

# Yoga Mudras

Yoga Mudras are systematic hand gestures or finger postures. Literally, Mudra in Sanskrit means a posture/seal. Yoga Mudras symbolically express inner feelings and psychological states. They also generate various qualities such as fearlessness, power, charity and peace in the person practicing the mudras..

Hinduism shows the earliest recorded knowledge and analysis of Mudras in Upasana, Mantra and Nritya shastras. They have also been found on all continents, practiced by people of all religions.

Like any Yoga, Mudras should be learned from a Guru and must be practiced sincerely. After understanding the basic principles, the mudra students can generally do most of the Mudras by themselves.

Let us see the scientific look

Human body is made up of 5 basic elements. They are fire, wind, space, earth and water. Five fingers represent these 5 elements. Yoga Mudras are basically the yoga of these 5 elements that go to create the human body.

Thumb Represents fire or Agni  
Index finger represents wind or Vayu  
Middle finger represents space or Aakash  
Ring finger represents earth or Prutvi  
Little finger represents water or Jala

The finger tips of every living being have many nerve root endings. The nerve endings are free energy discharge points. Science also confirms that around every tip there is a concentration of free electrons. By touching together tips of the fingers or the finger tips to other parts of the palms, this free energy (Prana) is redirected back into the body through the nerves, stimulating various chakras, and back up to the brain. Mudras work like "closed electrical circuits" and start electromagnetic currents within the body. Also, by keeping specified nerves stretched for specified periods tones up the nervous system.

Today we will be showing few Yoga Mudras which will help in leading a healthy life.

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## **1. Jnana Mudra : Varun Sivakumar**

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This mudra is good for the **BRAIN**. This is one of the most important mudra used in all yogic meditation practices.

Join the tip of forefinger to the tip of the thumb. Hold together gently for at least

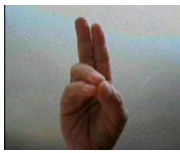
15-30 minutes. This mudra can be practiced with one hand even while working, writing or reading. So children must be encouraged to do this for better memory power.

- Increases intelligence and wisdom
- Very good for people who suffer from sleeplessness or insomnia
- Makes your mind fearless
- Ideal position for meditation (*dhyaana*)
- removes stress, headache
- reduces anger (when you are angry sit in this *mudra*)
- keeps one (children/adults) away from bad habits

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## 2. Prana Mudra: Vishnu:

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This mudra is good for EYES . Prana literally means LIFE. Prana mudra works like energy bank. It can be done for any length of time, any time, any place and will only help in adding to the benefit. Touch the tips of thumb, ring and little fingers

- It helps in overcoming all kinds of infection and illness improving the immune system.
- It is good for eyes and people who wear glasses - especially for children.
- removes vitamin deficiency
- rejuvenates the body
- Heart diseases are cured
- good to do after other *mudras* for better result

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## 3. Shunya Mudra : Ananya Pabbathi

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This mudra is good for EARS. Touch the middle finger to the pad/root of thumb

- Cures ear aches in few minutes.
- reduces deafness
- It is very effective mudra in curing vertigo
- good for children who are late in their speech

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## 4. Surya Mudra : Sujay Rajkumar

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This mudra is good for **OBESITY**. Touch the ring finger to the pad/root of thumb and press gently with the thumb. The remaining fingers are straight and up.

- It controls hunger and temptation for food and changes the metabolism
- It reduces body fat.
- It helps in reduction of bad cholesterol.
- Good in curing throat infection and cough

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### 5. Apaana Mudra : Shrika Pabbathi

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This mudra is good for **DIABETES**. Touch the tips of thumb, middle and ring fingers.

- cures kidney related problems
- cures constipation
- controls vomiting, hiccups
- good for healthy teeth and gums

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### 6. Vaayu Mudra : Rohit Gangupantulu

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This mudra is good for **ACHES and PAINS**. Bend the index finger to touch pad/root of thumb and press gently with a thumb.

- This Mudra is unbeatable in quickly and effectively removing the accumulated gas in the stomach
- good for eliminating joint pains, Parkinson, sciatica
- reduces neck pain
- good for arthritis, paralysis

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### 7. Linga Mudra : Roshan

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This mudra is good for **COLD and ASTHMA**. Entwine (cross-link) all fingers of both hands keeping thumb straight.

- Regular practice of this mudra will increase the body heat and help in getting rid of frequent cold, cough, Congested chest and incurable lung infections.
- It has a good effect on sinus, bronchitis and T.B.
- It helps in reducing tummy

This mudra must be performed under supervision or with full knowledge.

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### **8. Meao Mudra – Rahi Patel**

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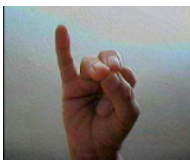
This mudra is good for controlling **BLOOD PRESSURE** make a fist with both the hands, fingers really digging into the center of the palm. Now open up the index, little finger and the thumb, keeping them reasonably straight. Rest the hands on the knee facing up by keeping the elbow straight. One must perform this Mudra in Sukhasan or Padmasan daily at regular basis for at least 30 minutes.

- Excellent in bringing the Blood Pressure to normal from either high or low

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### **9. Mrit Sanjivini Mudra or Apan-Vayu Mudra: Yogindra Raghav**

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This mudra is good for strengthening the **HEART** . Bend your index finger and let its tip touch the bottom of your thumb. At the same time, the tips of the middle and ring fingers touch the tip of your thumb. Extend your little finger.

- This finger position works like an injection or first aid in cases of a heart attack. Study shows In an emergency, it can even have a quicker effect than placing nitroglycerin ,the most frequently used immediate remedy under the tongue
- Regular practice is an insurance in preventing heart attacks and regulates many heart complications
- It works like a medicine for Blood pressure
- Relieves headache

- Helpful to cure acidity
- Use as needed until you feel the effect or practice three times a day for 15minutes as a course of treatment.

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### 10. Shanka Mudra: Rahul Deshpande

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This mudra is good for **THROAT** related problems.

Place your hands just before your chest. Use your right hand to grasp the left thumb, with your fingers wrapped firmly around it. Now bring the remaining fingers of the left hand into place so that they make contact with your right thumb. The hands brought together in this manner resemble a conch. Maintain this formation with your hands at chest level and keep your eyes closed for as much time as you wish to.

- It reduces bodily inflammation
- purifies 7200 *nadis* (tissues)
- good for thyroid problems
- good to clear the throat of singers
- removes dust allergy
- good for children who suffer from tonsillitis
- reduces stammering

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### 11. Varun Mudra: Vidya Annem

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A miracle mudra for

- Skin problems, wrinkling, loss of glow, dehydration,
- excessive body heat,
- blood disorders

Like any Yoga, Mudras are nature's way of healing, so the rules of nature are to be followed. Done with sincerity and belief, Mudras provide instant to long term relief. In short, Mudras are our best friends to help us maintain good health.

**first give the body a chance to heal itself before giving it invasive medicines and drugs, which must and will have some side effects.**