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# HEALTH FOR MUDRA THERAPY

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### ABSTRACT

The purpose of this study was A Mudrâ (Sanskrit: lit. "Seal") is a symbolic or ritual gesture in Hinduism and Buddhism. While some Mudrâs involve the entire body, most are performed with the hands and fingers. Mudrâ (Sanskrit) is "spiritual gesture" and energetic "seal of authenticity" The different types of Yoga Mudra aid in person achieve better health and mental condition through proper and regular practice.

**Keywords:** Mudrâ, yoga, ritual gestures, seal.

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## Introduction

Mudra science is an ancient science that originated in India and involves hand gestures, which connects certain energy-flows in mind-body system. This study was A Mudrâ (Sanskrit: lit. "Seal") is a symbolic or ritual gesture in Hinduism and Buddhism. While some Mudrâs involve the entire body, doing mudras, subtle hand and finger movements make important connections in the nervous system and stimulate specific energy pathways or nadis. These mudras (hand postures) have potential benefits for physical, mental and emotional wellbeing. There are mudras to address headaches, pain, anxiety, depression, stress, the health of lungs and heart, cholesterol, pain in any body part and almost every system of the body.

The different types of Yoga Mudra aid in person achieve better health and mental condition through proper and regular practice. Mudrâs are arm, hand and body positions used in the traditions of Hinduism and Buddhism. The great Buddha knew the use of mudrâs and is often depicted using these ritual gestures. Various Kung Fu forms contain positions identical to these mudrâs. 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. How to Mudras Work Finger and their Connection to the 5 elements and our Universe is also made up of five basic elements our body represent these elements though our five fingers.

According to Ayurveda, human body is made up of five elements: Agni (Fire), Vayu (Air), Aakash (Space), Pruthvi (Earth) and Jal (Water). Under healthy conditions, our body has an optimum balance of all these elements. However, imbalance in any one of them affects the body in a negative way. This ultimately leads to illnesses. When specific mudras are performed, any imbalance in the above stated five elements is restored and the person recovers.

In today's fast lifestyle, good health is what enables us to work with full efficiency. Good health is the greatest blessing of life. As humans, thousands of chemical reactions occur in our bodies every day. Many times we have ailments and small illnesses. And it is a fact that over-medication and over-treatment are in no way going to do good to us Even if the user forgets to perform his mudras, the push notifications which are like a reminder will call his attention to it. The aim is to provide the user with complete information about all the mudras and about this science and also help in healing the ailment- naturally and without involving medications.

## The science behind Yoga mudras

The Yoga and Ayurveda philosophy believes that the human body is composed of five elements- fire, air, water, space and earth. As long as these elements remain in balance, a person enjoys a healthy, disease free life. Any imbalance in one or more of these elements brings illness and diseases.

These 5 elements are well represented by the fingers of our hands as below:

### Five fingers represent five elements

- |                                |               |
|--------------------------------|---------------|
| ▪ <b>Thumb</b>                 | Fire          |
| ▪ <b>Index finger</b>          | Air           |
| ▪ <b>Middle finger</b>         | Space (ether) |
| ▪ <b>Ring finger</b>           | Earth         |
| ▪ <b>Little (pinky) finger</b> | Water         |



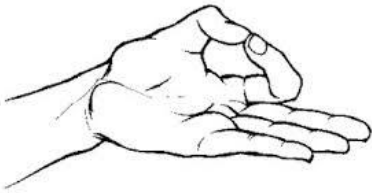
The yoga mudras are hand gesture yoga exercises that aim to bring back the elemental balance by guiding the flow of life energy within

the body. Depending upon the elements to be balanced, specific yoga mudras are practiced by manipulating the fingers. For example- to increase the water element in the body, varun mudra is practiced. Similarly, to reduce the air element in the body, vayu mudra is practiced.

**What is the science behind these yoga mudras?** The fingers of our hands are just like live wires of electric current. During a mudra formation, one or more of the fingers touch the thumb to complete an electric circuit and the life energy flows through that circuit to balance the elements represented by those particular fingers.

### Mudras

**Gyna Mudra:** Gyan Mudra is the hand position during performing the yoga and meditation. The hand position is a powerful and spiritual strength that brings calm and peace of mind. Gyan means knowledge and mudra means hands gesture. It actually means the psychic gesture of knowledge and wisdom.



### BENEFITS OF GYAN MUDRA

Meditation is one of the best mind exercises to relieve tension and to attain peace of mind. Gyan Mudra is a powerful method that allows you to concentrate and find the inner peace in a spiritual way. Gyan Mudra is also known as **Vaayu Vardhak** in ayurveda. This Mudra stimulates the air elements of your body thus purifies our brain, pituitary glands, empowers mind and cures many nervous problems. Some of the benefits of doing the Gyan Mudra are,

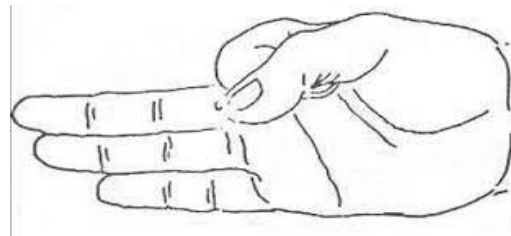
- Gyan Mudra helps in concentrating and is a best remedy for dullness, in-activeness, lack of enthusiasm, recklessness, and lack of creativity.
- The Mudra helps in stimulating the brain and makes the flow of blood easy thereby

helps in solving the loss of memory problems. People suffering from Alzheimer's disease, nervous system problems, disorders of drowsiness, and any other problems relating to brain will be benefited in reducing the illness with this meditating method.

- Gyan Mudra helps in treating diseases such as Hypothyroidism, Hypoparathyroidism, Hypoadrenalism, Hypopituitarism, and other similar ailments.
- This Mudra is an exercise to boost the air elements. Thus it helps in curing respiratory issues. It also helps in stimulating the endocrine system by drying out the fluids in joints and cartilage which are one of the reasons for joint stiffness.
- Gyan Mudra is also a best solution for muscular problems such as the myopathies, myasthenia gravis, paralysis, paraplegia, hemiplegia, etc

### MUDRAS

**Vayu Mudra:** The meaning of the Sanskrit word "vayu" implies 'air'. Air component of the body becomes decently equilibrated with this mudra of yoga.



### Benefits of Vayu Mudra:

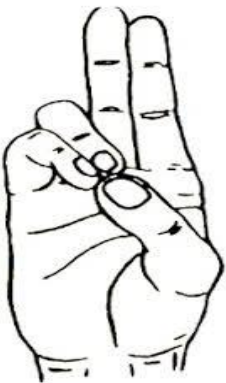
- It can provide rest from all kinds of pains and aches.
- Vayu Mudra helps in Rheumatism.
- Also can cure Sciatica.
- It provides relief in case of spastic paralysis and Parkinson's disease.
- Vayu Mudra improve stiffness in the neck.
- Reduces Knee Pain to a great extent.
- Nervous system (systema nervosum) works more effective with day-to-day practice.
- Helps in gout problem.

- Painful sensation in the joints of hands and feet are cured.
- It helps in Paralysis and Hysteria.
- Prevents and cures arthritis.

### **Precautions**

Do not practice Vayu Mudra more than required and discontinue it once you get relief from pain or related health issue or when you see that your chronic disease symptoms have disappeared.

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



Prana Mudra symbolizes energy or spirit of life. It provides energy and **health**. It improves eyesight, increases the body resistance to diseases, reduces deficiency of vitamins, and removes tiredness. Additionally, it reduces hunger pangs during fasting and gives you a good night's sleep

### **Prana Mudra Health Benefits**

#### **Physical health**

- It helps to overcome chronic fatigue, low endurance and exhaustion.
- Strengthen the immune system to improve the disease-fighting capacity.
- Improves the body metabolism to aid in the digestion process. It would help your body to extract optimum vitamins and nutrients from the food you eat. Hence, helps to eradicate the problem of nutritional deficiency.
- During fasting, practicing prana mudra helps to sustain and maintain energy level despite low intake of food and water.

- Muscle spasm, painful sensation and weakness in the legs by improving blood circulation. It is helpful in case of headache, migraine and sciatica as well.
- It is beneficial for all sorts of eye problems-burning (inflammation), dry eyes, eyesight weakness, water discharge from the eyes and cataract.
- Old age people who find doing yoga and pranayam troublesome can practice this simple hand yoga for better health.
- By reducing the excessive body heat, it eases the summer issues such as intolerance to heat and stress.

**Mental health :** Prana mudra helps to overcome the negative feelings such as fear, nervousness, tension, anxiety, anger and replace them with self confidence, inner stability, mental clarity, faith, happiness, joy and zeal.

**Spiritual health:** Improves concentration and brings better meditation experience. Within a few days of regular practice, you would start feeling vibration in the body. So, if you practice this mudra during meditation, it would bring deeper meditation experience and spiritual awakening.

For various health issues, prana mudra is followed by other mudras as below:

- **Diabetes-** Prana mudra followed by **Apana mudra**
- **Insomnia-** Prana mudra + **Gyan mudra**
- **High blood pressure-** Prana mudra + **Vyana mudra**
- **Nerve pain-** Prana mudra + **Vayu mudra**
- **Boils and blisters-** Prana mudra + **Varuna mudra**

**Precautions:** If Kapha is in excess in your body then you should practice this mudra in moderation.

#### **Shunya Mudra:**

The word “Shunya” means empty and the practice of Shunya mudra is useful to decrease space element in the body. It is also called as Aakash Shaamak mudra.





**Benefits:** Shunya mudra has various health benefits. This mudra is very much helpful in treating following conditions.

- Feeling of emptiness or numbness in the body or body parts like the head, the chest, the abdomen
- Ear ailments like pain, tinnitus (noises), vertigo and acquired deafness.
- This mudra is used in Ayurveda treatments of all the diseases that caused by an excess of Vata.
- The practice of Aakash-Shamak mudra is useful to balance for the people who have tri-dosha.

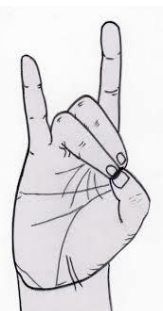
**Precautions:** After getting the desired result you should stop the practice of Shunya mudra.

### **Apana mudra**

Apana mudra helps in body detox and digestion by stimulating the excretion system to flush out toxins off the body.

*This mudra* body wastes (toxins) can be divided in three categories:

- **Gaseous** like carbon dioxide- to be removed through lungs by breathing out.
- **Liquid** like urine and sweat- to be excreted through kidney (urination) and skin (sweating)
- **Solid** like stool- to be eliminated through colon by bowel movements



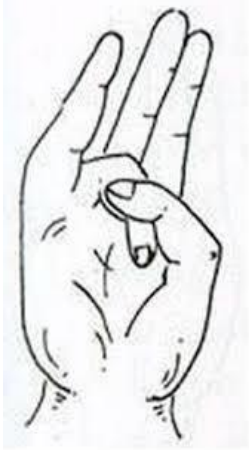
### **Benefits of Apana Mudra**

- **Body detox and Digestion**– As already discussed, it helps in body detox and digestion. It relieves indigestion, gastritis, constipation and hemorrhoids (piles).
  - **Healthy, glowing skin**– Your skin is the reflection of your gut health. Almost all the skin problems – acne, pimples, blemishes, eczema, psoriasis- are related to your inner body metabolism in one way or the other. If you are digesting the food properly and excreting the body waste (toxins) smoothly, you would automatically improve your skin health also. Panchkarma, an Ayurveda body detox process brings very good results in relieving symptoms of even the most complex skin disorders like psoriasis and eczema. Regular practice of apana mudra can speed up the elimination process to help you get a clear, glowing skin.
  - **Regulates diabetes**– By increasing urination, apana mudra can help reduce the blood sugar level to regulate diabetes.
  - **Increases the energy level**– If you don't have a smooth bowel movement in the morning, you feel sluggish and low in energy throughout the whole day. On the contrary, smooth bowel movements lift your mood and make you feel energetic. By detoxifying your body, apana mudra makes you feel light, energetic and cheerful.
  - Clears sinus infection
  - Relieves menstruation symptoms
- Precautionary measures**
- As apana mudra generates a strong downward pulling force in the body, it should not be performed by pregnant women during the initial 8 months of the pregnancy as it can cause miscarriage. During the 9th month, it can actually help in smooth and easy childbirth.
  - People suffering from diarrhea, dysentery, cholera and colitis should not practice apana mudra

- Don't practice Apana mudra immediately after the meals. Practice it at least 2 hours after a heavy meal.

### Surya Mudra

The practice of Surya mudra is useful in Reducing the earth element within the body. Earth is the primary component in fat; therefore it is helpful for fat loss.



### Benefits of Surya mudra

A mudra is a specific hand gesture or position that helps in the release of energy locked within the body and directing its flow and reflexes to the brain. Agni mudra is known to alleviate a host of ailments such as asthma, depression, piles, cough, diabetes, stress, cataract and even a heart attack.

Surya Mudra is helpful in the treatment of;

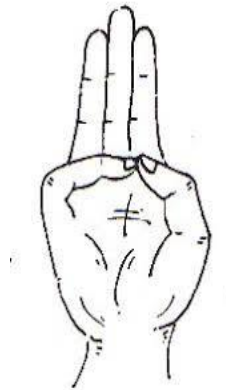
- Coldness of skin
- The coldness of **body** limbs hands and feet,
- Cold,
- Shivering,
- Inactivity of thyroid glands
- Obesity
- Overweight
- Loss of appetite
- Indigestion
- Constipation
- Digestive problems
- No sweating or less sweating of body
- Vision or eye problems

**Precautions:** If you are a Pitta excess or Kapha deficient person then do this mudra in moderation only. These are the things you

should consider to get all the benefits of Surya mudra.

### Varuna mudra

Varun mudra is an effective to increase water element in the body. Due to its impact on a Jal(water)element in the body, it is also called as a jal-vardhak mudra. Water is the major component in Kapha and Pitta humor. The practice of this mudra helps to increase Kapha and Pitta humor within the body.

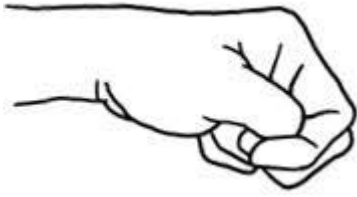


Varun Mudra is useful in the treatment of;

- Dryness of eyes and mouth, throat, and intestines.
- Indigestion constipation.
- Constipation.
- Dryness of skin and moister skin in the winter.
- Degeneration of joint cartilage osteoarthritis
- Dry eczema
- Psoriasis
- Osteoarthritis
- Cramps
- Dehydration
- Deficiency of hormones
- Scanty urination
- Scanty menses.
- Loss of taste
- Tongues disorders.

**Precautions:** If you are a Pitta or Kapha Prakriti person, then practice this mudra in moderate only.

## Adi Mudra



Adi mudra is a symbolic, ritualistic gesture of the hands often used in spiritual yoga practice to calm and quiet the mind and nervous system. It can also help prepare the practitioner for pranayama breathing exercises. Performing Audi mudra opens the higher lobes of the lungs.

## Linga Mudra



This mudra contributes to the burning of extra fat in the body that helps to weight loss. This mudra increases the hotness in the body that helps to relieve cold. **Linga mudra is useful in the treatments of shivering and chills due to intolerance of cold weather or hypothermia.**

## Kali Mudra



Kali Mudra

This mudra is helpful in destroying some unnecessary baggage of your heart and gives the energy to get through a tough day. Kali is the fierce goddess representing death, transformation and ultimately purification, so Kali mudra is for overcoming difficulties.

## Discussion:

Gheranda Samhita 17<sup>th</sup> century asked that the mudra for body steadying, these are helps active and flexibly of body and mind to healthy they are Gyana mudra, kesepana mudra, musti mudra A.Mohini(2015)finding that the Maximum changes were seen in autonomic variables and breath rate during the state of effortless meditation (dhyana). During mudra practice there was an increase in skin resistance and reduces in stress and tension which led to the harmonious among family and society.

Kuldeep Singh(2015)indicated that the hand and finger positions of mudras or hand gestures make important connections in the nervous system and stimulate specific energy pathways (nadis). It is also said that mudras increase energy and blood circulation to different parts of the brain, to important nerve junctions and glands. Early yogis mapped out the hand areas and their associated reflexes which relate to the different areas of the body and brain.

Rangaraja Iyengar(2015)asked that the mudras great scince of yoga and to get better health in physical, psychological and spiritual in all human beings.

Balaji P.V Deekshitulu (2016)) reviwed that the Mantra therapy can be control of stress, depression, anxiety, fear and promotion of mental health and happiness. Studies have shown that Mantras can have beneficial effects on the health of the body as well as positive results in Mental & Physical levels.

Deepti Tripathi et al.(2016)studied that the yoga hand mudra was found to be effective in normalizing high blood pressure in a novel way. This mudra is helpful in emergency situations where medical help is not available immediately. It can also reduce further medical deterioration of patient's clinical condition.

Gusain Radha and Dauneria sadhana (2016) explain that the well changed anxiety levels of children 11 to 12 years.

Ajay Kumar and Neelam Kumari (2017)suggested that the Yogis believe that

when different fingers from Mudras, they start electro – magnetic currents in the body and stimulate our conscious centre; Kendra creating balance and promoting health.

Christine Tara Peterson et al.(2017)studied that the *Shambhavi Mahamudra kriya*, which is a yogic practice that includes both deep breathing and meditation techniques. Participants were instructed to practice the *kriya* each day for 21 minutes. After 6 weeks of daily practice, participants reported subjectively lower levels of perceived stress (Perceived Stress Scale) and higher levels of general well-being (General Well-Being Scale) compared to baseline. These results support the notion that *Shambhavi Mahamudra kriya* may represent a natural treatment for stress reduction.

MaheshkumarKuppusamy et al(2018)studied that the *Bhramari* pranayama produced by humming sound during the exhalation phase along with the yogic posture. This acoustic vibration could have significant impact in producing the desired effect of Bhr.P. Since, for brain we don't have any stretching exercises like other parts of the body, vibration of head is a good alternative for that and vibration by one's own voice might not be harmful for the brain tissues.

Kotikalapudi Shiva Kumar et al.(2018) indicate that the effect size of the variations in mudra was more than that of the control group. Mudra practice of a longer duration showed statistically significant change in the EPI parameter, average intensity in comparison to the practice on the 1<sup>st</sup> day.

Nilam Upasani et al.(2018) explain that the it is possible to cure ailments in the most natural way, without involving any kind of medication. The user-friendly interface enables to easily access everything.

## Conclusion

The various types of Yoga Mudra may be practiced anytime, anyplace – in the bus, train, car, office or at home. It is suggested by experts that the Yoga Mudras should be

practiced for 24 minutes incessantly for good results. It can also be done for five minutes at a time as well. To believe it, you must try it. There is nothing to lose and much to gain.

We can compare hasta mudra's with Acupressure where the nerves are influenced by the application of pressure on certain points of body or Acupuncture, where slight electrical impulses are conveyed through needles inserted in the body. The advantage in Mudras is that the pressure to be applied on the nerves is automatic and controlled by the shape and size of the fingers and not by external agencies/instruments. Because the Mudras work on the nerves, they are a Neural Science. Mudra Vigyan is also a science based on the principles of the Indian Medical Science (Ayurveda). Thus, the above mention mudras applied tension to the nerves or the neural which form the psycho-neural circuits and it helps in balancing the five basic elements (or building blocks) and reduce cough, cold, air pathways cogestivity and bronchial infactions. It also balancing of the tension, and redirection of the internal energy effects the changes in veins, tendons, glands and sensory organs, to bring the body back to a healthy state.

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