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Rudraksha Suitability and Rules for Wearing Them

By Arpita Nath · Gemstones & Rudraksha · 2026-09-11

Rudraksha seeds (literally "Tears of Shiva") are sacred botanical gems used in Vedic tradition to balance planetary energies, clear subtle blockages; and promote physical and mental well-being. The surface lines running top to bottom on a Rudraksha bead are called Mukhis (faces). Each Mukhi corresponds to a specific ruling planet and deity, making certain Mukhis particularly beneficial for each Moon sign (Rashi).

Suitable Rudraksha Mukhi by Zodiac Moon Sign (Rashi)

Below is the breakdown of which Mukhi Rudraksha naturally aligns with each Rashi and its primary benefits.

1. Aries (Mesha) & Scorpio (Vrishchika)

Suitable Bead: 3 Mukhi (Three-faced) or 3 Mukhi + 5 Mukhi combination

Key Benefits: Calms impulsive anger, boosts physical stamina, aids in overcoming fear or self-doubt and heals digestive/blood-related vitality issues.

2. Taurus (Vrishabha) & Libra (Tula)

Suitable Bead: 6 Mukhi (Six-faced)

Key Benefits: Enhances personal charm, artistic talent, emotional balance, relationship harmony and focus in professional pursuits.

3. Gemini (Mithuna) & Virgo (Kanya)

Suitable Bead: 4 Mukhi (Four-faced)

Key Benefits: Sharpens analytical intelligence, aids communication skills, expands memory and improves success in trade and academic endeavors.

4. Cancer (Karka)

Suitable Bead: 2 Mukhi (Two-faced) or Gauri Shankar

Key Benefits: Balances mood swings, alleviates mental stress, builds emotional stability and fosters harmonious family ties.

5. Leo (Simha)

Suitable Bead: 1 Mukhi (One-faced) or 12 Mukhi (Twelve-faced)

Key Benefits: Enhances leadership capacity, boosts self-confidence, grants high vitality and helps release mental confusion.

6. Sagittarius (Dhanu) & Pisces (Meena)

Suitable Bead: 5 Mukhi (Five-faced)

Key Benefits: The most versatile bead. Promotes spiritual wisdom, academic success, financial stability and overall peace of mind.

7. Capricorn (Makara) & Aquarius (Kumbha)

Suitable Bead: 7 Mukhi (Seven-faced) or 14 Mukhi

Key Benefits: Overcomes Saturn-related structural delays, brings financial stability, protects against sudden financial loss and instills deep discipline.

Essential Dos and Don'ts When Wearing Rudraksha

To maintain the magnetic and spiritual sanctity of your Rudraksha, follow these practical rules:

What TO Do (The Dos)

- **Purify Before Wearing:** Before putting on a new Rudraksha for the first time, soak it in raw milk or ghee overnight, wash it with clean water/gangajal and energize it by chanting Om Namah Shivaya 108 times (preferably on a Monday or Shivaratri).
- **Wear on Proper Thread/Metal:** String the bead using silk thread, cotton thread or encase it in silver, gold or copper wire. Ensure the bead touches the skin directly.
- **Keep It Clean and Oiled:** Clean your bead every few months with a soft brush and water, dry it thoroughly and apply a drop of natural mustard or sandalwood oil to prevent it from drying or cracking.
- **Remove Before Sleeping:** Remove the Rudraksha before sleeping to protect the bead from accidental physical pressure or structural damage. Keep it on a clean altar or wooden tray near your bedside.

What NOT To Do (The Don'ts)

- **Do Not Wear During Funerals:** Remove the Rudraksha when visiting a funeral ground (Crematorium) or attending mourning ceremonies.
- **Do Not Touch with Unwashed Hands:** Avoid touching your Rudraksha when eating greasy/non-vegetarian food or handling chemicals/soaps directly.
- **Do Not Share or Swap:** Never share your worn Rudraksha with anyone else, nor wear a bead that has been previously worn by someone else without re-energizing it.
- **Do Not Use Chemical Soaps:** Remove your Rudraksha before taking a bath or swimming, as chemical soaps, shampoos and chlorinated water degrade the natural fiber of the seed over time.

<https://astroarpitanath.com/rudraksha-suitability-and-rules/>

Astrology is offered for guidance only. For important life decisions, please consult a qualified professional.