

# MUDRAS 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 (Aakasha - 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 vitalize 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.

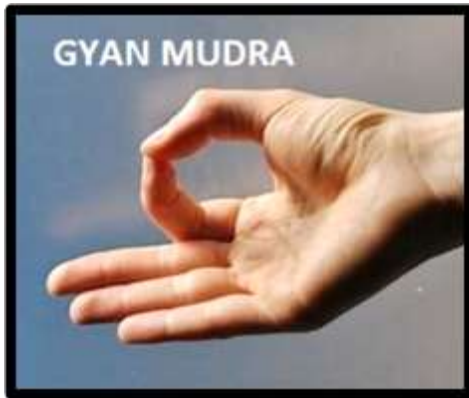
Joining the fire element (thumb) with other elements (other fingers) rejuvenates other elements.

## 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. Dhyān (meditation) 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.

Various mudras are detailed below:

GYAN MUDRA (Mudra of knowledge):



Benefits:

This mudra activates pituitary and endocrine glands. Benefits: Increases memory power - Improves concentration – Sharpens brain – Cures insomnia – Improves mental health (cures mental disorders such as anger, depression, and hysteria)

SURYA MUDRA:



Benefits:

This mudra sharpens thyroid gland. Benefits: Reduces cholesterol – Reduces weight – Reduces anxiety – Improves digestive process.

PRITHVI MUDRA:



Benefits:

Reduces physical weakness – increases the weight for weak people – Improves skin complexion and skin glow – Keeps the body active

VAYU MUDRA:



Benefits:

Cures Rheumatism, Arthritis, Gout, Parkinson's disease, and paralysis – Cures Cervical spondylosis - corrects gastric problems in stomach.

AKASH MUDRA:



Benefits:

Increases energy – Strengthens bones – Reduces toothache – Reduces ear pain – Controls heart diseases.

SUNYA MUDRA:



Benefits:

Reduces earache – Reduces dullness in the body – Useful for mentally challenged.

### VARUN MUDRA:



#### Benefits:

Balances water content in the body and reduces ill-effects of shortage of water in the body – Prevents pain of gastroenteritis - Prevents muscle shrinkage.

### PRAN MUDRA:



#### Benefits:

Improves immunity - Improves eye health – Controls vitamin deficiency.

### VYAN MUDRA:



#### Benefits:

Regulates blood pressure – Increases tolerance to heat and sunstroke -Reduces excessive thirst, sweating and urination – Overcomes loose motions.

APAN MUDRA:



Benefits:

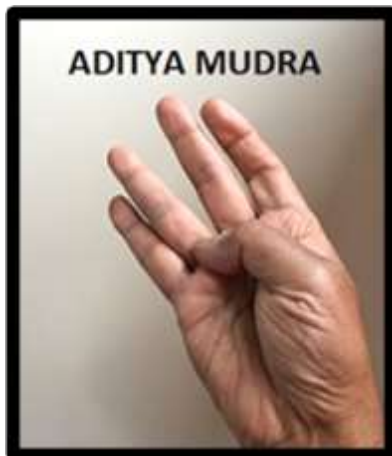
Regulates excretory system – Removes toxemia from the body – Regulates urine flow and perspiration – Cures vomiting – improves health of eyes, ears, nose, and mouth ( done along with Pran mudra) – Cures menstruation related problems.

MEAO MUDRA:



**BENEFITS: CONTOS BLOOD PRESSURE. IF PRACTICED REGULARY IT WILL BRING BLOOD PRESSURE bACK TO NORMAL.**

ADTYA MUDRA:



Benefits: Helps to gain weight if necessary – Controls yawning and sneezing – Improves stamina.

## LING MUDRA:



Benefits: Reduces phlegm production – Improves lung power – Cures cold and bronchial infection – invigorates body.

SAHAJ SHANKH MUDRA: Interlock the fingers, press the palms together and apply pressure on index fingers with both thumbs parallel to each other.



As per YOGA physiology, All the ten main nerves viz. Sushumna, Ida, Pingala, Gandhari, Hasti, Jiva. Poosha, Yashvini, Alamboosha, Kuhoo and Shankini get activated and the body becomes strong.

Benefits: Cures piles and anal related problems – Improves alertness – Spinal chord becomes straight and flexible – Improves speech, vice, digestion -

## Shankh Mudra:



Benefits:  
Improves speech – Cures stammering and stuttering – Balances Thyroid gland - Cures tonsils – Cures throat related problems – Improves nervous system – Improves digestion – Cures abdomen disorders.



## YONI MUDRA:



### Benefits:

Improves overall women's health - Reduces menstruation problems – Reduces problems related to menopause.

We need to be selective about the type of mudra to be practiced depending on our personal requirement. In acute cases we have to practice a suitable mudra for longer duration at increased frequency.

## Ailment vs Mudra Chart:

<b>AILMENT</b>	<b>MUDRA</b>
Memory Improvement	Gyan Mudra
Dehydration	Varun Mudra
Diariohea	Varun, Vayu, Apan Mudras
Thrust	Varun, Pran Mudras
Lever Problems	Surya, Shank, Sahaj Shank Mudras
Migrain	Gyan, Apan Mudras
Asthma	Ling, Surya Mudras
Pneumonia	Ling, Surya Mudras
Pleuracy	Ling, Surya Mudras
Tuberculosis	Ling, Surya Mudras
Diabetes	Pran, Apan Mudras
High BP	Akash, Pran Mudras
Low BP	Akash, Pran, Apan, Ling Mudras
Paralysis	Vayu, Pran Mudras
Polio	Vayu, Pran Mudras
Thyroid Problems	Surya Mudra, Shank, Sahaj Shank Mudras
Obesity	Surya Mudra
Psoriasis	Varun, Apan Mudras
Skin Problems	Varun
Toothache	Apan, Akash Mudras
Backache	Apan, Vayu, Pran Mudras
Sciatica	Apan, Vayu, Pran Mudras
Leg Pain	Pran Mudra
Neck Pain	Vayu Mudra
Spinal Problems	Vayu, Dhyan, Shaj Shankh Mudras
Blood Disorder	Varun, Pran, Apan mudras
Burnig Sensation	Varun, Apan Mudras
Kidney Problem	Apan
Anxiety, Irritability	Gyan, Dhyan Mudras
Fatigue, weakness	Prithvi, Pran Mudras
Depression	Gyan, Pran mudras
Sneezing, Yawning	Aditya Mudra
Cough and Cold	Ling, Surya Mudras

AILMENT	MUDRAS
Sinusitis	Ling, Surya Mudras
Constipation	Apan Mudra
Acidity	Apan Mudra
Indigestion	Ling, Surya, Prothvi, Sahaj Shank Mudras
Fever	Ling, Varun Mudra
Itching	Varun Mudra
Allergy	Ling Mudra
Fainting	Varun Mudra
Tonsillitis	Shank mudra
Dysmenorrohea	Apan, Shankh, Yoni Mudras
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