



Om Sree Gurubhyo Namha



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Introduction to Palmistry

(This article is to introduce the subject of Palmistry. No exhaustive approach is made here. Reader's are expected to attend classes under an expert guidance, for further studies and practice.)

Synopsis: Introduction; Origin of Palmistry; Significance of Palm - Biological, Psychological; Right Hand and Left hand-Ancient and Modern Theories; Shape of the Hand; Medical palmistry.

Shape of one's hand-and-fingers, the way one close and open his palm indicate much of his personality.

Medical studies reveal that the nerve endings in the hands are directly connected to the brain and the lines are the graph of the brain's activity. It resembles the ECG of Heart functions. As such the mentally retarded people have limited lines or no lines. As the changes in personality and life styles occurs, in normal people, the lines in their palms also changes.

The patterns on our hands merely reflect what's already happened and how the native act or react in a given situation in future. Palms reveal the strength and weaknesses of the natives.

Origin of Palmistry

Palmistry is an age old science. As per Hindu mythology Palmistry is a part of 'Anga Vidya' (Physiognomy) which was first invented by Sea God 'SAMUDRA' – so the subject is named as Samudrika Sastra by sages like Narada and Gargya.

Lord Skanda is held to be pattern deity of this science. It is also felt that all Gods, Goddesses and all sacred rivers have their symptoms shown in different parts of the palm. In an old story it is said that the Prime Minister of Dusyamtha told Sakunthala that if the palm of child to be born signify signs of royal birth the King will accept her as Queen. Napoleon said 'perhaps the face can deceive but never the hand'.

Significance of Palm:

It is studied in two parts (1) Biological significance, and (2) Psychological significance.

A. Biological significance of Palm – Chirognomy: Gives Biological significance – deals with Shape and development of the hand , fingers and nails.

Pale color- Weak constitution.	Fingers – signs of health troubles-i.e., short fingers indicate hasty nature
Yellow eyes- Jaundice	First finger (pointing) – lungs defects
Coated Tongue – indicate stomach troubles.	Middle finger – liver and stomach condition
Hand color- indicate vitality of person	Third – kidneys
Hand shape – Shape of brain centre and its development.	Last (little)- Genetic and Sex troubles
Nails -	Nails – Show health and vitality

B. Psychological significance of Palm-Chiromancy – Gives Psychological significance – deals with the interpretation of lines on the hand.

i. *Pattern of Papillary ridges* – formed in the fourth month of pregnancy (i.e., while in mother's womb) and they do not change throughout life. These patterns exhibit physical and mental defects – kidney, rheumatism, ulcer, asthma etc., which the person has acquired prior to birth – congenital.

ii. *Palm is divided into three zones* -

- Conscious – will power;
- Sub-Conscious – hidden characteristics of the person
- Middle – social adaptability of the person

iii. Texture of hand – refinement of mind;

iv. Elasticity of hand – adaptability & quickness of mind;

v. Color of hand – nature and temperament of person;

vi. Fingers & Nails – culture, ambitions, many angularities of mind.

Right Hand & Left hand- Ancient theories adopted right hand for men and left hand for women for the following reasons.

- Right hand is active and left is passive – In olden days men played active role while women are submissive, passive and dependent on men for their livelihood.
- Merits, strengths and weakness are revealed in active right hand – while they are suppressed in the right hands of passive, submissive and dependent women.
- According to Hindu system indication of marriage is to be studied on the left hand on men and on the right hand of women
- Left hand is to be studied for children up to 14 years.

Latest theories indicate that -

- Right or left handedness is a product of evolution. In child hood both hands are used up to an age of around two years like a primitive man.
- Left hand indicates one's sentiments and desires while the right hand reveal the possibility of the fulfillment of desires.
- Left handedness among men may be due to faulty position in mother's womb- mostly seen in twins.

Modern theorists do accept that among generations it is proved that right handedness is considered as normal while the left handedness is considered as abnormal. As such the...

- Right hand reveal mental development and intellectual level while the left hand indicate the inner world – sub-conscious mind, hereditary characteristics etc.,
- Left hemisphere in brain shows the conscious behavior and is connected to the right hand.
- Right hemisphere in brain show sub-conscious behavior and is connected to the left hand. Hence left handed people show abnormal traits. Left handed people lack average intelligence and find difficult in reading and memorizing letters and numbers. YET it is not a rule that left handed people are of less intelligence. Many left handed people can be seen with extra ordinary life styles. Men with left handedness may aim at a successful career by developing special skills.
- Papillary ridges on both the hands are formed in the fourth month of the baby while in mother's womb. In case of mentally defective persons, the papillary ridges show a complicated net work in left hand because of the defects in right hemisphere.
- These papillary ridges show defective formation in right hand in case of feeble minded persons who do not have study outlook.

The Shape of the Hand -There are three main types of hands: round, square, and rectangular.

- Round, you are the active type. Quick-thinking, quick-acting, always on the go, always trying to get ahead, ambitious, and goal-oriented.
- Square, it indicates, as you might suspect, that you are earthy, hard-working, and capable of solving problems (especially those of a logical nature).
- Rectangular, you are more of a thinker, a creative type, more in dreaming.

Palmistry deals with many items like skin types, hand and finger Combinations, life line, head line, heart line, fate line health line, sun line, auspicious and inauspicious marks etc., are studied to reveal various phases of life.

A separate branch as **Medical Palmistry** is very famous to diagnose in advance the probable ill health and cure. For example, if three or four short parallel vertical lines are seen under little finger the native is blessed with a wonderful healing touch. This is called the Medical Stigmata, so named because those who have it tend to cure illness much easily.
