



mudras

**TakshaShila University (TU)**  
**("Taksha University")**  
**School of Integrative Medicine SIM)**

**TEN MUDRA\_S**

This is an Illustrated list of ten *Mudra\_s* (pronounced *Mudraa\_s*) for health and healing, prepared by Dr. Dilip Sarkar, MD, FACS, D.Ayur., Executive Director, School of Integrative Medicine (SIM), Taksha University, Hampton, VA.

They are adapted from the book entitled "*Yoga Therapy for Health and Healing of Body Mind and Spirit*" by Dilip Sarkar, MD, FACS, D.Ayur. and Adarsh Deepak, Ph. D. (2013, [www.deepakheritage.com](http://www.deepakheritage.com)).

Note: The beneficial effects of *Mudraa\_s* occur when performed during *Praanaayaama\_s* (Restrained Breathing Exercises), such as, '*Kapaalbhati*' *Praanaayaama*, which are demonstrated by Dr. Dilip Sarkar (President, International Association of Yoga Therapists, 2013- ), in the DVD "*Taksha Yoga Therapy for Health and Healing of Body Mind and Spirit*" (2009), available at: [http://www.deepakheritage.com/dvds\\_and\\_videos.htm](http://www.deepakheritage.com/dvds_and_videos.htm) .

In case you need further information about Yoga Therapy, Integrative Medicine, Ayurveda and other short-courses sponsored by SIM/Taksha University in your area, please contact:

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This presentation deals with ten important Mudras that can result in amazing health benefits.

Your health is, quite literally, in your hands.....

A mudrā (Sanskrit: मुद्रा , lit. "seal") is a symbolic or ritual gesture in Hinduism and Buddhism. While some mudrās involve the entire body, most are performed with the hands and fingers. Mudrā (Sanskrit) is "spiritual gesture" and energetic "seal of authenticity" employed in the iconography and spiritual practice of Indian religions and Taoism. (Wikipedia)

Mudrās are arm, hand and body positions used in the traditions of Hinduism and Buddhism. The great Buddha knew the use of mudrās and is often depicted using these ritual gestures. Various Kung Fu forms contain positions identical to these mudrās.

108 mudras are used in regular Tantric rituals. Mudras are also used in Indian Classical Dance. There are over 200 mudras in bharatanatyam and over 250 in mohiniattam.

# 1. GYAN MUDRA – MUDRA OF KNOWLEDGE

## **Method:**

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

## **Specialty:**

As it is a mudra 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:**

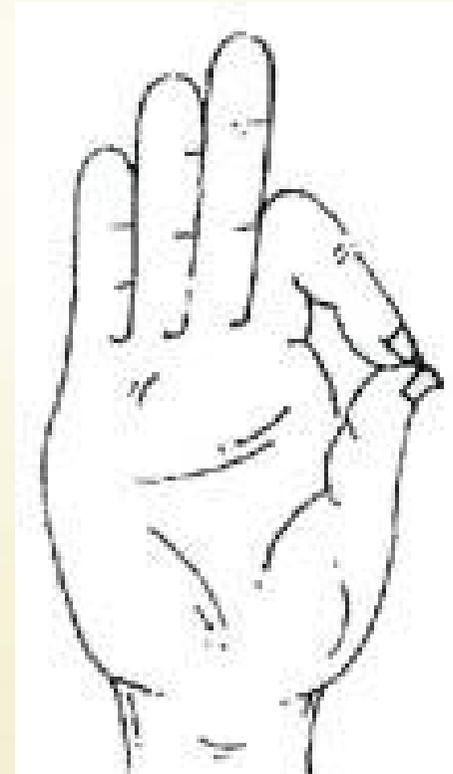
There is no particular time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

## **Benefits:**

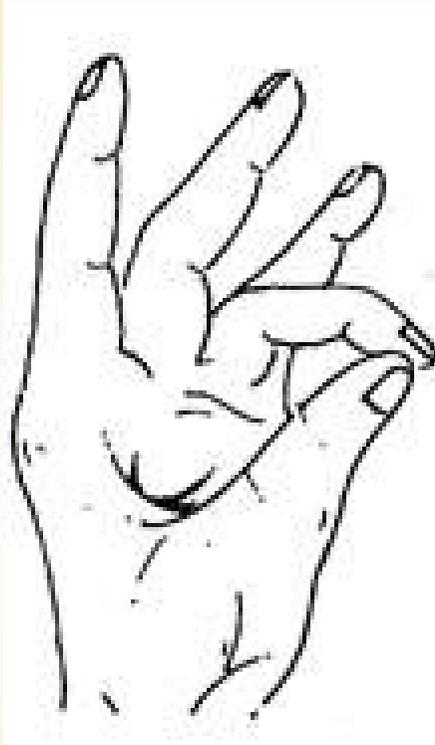
Increases memory power and sharpens the brain

Enhances concentration and prevents Insomnia

If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression



## 2. PRITHVI MUDRA – MUDRA OF EARTH



### **Method:**

Tip of the ring finger touches the tip of the thumb, with the other three fingers stretched out.

### **Specialty:**

It reduces all physical weaknesses.

### **Time Duration:**

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

### **Benefits:**

It helps to increase the weight for weak people

It improves the complexion of skin and makes the skin to glow

It makes the body active by keeping it healthy

Varuna Mudra (Mudra of Water):

**Method:**

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

**Specialty:**

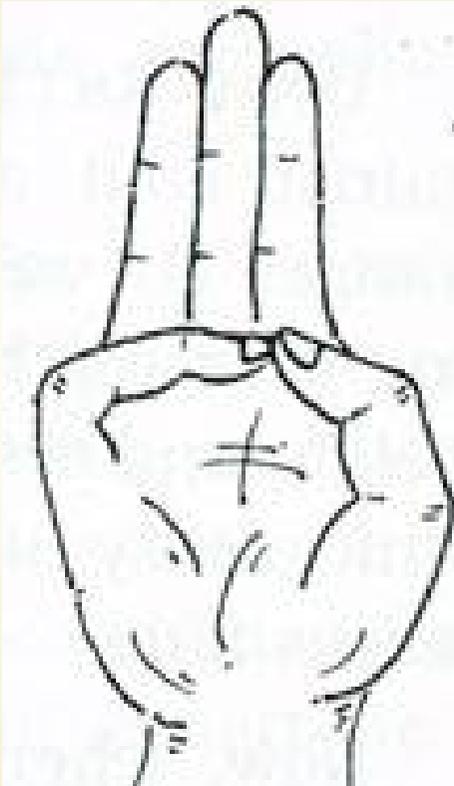
It balances the water content and prevents all diseases which come due to lack of water.

**Time Duration:**

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

**Benefits:**

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



### 3. VARUNA MUDRA – MUDRA OF WATER

## 4. VAYU MUDRA – MUDRA OF AIR

Vayu Mudra (Mudra of Air):

**Method:**

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.

**Specialty:**

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

**Time Duration:**

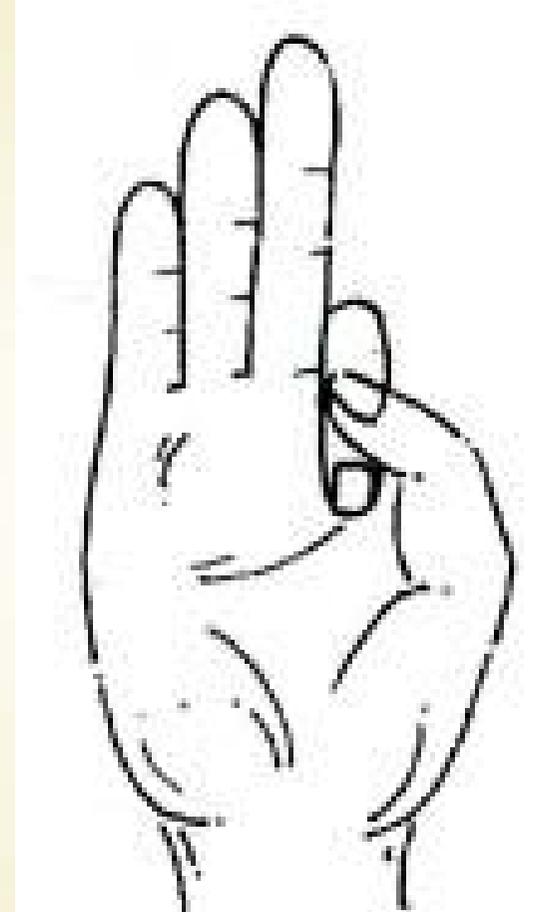
The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.

**Benefits:**

It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine

It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck

It corrects the disorder of gas in the stomach



Shunya Mudra (Mudra of Emptiness):

**Method:**

Keep the middle finger at the mount of Venus and press it with thumb.

**Specialty:**

It reduces the dullness in our body.

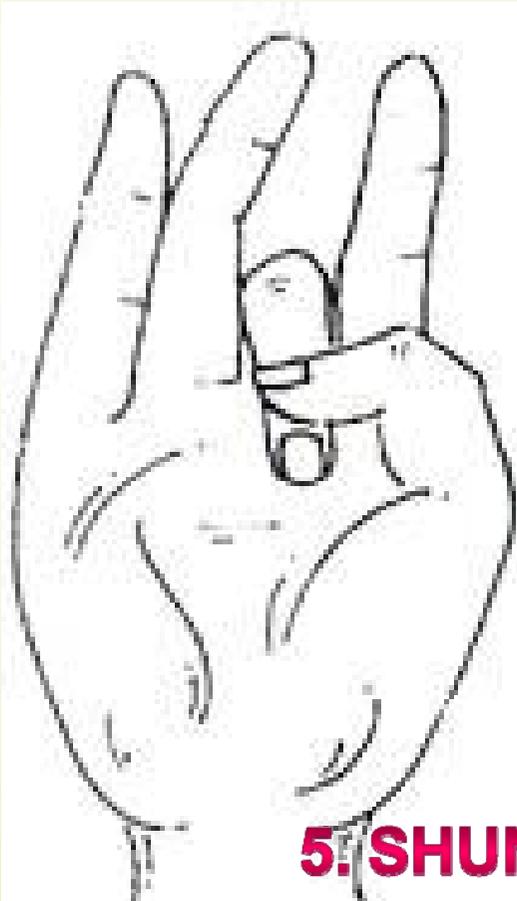
**Time Duration:**

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

**Benefits:**

It relieves an earache within 4 or 5 minutes

It is useful for the deaf and mentally challenged, but not for inborn ones.



**5. SHUNYA MUDRA – MUDRA OF EMPTINESS**

## 6. SURYA MUDRA – MUDRA OF THE SUN

Surya Mudra (Mudra of Sun):

**Method:**

Bend the ring finger and press it with thumb.

**Specialty:**

It sharpens the center in thyroid gland.

**Time Duration:**

Practice it daily twice for 5 to 15 minutes.

**Benefits:**

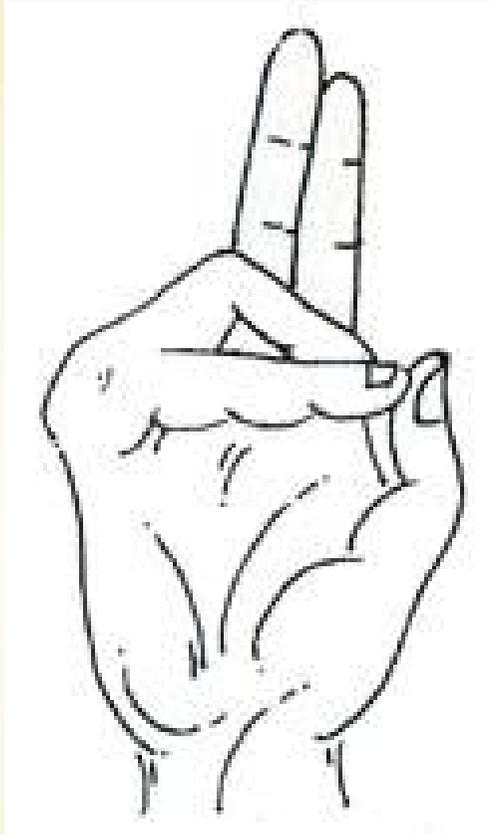
It reduces cholesterol in body and helps in reducing weight

It reduces anxiety

It corrects indigestion problems



## 7. PRANA MUDRA – MUDRA OF LIFE



Prana Mudra (Mudra of Life):

**Method:**

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

**Specialty:**

As it is the mudra 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:**

It improves immunity

Improves the power of eyes and reduces eye related diseases

It removes the vitamin deficiency and fatigue

## 8. APANA MUDRA – MUDRA OF DIGESTION

Apana Mudra (Mudra of Digestion):

**Method:**

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

**Specialty:**

It plays an important role in our health as it regulates the excretory system.

**Time Duration:**

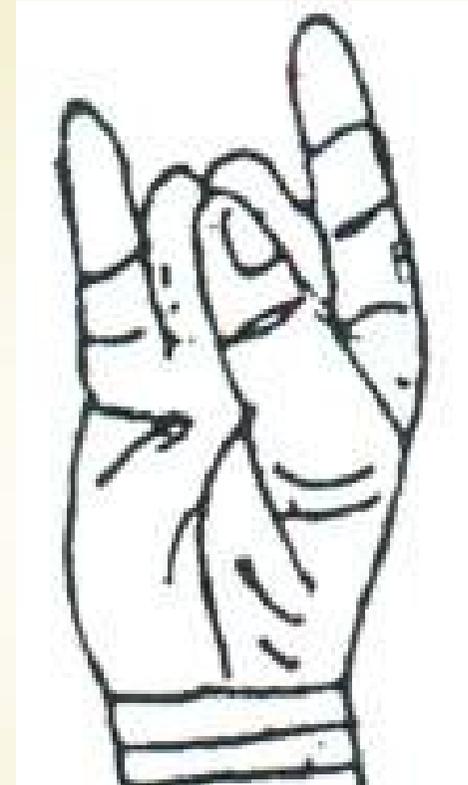
Practice it daily for 45 minutes, but practice for longer time yields more benefits.

**Benefits:**

It regulates diabetes

It cures constipation and piles

It helps excreting the normal waste regularly



## 9. APANA VAYU MUDRA - MUDRA OF THE HEART

Apana Vayu Mudra (Mudra of Heart):

### **Method:**

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out..



### **Specialty:**

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:**

It strengthens the heart and regularizes palpitation  
It regulates excretory system  
It redeems gastric trouble

## 10. LINGA MUDRA – MUDRA OF HEAT AND ENERGY

Linga Mudra (Mudra of Heat):

### **Method:**

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand..

### **Specialty:**

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra 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:**

It stops production of phlegm and gives power to lungs  
It cures severe cold and bronchial infection  
It invigorates the body



You can do this anytime, anyplace – in the bus, train, car, office or at home.

To believe it, you must try it. There is nothing to lose and much to gain.

And lastly, please do not hoard this presentation. Forward it to all your friends, colleagues and relatives so that a maximum number of people can benefit.

Thank you.