





# Mudra – Spiritual Gesture

- Health in your Hands
- Developed forms of *Asanas*
- Asana – senses primary, *prana* secondary
- *Mudra* – *prana* primary, senses secondary
- Five elements in five fingers, mudras balances five elements
- Electromagnetic waves (aura) emitted from hands, if body is a machine, *mudras* are switches



# Mudra – Spiritual Gesture

- ❑ Spiritual practice
- ❑ Revealed to “*RISHIS*” during meditation
- ❑ Yoga in your hands – connecting individual consciousness (human) to cosmic consciousness (divine) causing spiritual healing
- ❑ Neuro-physical connector for flow of “*prana*” to the organ of healing



# Mudra – Spiritual Gesture

- Effect instantly – opposite side of body
- 3 to 30 minutes 2 to 4 times a day
- Fingers – gentle pressure when they touch, press bit more during inhalation and let go during exhalation
- Prayers of different religions are done through hand gestures or *mudras*
- *Mudras* are part of Indian Classical Dance

# Panchamahabhuta (five elements)

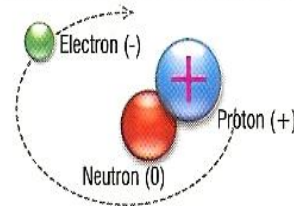




# Mudra - Energy

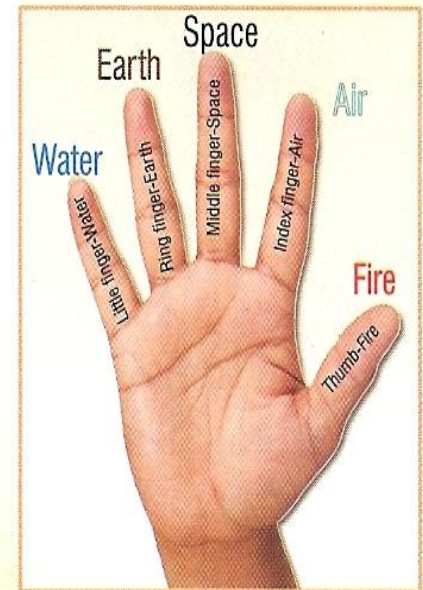
In Modern Science we know that every matter is made up of three basic parts

1. **Electron** : It has negative energy
2. **Proton** : It has positive energy
3. **Neutron** : it has no charge.




The whole universes are constructed of five elements, which are Fire, Air, Space, Earth and Water. The five fingers in our hand represent the five elements.

1. Thumb represents **FIRE** (Positive element),
2. Index finger **AIR** (Positive element),
3. Middle finger **SPACE** (Negative element),
4. Ring finger **EARTH** (Neutral element)
5. Little finger **WATER** (Negative element).



# Gyan (knowledge) or Dhyana (meditation) **Mudra**




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- As it is a *mudrā* of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.
  - **Time duration:**
  - There is no particular time duration for this *mudrā*. You can practice by sitting, standing or lying on bed whenever and wherever you have time.
  - **Benefits:**
  - o Increases memory power and sharpens the brain
  - o Enhances concentration and prevents Insomnia
  - o If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression



# Vayu (air) Mudra





□ It prevents all the diseases that occur due to the imbalance of the air.

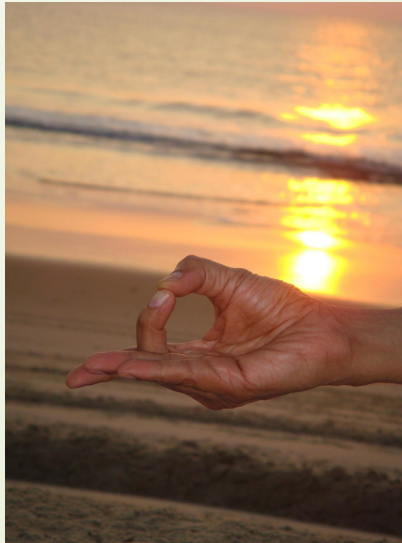
□ **Time Duration:**

□ The practice of this *mudrā* for 45 minutes reduces the severity of the disease in 12 to 24 hours.. For better results practice it for two months.

□ **Benefits:**

- o It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine
- o It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck
- o It corrects the disorder of gas in the stomach

# Sunya (infinite) Mudra





- It reduces the dullness in our body.

- **Time Duration:**

- One can practice it for 40 to 60 minutes daily until to be cured from the disease.

- **Benefits:**

- o It relieves an earache within 4 or 5 minutes
- o It is useful for the deaf and mentally challenged, but not for inborn ones.

# Prthvi (earth) Mudra





- ❑ It reduces all physical weaknesses.

- ❑ **Time Duration:**

- ❑ It has no particular time duration. You can practice it any time you want.


- ❑ **Benefits:**

- ❑ o It helps to increase the weight for weak people
- ❑ o It improves the complexion of skin and makes the skin to glow
- ❑ o It makes the body active by keeping it healthy




# Surya (sun) Mudra



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- ❑ It sharpens the center in thyroid gland
  - ❑ **Time Duration:**
  - ❑ Practice it daily twice for 5 to 15 minutes.
  - ❑ **Benefits:**
  - ❑ o It reduces cholesterol in body and helps in reducing weight
  - ❑ o It reduces anxiety
  - ❑ o It corrects indigestion problems

# Varuna (water) Mudra





- It balances the water content and prevents all diseases which come due to lack of water.

- **Time Duration:**


- It has no specific time duration and one can practice it according to their time.

- **Benefits:**

- o It retains clarity in blood by balancing water content in the body
- o Prevents the pains of Gastroenteritis and Muscle Shrinkage

# Shakti (strength) Mudra





□ As it is the *mudrā* of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

□ **Time Duration:**

□ No specific time duration. One can practice it any time.

□ **Benefits:**

□ o It improves immunity


□ o Improves the power of eyes and reduces eye related diseases

□ o It removes the vitamin deficiency and fatigue




# Apana (downward) Mudra



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- ❑ It plays an important role in our health as it regulates the excretory system.
  - ❑ **Time Duration:**
  - ❑ Practice it daily for 45 minutes, but practice for longer time yields more benefits.
  - ❑ **Benefits:**
  - ❑ o It regulates diabetes
  - ❑ o It cures constipation and piles
  - ❑ o It helps excreting the normal waste regularly

# Apana Vayu Mudra





- ❑ It benefits the **heart**. It works like injection in the reduction of heart attack. It is **as powerful as sorbitate tablet**. It reduces the gas content in body.

- ❑ **Time Duration:**

- ❑ Practice it as many times as you can. **Heart patients and BP patients** can practice it for 15 minutes daily twice for

- ❑ better results.

- ❑ **Benefits:**


- ❑ o It strengthens the heart and regularizes palpitation

- ❑ o It regulates excretory system

- ❑ o It redeems gastric trouble

# Linga Mudra



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- ❑ It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudrā for much benefits.
  - ❑ **Time Duration:**
  - ❑ Practice it any time you want. But don't practice it a lot as it produces heat in the body.. It can cause sweating even in winter if you practice it longer.
  - ❑ **Benefits:**
  - ❑ o It stops production of phlegm and gives power to lungs
  - ❑ o It cures severe cold and bronchial infection
  - ❑ o It invigorates the body



# Chinmaya Mudra (opens middle lungs)



# Adi Mudra (opens upper lungs)



# Digestion *Mudras*

- *ghronikah mudra* - the five fingertips form a petal around a lump of food about the size of a plum
- *annabhakshana mudra* – use fingertips to pick up small amount of food, use thumb to advance food
- *Kangulah mudra* - thumb, forefinger and mid-finger
- *Kadambah mudra* - crouches the five fingers around firm, solid food
- *Mukulah mudra* - five fingers knitted together
- *Khatakamukhah mudra* - sampling food with forefinger, mid-finger and thumb