

## Conceptual Study Of Mudra.

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### Abstract

Ayurveda is a holistic medical system that originated in India and is based on the idea that everything in the universe is connected, that focuses on physical well-being and prevention of disease, rather than just treating disease. It provides guidelines for maintaining balance in the body through lifestyle and dietary choices.

yoga is an ancient Indian practice that combines physical, mental, and spiritual disciplines to promote harmony between the body and mind. mudras are a part of yoga, which is a spiritual practice that complements Ayurveda. Both yoga and Ayurveda are ancient Vedic practices that aim to help people achieve balance and well-being.YOGA Discover the calming power and positive effects of mudra techniques Mudras also playfully called "finger power points". Yoga Mudras are specific positions of the hands and fingers believed to influence the flow of energy in the body and mind. mudras provide various health benefits such as it helps relax the body, relieve stress, Improves focus and concentration, Stimulates brain and strengthens nervous system. A spiritual practice that focuses on purifying the mind and consciousness.

**Key words** :yoga, Mudra , spiritual.

### Introduction

In Sanskrit the word mudra means 'Gesture' or 'Attitude' or 'Seal' or 'Mark'

Mudra is a symbolic posture may involve the whole body or may be

simple hand positionWhich helps in union of body organs,through that union of body,mind and atma with paramatma which leads to attainment of salvation.

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Mudras are helpful in awakening the Kundalini, due to this it is extensively incorporated in kriya and kundalini yoga practices.

In general, Mudras destroys decay, death (jaramarananasanam), all diseases (sarvavyadhivinasanam) and brings Sarvasiddhi Mudras establish direct link between annamayakosha, manomaya kosha and pranamayakosha. A voluntary neuromuscular actions or posture with the help of which the prana is controlled and directed through a particular nadi. It is that specific body position which channelize the energy produced by asanas and pranayamas into various centres and arises particular state of mind. They can also arouse specific emotions.

It can be practised all the times while lying, sitting, walking or even talking.

For good result should be practiced 4 -5 min also at one time every day for lifetime disease free.

If mudra cannot be made in both hand, you may do it in one hand only.

Our five fingers represents five great elements, disease is the result of an imbalance in our body caused by a deficiency or an excess one of the five key elements: space, air, fire, water and earth. Each of these is said to play a specific role within the body and are represented by the five fingers:

The thumb – fire

The forefinger – wind

The middle finger – ether (or space)

The ring finger – earth

The little finger – water

These elements either get deficient or get imbalance accordingly disease manifest in the body.

When a finger representing an element is brought into contact with the thumb the element is brought into the balance. therefore disease caused by imbalance is caused.

It provides the means to connect with the higher self. A hand gesture that involves touching one or more fingers to the thumb to complete an electric circuit. This is said to balance the elements represented by the fingers. The fingers essentially act as electrical circuits and the use of mudras adjust the flow of energy which balance these various elements and accommodate healing.

Performing mudras are said to stimulate the flow of prana (life force or energy) throughout the body, to quieten the mind by focusing it on the simple touch of our hands or fingers and to intensify the power of our practice.

### Classification of Mudra

1. Hand mudras

2. Head mudras

3. Kaya mudras

4. Chikitsa mudras







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### 5. Bandha mudras

#### DIFFERENTS TYPES OF MUDRA

Sl.no	Name of the mudra	Image	Procedure	Benefits
1	Chin Mudra		Hold the thumb and index finger together lightly without exerting any pressure and extend the remaining three fingers.	<ul style="list-style-type: none"> <li>➤ Improve the sleep pattern</li> <li>➤ Alleviates lower backache</li> <li>➤ Enhance concentration and memory</li> </ul>
2	Chinmaya Mudra		Form a ring by touching the tip of thumb and index finger and remaining 3 fingers are curled into the palms of the hands.	<ul style="list-style-type: none"> <li>➤ Increase the appetite</li> <li>➤ Stimulates the digestion process</li> <li>➤ Improves flow of energy in the body</li> </ul>
3	Adi Mudra		Thumb is placed at the base of the small finger and the remaining fingers curl over the thumb, forming a light fist.	<ul style="list-style-type: none"> <li>➤ Improves the oxygen flow to lungs, brain and nervous system</li> <li>➤ relaxes the whole nervous system</li> <li>➤ best to reduce snoring</li> </ul>
4	Brahma Mudra		Both hands are placed in Adi mudra, then with the knuckles of both hands brought together, the hands facing upwards are placed at the navel area.	<ul style="list-style-type: none"> <li>➤ increases lung capacity</li> <li>➤ cures snoring</li> <li>➤ improves oxygen flow in head</li> <li>➤ relaxes nervous system</li> </ul>
5	Jnana Mudra		Hold the thumb and index finger together lightly without exerting any pressure and extend the remaining 3 fingers. Place the hands on the thigh facing upwards.	<ul style="list-style-type: none"> <li>➤ Improves concentration, memory and sharpens the brain</li> <li>➤ relaxes the body completely</li> <li>➤ prevents insomnia</li> <li>➤ cures all psychological disorders like anger, depression</li> </ul>
6	Nasik Mudra		Usually done with the right hand. Bend the index and middle fingers inward and try to touch the center of the palm, extending the little and thumb fingers.	<ul style="list-style-type: none"> <li>➤ used to adopt the kumbhaka</li> </ul>
7	Bhairava Mudra		The right hand is placed on top of the left hand with the palms	<ul style="list-style-type: none"> <li>➤ balances both parts of hemisphere of brain</li> </ul>

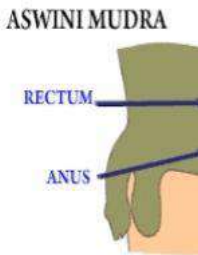

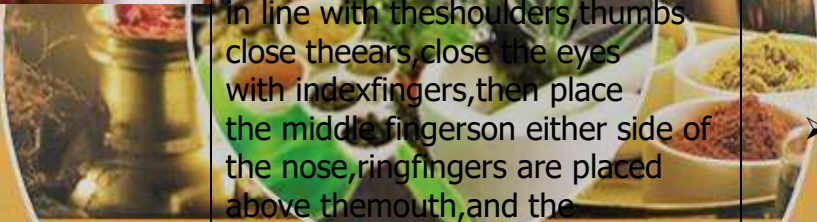
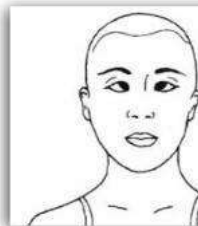
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	Bhairavi		facing up. The left hand is placed on top of the right hand with palms facing up.	<ul style="list-style-type: none"> <li>➤ it activates consciousness</li> <li>➤ it is useful for all organs</li> </ul>
8	Prthvi Mudra		Tip of the ring finger touches the tip of the thumb, with the other 3 fingers stretched out.	<ul style="list-style-type: none"> <li>➤ it helps to increase the weight for weak people</li> <li>➤ improves the complexion and glow of the skin</li> <li>➤ keeps the body active</li> </ul>
9	Varuna Mudra		Tip of the little finger touches the tip of thumb, with other 3 fingers stretched out.	<ul style="list-style-type: none"> <li>➤ Retains purity in blood by balancing water content in the body</li> <li>➤ Prevents the pains of gastroenteritis, dehydration and muscle shrinkage</li> </ul>
10	Vayu Mudra	 वायु मुद्रा	Keep index finger on the base of the thumb and press it with thumb keeping the other 3 fingers straight	<ul style="list-style-type: none"> <li>➤ Cures rheumatism, arthritis, gout, parkinson's and paralysis</li> </ul>
11	Sunya Mudra		Keep the middle finger at the mount of venus and press it with thumb.	<ul style="list-style-type: none"> <li>➤ It relieves an earache (within 4 to 5 min)</li> <li>➤ Useful for the deaf and mentally challenged</li> <li>➤ This mudra is used in treatment of all the diseases that are caused by an excess of vata</li> </ul>
12	Surya Mudra		Bend the ring finger and press it with thumb.	<ul style="list-style-type: none"> <li>➤ It reduces the cholesterol, weight, anxiety and digestion problem</li> <li>➤ Coldness of skin, body limbs, hands and feet</li> <li>➤ Inactivity of thyroid glands</li> <li>➤ Vision or eye problems and loss of appetite</li> </ul>
13	Prana Mudra		Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining 2 fingers stretched.	<ul style="list-style-type: none"> <li>➤ Improves immunity, vision</li> <li>➤ Removes vitamin deficiency and fatigue</li> </ul>

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14	Apana Mudra		The tip of the middle finger and ring finger touch the tip of the thumb while the other 2 fingers are stretched out.	<ul style="list-style-type: none"> <li>➤ Helps to excrete waste regularly</li> <li>➤ Regulates diabetes</li> <li>➤ Cures constipation and piles</li> </ul>
15	Linga Mudra		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.	<ul style="list-style-type: none"> <li>➤ Inhibit the production of phlegm</li> <li>➤ Enhance the lungs capacity</li> <li>➤ Prevents and cures severe cold and bronchial infection</li> </ul>
16	Apana Vayu Mudra		The tip 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.	<ul style="list-style-type: none"> <li>➤ It strengthens the heart</li> <li>➤ Regularizes circulatory, excretory system and gastro intestinal tract</li> </ul>
17	Viparita Karani		It can be practiced in shavasana, raise the leg up straight. support the buttocks with the hands. rest the elbows on the ground. remain steady.	<ul style="list-style-type: none"> <li>➤ Wrinkles on face and grey hair disappear</li> <li>➤ It will increase the gastric fire</li> </ul>
18	Maha Mudra		Press the anus carefully with the left heel, stretch out the right leg, catch hold of the toe with the 2 hands. inhale and retain the breath. press the chin against the chest firmly (Jalandharabandha). fix the gaze between the eyebrows. retain the posture and then exhale slowly. practice first on the left leg and then on the right leg.	<ul style="list-style-type: none"> <li>➤ It cures constipation, hemorrhoids, enlargement of spleen, indigestion, chronic gastritis, leprosy</li> <li>➤ Relieves gridrasi (sciatica), gulma</li> <li>➤ Prevents and restores the loss of virya (semen)</li> </ul>
19	Simha Mudra		In vajrasana posture slowly place the palms firmly on the knees, pressing the palms on the knees, lean forward slightly, hold the posture and inhale, while exhaling open the mouth widely, stretch tongue out from its root and try to touch the chin with the tongue, while practicing gaze in between eyebrows like shambhavi.	<ul style="list-style-type: none"> <li>➤ Prevents from svasa, kasa, pratisyaya</li> <li>➤ Rectifies throat and voice disorders</li> </ul>

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			mudra.	
20	Ashvini mudra	 <p>ASWINI MUDRA</p> <p>RECTUM</p> <p>ANUS</p>	<p>The word ashva means 'horse'. The anal contraction resembles the sphincter movement of a horse immediately after evacuation of the bowels. Hence it is called as ashvini mudra. Sit in vajrasana, then contract and relax the anal sphincter muscles. This should be performed smoothly and rhythmically again and again. This is called ashvini mudra.</p>	<ul style="list-style-type: none"> <li>➤ It awakens the shakti</li> <li>➤ Gives strength and vigor</li> <li>➤ Prevents premature death (akalamaranam)</li> </ul>
21	Sanmuki Mudra	 	<p>This mudra represents closing the 6 gates of perception viz, eyes (2), ears (2), nose (1), mouth (1). Place a hand in front of the face with the elbows pointing outward in line with the shoulders. Thumbs close the ears, close the eyes with index fingers, then place the middle finger on either side of the nose, ring fingers are placed above the mouth, and the little fingers below the mouth.</p>	<ul style="list-style-type: none"> <li>➤ Controls the sense organs</li> <li>➤ Helps to withdraw the senses inwards</li> <li>➤ Helpful to practice the abhyanta rayogai, epratyahara, dharana, dhyana and Samadhi</li> <li>➤ Used while practicing Bramari pranayama</li> </ul>
22	Shambhavi Mudra		<p>It is adopted by gazing between the two eyebrows (bhrumadhya drishti) and it may be performed externally with the eyes open or internally with closed eyes.</p>	<ul style="list-style-type: none"> <li>➤ It calms the mind</li> <li>➤ It helps in developing concentration and mental stability</li> </ul>

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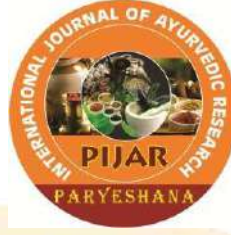
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