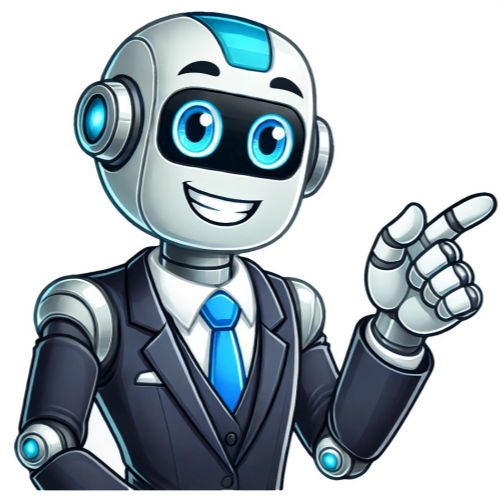


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## Common superstitions in india

Dr. Sanjay Sethi is a renowned expert in Astro-Numerology, Rudraksha, Gemology, and Vastu Science with over 33 years of experience. He has worked with prominent clients like industrialists, celebrities, politicians, and cricketers. Dr. Sethi blends ancient wisdom with modern science to provide authentic solutions for his clients' well-being. He aims to combine traditional knowledge with scientific research. The concept of superstition is not new and can be found in India's 5,000-year-old history. According to the Cambridge Dictionary, a superstition is an unexplained event or phenomenon believed to have an unusual power over human affairs. Many Indians blindly follow these beliefs, despite their educational backgrounds. Here are some common Indian superstitions: \* Hanging a lemon and seven chillies together is believed to protect against evil spirits. \* Getting a crow's droppings on you is considered good luck. \* Giving cash as gifts with an added 1 rupee coin is thought to ensure the recipient's continued wealth. These superstitions vary across regions in India, but their significance lies in their ability to bring people together and provide a sense of security. the most common Indian superstition is to consume a spoonful of curd with sugar before embarking on an activity or new journey to attract good luck. this practice is believed to set a positive tone for any task, ensuring that the day proceeds smoothly. one possible reason behind this tradition lies in the country's tropical climate, where eating curd provides a cooling effect and adds energy. another superstition involves spotting certain birds, particularly mynah birds or magpies, which may have originated from a British superstition. seeing a specific number of these birds can bring either good or bad luck, depending on the situation. household chores are believed to be an effective way to ward off the goddess of wealth Lakshmi. sweeping or cleaning after sunset is thought to scare her away. in some cases, cutting hair and nails on certain days, such as thursdays and saturdays, can bring misfortune due to its supposed connection with the planet saturn. the evil eye holds significant importance in Indian culture, prompting various methods for protection. infants are often adorned with a small mark of kaajal on their forehead or cheeks to prevent accidents. an itchy palm is believed to indicate that internal energy will flow into one's palms, while an unwell right palm suggests good fortune. fear of the number 13 has become widespread in India and globally, originating from the betrayal of Jesus' 13th disciple judas. certain airlines often leave this row empty, and some hotels skip labelling the 13th floor. leaving flip-flops upside down is also believed to bring bad luck in some households. eye twitching is thought to be related to one's destiny. with a twitching right eye bringing good fortune for men and a twitching left eye indicating good news for women. finally, spotting a black cat crossing your path can signal delayed tasks or postponed endeavors, which can be reversed by spitting or making specific crosses on the windshield. Looking back at ancient Indian customs, people have always believed in certain superstitions to ward off bad luck and bring about good fortune. For instance, during solar eclipses, it's advised not to look directly at the sun, lest one suffers from retinal burns or eclipse blindness. Pregnant women are also cautioned against consuming anything during such events. The Tulsi tree is revered as a sacred symbol in Hinduism, with its leaves believed to carry the blessings of Goddess Lakshmi. In Indian folklore, peepal trees are said to be haunted by ghosts, and sleeping near them can lead to untimely demise. Moreover, performing funeral rites without proper precautions can spread infections, so taking a bath is considered essential after attending a funeral. Interestingly, breaking a mirror is believed to signal seven years of bad luck, which can only be reversed by burying the pieces under moonlight. When it comes to black shoes, buying them on Saturdays is thought to bring failure and hinder one's progress in life. On the other hand, certain rituals like eating curd before an important task or hanging lemons and chillies at the gate are believed to bring good luck. However, a black cat crossing the road symbolizes bad luck, as does shaking one's legs or eye twitching. Superstitions have been an integral part of human life since time immemorial, with no scientific base and away from rational thinking. Even ancient civilizations like the Mayans, Aztecs, Egyptians, Chinese, and Indians practiced superstitions. These beliefs still persist in India, a country with diverse cultures and traditions, often based on unscientific theories and analysis. In Indian society, luck is considered a crucial factor in determining outcomes, both past and future. The concept of "bhavishhwashi" or "bhootkaal" plays a significant role here. For instance, if someone sneezes suddenly, it's believed to signal bad luck, prompting people to stop working or going out. Similarly, crossing paths with a black cat is often seen as an omen. However, modern science has dispelled many of these superstitions. The notion that breaking a mirror causes seven years of bad luck, for example, was perpetuated by the high value of mirrors in ancient times. However, modern chemistry explains that glass shattering is simply a result of circumstance or chemical reactions. Another common superstition is avoiding work if someone sees an empty bucket outside their home. Conversely, seeing a full bucket is believed to bring good fortune. This is more of a psychological phenomenon than a scientifically supported reason. The sight of a black cat crossing one's path is another widespread superstition in India and the West. While its origins are unclear, it's widely believed that this portends bad luck or misfortune. Crossing paths with a black cat, it's customary to pause for a moment and let others pass by first, then continue on your way while taking a refreshing drink of water. This superstition may have originated from ancient Egyptian and Indian societies where the black cat was viewed as an ominous symbol linked to evil spirits. However, there might be a more practical explanation behind this tradition. In the past, travelers had to navigate through dense forests using muddy trails with abundant vegetation. The possibility of encountering wild animals that could attack both humans and cats existed. This fear led people to believe that spotting a black cat indicated impending danger, prompting them to pause and reassess their journey. Another popular superstition in Indian society is the notion that if someone sneezes when starting a new venture or departing from home for a good reason, it's considered an ominous sign. To counter this, one should temporarily stop what they're doing, take a glass of water, and then resume their activity once the negative energy has been cleared. This superstition may have originated from the fact that in ancient times, people traveled long distances on foot, and sneezing could be a sign of poor physical health. When it comes to appeasing Goddess Lakshmi, many shop owners and drivers hang lemons and chillies near their business establishments or vehicles as an offering to the deity. This custom may have originated from the idea that Goddess Lakshmi prefers bitter and pungent tastes unlike other gods and goddesses. A more scientific explanation is that this practice helps ward off small insects and parasites. In Indian society, it's common to add a one-rupee coin to gifts or donations to make them odd numbers. This custom may have originated from the psychological association of even numbers with zero, which signifies loss in Indian culture. Indians believe in progress and profit (Shubh Labh), as seen written on many house and merchant establishment doorsteps. Fidgeting, the habit of shaking one's legs while sitting, is considered a bad omen that can lead to financial losses. Scientifically, fidgeting has been linked to hypertensive and hyperactive brain activity, making it a mental disorder. Finally, older villagers often advise children not to go under the Peepal tree at night, as it's believed to be the dwelling place of monsters or ghosts. This superstition may have originated from the fear of the unknown, with the Peepal tree being seen as a symbol of darkness and mystery. To avoid disaster, one should go under a tree. Modern research on Peepal trees has shown that they release oxygen during the day and absorb it at night, causing droplets to fall. These droplets used to scare people, especially the elderly. Some believe not sweeping after sunset will offend Lakshmi, the goddess of wealth, and bring bad luck. Others claim birds' droppings can bring good fortune. Shopkeepers don't sell handkerchiefs in the morning because they think it will bring tears to their eyes. In India, people put kajal on children's foreheads to ward off evil spirits. Married couples keep a knife and chili near their bed for protection after death. There's also a superstition that twitching eyes are good or bad omens, depending on the eye. Cutting fingernails on Saturdays is believed to be unlucky due to the Saturn god's influence. In modern science, these superstitious practices may seem redundant, but they are an integral part of India's diverse culture and tradition. From hanging lemons and chillies to breaking mirrors, people continue to observe these customs despite knowing no scientific basis. Incredible India indeed! Let's delve into some common superstitions in India and their theories behind them: ##### Hanging Lemon and 7 Green Chillies To ward off 'Alakshmi', the goddess of misfortune, shop owners in India hang lemon and 7 green chillies at their door. This is believed to satisfy her hunger and prevent her from entering the shop. ##### Black Cat Crossing Path In India and the West, a black cat crossing your path is considered bad luck. According to Egyptian mythology, black cats are evil creatures that bring misfortune. In India, it's associated with Lord Shani, so if you see a black cat, let someone else pass first to avoid bad luck. ##### Breaking Mirror Breaking mirrors is believed to bring 7 years of bad luck due to Roman superstition. Romans thought that it takes 7 years for a life to renew itself, and the broken mirror would reflect an image of someone with poor health until then. ##### Twitching Eye In some cultures, eye twitching is considered good luck, while in others it's bad. There are many scientific explanations for eye twitching, such as stress, allergies, or dry eyes. ##### Removing Evil Eye (Nazar Utaarna) To protect children from evil eyes, Indians often apply a small dot of kohl on their forehead, known as Nazar Utaarna. This is believed to make the child unattractive to evil powers and keep them safe. ##### Adding One Rupee to Gift Sum In Indian weddings and special occasions, it's customary to add one rupee coin to the gift sum to make it an odd number, symbolizing love, luck, and marital happiness. ##### Do Not Sweep After Sunset Goddess Lakshmi is said to leave homes that sweep after sunset, as she only visits at night. sweeping after sunset is considered unlucky as goddess Lakshmi is believed to visit only before dusk and sweeping away her dust won't allow her blessings. Similarly avoiding peepal tree at night as its branches are said to be haunted by evil spirits will prevent you from being killed by them.

Popular superstitions in india. Common superstitions. Examples of superstitions in india. Most common superstitions in india. Indian superstitions. Famous superstitions in india. Superstitions in india.