



Rearing Fish at Home: Can Bring a Good Fortune

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From ancient period, fish lead as a unique and adorable place in human culture, spirituality and common life. Establishment of civilisation diversity across as ancient china, India and Egypt, the fish always serves as a symbol of fortune, prosperity and divine blessings. In traditional knowledge from Fengshui to vastu shastra, mythology to religious iconography, fish exhibits as a messenger of abundance, a protector of the household and a sign of positive energy. Nowadays, Millions of people across the world rearing fish in their homes and workplaces unconsciously follow an unbroken thread of ancient wisdom.

Spiritual and Cultural Value of Fish across Traditions:

From the ancient period, the symbol of fish has been found in ancient art, religious texts and decorative traditions worldwide. The following traditions evidence only the most significant among many:

- **Hindu Vastu Shastra:** According to vastu shastra, keep aquarium in the east or north direction of the living room is believed to attract positive vibes, reduce negative energy and promote financial growth. Rearing Goldfish in aquarium associated with believe of blessings of goddess Lakshmi which is especially auspicious.
- **Chinese Feng Shui:** In Chinese thought, fish are considered one of the eight auspicious symbols. The Koi carp, Arowana and Goldfish are specifically prized for their association with prosperity and good fortune. The Feng Shui experts suggest people to place aquarium with these fishes in the north or southeast corners of living spaces can solve the money problem and career sectors at home.
- **Buddhist concept:** In Buddhism, the fish count as a most specific auspicious symbols representing freedom from the ocean of suffering and ability to navigate the waters of life without fear. In Buddhist tradition, keep Goldfish in pain combination indicate marital happiness and spiritual liberation.
- **Egyptian Thought:** In Egyptian culture, fish were interconnected with the goddess Hatmehit, protector of fish and people alike. Certain fish species were considered sacred and were rearing in temple ponds as divine guardians.
- **Japanese Koi Tradition:** In Japan, Koi carp are mixed with their cultural life and it becomes one of the most celebrated cultural icons, symbolizing courage, happiness and good fortune. Every year in Japan, the Koinobori festival reflects the enduring power of this tradition.

Scientific validation: The wellbeing advantages of Rearing Fish in Home:

Beyond traditional belief, advanced science provides compelling evidence that keeping fish really improves the mental health of human and wellbeing. Research findings across several disciplines supports following matters:

- **Stress Deduction:** A significant study by the National Marine Aquarium (Plymouth, UK) analyzed that regular watching fish in an aquarium can efficiently deduct heart rate and

blood pressure rate among participants. The calming and soothing effect was measurable even in individuals who reported extra level of daily stress.

- **Upgradation of Health Condition:** In 2015, Researchers of the University of Exeter defined that regular watching the fish in an aquarium can lower the heart rate 7% and blood pressure by 4 % than other stress therapy. Participants also described that its improved their mood than regular and wellbeing arrived after just a few minutes of observation.
- **Therapeutic implications:** At present time, aquariums with fish have been used therapeutically in hospitals, dental waiting rooms, and front of trauma ward, children's ward and Alzheimer's care facilities. Research findings indicate that patients, who observed fish tanks before dental procedures, require less pain medication and represent lower anxiety than those who do not.
- **Sleep upgradation:** The calm and soothing ambience of a well managed aquarium-pertaining with soft water sound and low frequencies gentle light has been appeared with developed sleep onset and quality in various observational studies.

Construction guideline: Setting Up a Lucky Aquarium at Home

Keeping fish in home and maintaining the aquarium is effortless when it boosts the wellbeing of mental health. The following constructive guidelines will assure both the health of the fish and auspicious flow of fortune.

- **Choose the Appropriate Tank Size:** According to fisheries experts a minimum tank volume of 60 litres is prefer for Goldfish. In general, larger tanks are effortless to maintain, demand less frequent cleaning and provide more visual effect.
- **Selective Fish Species for Bring Fortune:** Goldfish, Arowana, Koi carp, and Flowhorn are among the most traditionally auspicious species. Some people get advantage and feel lucky by keeping common tropical fish like Mollies and Guppies in their home.
- **Manage Water Quality:** Install a good qualities filtration system with regularly changes of partial water from aquarium, routine check of pH, ammonia and nitrite levels provide assurance of a healthy aquatic environment.
- **Place in an Auspicious Direction: Accord:** As per Vastu shastra and Feng Shui, place the aquarium in the north or east of living room for maximum benefit. It should be suitable to watch the fish activities from the main seating area.
- **Regular Feeding and Care:** Feeding the fish once or twice daily with high quality feed. Regular care is secure the fish life in aquarium and its most important as right placement in traditional practice- a neglected or non maintained aquarium symbolises stagnation rather than abundance.

Conclusion

Fish always lead a strong place in human beliefs and their culture and tradition. In the modern world, the ancient wisdom finds new relevance in the growing body of scientific validation ensure that rearing fish reliably reduces stress and blood pressures, develops mental health, and increases overall wellbeing.

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