Rudraksha	
Types	Medicinal Use for Indicated Disease
<b>1 Mukhi</b>	Chronic asthma heart problems, mental anxiety, T.B, paralysis, stroke, eye problem bone pain and head ache.
<b>2 Mukhi</b>	Impotency, renal failure, stress, anxiety, lack of concentration, depression, negative thinking, eye problems, mental chaos, hysteria and intestinal disorder.
<b>3 Mukhi</b>	Depression, schizophrenia, weakness multifarious, directive of the menstrual cycle/menstrual stress, fixation or guilt induced complexes, blood pressure, mood swings, fever or weakness, jaundice and mental disability.
<b>4 Mukhi</b>	Blood circulation, cough and brain linked illness, asthma, hesitate, memory lapse and respiratory strip problems.
<b>5 Mukhi</b>	Blood pressure, heart problems, stress, mental disability, fatness, anger management, diabetics, piles, neurotic and maladjustment problems.
<b>6 Mukhi</b>	Epilepsy and gynecological problems.
<b>7 Mukhi</b>	Asthma, pharyngitis, impotency, foot related disease, respiratory and confusion.
<b>8 Mukhi</b>	Stomach ache, stress, skin diseases and anxiety.
<b>9 Mukhi</b>	Work as mysterious medicine for treating strange diseases.
<b>10 Mukhi</b>	Hormonal inequality in the body, mental insecurity and whooping cough.
<b>11 Mukhi</b>	Body pain, backache, chronic alcoholism and liver diseases.
<b>12 Mukhi</b>	Bone diseases, rickets, osteoporosis, mental disability and anxiety.

13 Mukhi	Muscular dystrophies
14 Mukhi	Brain related and many other types of disease.

**Table 3: Medicinal Value of Rudraksha**

#### 4. PHARMACOLOGICAL ACTIVITIES OF ELAEOCARPUS GANITRUS

- **Antiasthmatic activity**

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. In other study the petroleum ether, benzene, chloroform, acetone and ethanol extracts protected guinea pigs against bronchospasm induced by acetylcholine aerosols and histamine.

- **Anti hypertensive**

Hypertension is the leading cause of cardiovascular disease worldwide. Despite a diversity of pharmacological agents to treat high blood pressure, suboptimal control remains a significant problem in as many as 43% of patients and this rate has not significantly improved over the past two decades. Fruits of rudraksha shown anti hypertensive activity on many cases.

- **Antimicrobial activity**

*Elaeocarpus ganitrus* is an evergreen tree found worldwide. Antimicrobial activity of the aqueous extract of leaves of *E. ganitrus* was tested against clinical isolates of bacteria and fungi. In vitro antimicrobial activity was performed by agar well diffusion method on Mueller Hinton agar and Sabouraud Dextrose agar for bacterial and fungal cultures.

- **Antianxiety effect**

Anxiety is a mental disorder it is characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportionate to the actual source of worry, it is diagnosed as generalized anxiety disorder (GAD). The petroleum ether (PE), chloroform (CE), ethanol (EE) and water extractives (WE) of *Centaurea behen* and *Elaeocarpus ganitrus* were prepared and evaluated for antianxiety activity in mice using elevated plus maze model.

The results were compared with standard drug, diazepam. The ethanol extractive of *C. behen* (200 mg/kg) and chloroform and ethanol extractives of *E. ganitrus* (200 and 400 mg/kg) significantly increased the time spent and percentage of the open arm entries in the elevated plus maze model and hence exhibited antianxiety activity, which was comparable to diazepam. Chemically the extracts of both the plants showed the presence of phytosterols, fats, alkaloids, flavonoids, carbohydrates, proteins and tannins

- **Antidiabetic**

The anti diabetic effect of *Elaeocarpus ganitrus* was evaluated in rats by single dose at three graded dose levels, 250,500,1000mg/kg body weight. Anti hyperglycemic activity of the extract was also evaluated at the same dose level in streptozotocin (60 mg/kg, ip) induced diabetic rats during a 30-days treatment period.

Metformin (500mg/ kg) was used as the reference drug. Fasting blood glucose and lipid parameters, viz. triglycerides, total cholesterol, high density lipoprotein and low density lipoprotein levels were measured. Acute oral toxicity of the extract was carried out in Swiss albino mice.

The investigation shows that *Elaeocarpus ganitrus* seeds have potential anti diabetic effects. In another study water extract of leaves, fruits and twigs of *Elaeocarpus grandiflorus* shows alloxan induced anti diabetic activity.

- **Antifungal**

*Elaeocarpus ganitrus* have antifungal activity the chloroform and ethanol extracts of *Elaeocarpus ganitrus* have high antifungal activity against *Candida albicans*. Whereas, chloroform, ethanol and water extract showed moderate inhibition against *Aspergillus niger*.

- **Antidepressant**

Antidepressant effect The water portion of 90% ethanol extract of the fruits of *Elaeocarpus ganitrus* showed the presence of a prominent central nervous system depressant effect, characterized by typical behavioral actions, potentiating of hexobarbitone hypnosis and morphine analgesia anticonvulsant and anti-amphetamine effects.

In addition the extract showed a cardio stimulant, depressor, smooth muscle relaxant and hydrocholeretic activities, part of these being mediated through beta adrenoreceptor stimulation and in part through a direct musculotropic effect. The pharmacological profile of activity of the extract substantiates the use of the plant fruits in the treatment of mental diseases, epilepsy, hypertension, asthma and liver diseases in the ancient Indian systems of medicines.

- **Anti-asthmatic**

The *E. sphaericus* fruits showed effect on autocoid release during study conducted on rat mesenteric mast cell. The petroleum ether, benzene, chloroform, acetone and ethanol extracts of *E. sphaericus* fruits were found to have mast-cell stabilizing activity, substantiating the efficacy of *E. sphaericus* against bronchial asthma.

---

## 5. Conclusion

In current survey review of literature on rudraksha give more knowledge about traditional and spiritual value in our life pharmacological properties of Rudraksha bead differs from each other based upon the type of grooves or Mukhis, which enclosed a dense cellular endosperm comprising of calcium oxalate druses fruits are popular from ancient times for their mythological, aesthetic and medicinal.

---

## 6. Reference

1. K.R. Kirtikar and B.D. Basu, Indian Medicinal Plants, Vol. I, Published by International Book Distributors, Edition, 2005; 403.
2. Ayurvedic Pharmacopia of India, Part 1, Vol. IV, 104.
3. Bhattacharya SK, Debnath PK, Pandey VB, Sanyal AK, Pharmacological investigations on *Elaeocarpus ganitrus*, *Planta Medica*, 1975; 28: 174-177.
4. Singh B, Sharma A, Ishar MPS, Antianxiety Investigations of *Centaurea behen* Linn. And *Elaeocarpus ganitrus* Roxb., *Journal of Pharmacy Research*, 2012; 5(3): 1483-1486.
5. Rahman A, Wahyuono S, Bates R, Antiinfective compounds isolated from leaves of *Elaeocarpus grandifloras* J.E. Smith, *Indonesian Journal of Pharmacy*, 1998; 9(3): 139-145.
6. Singh RK, Bhattacharya SK, Acharya SB, Studies on extracts of *Elaeocarpus sphaericus* fruits on in vitro rat mast cells, *Phytomedicine*, 2000; 7(3): 205-207.
7. Ito A, Chai HB, Lee D, Kardono LBS, Riswan S, Farnsworth NR, Cordell GA, Pezzuto JM, Kinghorn AD, Ellagic acid derivatives and cytotoxic cucurbitacins from *Elaeocarpus mastersii*, *Phytochemistry*, 2009; 61(2): 171-174.
8. Swami G, Nagpal N, Rahar S, Singh P, Singla S, Porwal A and Kapoor R. *Elaeocarpus sphaericus*: Medical and scientific facts, *Scholars research library*. 2010; 297-306.
9. Hule AK, Juvekar AR. Effect of alkaloidal fraction of *Elaeocarpus ganitrus* Roxb. seeds on murine in vitro immune parameters. *Journal of Pharmacy Research*. 2009; 2:1261-1265.
10. Pouplin JN, Tran N, Phan TA, Dolecek C. Antimalarial and cytotoxic activities of ethnopharmacologically selected medicinal plants from South Vietnam. *Journal of Ethnopharmacology*. 2007; 109: 417-427.
11. Koirala BP. Anxiolytic effect of tensarin in mice. *Kathmandu university medical journal*. 2007; 5:188-194.
12. Sakat SS, Wankhede SS, Juvekar AR, Mali VR, Bodhankar SL. Antihypertensive effect of aqueous extract of *Elaeocarpus ganitrus* Roxb. Seeds in renal artery occluded hypertensive rats. *International j. of pharmTech research*. 2009; 1: 779-782.
13. Michael JP. The biological activity of indolizidine Alkaloids, *Natural Product Reports* 1997; 14: 21-41.
14. <http://sawaal.ibibo.com>, Retrieved on 2009-10-05.
15. <http://www.religiousportal.com>, Retrieved on 2009-10-23. 20. file://e:\Rudraksha.htm