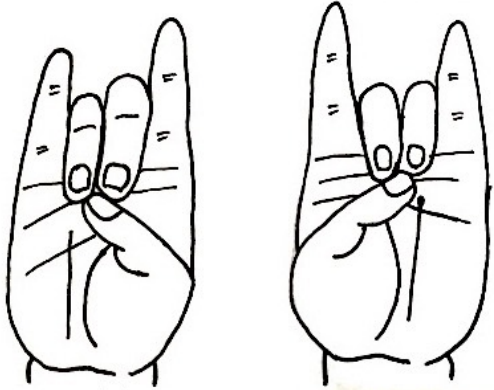


NUMBNESS - BURNING FEET

APANA Mudra

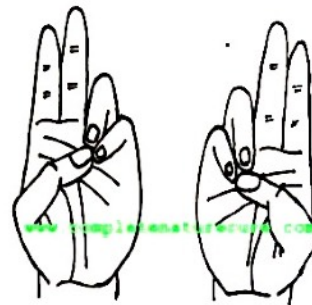


NUMBNESS-BURNING

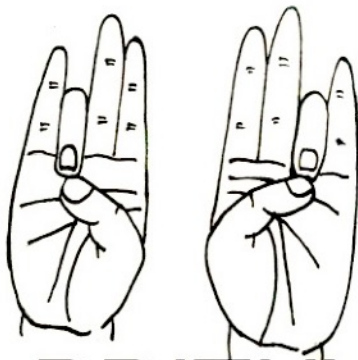
www.completenaturecure.com

Kapha kaarak mudra

Burning Feet



KAPHA KAARAK



PRITHVI

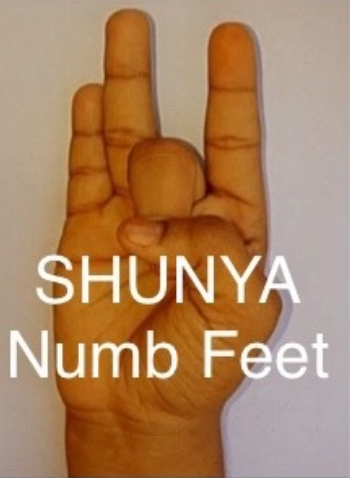
www.completenaturecure.com

Burning Feet

SHANK MUDRA



NUMBNESS-BURNING



SHUNYA
Numb Feet

Vaata-naashak mudra

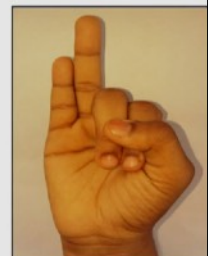
Method

To perform this mudra, Bend the index finger and middle finger then place it on the base of the thumb apply gentle pressure of thumb upon these fingers and keep the remaining two fingers straight.

Benefits : Feet Numbness


It helps to relax nerves, reduce pain and boost energy.

It is useful to cure numbness in body parts.



COUGH

Apan Vayu Mudra



Acidity
HEART
BP

RESPIRATORY

This image shows the Apan Vayu Mudra hand gesture, where the index and middle fingers are extended upwards, the ring and little fingers are bent towards the palm, and the thumb is bent towards the index finger. The background is a grassy field.

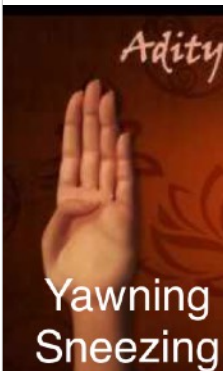


Bhramari Mudra

For Allergy
Respiratory
Bronchitis
Sneezing

This image shows the Bhramari Mudra hand gesture, where the index and middle fingers are extended upwards, the ring and little fingers are bent towards the palm, and the thumb is bent towards the index finger. The background is black.

Aditya Mudra



Yawning
Sneezing

Benefits
Yawning and sneezing during meditation can be prevented by practicing this mudra.

This image shows the Aditya Mudra hand gesture, where the palm is facing upwards and the fingers are spread apart. The background is a dark brown wall with a scroll.



Little Finger
Middle Finger
Ring Finger

COMBO MUDRA
DRY COUGH


This image shows a hand gesture for a 'COMBO MUDRA' for 'DRY COUGH'. The index and middle fingers are extended upwards, the ring and little fingers are bent towards the palm, and the thumb is bent towards the index finger. Arrows point to the Little Finger, Middle Finger, and Ring Finger.



Respiratory
Cough
Cold, Sinus:
LINGA MUDRA

This image shows the Linga Mudra hand gesture, where the index and middle fingers are extended upwards, the ring and little fingers are bent towards the palm, and the thumb is bent towards the index finger. The background is a light blue wall.

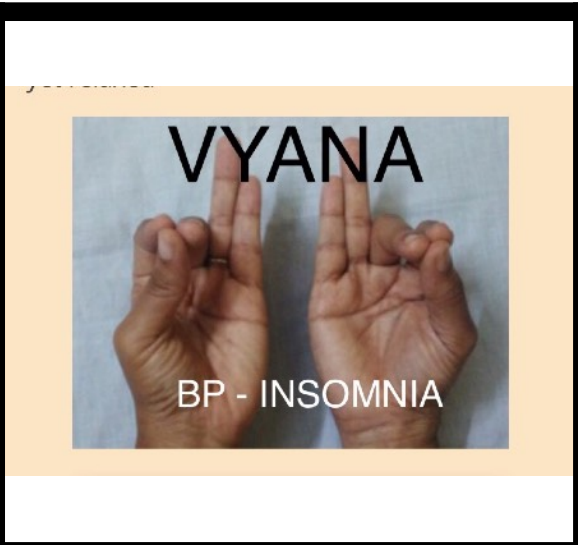
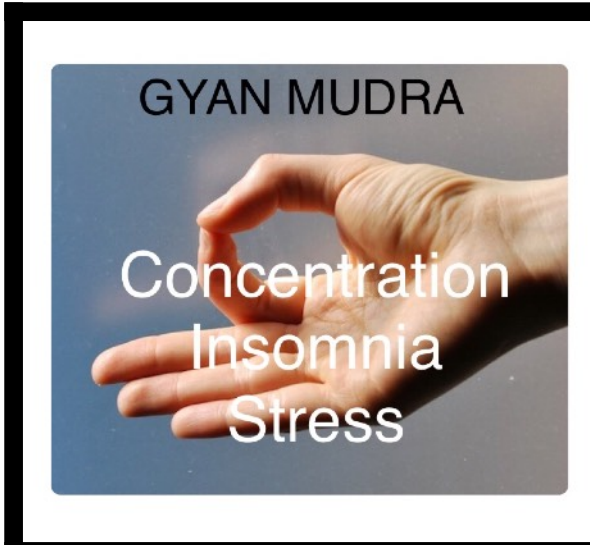
Varun Mudra (Mudra of Water)



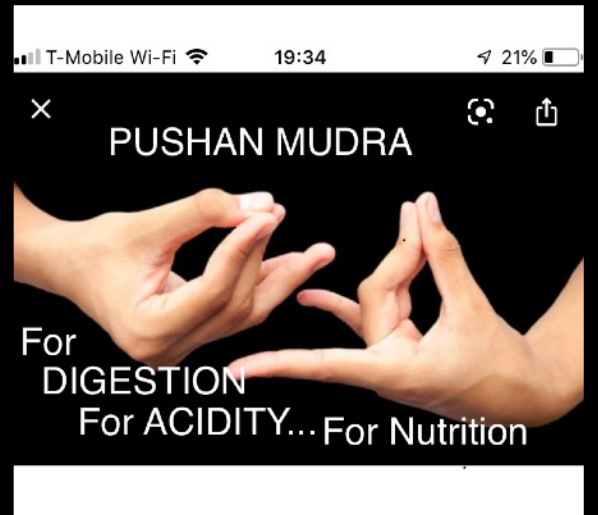
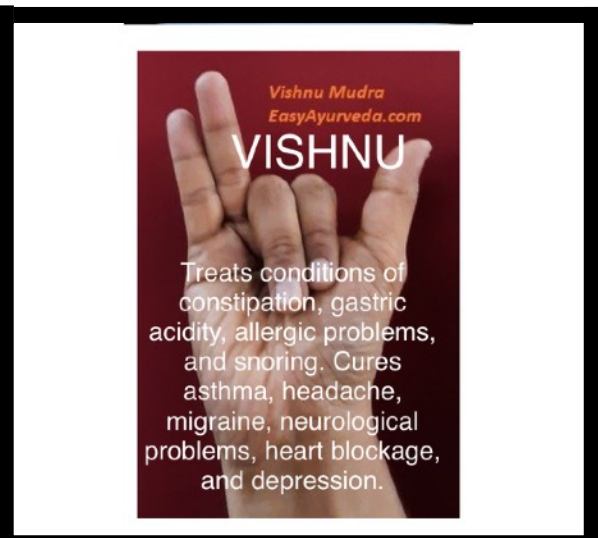
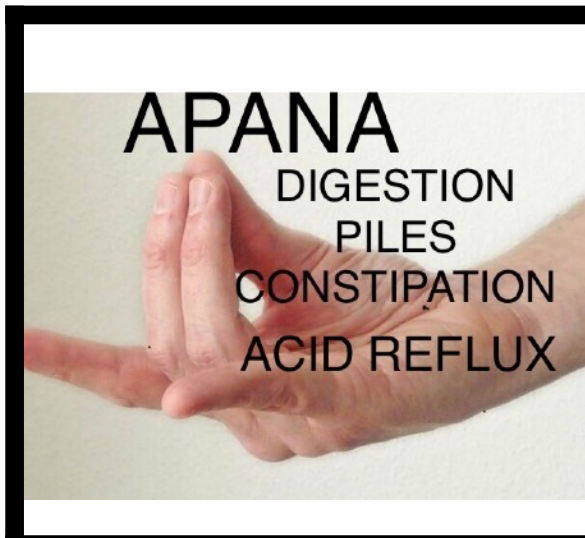
Dry cough, Dry Eyes
Fluid Balance
Skin care

This image shows the Varun Mudra hand gesture, where the index and middle fingers are extended upwards, the ring and little fingers are bent towards the palm, and the thumb is bent towards the index finger. The background is a blue sky.

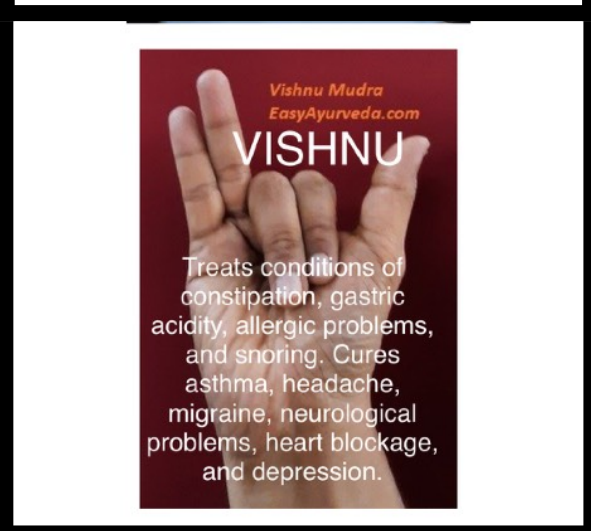
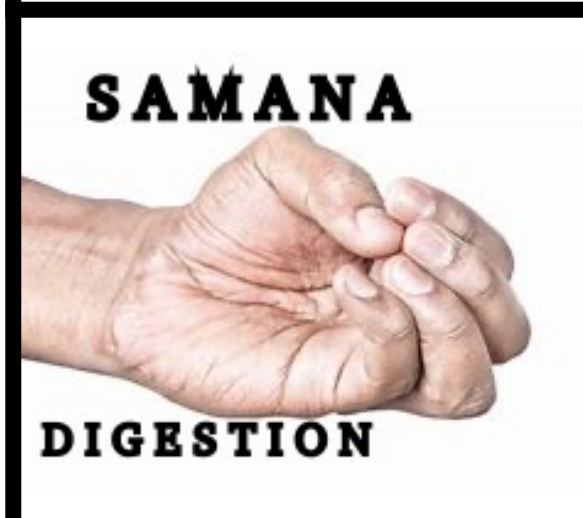
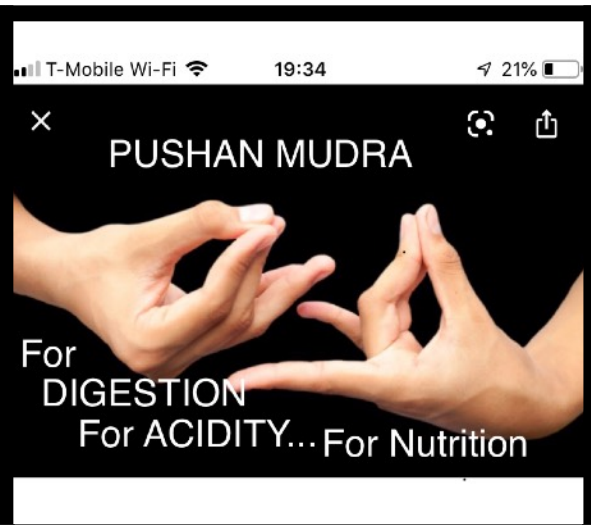
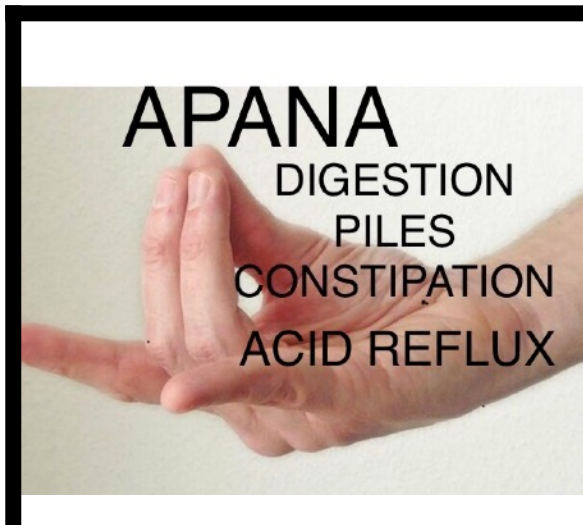
INSOMNIA



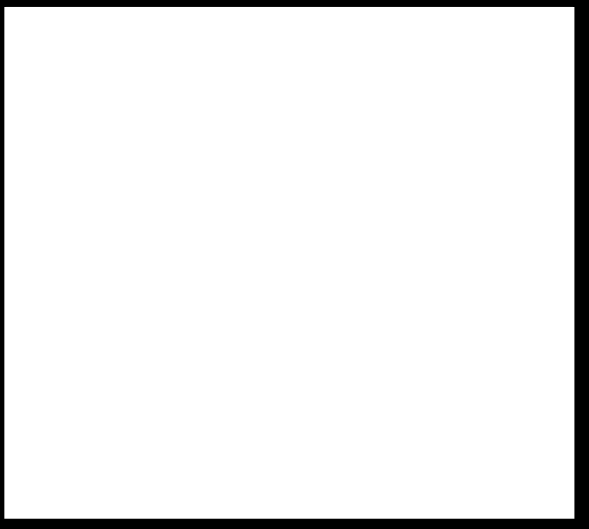
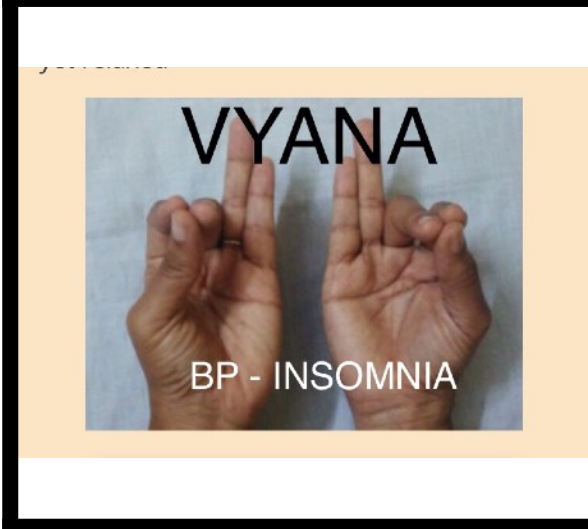
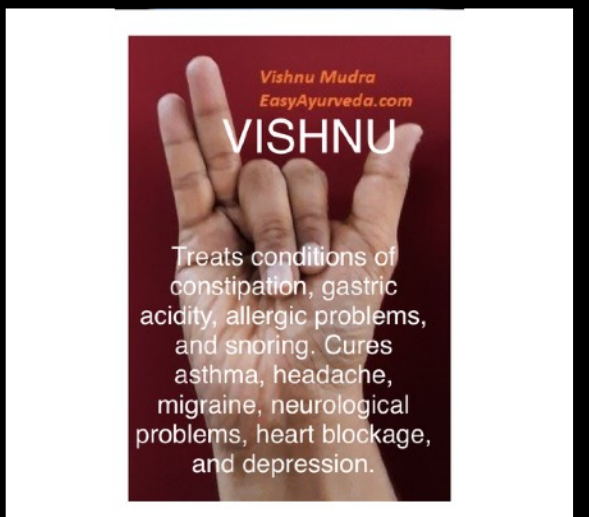
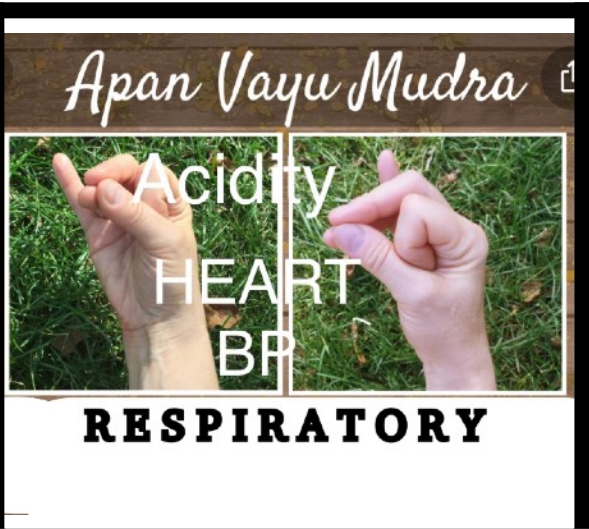
ACIDITY




DIGESTION



HEART - BP




MISCELLANEOUS



AADI MUDRA - SNORING

Aditya Mudra




Benefits

Yawning and sneezing during meditation can be prevented by practicing this mudra.


**Yawning
Sneezing**

MAHASIRS



**Headache
Stress**

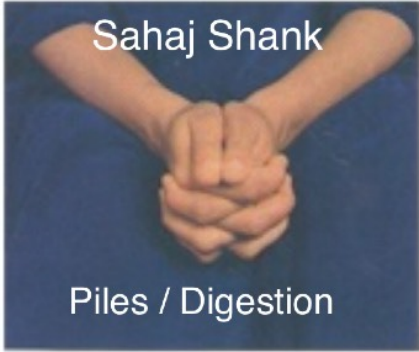
Matangi Mudra: An important mudra...



Matangi is one of the ten Tantric Goddesses known as *Mahavidyas*. She is thought to be a form of Parvati and Sarasvati, and she is considered to govern arts, music, speech and learning. In practicing Matangi mudra, it is possible to summon the power of Matangi in order to acquire mastery over the arts and cultivate inner strength.

The physical benefits of Matangi mudra may be attributed to its stimulation of the hypothalamus. The heart, stomach, liver, duodenum, gallbladder, spleen, pancreas, and kidneys all benefit from this mudra, and it particularly aids in reducing spasms or aches in the stomach.

Sahaj Shank



Piles / Digestion

VAYU MUDRA



**Arthritis
Gastric
Gout
Spondilitis**

MISCELLANEOUS

