1. **Why people do Namaskar or 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.

2. **Why women wear toe rings on second row?**

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.

3. **Why women wear tilak or kunkum?**

The spot between the eyebrows on a 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.

4. **Why People wear Mehndi?**

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.

5. **Why people ring bell in temple?**

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. **Why throwing coins into water?**

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. **Why Hindus advised to sleep with head not pointing to 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. **Why Hindus Piercing ears?**

Indian physicians and philosophers believe that piercing ears helps in the development of intellect, power of thinking and decision making faculties.
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9. Why Hindus pray Sun God or Surya?
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 which gives multiple benefits: 1. Good focus 2. Good memory 3. Good digestion and blood circulation.

10. Why Hindus advised to fast on certain days?
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.

11. Why Hindus touch their elder’s feet?
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.

12. Why married women wear sindhoor?
Sindhoor 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.

13. Why Hindus worship idols?
This was initiated for the purpose of increasing concentration during prayers. According to psychiatrists, a man will shape his thoughts as per what he sees.

14. Why Hindu women wear bangles in their hands?
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. Why Hindus to start off meals with spicy and end with sweet dishes?
Our ancestors have stressed on the fact that our meals should be started off with something spicy and sweet dishes should be taken towards the end. The significance of this eating practice is that while spicy things activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pulls down the digestive process. Hence, sweets were always recommended to be taken as a last item.

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16. Why Hindus advised to sit on the floor and eat food?

This tradition is not just about sitting on floor and eating, it is regarding sitting in the “Sukhasan” position and then eating. Sukhasan is the position we normally use for Yoga asanas. When you sit on the floor, you usually sit cross legged—In sukhasana or a half padmasana (half lotus), which are poses that instantly bring a sense of calm and help in digestion, it is believed to automatically trigger the signals to your brain to prepare the stomach for digestion.

17. Why Hindus pray Peepal tree?

‘Peepal’ tree is almost useless for an ordinary person, except for its shadow. ‘Peepal’ does not a have a delicious fruit, its wood is not strong enough for any purpose then why should a common villager or person worship it or even care for it? Our ancestors knew that ‘Peepal’ is one of the very few trees (or probably the only tree) which produces oxygen even at night. So in order to save this tree because of its unique property they related it to God/religion.

18. Why Hindus pray Tulsi plant?

Hindu religion has bestowed ‘Tulsi’, with the status of mother. Also known as ‘Sacred or Holy Basil’, Tulsi, has been recognized as a religious and spiritual devout in many parts of the world. We try to protect it because it is like Sanjeevani for the mankind. Tulsi has great medicinal properties. It is a remarkable antibiotic. Taking Tulsi everyday in tea or otherwise increases immunity and help the drinker prevent diseases, stabilize his or her health condition, balance his or her body system and most important of all, prolong his or her life. Keeping Tulsi plant at home prevents insects and mosquitoes from entering the house. It is said that snakes do not dare to go near a Tulsi plant. Maybe that is why ancient people would grow lots of Tulsi near their houses.

19. Why Hindus advised to visit temple?

Temples are located strategically at a place where the positive energy is abundantly available from the magnetic and electric wave distributions of north/south pole thrust. The main idol is placed in the core center of the temple, known as “*Garbhagriha*” or *Moolasthanam*. In fact, the temple structure is built after the idol has been placed. This *Moolasthanam* is where earth’s magnetic waves are found to be maximum. We know that there are some copper plates, inscribed with Vedic scripts, buried beneath the Main Idol. What are they really? No, they are not God’s / priests’ flash cards when they forget the *shlokas*. The copper plate absorbs earth’s magnetic waves and radiates it to the surroundings. Thus a person regularly visiting a temple and walking clockwise around the Main Idol receives the beamed magnetic waves and his body absorbs it. This is a very slow process and a regular visit will let him absorb more of this positive energy. Scientifically, it is the positive energy that we all require to have a healthy life.

20. Why Hindus always use Turmeric?

Haldi or turmeric is a natural herb; it is the best anti-septic given by Mother Nature. Its application on the body ensures that all germs on the skin will be killed. Moreover, turmeric absorbs all dirt from the skin and provides radiance to the skin. To give moisture to the skin, people also add oil to the turmeric.

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21. Why Hindus do yagya or hawan?
Holy fireworks as a natural cleanser; it removes negative energy from the environment and fills the air with positivity. Moreover, the fire is fuelled with different kinds of wood, ghee, rice and other herbs. The smoke produced by the fire purifies the air by killing insects. This creates a positive impact on the health of people who attend the marriage. The couple gets more benefit as they are close to the fire.

22. Why Hindus use Toran as decoration?
Fresh green leaves filter the air and make the surrounding neat and clean; a hygienic atmosphere is necessary for an auspicious occasion like a wedding. Mango leaves are believed to add more elegance to the decoration, and therefore, people tie torans made of mango leaves at the entrance of their residences.

23. Why Hindus chanting Om?
Chanting Om Kar is believed to reduce blood pressure and control heart rates. If OM is pronounced after taking a deep breath, it improves the sense of alertness and thus, concentration.

24. What is the significance of Gayatri Mantra?
Chanting Gayatri mantra produces almost 110,000 different kinds of waves per second. Researchers have confirmed many scientific potentialities of Gayatri mantra. It boosts our health immensely if we chant Gayatri mantra 90 minutes before the sunrise. This could be the reason why Radio station at Paramaribo (part of South America) broadcasts this mantra from 7 PM onwards every day.

25. Why Hindus pray with Aarati to gods?
Towards the end of every ritualistic worship (pooja or bhajan) of the Lord or to welcome an honored guest or saint, we perform the aarati. This is always accompanied by the ringing of the bell and sometimes by singing, playing of musical instruments and clapping. It is one of the sixteen steps (shodasha upachaara) of the pooja ritual. It is referred to as the lighted lamp in the right hand, which we wave in a clockwise circling movement to light the entire form of the Lord. Each part is revealed individually and also the entire form of the Lord. As the light is waved we either do mental or loud chanting of prayers or simply behold the beautiful form of the Lord, illumined by the lamp. At the end of the aarati we place our hands over the flame and then gently touch our eyes and the top of the head.

26. Why Hindus Lamp the god?
In almost every Indian home a lamp is lit daily before the altar of the Lord. In some houses it is lit at dawn, in some, twice a day – at dawn and dusk – and in a few it is maintained continuously - Akhanda Deepa. All auspicious functions commence with the lighting of the lamp, which is often maintained right through the occasion. Light symbolizes knowledge, and darkness - ignorance. The Lord is the "Knowledge Principle" (Chaitanya) who is the source, the enlivener and the illuminator of all knowledge. Hence light is worshiped as the Lord himself. Knowledge removes ignorance just as light removes darkness. Also knowledge is a lasting inner wealth by which all outer achievement can be accomplished.

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Hence we light the lamp to bow down to knowledge as the greatest of all forms of wealth. Why not light a bulb or tube light? That too would remove darkness. But the traditional oil lamp has a further spiritual significance.

27. Why do we not touch papers, books and people with the feet?

To Indians, knowledge is sacred and divine. So it must be given respect at all times. Nowadays we separate subjects as sacred and secular. But in ancient India every subject - academic or spiritual - was considered divine and taught by the guru in the gurukula. The custom of not stepping on educational tools is a frequent reminder of the high position accorded to knowledge in Indian culture. From an early age, this wisdom fosters in us a deep reverence for books and education. This is also the reason why we worship books, vehicles and instruments once a year on Saraswathi Pooja or Ayudha Pooja day, dedicated to the Goddess of Learning.

28. Why do we apply the holy ash?

The ash of any burnt object is not regarded as holy ash. Bhasma (the holy ash) is the ash from the homa (sacrificial fire) where special wood along with ghee and other herbs is offered as worship of the Lord. Or the deity is worshipped by pouring ash as abhisheka and is then distributed as bhasma. Bhasma is generally applied on the forehead. Some apply it on certain parts of the body like the upper arms, chest etc. Some ascetics rub it all over the body. Many consume a pinch of it each time they receive it. The word bhasma means, "that by which our sins are destroyed and the Lord is remembered." Bha implied bhartsanam ("to destroy") and sma implies smaranam ("to remember"). The application of bhasma therefore signifies destruction of the evil and remembrance of the divine. Bhasma is called vibhuti (which means "glory") as it gives glory to one who applies it and raksha (which means a source of protection) as it protects the wearer from ill health and evil, by purifying him or her.

29. Why do offer food to the Lord before eating it?

Indians make an offering of food to the Lord and later partake of it as prasaada - a holy gift from the Lord. In our daily ritualistic worship (pooja) too we offer naivedyam (food) to the Lord. The Lord is omnipotent and omniscient. Man is a part, while the Lord is the totality. All that we do is by His strength and knowledge alone. Hence what we receive in life as a result of our actions is really His alone. We acknowledge this through the act of offering food to Him. This is exemplified by the Hindi words "tera tujko arpan"– I offer what is Yours to You. Thereafter it is akin to His gift to us, graced by His divine touch.

30. Why do we do pradakshina to temple (circumambulate)?

We cannot draw a circle without a center point. The Lord is the center, source and essence of our lives. Recognizing Him as the focal point in our lives, we go about doing our daily chores. This is the significance of pradakshina. Also every point on the circumference of a circle is equidistant from the center. This means that wherever or whoever we may be, we are equally close to the Lord. His grace flows towards us without partiality.

31. Why is pradakshina done only in a clockwise manner?

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The reason is not, as a person said, to avoid a traffic jam! As we do pradakshina, the Lord is always on our right. In India the right side symbolizes auspiciousness. So as we circumambulate the sanctum sanctorum we remind ourselves to lead an auspicious life of righteousness, with the Lord who is the indispensable source of help and strength, as our guide - the "right hand".

32. Why do we ring the bell in a temple?

The ringing of the bell produces what is regarded as an auspicious sound. It produces the sound Om, the universal name of the Lord. There should be auspiciousness within and without, to gain the vision of the Lord who is all-auspiciousness. Even while doing the ritualistic aarati, we ring the bell. It is sometimes accompanied by the auspicious sounds of the conch and other musical instruments. An added significance of ringing the bell, conch and other instruments is that they help drown any inauspicious or irrelevant noises and comments that might disturb or distract the worshippers in their devotional ardour, concentration and inner peace.

33. Why do Hindus consider the lotus as special?

The lotus is the symbol of truth, auspiciousness and beauty (satyam, shivam, sundaram). The Lord is also that nature and therefore, His various aspects are compared to a lotus (i.e. lotus-eyes, lotus feet, lotus hands, the lotus of the heart etc.). The lotus blooms with the rising sun and close at night. Similarly, our minds open up and expand with the light of knowledge. The lotus grows even in slushy areas. It remains beautiful and untainted despite its surroundings, reminding us that we too can and should strive to remain pure and beautiful within, under all circumstances.

34. Why do we blow the conch?

All knowledge enshrined in the Vedas is an elaboration of Om. The conch therefore is known as shankha after Shankasua. The conch blown by the Lord is called Paanchajanya. He carries it at all times in one of His four hands. It represents dharma or righteousness that is one of the four goals (purushaarthas) of life. The sound of the conch is thus also the victory call of good over evil. Another well-known purpose of blowing the conch and the instruments, known traditionally to produce auspicious sounds is to drown or mask negative comments or noises that may disturb or upset the atmosphere or the minds of worshippers.

35. Why do we say shaanti thrice?

Shaanti, meaning "peace", is a natural state of being. Disturbances are created either by others or us. For example, peace already exists in a place until someone makes noise. Therefore, peace underlies all our agitations. When agitations end, peace is naturally experienced since it was already there. Where there is peace, there is happiness. Therefore, every one without exception desires peace in his/her life.

36. Why do we offer a coconut to Hindu Gods?

A mind thus purified by the touch of the Lord is used as prasaad (a holy gift). In the traditional abhisheka ritual done in all temples and many homes, several materials are poured over the deity like milk, curd, honey, tender coconut water, sandal paste, holy ash etc. Each material has a specific significance of bestowing certain benefits on worshippers. Tender coconut water is used in abhisheka
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rituals since it is believed to bestow spiritual growth on the seeker. The coconut also symbolises selfless service. Every part of the tree - the trunk, leaves, fruit, coir etc. Is used in innumerable ways like thatches, mats, tasty dishes, oil, soap etc. It takes in even salty water from the earth and converts it into sweet nutritive water that is especially beneficial to sick people. It is used in the preparation of many ayurvedic medicines and in other alternative medicinal systems.

37. What is the Science behind multiple hands of Hindu Gods?

Thousands of years ago Vedas were written. In Vedas God’s description was made, attention was drawn to their essential non-human nature e.g. exotic colour of skin, presence of multiple eyes (three eyes or limbs), animal motifs (half lion and human), and other abstract imagery etc.

While the Purusha Sukta (Rig Veda) hints at multiple limbs of the aforementioned Purusha, neither the Narayana Sukta or the Rudra Prashna (both in Yajur Veda) mention either Vishnu or Shiva with multiple limbs. Even the Mahabharata, which is the first to definitively describe multiple limbs, describes a lotus in one of Vishnu’s 4 hands, whereas early Hindu iconography clearly does not follow that guideline.

38. What is the significance of Hindu New Year?

Ugadi or Gudi Padwa signifies the current period in which we are living as per the Hindu time element in a 60 year cycle with each new year (Ugadi) denoted by a unique name starting from Prabhava and ending with Akshaya. Currently we are in Swetha Varaha Kalpa, Vaivaswatha Manvantara, first leg of Kali Yuga under the 28 Maha Yuga, in Salivahana Sakha. As per the Yuga Pramanathe life span of Kali Yuga is 432,000 years out of which 5118 years have passed and we are entering into 5119th as per the Sakha pramana that is being followed in India, the life span of Salivahana Sakha is 18000.

39. Scientific reason for Lunar Hindu New Year?

The concept of Hindu time element marks the beginning of the most auspicious season Vasantha Ruthu (Spring Season) when generally we find trees start to blossom. One who causes the repetition of Yugas. According Hindu astronomic calculations, earth and moon movements calculated scientifically about 10,000 years ago. Hindu calendar has 12 months and 60 Logical estimates is said that Lord Sri Krishna’s Nirvana took place on the first day of the bright fortnight (full moon) in the month of Chaitra Maas that marked the beginning of Kaliyuga. Hence, Hindu New Year or Varsha Pratipada or Gudi Padwa or Ugadi is assumed as the beginning of Kaliyuga.

40. Scientific reason for Solar Hindu New Year?

A solar calendar is a calendar whose dates indicate the position of Earth on its revolution around the Sun. Actually Hindu Solar New Year is not fully based on Sun. It is also called Lunisolar calendar whose date indicates both the moon phase and the time of the solar calendar year.

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