

The Importance of Sindhoor



Sindhoor or vermillion is the red powder that the soon to be husband applies on his soon to be wife in her maang (the centre/middle part) on her forehead. The Sindhoor signifies one's commitment, good fortune, one is united with one's husband and he is your soul mate.

This is a Hindu's woman most revered and recognized symbol and a display of one's faith, and a proud statement to the world that one follows the great cultural tradition called Hinduism.

As the punditji/priest chants the sacred Sindhoor mantras the groom applies the Sindhoor in his bride's maang (center part) and then he dots the Sindhoor (Bindu) on her forehead on the 3rd eye region. The brilliant red colour represents the life giving blood that flows within us all. By anointing his bride the groom is promising his soon to be wife that he will cherish her and protect her as if she was his own life.

The Bindu on the forehead is an extremely auspicious sign of sanctity in the beautiful institution called marriage. The Bindu (the circular dot) on a married woman's forehead is very significant... The circle donates unity, which has no beginning or end as well as it represents the wheel of life and death. The Bindu also symbolizes the fertility and the regenerative powers that are inherent in a woman. The Bindu also represents that she is the source or the energy from which life originates.

The spot between the eyebrows have long been considered to be the location of the third eye. It's a major nerve and chakra point in the body.

The Bindu on the forehead also is meant to be a strong reminder of to keep the wandering eye pious. The Bindu strongly states the status of a married lady who must be committed irrevocably and as passionately as the colour of her Sindhoor, and thus she is out of bounds for any other being. The Bindu also acts as a powerful restraint against undesirable amorists trying their charms on virtuous ladies of refined character.



These days many married Hindu women wear such a small dot (Bindu) on their forehead that you need a magnifying glass to view it. Are these women embarrassed to wear the Sindhoor? If they are then they should stop wearing it.

Also wearing the Sindhoor daily in her maang one ensures a long life and happiness for her husband. If a married woman fails to wear Sindhoor then either her husband is dead or that she doesn't love him. If the wife fails to use Sindhoor daily then her husband's life span is shortened. Scary though isn't it...

The Sindhoor ritual in the marriage ceremony has been watered down quite a bit with the advent of Bollywood. The applying of the Sindhoor by the husband is a very sacred ritual and should not be seen by anybody.

That's why I request it be blocked by two ladies from everyone to view. In the older days the couple was covered with a huge sheet of cloth nowadays its one of the biggest attraction scenes. And it has in many ways become a joke.

As long as the Bindu/Sindhoor is displayed on the forehead of a married lady it indicates their marital status and that the Hindu religion still has a future otherwise very soon you would only find a Hindu is a museum. Scary thought isn't it...

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Compiled for the upliftment of Sanathan Dharma
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