

# “Shringar” - Does it Offer the Clues of Naturally Restoring Daily Needed Energy and Booster Immune in a Woman’s Body? A Possibility

Ramen Kumar Parui

ARC, Room No-F101, Block -F, Mall Enclave, 13, K. B. Sarani, Kolkata- 700080, India

Corresponding Author Email: [rkiparuidr\[at\]yahoo.com](mailto:rkiparuidr[at]yahoo.com)

**Abstract:** In Indian culture women are considered as embodiments of “Shakti”—the female power while ornaments are the orifices and controls the power and aura emanated from the body of “Shakti”. Although there is no definitive agreement over the legendary believe but the true fact is the solah Shringar i.e. 16 beauty producing ornaments enhance the women’s or bride’s beauty that may have some or part of the scientific reasons. According to Hindu Philosophy the “Solah Shringar” or simply “Shringar” has a significant relationship between the 16 phases of the moon and women’s cycle. This means that the 16 adornments, i.e. encompassing 16 steps or processes a new bride or general woman follow for her beautification from head to toe at the time of wedding or daily make up, is believed to nullify the negativities that arise from the cycle. “Shringar” means day to day “make up” by woman for presenting herself beautiful in daily life. In Indian (Hindu) culture there are 16 ‘pieces’ or ‘kalas’ i.e., varieties of wearing ornaments or jewelries such as metal oriented “Bangles”, “Finger Rings”, “Ear Rings”, “Necklace”, “Kamarbandh or Belly belt”, “Payal, or Anklets”, “Bichayas or Toe Rings” at various positions on the body while chemical oriented materials like “Sindoor”, “Sindoor Tips” placing in the part of the hair and as a dot (or Bindi) on the forehead, respectively. Metal oriented ornaments are, in general, made of ‘gold’, ‘silver’ or ‘tungsten’, whereas chemical oriented materials are compound form of lead (Pb), Mercury (Hg). Holding “ear rings” at ears keeps the nerve active for better eyesight while “rings” placed at different fingers of hand helps for better simulation of those nerves linked in our brain, heart. “Bangles” keeping on wrist experiences friction between the skin and bangles that increase blood circulation. Not only that, electricity passing out through the outer part skin comes back to the body due to ring shape. As a result, this reduces high blood pressure, maintain foetus healthy and active for fertility, acoustic stimuli as well as balance the emotion. “Nose pins or rings” take an active part for controlled emotion and strengthen the Ovary. “Kamarbandh or belly belt” prevents to store fat around the belly, waist. In a similar manner, the other rest processes or ‘kalas’ provides various health benefits, lacking which one has to suffer deficiency / inactiveness related healthiness. Metals also play an important role in maintaining healthy figure and fitness. For example, “Gold” which is durable and does not tarnish despite everyday use. As per Hindu belief, gold has some exceptional magic power and ability to purify anything it touches when gold ornaments are placed on the upper part of waist. While wearing silver made ornaments from the waist down, then silver signifies protection from magic and helps to fight against negative emotion. “Toe rings” offer significant health benefits for both married and unmarried woman. Nerve inside the second toe of the feet is connected directly to the Uterus of the woman. Wearing “toe ring” means apply of a slight pressure that regulates the menstrual cycle and also ensures a “healthy Uterus”. The known fact is: For married woman — wears bicchiya or toe ring on her second toe of her feet; For unmarried woman — if she wears “toe ring” on third toe of her feet she can get rid of “at least ease the menstrual period pain”. Beyond the above, solah shringar generated enhance beauty offers an opportunity appealing for sexual activity in the eyes of a woman’s husband. This sexual activity therefore boost the woman’s immune in a natural way depending on the number of sex activities performed on the regular or weekly or monthly basis. Thus, Solah Shringar has two fold significance — one way, based on wearing of friction and pressure involved ornaments (like ear ring, finger ring, necklace, kamarbandh, payal, toe rings) to revert back the emitted energy from the skin into the body, while the other one is the appealing for sexual activities to boost immune naturally. Based on the observation of electromagnetic magnetic discharge, and natural extension of remedy the author suggests that it is possible: a) to restore the emitted energy from the skin by revert back into woman’s body through wearing of gold, rounded bangles on both hands. This restored energy covers up the daily needed energy required for healthy life style. b) To gain / boost woman’s immune naturally through sex activities; c) Using Finger ring, Kamarbandh, Payal and Toe-ring menstrual related problem, Sciatica can be overcome. d) Combined effect of wearing shringar ornaments (i.e. daily make up) and regular sex activity finally offer a booster immune naturally for good health of a woman.

**Keywords:** Immune, Infrared radiation, Bioelectric discharge, Innate and adaptive Immunity, Shringar

## 1. Introduction

### COVID 19 and silent breaking the Myth

During 2020 COVID19 had shown its magical spreading throughout the world. To avoid its infection people were compelled to stay at home. Due to this confinement at home married couples naturally had made an increase in times of sex function compared to that of in their normal life when their male partner staying outside at home for earnings. This increase in number of sex function made the couple to gain an additional immune (without their knowledge) that help to fight against COVID19. A survey of sex based differences immunologic response in clinical outcomes [ 1,2] showed that

- men were more likely face severe illness compared to female [3];
- COVID19 severity and mortality, as per biological sex-based differences, hints further complications appeared from “environmental factors” like social and cultural norms both inside and outside at home;
- Sex functions acted as a biological variable for immune response [4];
- Females exhibited a stronger immune responses to a variety of infections, possibly due to the influence of genetic and hormonal difference in their immune systems [5];
- Females tend to experience less severe diseases in response to viral infection [6];

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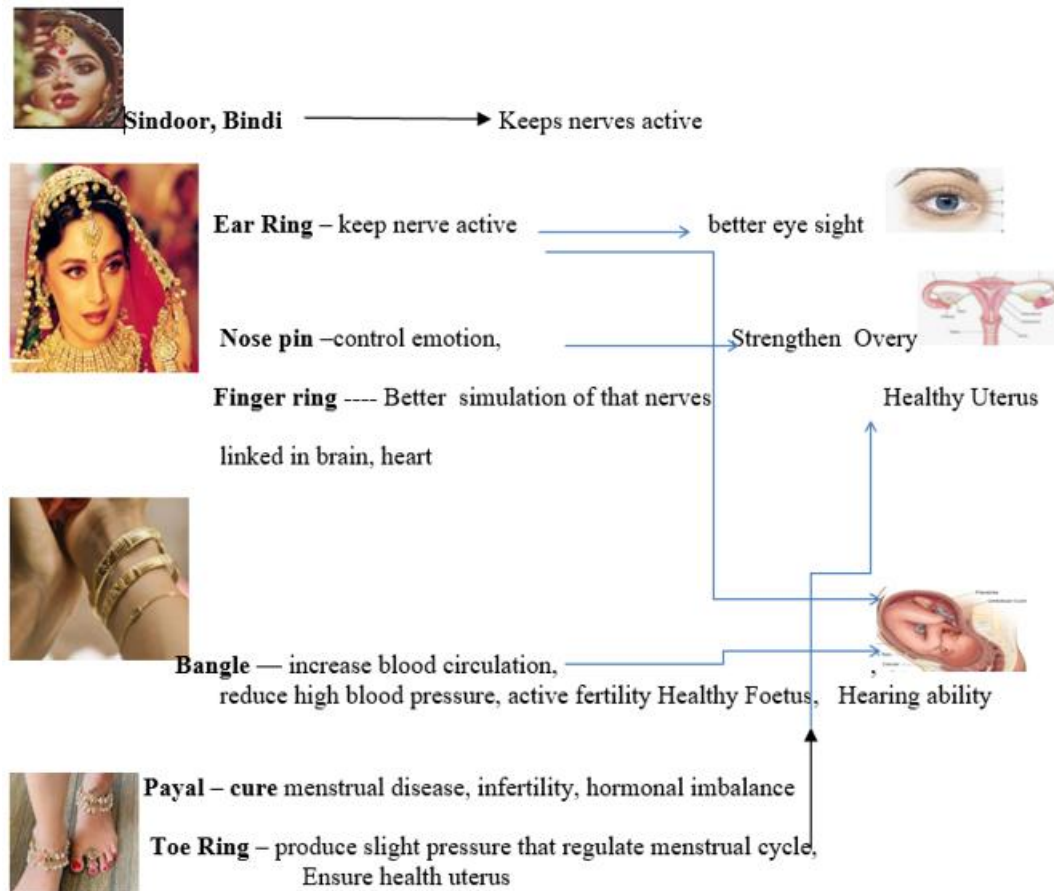
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- f) Females have more plasticity in their immune response due to cell mosaicism [7,8].
- g) Sex played a positive protective role in COVID-19 infection despite the age of the person or sexual behavior;
- h) As the sexual activity increased during this COVID period resulting which the immunity status has increased

and becomes more competent to deal with pathogens such that lower the incidents of disease among those who have sex > 3 times a month comparing with those have sex < 3 times a month [2].

### Graphical Abstract



From the above it can be said that sex function / activity and environment at home both have important roles in improving the immune power.

In this study I have considered (a) sex activity, and (b) shringar i.e. daily make-up by Indian women towards healthy home environment for improvement in female immune system. In other words, it has now been publicly known scientific fact that having regular sexual activity can improve the immune system.

### 1) Why women need naturally boosting immune system?

Immune system in human body is considered as own body's frontline defense against infection and diseases or simply own body's personal security system to protect us from harmful invaders like virus, bacteria, other germs, etc. In short, it can be said our immune systems is always working from background position to keep ourselves safe and healthy.

In the case of women's bodies, these go through a lot of hormonal changes throughout life — in particular during monthly periods, pregnancy and menopause. In fact, these hormonal changes do not just affect woman's mood or body but have a direct effect on her immune system. For example, the Estrogen hormone that increases during the first half of the menstrual cycle while the progesterone hormone that rises

after ovulation and during pregnancy, tends to suppress the immune system a little amount. Here the notable fact is the autoimmune conditions such as thyroid problems, lupus, and rheumatoid arthritis are more common in women than in men. This situation is due to the complex relationship between hormones and immunity.

### 2) Hidden-Energy (Kundalini Energy) Vs Biological Energy inside the Human Body

#### What Is Kundalini Energy?

The *kundalini* [9,10] has been known since ancient times, in religious circles, as 'the serpent power' hidden inside human', particularly at the base of the spine. When electricity is directed through an electric wire, its movement generates a magnetic field, which moves spirally around the wire. This fact suggests what occurs also with *kundalini* awakening: It is a spiral sensation in the spine itself. Often, this movement may cause the whole body at first to rotate in a circular fashion: clockwise, as seen from above. Progressive inner relaxation brings that outward movement under control.

Every person has a positive magnet at the top of the head (the spiritual eye and crown chakra), which pulls our consciousness upward toward our innate oneness with God. At the same time there is a magnet at the base of the spine that pulls us toward negativity, selfishness, and unawareness.

Kundalini energy, centered at the base of the spine, is the outward thrust of our consciousness that is identified with matter. This storehouse of energy [ 11] is what pulls our mind toward restlessness when we meditate. True inner religion is reversing the life force away from its lair at the base of the spine and uniting it with the positive pole at the top of the head. When this union happens, enlightenment occurs. Some seekers, hearing how important it is to raise and activate the kundalini energy, use violent breathing exercises and other intense practices to shake loose the life currents. Kundalini is a great power, however, which like fire, if misused or mishandled, can be extremely harmful. Over-stimulating Kundalini by too physical and willful means generates tremendous heat in the body and can damage the nervous system [12].

#### Biological Energy

Biological energy refers to the energy that sustains the physical body's functions, derived from processes like metabolism and respiration, while kundalini energy is a dormant spiritual energy, originating from ancient Eastern traditions, that is said to be a potent life force that, when awakened, can trigger profound physical, mental, and spiritual transformation, leading to expanded consciousness. In essence, biological energy is the standard life-sustaining force, whereas kundalini is a more intense, potential life force linked to spiritual evolution.

Regarding the origin of "Biological Energy" [14,15] this energy is delivered to the body through the foods we eat and liquids we drink. Foods contain a lot of stored chemical energy; so when you eat means our body breaks down these foods into smaller components and absorbs them to use as fuel. Energy comes from the three main nutrients carbohydrates, protein, and fats, with carbohydrates being the most important energy source. In cases where carbohydrates have been depleted, the body can utilize protein and fats for energy. The process "metabolism" is the chemical reactions in the body's cells that change this food into energy following the chemical processes within the body, like the metabolism of food and oxygen, and is generally understood in terms of bioelectricity and other measurable physical phenomena. Note that this energy basically powers the basic functions of the body, such as movement, thought, and organ operation. It is tied to the physical and material processes of life. Important function of this energy is to maintain life and consciousness at a normal level. The biological energy source in the human body is primarily adenosine triphosphate (ATP), the "energy currency" of the cell. The body obtains the chemical energy to create ATP from food molecules, mainly carbohydrates, which are broken down into glucose. This glucose is then used in cellular respiration to produce ATP, which powers cellular processes like muscle contraction and cell division.



(A)



(B)

**Figure 1: (A) Schematic diagram showing the Role of Energy Flow in Consciousness (B) View Description (adopted from ref. [13])**

It is to be noted that biological energy enhances the physical health whereas Kundalini energy also has a significant impact on physical health. Its activation is known to invigorate and balance the body's energy systems, contributing to improved overall health. This includes better functioning of the endocrine system, enhanced vitality, and sometimes the alleviation of certain chronic ailments.

#### Exercise based immunology

The exercise immunology is considered as a relatively new area of scientific endeavor for understanding the physics of immunology based on physical exercises [16,17]. Our present knowledge hints that the immune system is very responsive to exercise, with the extent and duration reflecting the degree of physiological stress imposed by the workload. The significance of the exercise immunology is that it has received the most attention on "acute and chronic effects of exercise on the immune system, clinical benefits of this exercise-immune relationship, nutritional influences on the immune response to exercise, and the exercise effect on immunosenescence (i.e. a phenomenon involving innate and adaptive immunity and characterized by a progressive remodeling of immune functioning during aging).

#### **3) "Shringar" in Hindu culture**

According to Indian mythology "Solah Shringars" signifies the sixteen phases of the moon which is related to a women's menstrual cycle. The 16 beauty ornaments are said to nullify the negativities that arise from the cycle. Solah shringar a symbol of a woman's marital status are mandatory elements in a bride's ensemble where each ornament is symbolic of a

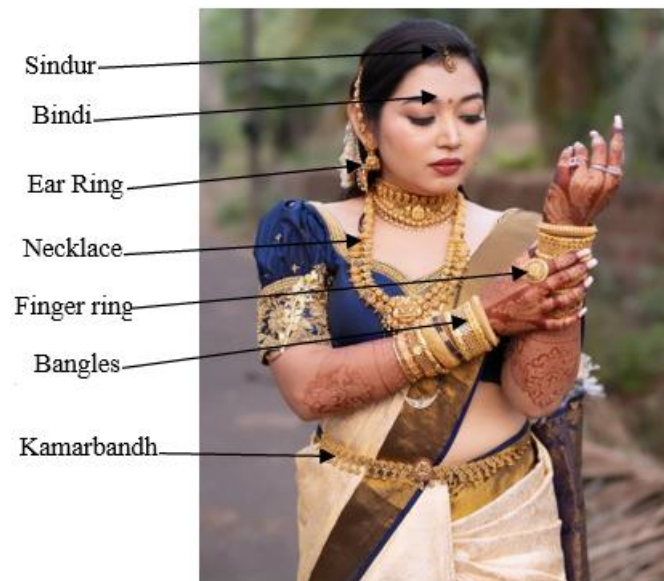


blessing. Adorned with the Solah Shringars a bride is associated with the divinity Goddess Lakshmi. The goddess of wealth, prosperity and fertility. The significance of Solah Shringars is that enhances the beauty of a woman.

Each of these 16 shringers embellishment has aesthetic, spiritual, cultural, and practical significance, with elements like the “*bindi*” (forehead dot), “*kohl*” (eyeliner), “*mehndi*” (henna), “*jewelry*”, and “*fragrant oils*” representing various blessings and concepts, such as the divine feminine energy (Shakti) and the goddess of wealth, Lakshmi. This shringer consists of sixteen types that includes: Sixteen types that include :

- 1) “**Hair adornment**” : Decorating the hair with flowers, jewelry, or other ornaments.
- 2) “**Kohl**” or “**Kajal**” : Darkening the eyes to define them and ward off the evil eye.
- 3) “**Bindi**” : A decorative mark on the forehead, often between the eyebrows.
- 4) “**Jewelry**” : A broad category including earrings, necklaces, armlets, rings, and anklets.
- 5) “**Fragrance**” : Using perfumes or fragrant oils to enhance the senses.
- 6) “**Garlands**” : Adorning the neck with floral or pearl necklaces.
- 7) “**Sandalwood paste**” : Applying fragrant pastes to the skin.
- 8) “**Henna (Mehndi)**” : Intricate patterns of henna on hands and feet.
- 9) “**Clothing**” : Wearing traditional and auspicious attire, often vibrant and intricately designed.
- 10) “**Anklets (Payal)**” : Ornaments worn on the ankles, often with bells.
- 11) “**Toe rings (Bichuas)**” : Rings worn on the toes, especially on the second toe.
- 12) “**Nose ring (Nath)**” : Worn on the left nostril, associated with female reproductive health.
- 13) “**Waistband (Kamar-band)**” : A belt-like ornament worn around the waist.
- 14) “**Armlets**” : Jewelry worn on the upper arms.

- 15) “**Finger rings**” : Jewelry worn on the fingers.
- 16) “**Bangles**” : Bracelets that adorn the wrists, with “bangle” coming from the Sanskrit word for arm adornment.



**Figure 2:** Representing various adornments wearing women (adopted from ref. Levine 2024 [18] (Courtesy: Photo by @krutika\_makeovers)

This shringers have various significance in different aspects, such as

- In **Symbolic** aspect: Shringar is seen as a celebration of the divine feminine power (Shakti) within a woman.
- In **Cultural** aspect: It is a deeply ingrained tradition, with many elements holding cultural significance, like toe rings symbolizing marriage.
- In **Spiritual** aspect: The adornments are believed to enhance a woman's aura and connect her with divine energies.
- In **Practical** aspect: Some ornaments are said to have health benefits, such as toe rings that may aid in regulating the menstrual cycle



**Figure 3:** woman wearing nose ring (left) and finger ring (right) (Courtesy: Photo by @eternityimages\_)

(i) Bindi

**Bindi** is an ornamental dot that is placed at the center of the forehead between the eyebrows and is said to be an additional beauty element. It signifies to bring good luck and prosperity

to a woman and is elaborated with dot and vine motifs of plain kumkum or sandalwood paste along the eyebrow.

**Scientific Reason:** As the bindi is placed at the centre of forehead which is a major nerve point of the human body (also known as the place of the third eye) it is also said to provide the ability of seeing the future. According to our present scientific knowledge the centre of the forehead improves focus and helps in exuding energy. (Note that during meditations energy also known as Kundalini rises from the base of the spine and travels till the third eye). So, this bindi, as the third eye spot, is the commanding centre of the body and helps in maintaining mental balance. In particular, during the stressful time of wedding a bindi and sandalwood dots around the eyebrows helps the bride in keeping her calm when all around her are losing theirs.



Figure 4: Representing the location of bindi, Sindoor

#### (ii) Sindoor or Vermillion

**Sindoor** or **vermillion** hold a great importance in the Indian society. It signifies a husband's long life. The customary sindoor is applied on the parting of the hair of the bride by the groom on the day of the wedding. A marital symbol worn by married Indian women for her lifetime is and denotes her desire for her husband's longevity and well being.

**Scientific Reason:** Sindoor made with the composition of turmeric, lime, and a minute level of mercury is said to have its own health benefits. For example : applied on the partition of hair, the presence of mercury relaxes the mind and cools down the body of the woman. Sindoor also acts as a trigger for sexual drive in a woman.

#### (iii) MaangTikka



Figure 4(a): Woman wearing Maangtikka

**Maangtikka** is also known as Bhor, Borla, or Mang Patti. It is made of gold or silver, or precious gemstones and is a hair accessory that adorns the forehead of the bride. Worn at the central parting of hair and extending till the forehead, the maangtikka is said to highlight the allure of the bride.

**Scientific Reason:** As the mang tika is worn on the central parting it controls the heat of the body. The "Ajna Chakra" which means 'to know or perceive' is located in the centre part of the forehead. It is the spot where the pendant of the maang tika falls. The significance is that the Ajna chakra, represented by two petals, signifies the unification of the male and female form on a physical, emotional and spiritual level.



Figure 5: shows the eyeliner with kajal

#### (iv) Kajal or Kohl or Anjana

**Kajal** a black dye or eyeliner made out of the soot from diya is applied on the upper and lower rims of the eyelids. The black soot mixed with aromatic essential oils is said to enhance the size and shape of the eye. The eyes are the mirror of the soul that reflects the feelings of the heart and application of Kajal adds a glint of mystery to the look of the bride or woman.

**Scientific Reason:** The known fact of Kajal is for its cooling effect that helps in relaxing the eyes during the strain received from weddings ceremonies as well as daily make up. It also acts as a protective shield against the dust particles, keeping the eyes active and glowing. Kajal also has healing properties and can reduce red spot in the eye.

#### (v) Nose Ring or Nath

Nose ring or **Nath** is made of gold or silver and a cluster of pearls and gemstones like diamonds. It is worn for attaining a traditional and ethnic look in a particular occasion as it is a precious beauty ornament. It is, in general, worn on a piercing in the left nostril. A symbol of marital status the Nose Ring is considered as a mark of beauty and social standing.

#### Scientific Reason:

The nose piercing has Ayurvedic significance in which the spot of the piercing is linked to the reproductive organs of a woman. The nose piercing is said to ease menstrual cramps and labour pains. The piercing also controls brain wavelength and prevents the women from getting hypnotized (as believed)

**(vi) Karn Phool or Ear Ornaments**

It is popularly known as *Jhumkas*, or *Danglers*, or *KarnPhool*, *Chandbalis*. The earrings are an indispensable beauty ornament for a woman. Ear rings are ornately decorated jewellery that are made of gold and silver and embedded with diamond. Often the ear rings have elaborate ear cuffs and chains that hang from the lobe and end with a decorated pendant. Karnphool is associated with Karn the god of love and wearing it is said to enhance the fundamental attributes like gentleness, spiritual perfection of the female form.

**Scientific reason:** The outer part of the ear where the ear ring is worn is an acupressure point. Wearing ear ring has acupuncture effect and helps in curing menstrual problems. The acupressure point of the ear helps in keeping the kidney and bladder healthy

**(vii) Necklace or Haar**

The Necklace or Haar is a chain that is worn by the bride, women in general, around her neck and it acts as the centerpiece of the bridal outfit. One of the most essential necklace is the “mangalsutra” that is made of black and gold beads adorned with a pendant embedded with gemstones and diamonds. A mangalsutra is worn a symbol of love and symbolizes the longevity of the husband of a married woman.

**Scientific Reason:** The necklace worn around the neck helps in regularizing the blood circulation and also helps in controlling the blood pressure of the women.

**(viii) Mehendi or Henna**

**Henna** is an indigenous herb that is blended into a fine paste and is applied on the hands and feet of bride. The elaborate “mehendi designs” impart a deep red color which symbolizes love, luck, prosperity and fertility. The deeper and richer the color the more love would be showered upon the bride by her husband and her in-laws.



**Figure 6:** Mehendi designs on both hands

**Scientific Reason:** Mehendi has a cooling effect and destresses the nerves and helps in relieving them. It cools down the body and heals cuts and bruises.

**(ix) Armband or Bajuband**

Armband or bajuband is an ornament that is worn on the upper arms by the brides. Made of gold or silver and embellished with gemstones. The bajuband, a beauty ornament, is considered as a symbol of wealth, social status, prosperity and success. It is believed that the bajuband wards off the negative influence and evil eye and also helps in resolving financial problems of the house.



**Figure 7:** Armband (made of gold)

**Scientific Reason:** The armband helps in regulating the blood circulation of the arms. It also helps in creating the right amount of resistance that helps in relaxing the arms.

**(x) Bangles or Choodi**

**Bangles** are traditional adornments that accompany a bride's attire. Made of gold, silver, lac, ivory, glass and studded with gemstones bangles are symbolic of the marital status of the woman. The bangles signify prosperity, good fortune and the well being of the husband. Across the different states of India bangles are made of different materials. Bengali brides wear Shakha Pola and Loha which is made of shells. Lac and iron whereas Punjabi brides wear red and white chudas made of ivory that are stone studded and attached to a Kalire. Irrespective of the place a bride is deemed incomplete without a bangle. Traditionally breaking of glass or lac bangles is considered inauspicious and upon the death of a husband ceremonial bangle breaking is observed.





**Figure 8:** Woman wearing Gold Bangle (left) and isolated bangle (right) (Courtesy: Wikipedia)

**Scientific Reason:** The tingling sound of the bangles enhances the grace of the bride and the material of the bangle. According to science helps in strengthening the bones of the hand. The friction created by the materials, enables the qualities and properties of the bangle to enter the body and strengthens the bones.

#### (xi) **Hath-phool and Ring**

The hathphool is a jewellery worn on the hands of the bride to enhance the beauty of her hands. It comprises of four or five rings that is attached with a chain which has a central floral motif or medallion. This hath phool also has a left thumb ring that has a mirror on it. The hathphool is made of gold and adorned with kundan work and studded with precious stones. Each ring of the hathphool represents a goddess who is believed to protect the bride and her family in the time of need. The main significance of this hathphool implies the bonds of matrimony.

**Scientific Reason:** The rings of the hathphool is said to stimulate brain activity. The metallic friction attained from the rings is said to promote good health. The wearer and it also induces confidence and relaxation.

#### (xii) **Waistband or Kamarband**

**Kamarband** or waistband is an elaborate ornament that enhances the graceful shape of the females. Waistband is made of gold and silver adorned with gems and is used for keeping the sari in place.

**Scientific Reason:** Kamarbandh helps in regulating menstrual cycle and also provides relief during the menstrual cramps. A silver waistband is said to help in controlling belly fat.

#### (xiii) **Anklets or Payal**



**Figure 9:** Payal and toe rings (courtesy: Wikipedia)

**Anklets** also known as payal are chains with little chiming bells that are worn around the ankle. A bride and also woman in general, wearing anklets is regarded as an incarnation of goddess Lakshmi. The anklets is normally made of silver (caution: *cannot be made of gold as wearing gold in feet is considered as inauspicious*).

**Scientific Reason:** Anklets provide relief from Sciatica which is a pain that arises due to weakness in legs. It also helps in blood circulation and helps in curing swollen heels. Wearing anklets also boosts immunity and aids in curing menstrual diseases, hormonal imbalance, infertility and obstetrics.

#### (xiv) **Toe Ring or Bichhiya**

**Toe ring** (also known as bichhiya) is worn on the feet. It is made silver studded with stones and is gifted by mother-in-law to the bride. Toe ring is supposed to enhance the fertility of a married woman.

**Scientific Reason:** The toe ring is usually worn on the second finger of the feet, the blood vessels of which is connected to the uterus and heart. The toe ring aids in regulation of the blood flow and maintaining the menstrual cycle. Thus, the bichhiya helps in maintaining the reproductive health and the fertility of married women and also lower the risk of miscarriage.

#### (xv) **Keshapasharachana or Hair Accessory**

**Keshapasharachana** means hair adornment. At the time of marriage —after the divine bath the hair of the bride is dried and fragrancd with aromatic sticks and is tied in braids or a bun and is adorned with flowers. Usually flowers like Jasmine and Bel are the most preferred hair adornment accessory. In daily make up woman can also do the same but in the simpler way.

**Scientific Reason:** Jasmine, the queen of flowers, has a long lasting fragrance and freshness. The fragrance helps attracting the opposite sex. The arrangement of a gajra on a bride's hair helps her in staying refreshed for the entire day.

#### (xvi) **Bridal Outfit**

The bridal dress is also known as the '**suhagka joda**' is the most important element in a bride's attire. The traditional **bridal outfits** includes saree, lehenga and salwar suit.

Presently it is chosen for pink, blue, yellow and orange colors. The outfit is heavily embroidered with beads and works of zari. The outfit is symbolic of a happily ever after and ensures the well being of the couple.

**Scientific Reason:** According to Indian mythology Red is considered as an auspicious color that signifies love and well-being. The veil an important part of a bride's outfit is symbolic for modesty, youth and virginity.

#### 4) Ancient People's thought on Gold

Although gold, at present, is the most precious and the perception being, but in ancient India, gold was not considered about highlighting wealth rather

- (a) in the service of a practical health purpose; and
- (b) pure gold as a healing materials for wound with infection or sore spot.

Regarding physical health benefits their idea was that gold has its positive impact on skin health treatment, particularly in (c) relaxing effect on blood vessels i.e. allowing blood to flow more freely and promoting healing; (d) boosting in circulation of regulated oxygen within the body as well as (e) regulating body temperature [19 – 21].

Not only that, men working in farms and forests involved plenty of muscle work, and women worked on house duties facing more tire-some physically. Due to this reason women became restless under the effect of higher blood pressure. To keep balance with such emotion under control women were requested to wear gold bangles and other ornaments such as gold waist belt or Kamarband, gold ear ring and gold payal.

Ancient people believed the fact that the constant friction between the bangles increases the blood circulation, basically, helps the heart and the body's muscles and arteries in such a way for improving oxygen rich blood flow to the extremities.

Their another believe was that the interaction between the bangles and the wrist created a smooth aura which passes out through the skin but is again reverted back to one's own body

because of the round shape of the bangles. This means round or circular shape bangles prevent the energy to escape, rather passing the energy back to the woman's body. Being influenced by this idea ancient women, most probably, used a lot of bangles to preserve all the needed energy and strength through the day.

#### 5) Friction involved Ornaments and linking human organs

Out of the above mentioned 16 varieties friction has significant role through association with only ear-ring, finger ring, bangle, kamarbandh and payal ornaments. Metallic gold is consisted with all these ornaments except payal and toe-ring (made in Silver only).

- (a) Ear ring — Holding "ear ring" at ear lobes keeps the connecting nerves between ear and eye active which offer a better eyesight.
- (b) Nose pin or ring — Various scientific studies suggest that woman wearing gold nose pin tends to have a less painful menstrual cramps and also helpful in bringing relief during child labor pain.
- (c) Finger ring — Holding rings placed at different fingers of both hands actually helpful for (i) better simulation of those nerves maintaining a link between our brain and heart, (ii) in releasing happy hormones.
- (d) Bangle— Both unmarried and married women hold gold round shaped bangles on wrist. Hindu married women, additionally, wear white "Shankha", "Pola" (red colour) (see figure 10) alongwith gold bangle are hold on wrist of both hands [21a]). As a result, the friction between the skin and bangles thus (i) increase blood circulation, (ii) as the shape of the bangle is round, so electricity passing out through the outer part of the skin comes back to the body resulting which this reduces high blood pressure, maintain foetus healthy and active for fertility, acoustic stimuli and balance in emotion. According to Ayurveda, the sound of bangles enhances grace while materials of bangles, especially gold, strengthens the bone of hands.
- (e) Necklace — Woman wearing a 14 K gold necklace will benefitted from improve blood circulation in body that reduces heart related issues.



**Figure 10:** Bengali brides traditionally wear the Shakha (white conch shell bangles) and Poula (red coral bangles), often alongside an Loha (iron bangle), on their left hand to symbolize their married status, bringing good luck, health, and prosperity to their new life. The Shakha and Poula are gifted by the bride's parents, while the Loha is often gifted by the groom's family and acts as a protective charm against negative energies and a symbol of strength. (Courtesy: Wikipedia and WeddingWire.in)



- (f) Kamarbandh— As the gold Kamarbandh is attached to the body, it helps in reducing the pain during menstrual cramps.
- (g) Payal — It is a chain of silver with an edging comprising clusters of small balls attached and traditionally worn by both bride and unmarried woman, on both feet so that a pleasant sound is created when the feet of bride or woman moves.
- (h) Wearing payal helps to get relief from Sciatica, i.e. pain, tingling and weakness in legs. It also regulates blood circulation, cures swollen heels, as well as activates lymph glands in the body and boost immunity. Not only that, it helps to cure menstrual diseases, infertility, hormonal imbalance and abdominal conditions of obstetrics.
- (i) Toe-ring— It is worn on a specific finger and helpful in defining the uterus to conceive quicker and better.

In the scientific view holding of bangles has a significant role related to human immune system. According to our present understanding, human bodies give off radiation [22,23] mostly in the form of infrared radiation [24] which is electromagnetic radiation with a frequency lower than the visible light. This thermal radiation, in realistic sense, is all the electromagnetic waves (includes radio-waves, infrared waves and visible light) given off by an hot object. So, thermal image of a person or human body just indicate the temperature of the person's skin which can not be used to diagnose disease occurring below the skin. Secondly, as the infrared radiation is non-ionizing, there is no chance of cancer disease.

In an investigation of electromagnetic waves emitted from the human body, Ignatov et al [25] considered various non-ionizing radiation waves (such as electromagnetic waves, infrared radiation, thermos- radiation bioluminescence) and found that

- a)  $1 \text{ cm}^2$  of skin generally emits  $\sim 85$  photons for 1s and the intensity of biophoton emission ranges from  $10^{-19}$  to  $10^{-16} \text{ W} / \text{cm}^2$  (i.e. approx.  $\sim 1 - 1000 \text{ photons cm}^{-2} \text{ s}^{-1}$ );
- b) electric field — the electro-chemical processes in the organism produces an electric field surrounding the human body with frequency  $\nu = 1 \times 10^3 \text{ Hz}$  and again this electric field is modulated by the rhythm of internal organs [26] ;
- c) the spatial distribution of the electric field around the body implies the team work of different organs and systems in the organism.
- d) Another electric fields are also exist which are generated through accumulation of "triboelectric" (i.e. caused by friction) charge on the epidermis. The magnitude of this "triboelectric" field depends on the epidermal electric resistance and varies from  $10^9 - 10^{11} \Omega / \text{cm}^2$ .
- e) They observed bio-electrical discharge images of thumbs of various people as shown in figure 11. Analysis of their observed parameters showed that
  - The norm of energy of photon emission complies 2.54 eV;
  - If the observed value is over 2.54 eV implies an indicator of normal bio-electrical status.

- If this high energy values of photon emission over 2.90 eV means the people are possible with the practicing yoga, sport, etc.
- If the emission values are less than 2.53 eV indicates the characteristics for the people with low bio electrical status.

The above observed results indicate that the bioelectric energy generated via friction between skin and gold bangles is possible to revert back in more amount to the women's body if the area of the bangles is in more number. For example, this may be the reason for which we observe queens of Egyptian's mommies, "Rajamatas" in various king's palaces in India were seen holding more and more bangles in both hands.

## 6) Friction Association and "Discontinuity theory of Immunity"

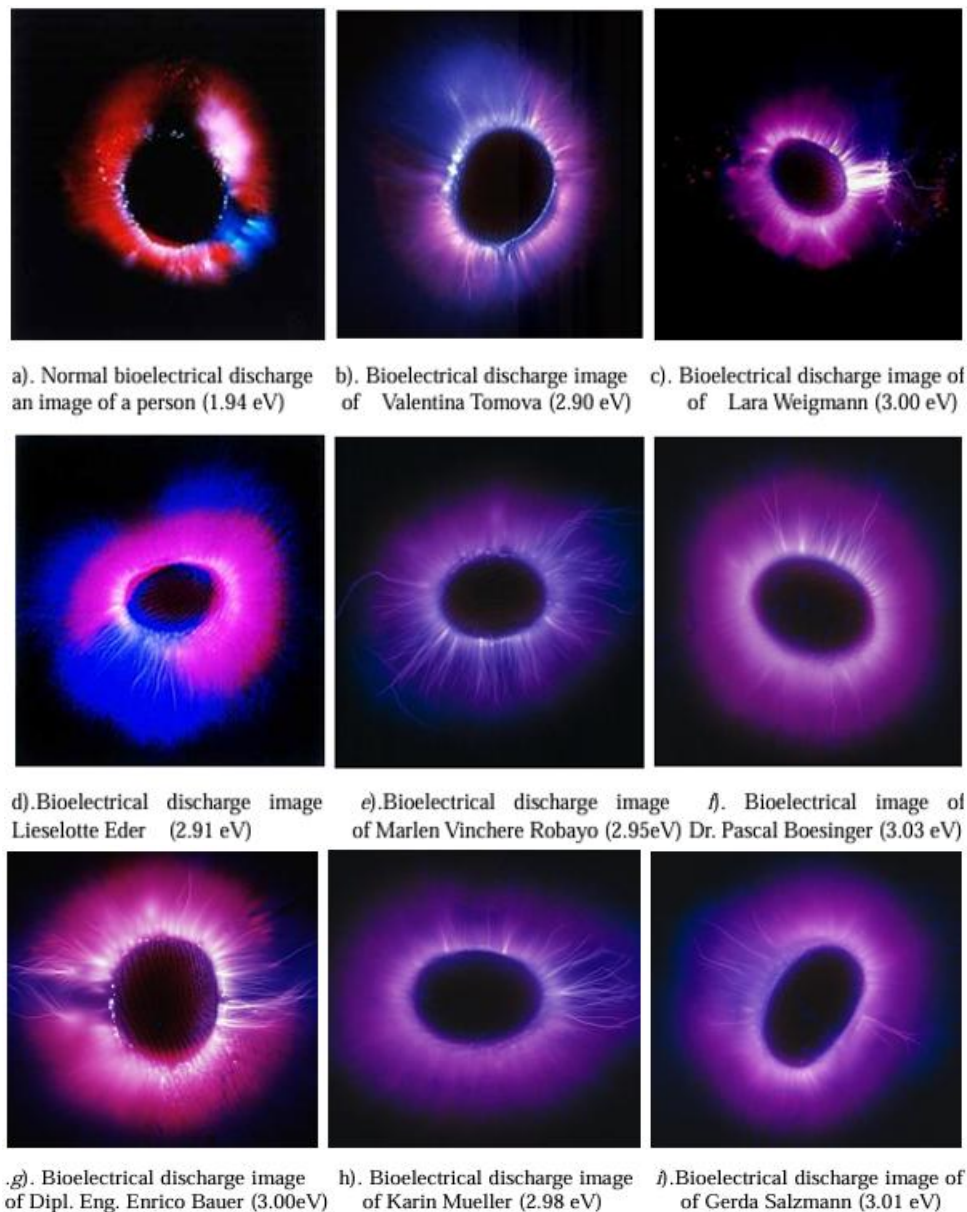
In the immune system the basic / conventional view is to distinguishing and then removing foreign molecules and cells (the "non-self") from the host body (i.e. "self") [27,28]. Our present understanding indicates that there are many evidences that the self / non-self dichotomy is not absolute. This means that

- a) The interior of our human body is a complex dynamical system; such that
- b) A constantly changing environment rises due to interaction among themselves;
- c) Over a very long day duration our immunity system adopts to these changes [29,30]. In this context, two significant facts are important which are related to Weber's law [31,32] i.e.
- d) Our visual perception of a given stimulus depends both on the absolute level of stimulus as well as its magnitude relative to background levels; the immune system, both innate and adaptive immunity, is capable to detect sudden change leading to the triggering of the effector immune responses, that may be slow or long lasting modifications in the host [33].

In fact, our present knowledge hints that there is no confirmed or established "Friction based Immunology Theory" (i.e. Friction Theory) for human immune system but "Discontinuity Theory of Immunology (DTI)" provides the description of similar concept. For example, this discontinuity theory works mainly on rate of change matters i.e. immune system detects the rate of change in a stimulus which may be (i) sudden /rapid change or (ii) slow continuous change.

In the case of slow / continuous change "the scenario does not trigger a significant response "leading to tolerance. Precisely, the key triggering just adds the dimension of temporal dynamics to immune system activation. It is to be noted that

- a) Gold bangles on the waist of woman creates such scenario due to friction on the skin during daily working time.
- b) Although the immune system is less responsive to slow, continuous change<sup>3</sup> but faced to create some response whatever negligible may be [34].



**Figure 11:** Observation of Bioelectrical discharges for various peoples having different electric fields as observed by Ignatov et al [25]. (adopted from ref. [25]).

### 7) Ornaments, Sex activity and Booster Immune

The 16 kalas of Shringer make a woman not only beautiful in her appearance but also create an attractive sexy appeal to her husband's eyes. Daily make up does not boost directly a woman's immune system but it supports a good immune system. For example, a balance diet rich in fruits, vegetables, regular exercises, adequate sleep provides stability for a healthy immune system. On the other hand, daily make up can enhance appearance, appealing for sexual activities that boost biological processes (i.e. hormone secretion) as immune booster. Therefore solah (16) shringar has two fold activities i.e. in one way gold ornaments provides opportunity to revert back the energy into a woman's body while the other way enhancing appearance that influences on sexual activities for boosting immune system.

Regarding booster immune system investigations show that

- (1) All women deserve to enjoy a healthy sexual life ;
- (2) An increase in sexual activity means the immunity status becomes more competent to deal with pathogens. For

example, the lower incidence of disease has observed among those who have sex > 3 times a month in comparison with those who have sex < 3 times a month.

- (3) Participation in sex function one (1) to two (2) times per week helps boost the immune system at least 30% increase in IgA (an antibody that shows how tough our immune system is) compared to those who don't [35].
- (4) Especially for women, regular sex activity can also reduce lower blood pressure. Recent study hints that women particularly between 57 and 85 years were less likely to have hypertension [36]
- (5) Regular sex activity can relieve head-pain associated with a migraine or cluster headache. Research study shows 60% of individuals with migraines reported an improvement in pain after sexual activity while 37% of people with a cluster headache reported an improvement after having sexual intercourse [37]. The reason behind is that sex can trigger the "release of endorphins", the body's natural pain killers. Another reason was suggested that woman were found to experience reduced

pain sensitivity and also an increased pain tolerance threshold when experiencing pleasure through vaginal self-stimulation.

- (6) Regular sex improves sleep i.e. reduces some kind of sleep disorder. The reason is that during sex and orgasms, a cocktail of chemicals/ hormones are released to the brain (such as oxytocin, dopamine, and a rush of endorphin) that help for deep sleeping [38].
- (7) Frequent sex activity is helpful in improvement of woman's memory. It is suspected that sex activity stimulates the hippocampus, a part of the brain, responsible for learning and memory. However, it is still remained uncertain whether sex activity improves memory or better memory leading to more sex [39].

From the above one can realize the fact that sexual activity ultimately makes one feel healthier and good for well being.

## 2. Conclusion

India is the land of diversity and the diversity gives rises to numerous cultures, rituals and customs. The rituals are beliefs that have been passed down to us from our ancestors. The customs and rituals have some superstitious beliefs attached to them. But every Indian culture has a scientific reason behind it which explains the reason behind its existence. For example, there were scientific reasons behind the concept of "solah shringars". As her body changes through different phases of life, such as pregnancy, menopause, and due to close link with her hormones, a woman's immune system need naturally booster immune system. So, understanding of — how woman's immune system behaves under such situation are essential to combat against these for sustaining good health.

In Indian culture women are considered as embodiments of "Shakti" — the female power while ornaments are the orifices and controls the power and aura emanated from the body of "Shakti". Although there is no definitive agreement over the legendary believe but the true fact is the ornaments of solah shringar enhance the woman's or bride's beauty that may have some or part of the scientific reasons.

According to Hindu Philosophy, the "Solah Shringar" has a significant relation of 16 phases of the moon with woman's cycle. This means that the 16 adornments i.e. encompassing 16 steps or processes a newly bride or a general woman follow her beautifications from head to toe at the time of wedding or daily make up, is believed to nullify the negativities that arise from the cycle.

As her body changes through different phases of life, such as pregnancy, menopause, and due to close link with her hormones, a woman's immune system needs naturally booster immune system. So, understanding of — how her immune system behaves under such situations are essential to combat against these for sustaining good health. Out of 16 kalas of Shringar in Hindu culture, friction involved ornaments i.e. ear-ring, nose-pin, necklace, bangles (including gold bangles, Shankha and Poula), finger ring, waistband, and payal while toe-ring is both pressure and friction involved.

Chemical oriented sindoor (or vermillion) i.e. a mixture of turmeric and other materials, is scientifically and spiritually beneficial for the woman because it absorbs bad water in forehead region and enhances the power of concentration. Whereas bindi, the circular red dot of vermillion powder, placed around the forehead and along the eyebrows i.e. the location of major nerve point in human body, improves focus and exudes energy. Ear rings consists of elaborately decorated large round shape ornaments. Outer-parts of human ears carry a lot important acupuncture and acupressure points. So, ear-ring has an acupressure effect on human body which keeps kidney and bladder healthy. Wearing of Necklace offers the woman to control blood pressure level and also regularize blood circulation. Bangles, most probably, are considered most adornments that are traditionally a part of the "solah shringar" of Indian customs for both bride and general woman. Although it is mandatory for newly wed brides to wear bangles made of gold and other metals, as they signify the long life of husband. Not only that, it is believed that the combined sound of bangles enhances grace while according to Ayurveda, bangle itself strengthens the bones of hand. In addition, bangles called "Shakha Poula", made of the shell and coral, has been a part of the Indian wedding traditions for a long long time. It is a mandatory wedding ritual for all Bengali brides. This integral part of the wedding is proudly shown by the bride as it symbolises married life. Shakha Paula symbolises good health and prosperity. These should be worn by women on both their hands and the Paula must be worn between the lohabadhano which is an iron bangle. This is given by the husband and symbolises strength and unity of their marriage. The concept of shankha also means that there is no friction between the positive and negative energies since iron signifies the flow of positive energy.

Another important ornament "Payal" (or Anklets) is a chain of silver with an edging having clusters of small bells which make a pleasant sound during the movement of the feet. It has been observed that wearing Payal helps to get relief from Sciatica, regulates blood circulation, cures swollen heels, activates lymph glands in her body and boosts immunity. Besides these, wearing Payal helps to cure menstrual diseases, infertility, hormonal imbalance and abnormal condition of obstetrics.

Pressure and friction involved ornaments are finger-ring, Kamarbandh and toe-rings. The figure ring (simply known as Ring) is generally worn on the left hand on the fourth finger from thumb. The nerves passing through this finger stimulates brain activity. Not only that, frequent metallic friction on that finger is good for woman's health. Regarding Kamarbandh, it is made of gold or silver. So, worn of gold kamarbandh on the hip helps in regulating the menstrual periods and provides relief from menstrual cramps. On the otherhand, worn of silver kamarbandh controls belly fat.

This author suggests that (based on the observation of bioelectrical discharge) it is possible:

- 1) To restore emitted energy from the skin by revert back into woman's body through wearing of gold, rounded bangles on both hands, in a more number;
- 2) To gain / boost immune naturally through sex activities.
- 3) Using finger ring, kamarbandh, payal and toe -ring menstrual related problems, Sciatica can be reduced;



- 4) Combined effect of wearing Shringar ornaments i.e. daily make up and regular sex activities finally offer a booster immune in a natural way for good health of a woman's body.

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