



Discover The Reasons Why Hindu Worshippers Rotate Their Pradakshina Around The Deities In A Clockwise Manner

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Abstract: The Sanskrit term pradakshina means “to the right”. This study examines and analyses the normalisation and naturalisation of folktale rituals and practices in an effort to depoliticize them. Pradakshina, the practice of moving clockwise around a sacred body, is a basic aspect of Hindu worship. When practising pradakshina, the devotee’s mind is cleaned and energy is absorbed. Actually, Pradakshina is revolving around an entity of an object in order to achieve concentration, mental balance, personality development, and to bring positivity into our minds, and it can be described in both scientific and historical terms (the ancient people used to worship god by revolving around the ashwath tree (peepal tree), tulasi (basil plant), and the god. This paper explores the religious aspects of pradakshina, including its symbolic meanings in Hindu scriptures and rituals. It further examines the scientific reasoning behind this practice, highlighting how it influences human psychology, neurophysiology, and energy alignment. Through an associative approach, this study establishes that pradakshina is not merely a ritual but a scientifically significant practice that increases well-being and spiritual consciousness

Index Terms – Pradakshina, Temple Rituals, Hinduism, Scientific Aspects, Blood Circulation, Human Psychology, Alignment.

I. INTRODUCTION

Hinduism is rich with traditions and rituals that intertwine spiritual beliefs with scientific principles. One such ritual going around the temple in a circular manner called pradakshina, also called parikrama is a practice that is common in India as a whole and among Hindus throughout the world , which consists of walking clockwise around a holy object such as a temple, divinity, tree, or fire. Pradakshina is occasionally performed as part of a traditional pilgrimage to the temple, and it is normally done after the traditional devotion or puja is concluded. According to science, doing pradakshina in a clockwise direction provides a great amount of positive to our mind and body, as well as making us healthier and circulating excellent oxygen and blood throughout our bodies, which is beneficial. It should be done slowly and deliberately, with our thoughts and actions focused on God. It is a sign of reverence, worship, and complete submission to the god. The circular motion represents the continuous cycle of life, death, and rebirth, as well as the movement of celestial bodies.

Beyond its religious connotations, Pradakshina has significant scientific underpinning. From the perspectives of Physics, Neurophysiology, and Bioenergetics, the act of pradakshina has tangible effects on the human mind and body. This research paper delves into the religious and scientific reasons for pradakshina, offering a comprehensive understanding of this ancient practice

2. Spiritual Significance of Pradakshina

2.1. Symbolic Representations in Hindu Texts

Parikrama is deeply rooted in Hindu scriptures and is mentioned in ancient texts such as the Vedas and Puranas.

- The Rigveda mentions orbiting as a way of aligning with cosmic rhythms.
- The Taittiriya Upanishad states that by performing pradakshina, one aligns with the Supreme Awareness.
- The Shiva Purana states that walking around Lord Shiva's linga leads to purification of karma.

The act is always done clockwise, as it aligns with the natural movement of the Earth and the cosmic order.

2.2. Pradakshina in Temple Worship

In Hindu temple architecture, the altar sanctum (garbhagriha) houses the deity and is the nucleus of spiritual energy. Temples are constructed according to Vastu Shastra, which aligns cosmic energies with structural designs. When devotees perform pradakshina around the altar, they move in harmony with the temple's energy field.

Different forms of pradakshina include:

- Single Pradakshina (Eka Pradakshina): Signifies respect and devotion.
- Three Pradakshinas (Trika Pradakshina): Represents creation, sustenance, and dissolution (Brahma, Vishnu, Shiva).
- Seven Pradakshinas (Sapta Pradakshina): Corresponds to the seven stages of awareness and the seven worlds.

2.3. Connection with Cosmic and Spiritual Beliefs

Hindu philosophy sees the universe as cyclic in nature. The orbits of planets, the revolution of electrons around the nucleus and the circular motion of galaxies align with pradakshina. This concept reinforced by:

-Sun's Motion: The Earth orbits the Sun in a clockwise manner when viewed from the North Pole, mirroring pradakshina.

-Chakras and Energy Flow: Hindu spirituality asserts that circular movements activate the body's chakras, leading to spiritual awakening.

2.4. Pradakshina in Various Hindu Traditions

-Vaishnavism: Devotees of Lord Vishnu perform pradakshina around sacred Tulsi plants, Govardhan Hill, and Vishnu temples as a mark of devotion.

-Shaivism: In Shiva temples, pradakshina is performed without crossing the linga's central axis, emphasizing Shiva's formless, infinite nature.

-Shakti Worship: Parikrama around Goddess temples is believed to energize the devotee with- divine Shakti (energy).

-Buddhism and Jainism: The concept of circumambulation is also present in Buddhist stupas and Jain temples, signifying reverence to enlightened beings

2.5. Spiritual and Philosophical Alignment

- Symbol of Surrender & Devotion: Pradakshina signifies that the divine is the center of existence, and the devotee moves around it as an act of submission and reverence.

- Mantras and Shlokas: Many devotees chant prayers while performing pradakshina. One such popular shloka asks for forgiveness for sins committed by walking, speaking, seeing, thinking, and performing daily actions.

3. Scientific Aspects of Pradakshina

3.1. Bioenergetics and Electromagnetic Fields

The human body generates an electromagnetic field, and temples are designed to enhance these fields. Sacred sites, especially Jyotirlingas, are located at geomagnetic hotspots, allowing devotees to absorb beneficial electromagnetic waves. This leads to improved biological rhythms, increased mental clarity, and overall well-being.

3.2. Neurophysiological and Psychological Effects

Moving in a circular path engages the brain in various ways:

- Activates the Right Brain Hemisphere: Associated with creativity, intuition, and holistic thinking.

- Balances Brain Hemispheres: The rhythmic motion coordinates left and right brain functions, enhancing focus and emotional stability.

3.3. Cardiovascular and Muscular Benefits

Pradakshina provides physical benefits similar to brisk walking:

- Improves Blood Circulation: Stimulates heart function.
- Strengthens Muscles and Joints: Acts as low-impact exercise, improving flexibility.
- Enhances Posture and Balance: Helps in body coordination.

3.4. Scientific and Astronomical Significance

-Electromagnetic Field and Temples: Many Hindu temples are built on geomagnetic energy points. Walking around them in pradakshina is believed to help in absorbing positive energies.

-Centrifugal Force Representation: Just as planets revolve around the Sun due to gravitational pull, pradakshina symbolizes the devotee's attraction toward the divine center.

Healing Benefits: Walking barefoot on temple premises while performing pradakshina can stimulate acupressure points, promoting physical well-being

3.5. Pradakshina and Sacred Geography

- Circumambulation of Holy Sites: Just as temples encourage pradakshina around the deity, Hinduism also prescribes circumambulation of sacred sites like Govardhan Hill (in Vrindavan), Arunachal Hill ((in Tiruvannamalai), and the sacred rivers (like the Ganges and Narmada).

- Pilgrimage Circuits: Major pilgrimage routes such as Kailash Parikrama and Kashi Panchakroshi Yatra involve circumambulation of sacred places, reinforcing the cosmic connection

3.6. Psychological and Meditative Aspects of Pradakshina

-Mindfulness and Focus: Walking in a circular motion around the deity while chanting mantras or meditating helps devotees focus their minds on the divine, reducing distractions.

-Symbol of Surrender: The act of circumambulation symbolizes surrender to the divine, signifying that God is at the center of one's life.

-Repetition and Inner Transformation: Repeated pradakshinas reinforce discipline and spiritual consciousness, bringing inner transformation.

Conclusion

Pradakshina, or circumambulation, is a method of devotion in Hindu rituals that involves walking in a clockwise "round" around the god. At our temples, we witness people walking about in circles, either chanting shloka or simply walking with complete devotion. This shloka can be chanted in that setting, in which one requests the Lord for forgiveness for the sins committed with each step made throughout the Pradakshina. It is not merely a ritualistic practice but a profound act of aligning oneself with divine and scientific principles. It integrates Hindu philosophy with neuroscience, sacred geometry, and bioenergetics. Understanding pradakshina beyond religious traditions reveals its role in enhancing mental, physical, and spiritual well-being

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