

Scientific Reasons behind Indian Rituals

Ms. Yesha Gandhi

Atmiya University, Bharat

Abstract—This study examines and analyses the normalisation and naturalisation of folktale rituals and practises in an effort to depoliticize them. The popular rituals and behaviours have been mythologized and made unimportant. Priests and Brahmins have developed their own discourses, disseminated them, influenced people's thinking, and ultimately depoliticized while keeping their own interests at the forefront. As a result, we see priests and Brahmins as the sources of wisdom, spirituality, and life because they are capable of resolving any issues pertaining to divine communication. However, it has been made less political in the name of traditions, customs, and cultural traditions linked to religious convictions, worldviews, and civic obligations. It has been made commonplace, real, and factual. People therefore follow it without questioning it or giving it any critical thought, treating it as an accessory. Because rituals have been absorbed by people.

Index Terms- Dharmik Rituals, Tradition', Science behind Rituals

I. INTRODUCTION

Ritual is the brain's technique of telling the machine that everything is fine. Everything has been done before, therefore everything will work out. Modern living is easier without worry, unlike the prehistoric era when it may have been necessary for us to have a nervous system in order to defend us from predators and other hazards. Rituals energize and stimulate a person's actions, motivating them toward current and future goals by bringing attention to the regulatory context and heightening feelings of personal involvement. ritual, the performance of ceremonial acts prescribed by tradition or by sacerdotal decree. Ritual is a specific, observable mode of behaviour exhibited by all known societies. It is thus possible to view ritual as a way of defining or describing humans With the advent of science and technology, we have found scientific reasons behind these rituals and traditions.

II. SCIENTIFIC REASONS BEHIND INDIAN RITUALS

A. Why do we blow the conch?

The sound of Om is produced when the conch is blown. Om is a lucky sound that the Lord shouted

before he created the world. It stands for both the external world and within Truth. According to legend, the demon vanquished gods, destroyed the Vedas, and submerged himself beneath the sea. The gods pleaded with Lord Vishnu for assistance. He murdered by taking the form of, the "fish incarnation .The Lord exhaled through his head and ear's conch-shaped bone. The Vedas appeared as a result of the Om sound. Every piece of wisdom preserved in the Vedas is an expansion of Om. As a result, the conch is also known as in of. is the name of the Lord's conch. He constantly carries it in one of His four hands. One of the four purposes of existence is dharma, or righteousness, which is represented by this object. Thus, the conch's sound serves as a signal for the triumph of good over evil. Blowing the conch and other instruments, which are traditionally known to make auspicious sounds, are also frequently done to drown out or cover up remarks or noises that can disturb the' environment or their thoughts. India in antiquity had villages.

There were several smaller temples and a main temple that oversaw each settlement. The conch used to be blown during the ritual that was done following significant and on special occasions. The sound of the conch would be audible throughout the entire village because villages were often tiny. The reminder was given to those who were unable to visit the temple to take a moment to stop what they were doing and mentally bow to the Lord. Even in the midst of their hectic daily schedules, the conch sound managed to temporarily shift people's thoughts to a devotional mindset. The conch, a representation of Naada Brahma (Truth), the Vedas, Om, dharma, triumph, and auspiciousness, is put before the altar in temples and houses next to the Lord.

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

Is it for the Lord to awaken? However, God is a sleeping God. Is it to inform the Lord of our arrival? Since He is all-knowing, He doesn't need to be informed. Is it a means of requesting authorization to access His premises? Entry is unrestricted because it is a homecoming. We are always welcomed by the Lord. Why do we then ring the bell? It is thought that

the sound made when the bell rings is auspicious. Om, the Lord's unifying name, is produced by it. To see the Lord, who is all-auspicious, there should be auspiciousness both within and outside. We ring the bell even while performing the traditional . Occasionally, it is accompanied by musical instruments and the auspicious conch. Ringing the bell, conch, and other instruments has an additional significance in that it helps drown out any unlucky or extraneous noises and remarks that may otherwise upset or distract the from their devotional , focus, and inner serenity. We ring the bell to begin the daily ritualistic worship , chanting

IV. UNITS Use either SI (MKS) or CGS as primary units. (SI units are strongly encouraged.) English units may be used as secondary units (in parentheses). This applies to papers in data storage. For example, write -15 Gb/cm^2 (100 Gb/in^2).¹ An exception is when English units are used as identifiers in trade, such as $-3\frac{1}{2}$ in disk drive.¹ Avoid combining SI and CGS units, such as current in amperes and magnetic field in oersteds. This often leads to confusion because equations do not balance dimensionally. If you must use mixed units, clearly state the units for each quantity in an equation. The SI unit for magnetic field strength H is A/m. However, if you wish to use units of T, either refer to magnetic flux density B or magnetic field strength symbolized as $\mu_0 H$. Use the center dot to separate compound units, e.g., $-A \cdot m^2$.¹ Ring this bell indicating the invocation of divinity, So that virtuous and noble forces enter (my home and heart); and the demonic and evil forces from within and without, depart.

C. Why do we apply holy Ash?

We should burn our false identity with the body and break free from the constraints of birth and death, according to the advice given by the ash we apply. This is not meant to be seen as a reminder of mortality, but rather as a potent indication that time and tide do not wait for anyone is particularly linked to Lord Shiva since He uses it on the entirety of His body is used by devotees of Shiva as a The mark represents Shiva-Shakti (the union of energy and matter that generates the entire seen and unseen cosmos) when it is applied with a crimson spot in the remedies contain the medicinal ingredient . It removes extra body moisture and shields against headaches and colds. According to the Upanishads, the well-known mantra should be recited when ash is applied to the forehead.

D. Why we do Pradakshina?

We all know that we can not draw circle without a center point.so by doing " Pradakshina"; we assume that Lord Almighty is center it is the only source of our lives. By recognizing lord as center, we do our daily routines. Whatever Or Whoever we are, we are always equal close to god. Grace of Almighty lord is always with us if we are in circumference of center point.

E. Why we do half Parikrama of "Shivling"?

"Shivling" is made up of two words Shiv and Shakti. Shiv indicates Male and upper most part of the Shivling . Shakti indicates Female and lower most part of the Shivling. As per Dharmik myth it is said that we should do half Parikrama as Shiv has worn "Ardhchandra". As per Science point of view . it is not allowed to cross "jaldhari".Shivling is source of energy and energy begins to flow from shivling only.if we cross jaldhari during Parikrama then Energy will go inside body via and diseases of semen and organs related to concieving may get effected and get diseases. Energy releases from Shivling is too much Warm so for cooling it down "Kalash"filled with water is kept over Shivling.

F. Why we should do full moon gazing?

The empowering powers of the Moon remove negative emotions that stop you from moving forward.it is the oldest healing system.it cures kapha dosha. Moon influences releases of hormone like estrogen and progesterone. Fertility and menstrual cycle is linked with moon. Moon is controller of Rasa tissue. Secondary product of rasa tissue is menstrual blood and lactation of nursing women.

G. Swastika and its science

Swastika is a symbol of Sun in Rigveda. Meaning of Swastika is auspicious and beneficial in all directions. The four corners of the Swastika indicate four Yugas, four Varnas and four pillars of one's life which are Dharma, Artha, Kama and Moksha. swastik also indicates four stages of life : brahmachary, grihastha, vanaprastha, sannyasa .Fibonacci and golden ratio concept are inbuilt in swastika.

H. Why is eating not allowed during eclipse?

The human system is impacted by the lunar cycles in terms of energy, psychology, and physical health. The way our mothers went through their cycles is

clear evidence of this. The reason we are here is solely due to our moms' alignment with the moon, which is why I am speaking about them. We wouldn't be here right now if our mothers' bodies weren't in harmony with the moon. All of our mothers' bodies experience some degree of uncertainty as the moon completes its cycle in two to three hours. This is also occurring in a man's body because of the ways in which your mothers are present, even though they are not physiological.

When the body is in a confused state, the best thing is to keep it as empty as possible, and as conscious as possible. One of the simplest ways to be conscious is to not eat. Then you will constantly be conscious of at least one thing. And the moment your stomach is empty, your ability to be conscious becomes so much better. Your body becomes more transparent and you are able to notice what is happening with your system much better.

III. CONCLUSION

Science and religion are not competing ideologies. They have a close bond with one other. Rituals are carried out to instill devotion and religiosity in people and to bring spirituality into their lives. Indian culture has always been deeply rooted in science and technology.