

MUDRA THERAPY



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MUDRA THERAPY FOR TOTAL HEALTH



INTRODUCTION:

A *mudra* is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism. While some *mudras* involve the entire body, most are performed with the hands and fingers.

As well as being spiritual gestures employed in the iconography and spiritual practice of Indian religions, *mudras* have meaning in many forms of Indian dance, and yoga. The range of *mudras* used in each field or religion differs, but with some overlap. In addition, many of the Buddhist *mudras* are used outside South Asia and have developed different local forms elsewhere.

In *hatha yoga*, *mudras* are used in conjunction with pranayama (yogic breathing exercises), generally while in a seated posture, to stimulate different parts of the body involved with breathing and to affect the flow of *prana* and consciousness in the body.

Mudra means gesture. *Mudras* done with hands and fingers are called Hasta Mudras. The body is made of 5 elements: Earth, Water, Fire, Air and Space.

When these elements are out of balance our life force gets deranged and we suffer from some ailments.

The energy from the body radiates mainly through the tips of nose, lips, fingers, and toes.



The five fingers represent the following elements: Thumb – The fire (Agni)

Index finger – The air (*Vayu*)

Middle finger – The ether (*Aakash* - space)

Ring finger – The earth (*Prithvi*)

Small finger – The water (*Jala*)

When the thumb is in contact with other fingers, energy is directed back to vitalise various parts of the body which is a kind of circuit bypass.

The thumb (Fire element) is the most important one. If the fire element is deranged, entire body is deranged. Death ensues death of fire element.

Joining the fire element (thumb) with other elements (other fingers) rejuvenates other elements.

Important Notes:

1. When the tip of the thumb joins the tip of other fingers the relevant *tatvas* get balanced.
2. When the tip of the thumb joins the base of other fingers, the relevant *tatvas* are enhanced in the body.
3. When the tip of a finger touches the base of the thumb, the relevant *tatva* gets diminished in the body.
4. Generally, unless specified otherwise, the hands should face upwards while doing *Mudras*.

5. Mudras must be practiced by both the hands, unless specified otherwise, for optimal results. When a *mudra* is performed with right hand, left parts of the body are affected and vice-versa.

6. The *mudras* should be generally practiced for a period of 10-30 minutes.

Best results are obtained if done for an hour (or twice a day for 30 minutes each) for a few days which is not very practical but must be done in acute ailments which is worthwhile.

7. Only the tips of the relevant specified fingers in a mudra must be in touch and pressing is not required. Other fingers must be kept reasonably straight but not rigidly.

8. *Mudras* can be practiced while in meditation also.

increases the efficacy of *Mudras*.

9. *Mudras* improve mental health too; they calm the mind, reduce anger, and prevent addictions.

10. Before starting *mudras*, do slow and deep breathing for about a minute to relax the body and the mind.

11. Having faith is the most important aspect of practicing *mudras*.

12. The system was developed by our sages of yore after assessing results by practicing over centuries. The knowledge is believed to be gathered by

sages by a meditative process. The postulate is that all knowledge is stored in the form of waves in space which can be accessed by deep meditation; as written knowledge can be lost, as footsteps in the sands of time.

13. Best time for *mudra* practice is early in the morning

14. Generally, do not practice *mudras* for an hour after meals.

15. Select a *mudra* for practice for a specific requirement, need based as practicing all *mudras* is not practically possible due to constraints of time.

16. Practically, every ailment can be cured by practicing *mudras*; Check on google for details of a specific Mudra for any ailment.

Mudra Pictures are listed in the following pages, with ‘inset’ indicating the corresponding benefits:

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.

MUDRA THERAPY

GYAN MUDRA

MENTAL HEALTH

SURYA MUDRA
OBESITY, CHOLESTEROL


PRITHVI MUDRA
STRENGTH, WEIGHT-Increase


SHUNYA MUDRA

EARACHE, DULLNESS

PRAN MUDRA

**IMMUNITY
 BYE IDALTI**

Shankh Mudra

**VOICE-STAMMERING
 NERVOUS SYSTEM**

VARUN MUDRA

**GASTRO-ENTERITIS
 WATER BALANCE**

APAN MUDRA

**MENSTRUATION
 EXCRETARY PROBLEMS**

VYAN MUDRA

**BLOOD PRESSURE
 EXCESS URINATION**

LING MUDRA

**RESPIRATORY
 PLEGM PROBLEMS**


**SAHAJ SHANK
 MUDRA**
PILES, DIGESTION


**Shakti Mudra
 for
 Sleep**
INSOMNEA


BLOOD PRESSURE

MEAOMUDRA

VAYU MUDRA
**ARTHRITIS
 GASTRIC Problems**


ADITYA MUDRA

**YAWNING
 SNEEZING**

AKASH MUDRA







**TOOTHACHE
 EARACHE**

MUDRA THERAPY

 <p>YONI MUDRA For Women</p> <p>Reproductive, Menstrual, Urinary Problems</p>	 <p>VISHNU MUDRA</p> <p>For STRESS, MENTAL CLARITY CONCENTRATION</p>	 <p>CHINMAYA MUDRA</p> <p>For Digestion, Energy</p>
 <p>PADMA-LOTUS MUDRA</p> <p>Depression, Piles Digestion</p>	 <p>HRIDAYA MUDRA</p> <p>For HEART HEALTH</p>	 <p>CHIN MUDRA</p> <p>For CONCENTRATION, Sleep, Backache</p>
 <p>BRAMARA MUDRA</p> <p>FOR ALLERGIES</p>	 <p>Adi Mudra</p> <p>SNORING Lung Capacity</p>	 <p>BRAMHA MUDRA</p> <p>For STRESS, LUNGS, DIGESTION, CERVICAL Problems</p>

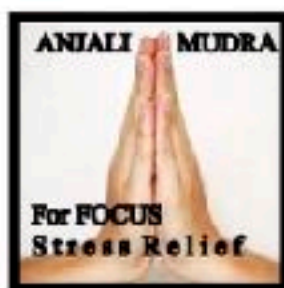
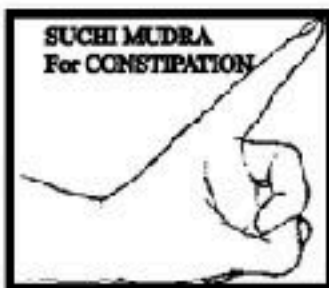
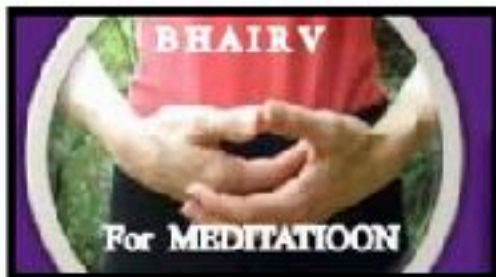
MUDRAS for DIGESTION and ACID REFLUX

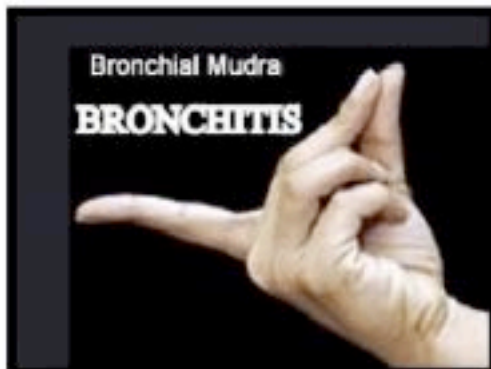
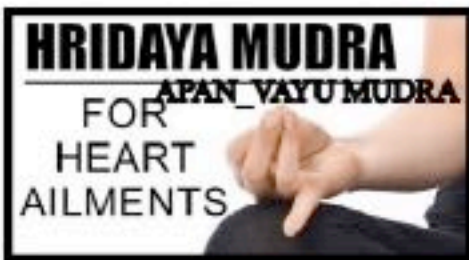
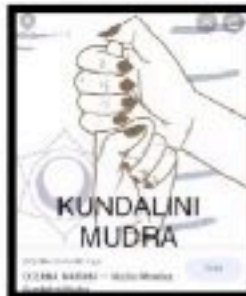
Varun, Pushan, Samana, Apana and Vayu Mudras...

 <p>YOGA FOR ACIDITY & HEARTBURNS</p>		
 <p>VAYU MUDRA</p> <p>Gastric, Arthritis</p>	 <p>APANA VAYU MUDRA</p> <p>Digestion and Heartburns</p>	 <p>PUSHAN MUDRA</p> <p>For Digestion and Acidity</p>
 <p>VARUN MUDRA</p> <p>Reduce Acic Reflux</p>	 <p>SAMANA MUDRA</p> <p>Digestion</p>	

CAPTION

MUDRA THERAPY





MUDRA CHART FOR VARIOUS AILMENTS

Sr No	AILMENT	MUDRA
1	Allergy,Respiratory,Br onchitis, Sneezing	Bhramari
2	Asthma	Ling, Surya
3	Backache	Apan, Vayu, Pran
4	Blood Disorder	Varun, Pran, Apan
5	BP	Meao
6	BP, Excess	Vyan
7	Brain Power	Purna, Hakini
8	Burning	Varun, Apan
9	Constipation	Apan
10	Constipation	Suchi
11	Cough and Cold	Ling, Surya
12	Dehydration	Varun
13	Depression	Gyan, Pran
14	Depression, Piles, Digestion	Padma (Lotus)
15	Diabetes	Pran, Apan
16	Diarrhea	Varun, Vayu, Apan
17	Digestion, Acidity, Acid Reflux	Apan, Varun, Pushan, Vayu, Varun, Samana
18	Digestion,	Chinmaya
19	Earache	Akash
20	Earache,	Shunya
21	Fatigue,	Prithvi, Pran
22	Focus, Stress	Anjali
23	Gastric, Arthritis	Vayu
24	Gastro enteritis, Water Balance	Varun
25	Headache	Maha Sirs
26	High BP	Akash, Pran, Meao
27	Immunity, Concentration	Matsya
28	Immunity, Eye Health	Pran
29	Insomnia	Shakti
30	Kidney Problem	Apan

Sr No	AILMENT	MUDRA
31	Leg pain	Pran
32	Liver Problem	Surya, Sahaj, Sahaj
33	Low BP	Akash, Pran, Ling, Apan
34	Memory	Gyan
35	Menstruation, Excretory	Apan
36	Mental Health	Gyan
37	Migraine	Gyan, Apan
38	Neck pain	Vayu
39	Obesity, Cholesterol	Surya
40	Paralysis	Vayu, Pran
41	Piles, Digestion	Sahaj Shank
42	Pneumonia	Ling, Surya
43	Psoriasis	Varun, Apan
44	Reproductive, Menstrual, Urinary	Yoni
45	Respiratory, Phlegm	Ling
46	Sciatica	Apan, Vayu, Pran
47	Sinusitis	Ling, Surya
48	Skin Problem	Varun
49	Sneezing,	Aditya
50	Snoring, Lung Capacity	Adi
51	Spine Problem	Vayu, Dhyan, Sahaj Shankh
52	Stress, Lungs, Digestion,	Bramha
53	Thirst	Varun, Pran
54	Thyroid	Surya, Shank, Sahaj
55	Toothache	Apan, Akash
56	Tuberculosis	Ling, Surya
57	Voice, Stammering,	Shank