

Three Mukhi (Face) Rudraksha



Cure for: Three Faced Rudraksha bead is ruled by Mars and is used for diseases like depression, Schizophrenia, inferiority complexes, psychosis or guilt induced complexes, blood pressure, regulation of the menstrual cycle/menstrual stress, mood swings, fever or weakness, jaundice, mental disability etc..

Benefits: Rudraksha Beads protects the wearer from several diseases because of its medicinal and healing properties. Rudraksha beads are widely used in Ayurveda to cure several diseases.

Which type of Rudraksha to wear: One should use those Rudraksha-beads which are nice, handsome, strong, big, auspicious and thorny. One should avoid those eaten by worms, broken, without thorns, and having sores.

The self-holed Rudraksha is of the best variety. But that which is holed by man's attempt, is considered to be worse. Those best Rudrakshas should be strung in white thread.

Where Available: The English name for Rudraksha tree is 'utrasum bead tree.' The trees are of medium height and the fruit on them is like a walnut, having a cover, with a Rudraksha inside. These trees are generally found in India, Nepal, Indonesia and some other countries of North Asia.

Note: For those readers who hold interest in Spirituality and Hindu Philosophy can read "[Rudraksha Jabala Upanishad](#)" found in the Upanishad section under "Religion and Philosophy / Hinduism", to get a great overview and enhance their understanding on the benefits of Rudraksha, both for spiritual and personal success.

Methods of Treatment

1. By the mere utterance of the name of 'Rudraksha'.

Three Mukhi (Face) Rudraksha

2. By seeing and touching it.
3. By wearing a rosary (necklace) or even one Rudraksha can be worn by stringing in white thread.
4. Keep Rudraksha soaked in a cup of water overnight (use of a clean and auspicious place like place of worship is important), and then in the morning drink the water.
5. Do Japa with Rudraksha and wear it at all times.
 - a. Start on Tuesday,
 - b. Wash Rudraksha with unboiled milk and water,
 - c. Apply sandalwood paste on it,
 - d. Offer Incense and flowers,
 - e. Chant "Om Namah Shivaya" 108 times the first time, when you start this auspicious activity
 - f. Chant " Om Kleem Namah " at-least 9 times every day