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 **Design & Development of E-Content with Multi-Disciplinary Approach**

**Scientific Reasons behind Some Indian Traditions**

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**Scientific Reasons behind Some Indian Traditions**

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**Objectives:**

1. Reader will know the actual scientific reasons behind the traditions.
2. Reader will value their traditions.
3. Reader will give the respect to their traditions.
4. Reader starts to look their traditions positively and scientifically.

One of the rolls of science in the society is to provide comfort and easy life to human being. But some time human cannot understand what science want to say due to different levels of thinking and hence sometime people do not get the proper benefit of the science; while it is observed that people can easily understand the task said in terms of traditions. So tradition is one of the way to make the human being scientific. We are so used to following traditions. But have we ever stopped to wonder why they exist in the first place? Take a look at these Hindu traditions and the reasons behind them!

The Indian civilization was the earliest society, which had developed an elaborate urban system depicted in terms of streets, public baths, temples etc. They also had the means of mass production of pottery, houses of backed bricks and a script of their own. So we can say that the story of early chemistry in India begins from here

**1 Heena.**

Mehndi is a very powerful medicinal herb, and its application on hands and feet can prevent stress during weddings. It cools the body and keeps the nerves from becoming tense.

**2. Namaste.**

There is a scientific reason behind the 'Namaskar' in Hindu culture. Joining both hands ensures touching the tips of all the fingers together, which are linked to pressure points in the eyes, ears, and mind. Pressing them together is said to activate these, helping us remember that person for a long time.

**3. Toe rings.**

Indian women normally wear toe rings on the second toe. A particular nerve from this connects the uterus and passes to heart. Thus, a toe ring on this toe strengthens the uterus, keeping it healthy by regulating the blood flow to it. Moreover, a woman's menstrual cycle is said to be regularized.

**4. Tilak.**

The spot between the eyebrows on the forehead is considered a major nerve point in the human body. A tilak is believed to prevent the loss of energy, and retain this to control various levels of concentration. Moreover, the act of applying this ensures that the points on the mid-brow region and Adnya-chakra are pressed, facilitating blood supply to the facial muscles.

**5. Bells in temples.**

People ring the temple bell on entering as the sound of it is said to clear our mind and help us stay sharp, keeping our full concentration on devotion. Moreover, these bells are made in such a way that the sound they produce creates unity in the left and right parts of our brains. The duration of the bell echo is ideal to activate all the seven healing centers in our body, clearing us of negativity.

**6. Throwing coins in a river.**

Historically, most currency was made of copper, a vital metal for the human body. Throwing coins in a river was a way to intake sufficient copper as part of water as rivers were the only source of drinking water.

**7. Not sleeping with your head pointing north.**

The human body has its own magnetic field, while the Earth is a giant magnet. When you sleep with your head pointing north, your body's magnetic field becomes asymmetrical to the Earth's, causing problems related to blood pressure since your heart needs to work harder in order to overcome this.

**8. Piercing ears.**

Indian physicians and philosophers believe that piercing ears helps in the development of intellect, power of thinking and decision making faculties. Get a piercing today!

**9. Surya Namaskar.**

Hindus have a tradition of paying their respects to the Sun God early in the morning through the Surya Namaskar. Waking up to follow this routine ensures we are prone to a morning lifestyle.

**10. The plait on the head of males.**

Sushruta described the master sensitive spot on the head as AdhipatiMarma. This was considered a center of wisdom. The knotted plait helps boost this center and conserve its subtle energy.

**11. Fasting.**

Ayurveda sees the basic cause of many diseases as the accumulation of toxic materials in the digestive system. Regular cleansing of toxic materials keeps one healthy. By fasting, the digestive organs get rest and all body mechanisms are cleansed and corrected.

**12. CharanSparsh.**

When you touch the feet of the elderly, their hearts emit positive thoughts and energy, which they transmit through their hands and toes. In essence, the completed circuit enables flow of energy and increases cosmic energy, switching on a quick connect between two minds and hearts. Your fingers and palms become the 'receptor' of energy and the feet of the other person become the 'giver' of energy.

**13. Sindoor.**

Sindoor is prepared by mixing turmeric, lime and the metal mercury. Due to its intrinsic properties, mercury controls blood pressure and activates sexual drive. Thus, sindoor should be applied right upto the pituitary gland where all our feelings are centered.

**14. Wearing bangles.**

Bangles cause constant friction with the wrist which increases the blood circulation level. Furthermore, the electricity passing out through outer skin is again reverted to one's own body because of the ring shaped bangles.

**15. Pottery.** It could be regarded as the earliest chemical process in which materials were mixed, moulded and fired to achieve desirable qualities. Thousands of pieces of pottery were found in the Rajasthan desert, varied in shape, size and colour. They show that prehistoric people knew the art of making pottery by using burnt clay. Coloured and wheel made pottery was found at Harappa. Pottery was decorated with various designs including geometric and floral patterns as well as human and animals figures. Remains of glazed pottery were also found at Mohenjodaro.

**16. Cement.** Gypsum cement had been used in the construction of a well in Mohenjodaro. It was light grey and contained sand, clay, traces of calcium carbonate and lime.

**17. Glass** Glass is a fused solid mixture of a number of substances like lime, sand, alkali and metallic oxides. It is of various kinds - transparent, opaque, coloured and colourless. No glass objects were found at the sites of the Indus valley civilization, except for some glazed and faience articles. A number of such glass objects were found at Maski in south India (1000-900BC) , Hastinapur and Taxila (1000-200BC). In this period glass and glazes were coloured by the addition of colouring agents like metal oxides. Ramayana, Brhatsamhita, Kautilya's Arthasatra and Sukranitisara  mention the use of glass.

**18. Seating Position While Eating**. In Indian tradition we use to sit on earth by folding the legs for eating the food. The position is called as 'Sukhasan" in Yoga. It is said that by seating in this position the movement of the abdominal muscle benefits digestion, the blood circulation in lower part of body is increases and it also increases the flexibility.

**19. Sanitization and hygiene.** Modern people use sanitizers and other cleaning agents, but on the other hand sharing drinks from common glass, eating food in same plate is very much common. This is the main reason for contamination of saliva. This is the main reason that in Indian culture eating 'jutha' food is strictly prohibited

**20. Cooking in Earth wares.** Cooking in earth wares is highly beneficial for human health which was an essential part of Indian culture. The cooking in Earth wares add calcium, phosphorous, iron, magnesium, sulpher and many other essential minerals to the food. Earth wares also very useful to maintain the pH of the food. They help to nutrilize the acidity of food and try to keep the food alkaline which is very important for maintaining the good health.

**21. Eating Food with your fingers.** Eating the food with your fingers help to make direct contact of the mind with food. In western culture food is mostly eaten by using spoons and forks. In hotels and restaurants the same spoon is used by so many people so it may not be that much hygienic, but eating with your own fingers is most hygienic.

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