

# Different mudras for different diseases

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Here is A to Z list of diseases and their mudras for better referral its arranged in alphabetic order. Click on the each mudrā will take you the details of that mudrā.

You can become a mudra expert within 6 hours with my personal live online course.

Alzheimer's disease: Gyan Mudra , Vaayan mudra

Ataxia(s) : Gyan Mudra , Vaayan mudra

Anxiety :Vaayu-shaamak , Vaata-naashak

Arthritis : Vaayu-shaamak , Vaata-naashak, Prithvi-var dhak

Jal –vardhak , Kapha-Kaarak , Apa an- vaayu Mudra for arthritis

Addison's disease : Gyan Mudra , Vaayan mudra

Atrophy of muscles: Prithvi-var dhak

Anus, burning/fissure in : Prithvi-var dhak

Acidity : Prithvi-var dhak, Kapha-Kaarak, Jal-shaamak

Aphthous ulcers :Prithvi-var dhak, Kapha-Kaarak

Appetite, loss of : Prithvi-shaamak, Pitta-kaarak, Vaayan mudra

Anaemia : Jal –vardhak , Kapha-Kaarak

Ascitis :Pitta-kaarak, Vaayan mudra , Jal-shaamak

Abdominal pain : Vaata-naashak, Vaayu-shaamak , Apa an- vaayu mudrā , Maatangi

Anger : Prithvi-var dhak, Kapha-Kaarak , Vaayu-shaamak.

Athero-sclerosis :Kapha-Kaarak

Ageing, premature : Prithvi-var dhak, Kapha-Kaarak

Acne :Gyan Mudra

Anuria :Apa an- vaayu,Jal –vardhak ,Apa an

Angina pectoris :Apa an- vaayu,Aakaash-var dhak

Asthma :Linga mudrā,Asthma mudrā ,Aakaash-var dhak,Surya Mudra

Allergy : Shanka mudrā, Prithvi-var dhak,Kapha-Kaarak

Appendicitis :Apaan- vaayu,Prithvi Mudra

Atrophy of optic nerve :Gyan Mudra ,Prithvi Mudra

B

Bradycardia: Gyan Mudra

Breathlessness :Vaayu-shaamak ,Asthma

Brittle nails :Vaayu-shaamak,Prithvi Mudra

Blood-pressure, high : Aakaash-varadhak ,Kapha-Kaarak

,Apaan- vaayu ,Vaayan mudra

Bones, to strengthen :Prithvi Mudra Mudra to strengthen bones video

burning, in the body :Prithvi Mudra ,Kapha-Kaarak,Apaan Shanka

Blood circulation, slow :Kapha-Kaarak ,Jal –vardhak ,Pitta-kaarak ,Vaayan mudra

Backache :Vaayu-shaamak,Apaan- vaayu ,Vaata-naashak Hand Mudras for Back pain video

Bloody stools/urine :Kapha-Kaarak

Blood-pressure,low :Prithvi Mudra ,Aakaash-shaamak Mudra for low blood pressure video

Bed-wetting :Jal-shaamak

Boils : Prithvi Mudra ,Kapha-Kaarak ,

Bronchitis :Prithvi Mudra

Blocked nose :Aakaash-shaamak ,Surya Mudra ,Pitta-kaarak

Biliousness :Prithvi Mudra ,Kapha-Kaarak ,

Brain to empower :Prithvi Mudra ,Kapha-Kaarak ,Gyan Mudra

C

Creativity, lack of : Pitta-kaarak ,Gyan mudra ,Vaayan mudra

Cerebral palsy : Vaayan mudra , VAAY-VARDHAK

Cretinism : Vaayan mudra , VAAY-VARDHAK

Concentration, lack of: Vaayu-shaamak, Vaata-naashak mudrā

Convulsions: Vaayu-shaamak, Vaata-naashak mudrā

Chorea: Vaayu-shaamak, Vaata-naashak mudrā, Apaana- vaayu mudrā

Constipation : Vaayu-shaamak, Vaata-naashak mudrā, Prithvi-

shaamak or Surya mudrā , Jal –vardhak or Varun mudrā

Congestion in body : Aakaash-var dhak or Aakash mudrā

Chest-congestion: : Aakaash-var dhak or Aakash mudrā

Cartilage, degeneration /tear : Jal –var dhak or Varun mudrā,

Prithvi Mudra or Prithivi mudrā

Chronic fatigue : Prithvi Mudra or prithvi mudrā ,  
Vaata-naashak mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Pushaan mudrā

Convalescence : Prithvi Mudra or prithvi mudrā

Coldness of body/skin : Surya Mudra or Surya mudrā, Jal-shaamak mudrā , Vaata-naashak mudrā, Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā

Cervical spondylosis: Vaayu-shaamak, Vaata-naashak mudrā, Jal –var dhak or Varun mudrā, Prithvi Mudra or prithvi mudrā , Apaana- vaayu mudrā , Apaana mudrā

Cold intolerance of: Vaata-naashak mudrā, Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā, Surya Mudra or Surya mudrā.

Cataract: Surya Mudra or Surya mudrā

Cracked skin/lips/tongue: Vaayu-shaamak, Vaata-naashak mudrā, Jal –var dhak or Varun mudrā

Cramps of muscles: Jal –var dhak or Varun mudrā, Vaayu-shaamak

Circulation, slow: Pitta-kaarak or Kapha-naashak mudrā, Jal –var dhak or Varun mudrā, Vaayan mudra or Vaayan mudrā

Chest pain: Vaata-naashak mudrā, Apaana- vaayu mudrā

Colds: Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Cough, wet: Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Cough, dry: Vaayu-shaamak

Colitis: Kapha-Kaarak or Pitta-naashak mudrā

D

Dullness of mind: Gyan Mudra , Surya Mudra or Surya mudrā

Drowsiness: Gyan Mudra , Vaayan mudra or Vaayan mudrā

Dementia(s): Gyan Mudra

Degeneration of retina: Gyan Mudra

Dwarfism: Gyan Mudra

Diabetes mellitus : Gyan Mudra , Kapha-Kaarak or Pitta-naashak mudrā , Apaana mudrā

Dizziness: Surya Mudra or Surya mudrā , Vaayu-shaamak

Dry skin/hair : Vaayu-shaamak, Apaana mudrā , , Kapha-Kaarak or Pitta-naashak mudrā, Jal –var dhak or Varun mudrā, Prithvi Mudra or prithvi mudrā

Dyspnoea : Vaayu-shaamak, Asthma mudrā

Dysurea: Prithvi Mudra or prithvi mudrā, Apaana- vaayu mudrā

Detoxification: Aakaash-varadhak or Aakash mudrā , Apaana mudrā Mudra For Detoxification Video

Deafness: Prithvi Mudra or prithvi mudrā, Aakaash-shaamak or shoonya mudrā

Debility : Prithvi Mudra or prithvi mudrā, Apaana mudrā,

Degeneration of joint-cartilage: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak, Apaana mudrā, Vaayan mudra or Vaayan mudrā

Dry eyes: Jal –vardhak or Varun mudrā

Dehydration : Jal –vardhak or Varun mudrā

Deficiency of hormones : Jal –vardhak or Varun mudrā

Dropsy: Jal-shaamak mudrā

Diarrhea : Jal-shaamak mudrā , Apaana mudrā, Vaayan mudra or Vaayan mudrā, Prithvi Mudra or prithvi mudrā

Dysentery: , Kapha-Kaarak or Pitta-naashak,

Depression:Surya Mudra or Surya mudrā, Gyan Mudra

Digestion, weak: Surya Mudra or Surya mudrā, Jal –vardhak or Varun mudrā, Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Duodenal ulcer: Prithvi Mudra or Prithvi mudrā

Dry mouth throat: Jal –vardhak or Varun mudrā

E

Endocrine disorders: Gyan Mudra /Vaayu-shaamak or Vaayu mudrā

Effusion in joints: Gyan Mudra ,Jal-shaamak mudra

Epilepsy: Vaayu-shaamak or Vaayu mudra, Vaata-naashak mudra

E.S.P, to develop: Aakaash-varadhak or Aakash mudrā

Ear disorders (pain): Vaata-naashak mudrā , Aakaash-shaamak or shoonya mudrā

(deafness ): Aakaash-shaamak or shoonya mudrā, Prithvi Mudra or prithvi mudrā

Emaciation(weight-loss): Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak, Vaata-naashak mudrā

Excessive salivation/thirst/perspiration/urination: Kapha-Kaarak or Pitta-naashak, Jal-shaamak mudrā

Excessive menses : Jal-shaamak mudrā, Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak, Vaayan mudra or Vaayan mudra,

Enthusiasm. Lack of :Vaayan mudra or Vaayan mudra, Gyan Mudra , Pitta-kaarak or Kapha-naashak mudra

Excessive sleep: Vaayan mudra or Vaayan mudra, Gyan Mudra , Surya Mudra or Surya mudrā

Eye-ailments, watering; Surya Mudra or Surya mudrā, Pitta-kaarak or Kapha-naashak mudrā

Cataract: Surya Mudra or Surya mudrā,Pitta-kaarak or Kapha-naashak mudrā

Twitching, nystagmus: Vaayu-shaamak or Vaayu mudrā

Glaucoma: Jal-shaamak mudrā

Eczema-dry : Jal –vardhak or Varun mudrā

-weeping; Jal-shaamak mudrā

F

Frohlick's syndrome: Gyan Mudra , Vaayan mudra or Vaayan mudrā

Facial palsy: Gyan Mudra

Fear: Gyan Mudra , Aakaash-var dhak or Aakash mudrā , Uttarbodhi mudrā , Vaata-naashak mudrā

Fits: Vaayu-shaamak or Vaayu mudrā Vaata-naashak mudrā

Flatulence (gas): Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apaana- vaayu mudrā ,Apaan mudrā

Fever: Apaana mudrā,Prithvi Mudra or prithvi mudrā , Shanka mudrā

Frozen shoulder: Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā

Fatigue: Vaata-naashak mudrā , Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Pushaan mudrā

Fracture: Prithvi Mudra or prithvi mudrā

Feet, cold: Surya Mudra or Surya mudrā , Pitta-kaarak or Kapha-naashak mudrā , Linga mudrā

Fatness: Vaayan mudra or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā , Surya Mudra or Surya mudrā, Linga mudrā

Forgetfulness: Gyan Mudra , Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā  
Mudra For Forgetfulness video

Fissure, anal: Prithvi Mudra or prithvi mudrā

Frigidity: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Flu: Apaana mudrā, Prithvi Mudra or prithvi mudrā , Shanka mudrā

G

Gastric ulcer : Prithvi Mudra or prithvi mudrā

Giddiness: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Gout: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā

Gas: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā, Apaana- vaayu mudrā, Apaana mudrā

General debility: Prithvi Mudra or prithvi mudrā, Apaana mudrā, Vaayan mudra or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Greying of hair: Prithvi Mudra or prithvi mudrā

Greasy skin, hair: Vaayan mudra or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Gall colic: Apaana- vaayu mudrā

Gastritis: Prithvi Mudra or prithvi mudrā, Apaana mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Glaucoma: Jal-shaamak mudrā

H

Heel-pain: Surya Mudra or Surya mudrā , Apaana- vaayu mudrā, Vaata-naashak mudrā

Heart weak /failure: Gyan Mudra OR GYAN/DNYAAN MUDRA , Vaayan mudra or Vaayan mudrā

Heart disease/pain/attack : Vaayan mudra or Vaayan mudrā , Apaana- vaayu mudrā, Aakaash-varadhak or Aakash mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Hypopituitarism: Gyan mudra

Hypoparathyroidism: Gyan Mudra OR GYAN/DNYAAN MUDRA

Hypoadrenalism: Gyan Mudra OR GYAN/DNYAAN MUDRA

Hemiplegia: Gyan Mudra OR GYAN/DNYAAN MUDRA

Hypogonadism : Gyan Mudra OR GYAN/DNYAAN MUDRA

Hyperthyroidism: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā

Hiccups: Apaana- vaayu mudrā, Vaayu-shaamak or Vaayu mudrā

High blood pressure: Vaayan mudra or Vaayan mudrā, Aakaash-varadhak or Aakash mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Apaana- vaayu mudrā

Hair-loss/greying: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā

Hyperacidity: Jal-shaamak mudrā, Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Hydrocele: Jal-shaamak mudrā

Hydrocephalous: Jal-shaamak mudrā

Hydronephrosis: Jal-shaamak mudrā

Heat stroke: Gyan Mudra OR GYAN/DNYAAN MUDRA , Prithvi Mudra or prithvi mudrā

Heat, intolerance: Gyan mudra , Vaayan mudra or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā

Head ache: Apaana- vaayu mudrā, Vaata-naashak mudrā , Vaayu-shaamak or Vaayu mudrā

Hoarse voice: Vaata-naashak mudrā , Vaayu-shaamak or Vaayu mudrā

I

Initiative, lack of: Gyan Mudra OR GYAN/DNYAAN MUDRA , Vaayan mudra or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Irritability: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Indecisiveness: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Impatience: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Vaata-naashak mudrā , Prithvi Mudra or prithvi mudrā

Intercostals neuralgia: Vaayu-shaamak or Vaayu mudrā

Intuition, to develop: Aakaash-varadhak or Aakash mudrā

Irregular heart-beats: Aakaash-varadhak or Aakash mudrā

Inflammatory diseases: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā

Intolerance of cold: Pitta-kaarak or Kapha-naashak mudrā , Vaata-naashak mudrā , Surya Mudra or Surya mudrā , Linga mudrā

Indigestion: Surya Mudra or Surya mudrā , Linga mudrā , Pitta-kaarak or Kapha-naashak, Jal –varadhak or Varun mudrā

Intolerance of heat: Gyan Mudra OR GYAN/DNYAAN MUDRA, Vaayan mudra or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā , Shanka mudrā

Irregular menses: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Immunity, weak: Kapha-Kaarak or Pitta-naashak mudrā , Pushaan mudrā

Intelligence, to develop: Gyan Mudra OR GYAN/DNYAAN MUDRA Mudra to develop intelligence video

Impotence: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā , Linga mudrā

Infertility: Kapha-Kaarak or Pitta-naashak mudrā , Jal –varadhak or Varun mudrā, Prithvi Mudra or prithvi mudrā

Influenza: Prithvi Mudra or prithvi mudrā , Shanka mudrā, Apaana mudrā

Insomnia: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudra , Vaata-naashak

mudrā , Prithvi Mudra or prithvi mudrā ,

Itching: Prithvi Mudra or prithvi mudrā , Shanka mudrā

Infectious diseases: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi Mudra or prithvi mudrā , Apaana mudrā

J

Joint-pains: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā, Prithvi Mudra or prithvi mudrā , Apaana- vaayu mudrā , Apaana mudrā , Jal –vardhak or Varun mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Jealous nature: Kapha-Kaarak or Pitta-naashak mudrā

Jaundice: Kapha-Kaarak or Pitta-naashak mudrā

Joy , to induce : Gyan mudra

K

Kidney ailments: Apaana- vaayu mudrā ,Apaana mudrā Jal-shaamak mudrā

Kapha (mucous) excessive: Pitta-kaarak or Kapha-naashak mudrā

L

Lack of enthusiasm /initiative/creativity: Gyan mudra , Vaayan mudra or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā

Loss of memory: Gyan mudra , Prithvi Mudra or prithvi mudrā

Lethargy: Gyan mudra , Vaayan mudra or Vaayan mudrā

Lack of concentration: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Lack of Stamina /endurance: Prithvi Mudra or prithvi mudrā , Vaata-naashak mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Loss of appetite: Vaayan mudra or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā, Surya Mudra or Surya mudrā

Loss of taste-sensation: Jal –vardhak or Varun mudrā

Loose motions: Gyan mudra , Vaayan mudra or Vaayan mudrā , Prithvi Mudra or prithvi mudrā , Jal-shaamak mudrā , Apaana mudrā

Liver ailments: Surya Mudra or Surya mudrā , Linga mudrā

Leucorrhoea: Apaana mudrā , Shanka mudrā

Lumbago: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apaana- vaayu mudrā

Laryngitis: Prithvi Mudra or prithvi mudrā

Leprosy: Kapha-Kaarak or Pitta-naashak mudrā



## M

Mind, to empower: Gyan mudra

Muscles, to strengthen: Gyan mudra , Shanka mudrā

Memory, loss of: Gyan mudra , Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Mental retardation: Gyan mudra Mudra For Mental Retardation video

Multiple sclerosis: Gyan mudra

Motor neuron disease: Gyan mudra

Myxoedema : Gyan mudra , Jal-shaamak mudra , Surya Mudra or Surya mudrā , Linga mudrā

Myopathies : Gyan mudra , Prithvi Mudra or prithvi mudrā

Myesthenia gravis: Gyan mudra

Monoplegia : Gyan mudra

Mucous, excessive: Gyan mudra , Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā

Muscle spasm /cramps/rigidity: Vaayu-shaamak or Vaayu mudrā , Jal –vardhak or Varun mudrā

Milk, deficient: Jal –vardhak or Varun mudrā

Migraine: Gyan mudra , Aakaash-var dhak or Aakash mudrā , Apaana mudrā Mudra For Migraine video

Muscle-atrophy: Prithvi Mudra or prithvi mudrā

Mouth ulcers: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Menstrual problem:

Scanty: Surya Mudra or Surya mudrā , Jal –vardhak or Varun mudrā , Vaata-naashak mudrā

Excessive: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Jal-shaamak mudrā , Vaayan mudra or Vaayan mudrā

Painful: Kapha-Kaarak or Pitta-naashak mudrā , Vaata-naashak mudrā

Irregular: Kapha-Kaarak or Pitta-naashak mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Mental tension: Kapha-Kaarak or Pitta-naashak mudrā

Menopause: Kapha-Kaarak or Pitta-naashak mudrā , Jal –vardhak or Varun mudrā

## N

Nervous(system)disorders : Gyan Mudra OR GYAN/DNYAAN MUDRA , Vaayan mudra or Vaayan mudrā  
Mudra For Nervous System Disorders video

Neuritis: Gyan Mudra OR GYAN/DNYAAN MUDRA , Prithvi Mudra or prithvi mudrā

Neuropathies: Gyan Mudra OR GYAN/DNYAAN MUDRA

Nystagmus: Vaayu-shaamak or Vaayu mudrā

Numbness in body /hands/feet: Vaayu-shaamak or Vaayu mudrā , Aakaash-shaamak or shoonya mudrā , Vaata-naashak mudrā

Nose/smell disorders: Prithvi Mudra or prithvi mudrā Mudra For Smell Disorders video

Nose, running: Jal-shaamak mudrā

Nose, blocked: Surya Mudra or Surya mudra , Pitta-kaarak or Kapha-naashak mudrā

Nervous exhaustion/breakdown: Gyan Mudra OR GYAN/DNYAAN MUDRA, Vaayan mudra or Vaayan mudrā

Neck-pain , stiffness : Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā

Nails brittle: Prithvi Mudra or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Nausea: Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā , Apaana mudrā

O

Optic atrophy: Gyan Mudra OR GYAN/DNYAAN MUDRA , Prithvi Mudra or prithvi mudrā

Overactivity of endocrine glands: Vaayu-shaamak or Vaayu mudrā

Osteoporosis/osteomalacia : Prithvi Mudra or prithvi mudrā

Osteo-Arthrites(O.A): Prithvi Mudra or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Apaana- vaayu mudrā , Apaana mudrā , Jal –vardhak or Varun mudrā

Obesity: Gyan mudra , Surya Mudra or Surya mudrā , Vaayan mudra or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā , Linga mudrā

Oliguria: Vaata-naashak mudrā , Jal –vardhak or Varun mudrā

Oligomenorrhoea : Pitta-kaarak or Kapha-naashak mudrā , Jal –vardhak or Varun mudrā

Oligospermia : Jal –vardhak or Varun mudra

Odema: Surya Mudra or Surya mudrā , Linga mudrā , Jal-shaamak mudrā

Oily skin/hair: Gyan Mudra OR GYAN/DNYAAN MUDRA , Vaayan mudra or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā

P

Paresis,Polio : Gyan Mudra OR GYAN/DNYAAN MUDRA , Prithvi Mudra or prithvi mudrā

Paralysis, paraplegia : Kapha-Kaarak or Pitta-naashak mudrā

Paralytic squint: Gyan mudra

Ptosis: Gyan mudra

Prostatitis: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Parkinson's disease: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apaana- vaayu mudrā

Palpitations: Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā

Premature ageing/graying of hair: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Vaayu-shaamak or Vaayu mudrā, Jal –vardhak or Varun mudrā

Psoriasis: Vaayu-shaamak or Vaayu mudrā , Jal –vardhak or Varun mudrā

Pleurisy/Pleural effusion: Jal-shaamak mudrā

Painful conditions: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apaana- vaayu mudrā

Piles: Prithvi Mudra or prithvi mudrā , Apaana- vaayu mudrā , Apaana mudrā

Pharyngitis(sore throat): Prithvi Mudra or prithvi mudrā Kapha-Kaarak or Pitta-naashak mudrā , Shanka mudrā

Pneumonia: Prithvi Mudra or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Shanka mudrā

Pituitary/pineal disorders: Gyan Mudra OR GYAN/DNYAAN MUDRA

Pitta(bile),excessive : Kapha-Kaarak or Pitta-naashak mudrā

Q

Quadriplegia: Prithvi Mudra or prithvi mudra , Gyan Mudra OR GYAN/DNYAAN MUDRA , Kapha-Kaarak or Pitta-naashak mudrā

S

Syringomyelia: Gyan Mudra OR GYAN/DNYAAN MUDRA, Linga mudrā

Simmond's disease: Gyan mudra

Spasticity of muscles: Vaayu-shaamak or Vaayu mudrā , Jal –vardhak or Varun mudrā

Stress: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudra,

Sleepness: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā ,Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Sciatica: Vaayu-shaamak or Vaayu mudrā

Skin, dry-cracked: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā, Prithvi Mudra or prithvi

mudrā, Kapha-Kaarak or Pitta-naashak mudrā, Apaana mudrā

Mature ,ageing : Prithvi Mudra or prithvi mudrā

Oily: Gyan Mudra OR GYAN/DNYAAN MUDRA, Vaayan mudra or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Cold : Vaata-naashak mudrā, Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā  
Sinusitis: Prithvi Mudra or prithvi mudrā, Aakaash-varadhak or Aakash mudrā

Skin rashes: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Stomach, burning in : Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā, Apaana mudrā, Shanka mudrā

Stomach, pain: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā, Apaana- vaayu mudrā

Shivering: Surya Mudra or Surya mudrā, Vaata-naashak mudrā

Sweating,absent : Surya Mudra or Surya mudrā, Vaata-naashak mudrā, Pitta-kaarak or Kapha-naashak mudrā

Sweating,excessive : Prithvi Mudra or prithvi mudrā, Jal-shaamak mudrā , Vaayan mudra or Vaayan mudrā

Scanty, urine: Vaata-naashak mudrā, Jal –vardhak or Varun mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Scanty menses: Surya Mudra or Surya mudrā, Pitta-kaarak or Kapha-naashak mudrā  
Vaata-naashak mudrā, Jal –vardhak or Varun mudrā

Scanty semen: Jal –vardhak or Varun mudrā

Saliva excessive: Jal-shaamak mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Sleep excessive: Surya Mudra or Surya mudrā, Vaayan mudra or Vaayan mudrā , Surya Mudra or Surya mudrā

Sun-stroke: Prithvi Mudra or prithvi mudrā, Vaayan mudra or Vaayan mudrā, Shanka mudrā

Stamina, lack of: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā , : Gyan mudra , Apaana mudrā, Pushaan mudrā

Stammering : Vaata-naashak mudrā

Sexual debility: 0, Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Shoulder pain/stiffness: Apaana- vaayu mudrā

Swelling : Surya Mudra or Surya mudrā, Jal-shaamak mudrā

Sore throat: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

## T

Tabes dosalis: Gyan mudra

Tongue /taste disorders: Jal –vardhak or Varun mudrā

Thyroid, underactive: Surya Mudra or Surya mudrā, Linga mudrā, Pitta-kaarak or Kapha-naashak mudrā, Jal-shaamak mudrā , : Gyan mudra

Typhoid: Prithvi Mudra or prithvi mudrā, Shanka mudrā

T.B: Prithvi Mudra or prithvi mudrā

Tennis elbow: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā

Thyroid ,over active : Prithvi Mudra or prithvi mudrā, Vaayu-shaamak or Vaayu mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Timidity: Prithvi Mudra or prithvi mudrā, Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Tremors: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā, Vaata-naashak mudrā

Throat –burning/pain: Prithvi Mudra or prithvi mudrā, Apaana- vaayu mudrā, Shanka mudrā

Toothache: Apaana- vaayu mudrā, Vaata-naashak mudrā

Tonsillitis: Prithvi Mudra or prithvi mudrā, Apaana mudrā

Trigeminal neuralgia: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā

Tinnitus(noises in the ear) : Aakaash-shaamak or shoonya mudrā

Tachycardia (fast heart beats) : Vaayu-shaamak or Vaayu mudrā

## U

Urticaria,itching : Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā, Shanka mudrā

Ulcers in mouth /stomach/intestines: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Urine,scanty/absent : Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā,Apaana mudrā, Jal –vardhak or Varun mudrā

Profuse frequent: Gyan Mudra OR GYAN/DNYAAN MUDRA, Vaayan mudra or Vaayan mudrā, Jal-shaamak mudrā

Burning/painful: Prithvi Mudra or prithvi mudra, Apaana- vaayu mudrā, Apaana mudrā

Unsteady walk(gait): Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Ulcerative colitis: Prithvi Mudra or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

## V

Vocal paralysis: Gyan Mudra OR GYAN/DNYAAN MUDRA

Voice lost/feeble: Gyan Mudra OR GYAN/DNYAAN MUDRA

Voice, hoarse/strained: Vaayu-shaamak or Vaayu mudrā, Prithvi Mudra or prithvi mudrā

Vertigo: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Vision problems: Surya Mudra or Surya mudrā

Vatta(air)excessive : Vaata-naashak mudrā

Varicose veins: Prithvi Mudra or prithvi mudrā, Apaana- vaayu mudrā , Apaana mudrā

W

Weakness: Gyan mudra , Prithvi Mudra or prithvi mudra, Apaana mudra, Vaayana mudra or Vaayana mudra, Kapha-Kaarak or Pitta-naashak mudra

Weight-loss (to arrest): Vaayu-shaamak or Vaayu mudrā, Prithvi Mudra or prithvi mudrā, Vaata-naashak mudrā

Weight, excessive: Gyan mudra , Surya Mudra or Surya mudrā, Linga mudrā, Pitta-kaarak or Kapha-naashak mudrā

Water retention: Surya Mudra or Surya mudrā, Linga mudrā, Jal-shaamak mudra

Watery eyes: Jal-shaamak mudra, Pitta-kaarak or Kapha-naashak mudra

How to practice hand mudras and precautions

You know different types of mudras already but have you ever asked what exactly mudra does to your body? Does it really help? What are the general practices you should remember when doing hand mudras and what are the precautions you need to make note of? Here are some of the things that you should definitely remember if you are to start doing hand mudras.

### General guidelines

Each finger actually has their own function and meaning: in Chinese interpretation the meaning of each finger are as follows: the thumb represents the planet Saturn and is responsible for the spleen, stomach, and mouth, the index finger corresponds to the liver, gall bladder, and eyes, the middle finger is responsible for the heart, the small intestine, and the tongue, the ring finger is responsible for lungs, large intestine, and the nose while the little finger corresponds to the ears, kidneys and bladders.

Once you have chosen the mudra you want to try out, you have to hold it out firmly with both hands, but not too tight that you might drain the blood off of your fingers. Then, aim to keep your hands in that position all throughout your whole meditation session.

In order for the mudra to be fully effective, you have to have the right body position and mind condition. You do not have to stick with the same mudra again and again; you can try different mudras for your meditation sessions. Match the mudras you practice to your needs. Be mindful of distracting thoughts and try to let them go. Sit somewhere you are comfortable on and try to be relaxed as much as possible. If you want to do them while walking, try keeping a rhythmic phase. If not, then you should sit, pull your chin in a bit and let your neck relax. Breathe evenly, slow, flowing and gentle.

## Benefits of hand mudra

There are a lot of benefits that you can get from practicing hand mudras daily, some of them are: to help concentrate especially when you are meditating, for students to have better grades and improve their intelligence, alleviates a headache, hypertension, insomnia and reduces anger. It can even reduce watering of the eyes and hardness in hearing. It also helps the bones become stronger and strengthens the gums. It is also beneficial to people with heart diseases. It helps in the digesting process and helps in preventing the lack of vitamins. It gives energy to the body. It even reduces stress and helps in maintaining good health especially those who have liver problems. It is useful to fight off skin diseases, acne, and other blood defects. It also helps in colds, asthma, and other respiratory diseases.

## Precautions

There are few precautions that should be taken note of in doing hand mudras. You should have a healthy diet, including eating a lot of fruit and vegetables and you must take note of the hand mudras that you can only do in a certain position like sitting or standing.

As much as mudras as good for the body, there are certain things you still have to keep in mind in doing them. Precautions are like warning signs to help you save your body from being hurt. Now that you know them, you can enjoy hand mudras and get the benefits you want from them. Have fun practicing your newly found ideas!

## Vajra Mudra, Benefits, How to do, Duration and Precautions

May 27, 2017 by [M.Hari Kumar](#)

Vajra mudra is useful to overcome dizziness and gets instant energy. In the modern world, 50% of the population is spending their whole day under artificial settings. It will drain their energy and decrease blood circulation. If you are one of them then this mudra is for you.



Vajra mudra  
How to do Vajra Mudra

Join the tips of little finger, ring finger, middle finger and thumb finger and extend the index finger to form Vajra mudra.

### Duration of Vajra mudra practice

Just five minutes of practice will give you instant relief from dizziness.

### Vajra mudra benefits

1. Relieves dizziness.
2. Instantly energises body.
3. Improves blood circulation.
4. Normalize low blood pressure.
5. Helps to overcome addictions of stimulants like coffee, tobacco and cigarette.

Different variations of Vajra Mudra are practiced in tantric Buddhist traditions in Korea and Japan.

### Precautions

If you are a kapha excess person or have high blood pressure then practice this mudra in moderation only.



Other mudra to overcome low blood pressure

Low blood pressure is a dangerous health condition than high blood pressure. Nothing to worry here are few mudras to normalize low blood pressure.

Prithvi mudra and Shunya mudra also helpful to control low blood pressure.

Joining the tips of thumb finger and ring finger will form the prithvi mudra.

Placing the tips of middle finger at the bottom of thumb finger will form shunya mudra.

From <<https://www.completeNaturecure.com/vajra-mudra-benefits-duration-precautions/>>

## Makara Mudra To Activate Instant Energy Reserve

May 16, 2017 by [M.Hari Kumar](#)

Makara Mudra is an efficient mudra to give you instant strength and security. The Sanskrit word “Makara” means Crocodile. Crocodile is the animal known for its strength. After a prolonged periods of rest, It can convert their reserve energy instantly and pounce on its prey at lightning speed. We also have similar reserve power. Makara Mudra is useful to activate the reserve energy. It is especially helpful when you feel depressed, frustrated and has too much on your plate. The reduced energy can be easily found by the baggy eyes and dark circles on your face. The practice of Makara Mudra helpful if you have similar physical symptoms. It calms the mind. It gives you strength and serenity.

### How to do Makara Mudra



To do this mudra, you need to place one hand inside the other like in the image. Extend the thumb finger of your lower hand through the little finger and ring finger of the other and put it in the middle of the palm of the upper hand. The tips of the thumb finger and the tips of your ring finger touch each other as like in the picture.

### Benefits of Makara Mudra

- The practice of this mudra activates energy reserved for you.
- You can overcome the feeling of tiredness instantly.
- It empowers kidney.
- It is useful to remove dark circles under the eyes.
- The Practice of Makara mudra gives relaxing effects and also helps to focus and have a great sense of **Security and trust**.

### Duration of Makara Mudra

To get the instant result, you have to practice it for at least ten minutes. Regular practice of Makara Mudra is highly beneficial.

Along with this Mudra, you have to take nutritious diet and practice deep breathing in open places. Also, you can make affirmations like I am energetic or something you like.

Practice Makara Mudra to lead a young and active life.

From <<https://www.completenaturecure.com/makara-mudra-activate-instant-energy-reserve/>>

Shunya mudra

April 5, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

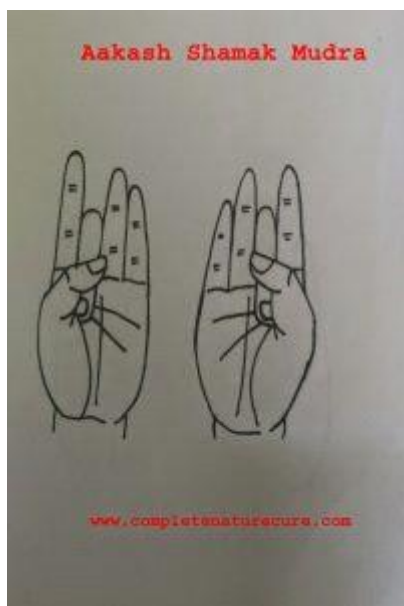
The word “Shunya” means empty and the practice of Shunya mudra is useful to decrease space element in the body. It is also called as Aakash shaamak mudrā.

Other names of Shunya mudra

**Shoonya mudra**

**Aakash-shamak mudra**

How to do Shunya mudra



This mudra is very easy to do, just placing the tip of the middle finger at the bottom of the thumb and apply a little pressure. The middle finger represents space element in the body by practicing this mudra you can decrease space (Aakash) element in the body.

The impact of Shunya mudra on health

Shunya mudra is used in Ayurveda treatments of disorders (enlisted below) caused by an abnormal increase of space within the body. The element space is associated with ears. Therefore, Aakash-shaamak mudra helps to heal certain ear disorders. In fact, it is an almost fail proof remedy for ear pain.

The decreased internal space restricts the other four bodily elements, i.e., Vayu(air), Agni(fire), Jal(water) and Prithvi(Earth). Therefore, Aakash-shaamak mudra can be beneficially combined with Vaayu-shamaak, Agni-shamak, Prithvi-shammak and jal-shammak mudras.

Space(Aakash) is the primary component of [Vata Prakriti](#). The practice of Shoonya mudra is useful to treat Vata dosha.

### Benefits of Shunya mudra practice

Shoonya mudra has various health benefits. This mudra is very 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 has [tri-dosha](#).

### Duration of Shunya mudra practice

Thirty to forty-five minutes of regular practice is enough to get desired results. This Mudra can be performed any time or in any position. It is preferable that early morning hours and when you are meditating practice this mudra to get quick results.

### Side Effects of Shunya mudra

There are no major side effects in the practice of Aakash-shamak mudra. But if you are a Vata deficient person then do this mudra moderately.

### Precautions

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

From <<https://www.completenaturecure.com/shoonya-mudra/>>

## Prithvi Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Prithvi mudra is one of the important mudras in healing mudras.

The practice of this mudra is useful to increase earth element and decrease fire element within the body.

The practice of this mudra increases strength and endurance of your body.

If you are a [Kapha deficient person](#), this mudra is highly beneficial for your overall health.

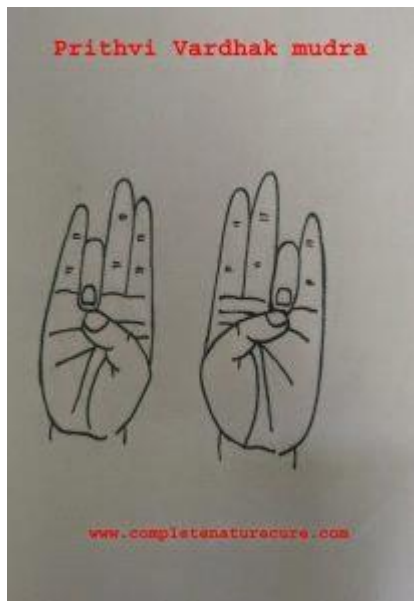
Other names of Prithvi mudra:

Agni-shamak mudra.

Prithvi-var dhak mudra.

This mudra is very much useful to gain weight and strengthen the body.

How to do Prithvi mudra:



It is very easy to do, just joining the tips of ring finger with the tip of thumb finger and applying gentle pressure is enough to form Prithvi-var dhak mudra.

You may practice Prithvi mudra while traveling, watching T.V, anywhere and anytime.

## The impact of Prithvi mudra on your health

Earth is the major component of bones, cartilage, moleskin, hair, nails, flesh, muscles, tendons, internal organs, etc. the practice of Prithvi mudra strengthens these tissues. Prithvi mudra reduces body temperature and strengthens your body. It is useful to heal degenerative diseases like T.B.

### Prithvi mudra benefits

This mudra has the healing power to heal following conditions

1. Debility
2. Convalescence,
3. Endurance or lack of stamina,
4. Loss of weight.
5. Emaciation
6. Inexplicable
7. Osteoporosis
8. Fracture,
9. Degeneration of articular cartilage,
10. Weakness atrophied muscles.
11. Myopathies
12. Paresis
13. Paralysis
14. Poliomyelitis
15. Dry, cracked, burning, mature skin
16. Brittle nails
17. Hair loss, premature graying of hair
18. Burning in eyes
19. Acidity,
20. Burning sensation of urinating,
21. Burning in anus,
22. Burning in hands, feet, and head
23. Aphthous,
24. Ulcers in the mouth and stomach
25. Inflammatory diseases,
26. Jaundice,
27. Fever,

28. Hyperthyroidism.

29. Chronic fatigue

Duration for Prithvi Mudra practice

Thirty to forty-five minutes of regular practice is enough to get good results. You can do it anytime or in any place but the morning hour or when you are in meditation is the best choice to get best results. To get the outcome in a quick pace, please practice it regularly. Keeping a [healthy diet plan](#) is also beneficial.

Side effects of Prithvi mudra practice

The practice of this mudra has no major side effects. But the people who are obsessed and have asthma will face some problems. It is better that overweight people avoid the practice of it.

Precaution for Prithvi-Vardhak mudra:

If you are a [Kapha dosha person](#), then do it in moderation only.

From <<https://www.completenaturecure.com/prithvi-mudra/>>

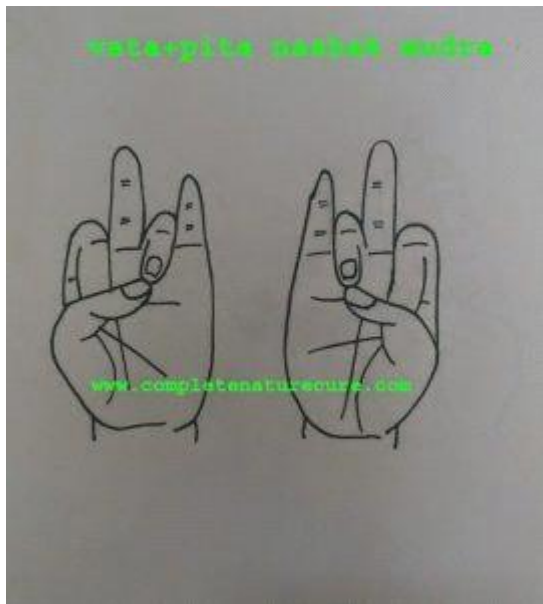


## Vata and Pitta naashak mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Vata and pitta nashak mudra are useful for the persons who are having [Vata](#) and [Pitta dosha](#) jointly. This mudra has unique qualities to overcome all the ailments of Vata and pitta doshas.

### Vata+pita nashak mudra



### How to do vatta+pitta nashak mudrā:

This mudra is little critical than basic mudra, just placing the tip of the index finger on the base of thumb finger and placing the tip of the ring finger on the tip of thumb finger is enough to form this mudra.

### Duration of Vata and Pitta-nashak mudra

30 minutes of practice is enough to get good results of this mudra. You can perform this mudra at any time or any position. It is preferable that early hours of the morning or in meditation.

### Precautions

If you are a Kapha Prakriti person, then you should practice this mudra in moderation only.

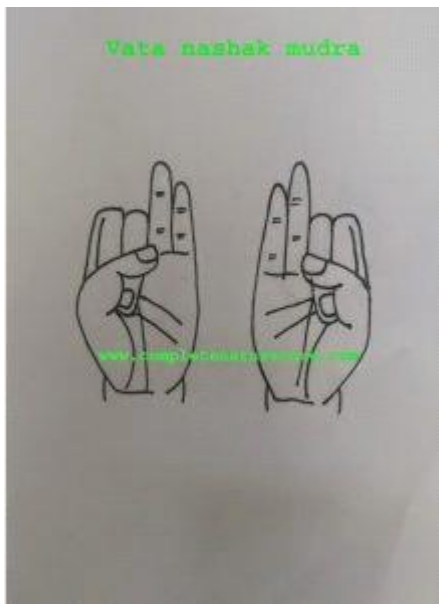
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## Vata-naashak mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Vata-naashak mudra is useful to decrease [Vata-dosha](#). If you are a Vata dosha person, this mudra is for you.

### How to do Vata-naashak mudra



This mudra is very easy to do, just place the tips of index finger and middle finger at the base of thumb finger and applying gentle pressure.

Vata-nashak mudra helps to overcome all the painful conditions like a [headache](#), earache, [toothache](#), throat pain, etc.

### Impact of Vata-nashak mudra on health

Vata-naashak mudra helps to cut Vata-dosha. This mudra is helpful for the person of Vata Prakriti. It is helpful to control overactiveness of mind.

### Vata naashak mudra benefits

vata-nashak mudra is useful in the treatment of;

- **Chronic fatigue.**
- **Lack of stamina and endurance.**
- **Indecisiveness, impatience, timidity, inexplicable fear.**
- **Sleeplessness or Insomnia**

- Intolerance of cold weather or the wind.
- Underweight, emaciation, inexplicable weight loss.
- Numbness in the body parts.
- Tremors
- Shivering.
- Unsteady gait,
- Parkinson's,
- Giddiness,
- vertigo,
- Creaking joints
- Osteoarthritis
- Cold,dry,cracked skin,nails,hair
- Irregular, scanty, painful menses
- hoarseness of voice, stammering
- constipation
- flatulence
- Scanty urination,
- Insufficient sweating.

All the diseases caused due to Vata dosha can be healed by Vata-nashak mudrā.

#### Duration For Vata Nashak Mudra

Thirty to forty-five minutes of regular practice is enough to get good results of vata-nashak mudrā. You can practice this mudra at any time or any position. It is preferable the early hour of the morning or in meditation to get best results.

#### Precautions

If you are a Vata deficient person, then do this mudra in moderation only.

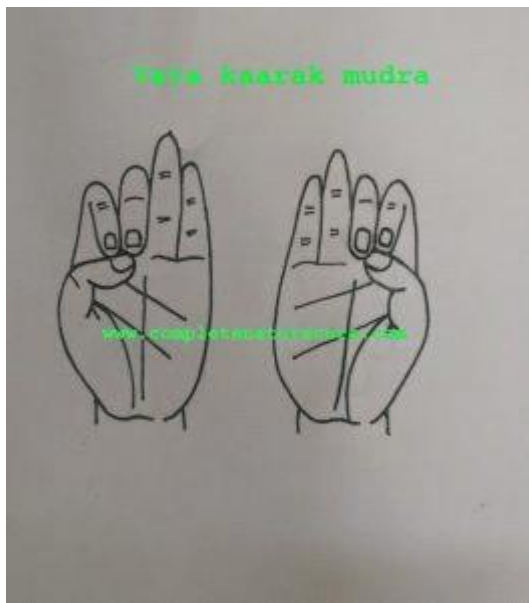
From <<https://www.completenaturecure.com/vaata-naashak-mudra/>>

## Vaayan Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Vaayan mudra is useful to increase [Vata humor](#). Due to this quality, this mudra also called as Vata-kaarak mudra.

How to do Vaayan mudra



Vata-kaarak mudra is very easy to do, just placing the tips of the index finger and middle finger on the tip of the thumb finger.

The impact of Vata-kaarak mudra on health

Vaayan mudra is very efficient in increasing Vata humor. Vata humor plays a significant role in controlling [nervous system](#) and various bodily movements. This mudra empowers nerves system and vital power. This mudra helps to overcome Vata deficiency.

Benefits of Vaayan mudra

Vaayan mudra is useful in the following conditions

- Nervous exhaustion and the nervous breakdown.
- Improve enthusiasm, thoughts, and perception.
- To overcoming lethargy, laziness, debility.
- Drowsiness and excessive sleep.

- Intolerance of heat, sunstroke, excessive thirst, excessive sweating.
- Frequent, profuse urination.
- Fatness.
- Loose motions.
- Excessive menstrual bleeding.
- Greasy skin, and hair.

All the disease caused due to the deficiency in Vata.

Duration For Vaayan mudra practice

30 minutes of practice is enough to get best results of Vaayan mudra

You can do this mudra at any time or in any position. It is preferred to practice it in the early hours of the morning or meditation.

Precautions

If you are a Vata excess person then do this mudra in moderation only.

From <<https://www.completeNaturecure.com/vaayan-mudra-benefits/>>

## Jal-shaamak mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Jal-shamak mudra is useful to reduce water element within the body. Water is the major part of [Kapha](#) and [Pitta](#) Prakriti. Jal-shamak mudra is helpful to decrease Kapha dosha and pitta dosha.

### How to do Jal-shaamak mudra



It is very easy to do this mudra, just placing the tip of the little finger on the base of thumb finger and applying little pressure is enough to form the Jal-shamak mudra.

### The impact of Jal-shamak mudra on health:

This mudra decreases Jal element within the body. Water is the main component of Kapha and Pitta, the practice of Jal-shamak mudra reduces the effects of these doshas.

### Jal-shamak mudra benefits

Jal-shamak mudra is useful to heal the following conditions.

- **Oedema.**
- **Ascites**
- **Dropsy.**

- Excessive
- Watery eyes.
- Running nose.
- Hyperacidity
- Diarrhoea,
- Pleural effusion,
- Excess of hormones.
- Excessive effusion of joint.
- Excessive menses(menorrhagia)
- Hydrocele
- Hydrocephalus,
- Hydronephrosis,
- Cold and clammy body, hands or feet.

All the diseases cause due to deficiency of Vata.

Duration for Jal-shamak Mudra Practice

30



minutes of regular practice is enough to get best results; you can do this mudrā any time or in any position. The practice of this mudrā in morning hours or meditation will give quick and best results.

Precautions

If you are a Kapha deficient person, then do this mudra in moderation only.

From <<https://www.completeNaturecure.com/jal-shaamak-mudra/>>



## Surabhi mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Surabhi Mudra is useful to cut all the bad effects three doshas. Due to its impact on all the three doshas, it's also called as [tri-dosha](#).

Due to its impact on all the three doshas, it's also called as tri-dosha nashak mudra. This mudra has a unique property of balancing all the five elements in the body; this mudrā has directly equal to Samaan mudra.

Tridosha nashak mudra or Surabhi mudra:



Surabhi means cow, in Indian mythology, there is cow kaamadhenu which fulfills all the wishes. This mudra is that much help full to maintain good health and this mudra is called as Kaamadhenu mudra.

## How to do Surabhi mudra

This mudra is not that much easy to do like other mudras. Look at the picture and read the description clearly.

This mudra is formed by joining the tip of the ring finger of each hand to the tip of a little finger of the other and the tip of the index finger of each hand to the tip of the middle of the other. This forms a figure that resembles the four udders of a cow.

Duration For Surabhi mudra practice

30 minutes of regular practice is enough to get good results of this mudra. You can do it any time or any position. It is preferable that early hour of the morning or in meditation to get the best result.

Anyone can do this mudra to lead a disease free life.

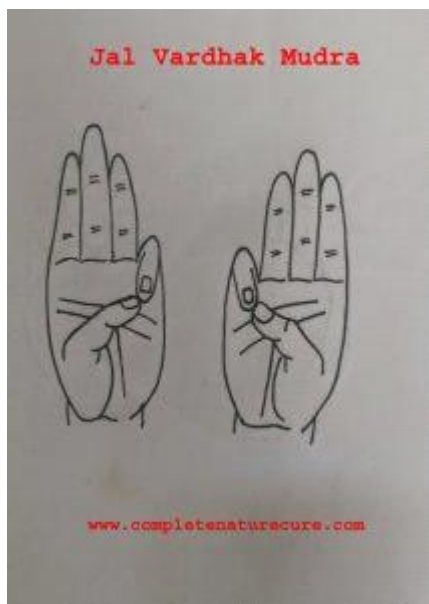
From <<https://www.completeNaturecure.com/surabhi-mudra-benefits/>>

## Varun mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

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.

### How to do Varun mudra



Varun mudra is very easy to do, Just placing the tip of the little finger on the tip of the thumb and applying the little pressure.

### Impact of Varun mudra practice on health

Varun mudra helps to increase water element in the body. Our body has 75 percent water. Water plays major role in every activity of our health system. Water is present in protoplasm of cells, extracellular fluid, lymph, blood, tears, saliva, mucus, digestive juices, enzymes, hormones, semen, cerebrospinal fluid, etc.

Any slight decrease in the percentage of water would result in many disturbances like dehydration. Practicing Varun mudra helps to increase water element in the body and restore the balance in the system.

The element of water has a significant role in taste and tongue. Jal-vardhak mudra is useful to treat the disorders related to the tongue, taste, senses, dryness of the mouth.

Jal is the main part of Pitta and Kapha Prakriti. If you are a Pitta or Kapha Prakriti person then you should practice this mudra moderately, this mudra increases Pitta and Kapha dosha. If you are a Vata dosha person then practicing this mudra regularly will be hugely beneficial to prevent illness.

#### Varun mudra benefits

Varun Mudra is useful in the treatment of;

- Dryness of eyes and mouth, throat, and intestines.
- Indigestion constipation.
- Constipation.
- Dryness of skin and moisture 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
- Tongue disorders.

All the diseases caused due to an excess of Vata dosha can be healed by practicing Varun mudra.

#### Duration For Varun Mudra Practice

30 minutes of regular practice is enough to get the benefits of Varun mudra. You can do this mudra at any time or in any place, but early hours of the morning or in meditation is preferable.

#### Precautions of Varun mudra practice

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

From <<https://www.completeNaturecure.com/varun-mudra/>>

## Kapha-naashak mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Kapha nashak mudra is useful to decrease [Kapha dosha](#).

This mudra also increases [Pitta humor](#) in the body. Due to its effect on Pitta humor, it is also called as a pitta-kaarak mudra.

Other names of Kapha nashak mudra

Pitta-Kaarak mudra

Kidney Mudra

How to do Kapha nashak mudra

This mudra is very easy to do, just placing the tip of the ring finger and little finger in the base of thumb finger is enough to form Kapha nashak mudra.

The impact of Kapha-nashak mudra on health

Kapha-nashak mudra decreases Kapha humor and increases pita humor within the body. Pitta plays a significant role in the heat and digestion of body. This mudra is the best mudra for the person who has a deficiency in pita and excess in Kapha.

Benefits of Kapha-nashak mudra

Kapha-nashak mudra or Pitta-kaarak mudra is useful in following conditions.

- Improve enthusiasm and initiative.
- The slowness of perception and activities.
- Improve self-esteem.
- To overcome all the health problems of the winter season.
- The coldness of skin.
- Oily, greasy skin or hair.
- Absent of scanty perspiration.
- Loss of appetite, indigestion, slow digestion.
- Thirstlessness.
- Obesity or easy weight gain.
- Hypothyroidism.

- Scanty menses
  - Excessive mucous in the respiratory, digestive tracts causing colds, wet cough, sticky stools, etc
- Pitta-kaarak mudrā is very useful in the treatment of vision-related disorders and eye disorders.

This mudrā can heal all the diseases caused due to an excess of Kapha.

Duration for Kapha nashak mudra practice

30 minutes of regular practice is enough to get good results of Kapha-nashak mudrā. You can do this mudra at any time or any place. But in the early hours of the morning or while meditation is very effective.

Precautions

If you are a pitta excess or Kapha deficient person then do this mudra in moderation only.

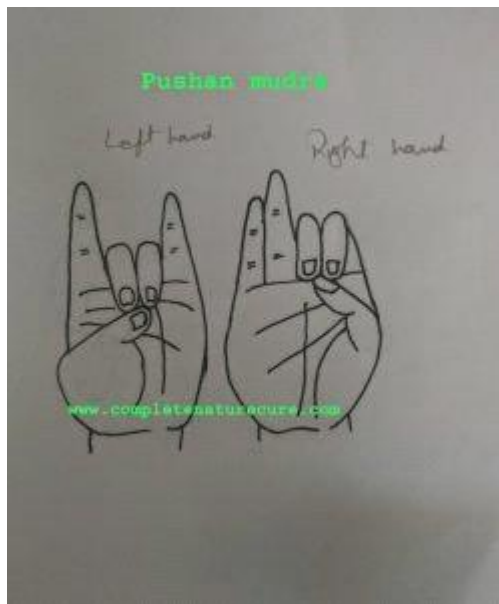
From <<https://www.completeNaturecure.com/kapha-naashak-mudra/>>

## Pushaan mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Pushan mudra is useful to improve energy and nourishment. This mudrā represents to the sun the God of warmth.

### How to perform Pushan mudra



This mudra is a combination mudra. You have to perform it by the little care with the right hand perform Vayan mudra and with the left hand perform Apana mudra.

### The impact of Pushaan mudra on health

This mudra increases the major three elements of earth, air, and space within the body.

### Benefits and healing properties of Pushan mudra:

Pushan mudra is an efficient in improving immunity and energy of the body.

Pushan mudrā is the best mudrā to improve your strength, stamina, and endurance.

Pushan mudrā is useful to detoxify the body; It helps to excretion of metabolic waste products through stools, urine, and waste.

Duration for Pushaan mudra:

30 minutes of regular practice is enough to get good results, you can do it anytime or any place, but it is better that you do it in the early hour of the morning or in meditation to get the best result.

From <<https://www.completeNaturecure.com/pushaan-mudra/>>



## Uttarabodhi mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Uttarabodhi mudra is useful to get enlightenment. This mudra can be used to substitute Abhay-Gyan mudra.



How to perform Uttara bodhi mudra:

This mudra is easy to perform, just interlock the hands keeping the index finger straight touching each other and pointing upwards, and the thumbs extended touching each other and pointed downwards.

### **The impact of Uttara bodhi mudra**

Regular practice of this Mudra leads to the realization of self and remove fear. This mudra gives us the knowledge of self and realization that we should fear nothing except God.

Benefits of Uttarabodhi mudra:

This mudra is the best mudra to soothe and calm excited nerves before a beginning of a daunting task.

This mudra is useful to improve self-confidence and to overcome examination or stage fright, etc.

Duration for Uttarabodhi mudra:

20 minutes of practice is enough to get the result. You can perform this mudra any time or any position or whenever there is a necessity.

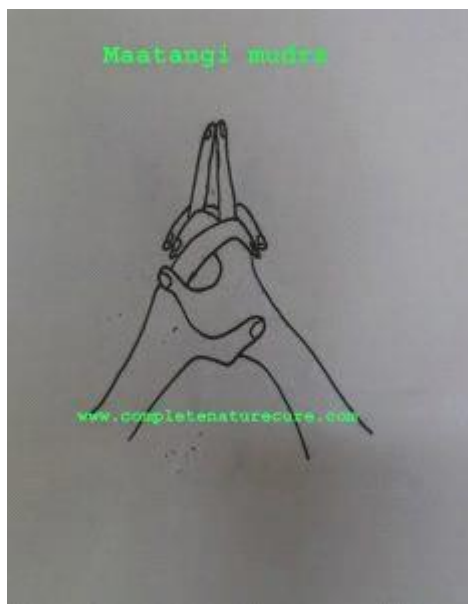
From <<https://www.completeNaturecure.com/uttarabodhi-mudra-benefits/>>

## Matangi mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Matangi mudra is useful to attain inner harmony. Practicing this mudra helps you to achieve peace with your inner self and with the surroundings. Doing this mudra while meditation will give instant results. If you have any tension or anxiety then do this mudra for a while to get relief.

How to do Matangi mudrā:



This mudra is formed by interlocking the hands and keeping the middle fingers straight and touching each other like in the picture.

The impact of Matangi mudra:

Matangi mudrā directly affects the hypothalamus.

Benefits and healing properties of Matangi mudra.

The hypothalamus is the primary autonomous part of the nervous system; This mudra helps to establish a state of balance in the body.

This the best mudra to relieve tension.

Matangi mudra is very effective in relieving the pains in the organs of chest and abdomen.

#### Duration For Matangi Mudra:

20 minutes of practice is enough to get instant relief from pains and 5 minutes each in the morning and evening to get internal harmony.

#### Precautions

There are no side effects for this mudra and also no precautions. This Mudra can be performed by anyone or anytime.

#### Matangi Yoga mudra

How to do Matangi yoga mudra: Draw water through the nostrils but throw it out through the mouth. While throwing the water through the mouth, give the mouth a tube-like shape and let the water gush forth forcible.

Benefits: Matangini yoga mudra tones the optical nerves and the brain. It removes a headache, prevents cold, adds luster to the face and leads to peace of mind.

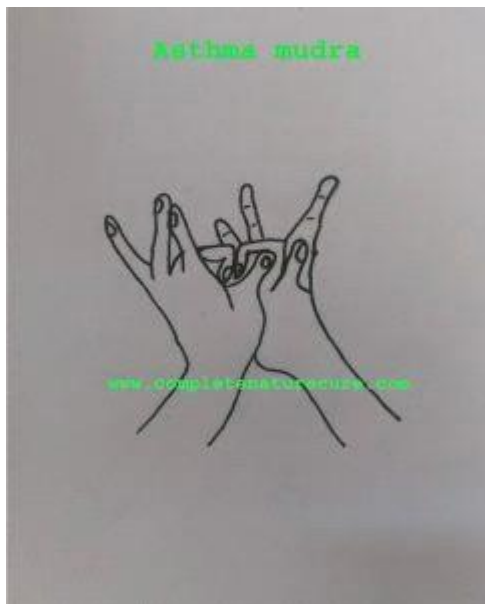
From <<https://www.completeNaturecure.com/maatangi-mudra-benefits/>>

## Asthma Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Asthma mudra is a special mudra to relieve an asthmatic attack. Regular practice of this Mudra helps to reduce the harmful effects asthma.

### How to do Asthma mudra



This mudra is very easy to do just pressing together the fingernails of the [middle fingers](#) and keeping the other fingers gently extended.

### The impact of asthma mudra on health

This mudra is useful in the treatment and to prevent the attacks of asthma.

When you are feeling a breathlessness situation 15 minutes of practice will be hugely beneficial. Regular practice of ten minutes twice a day will be useful to prevent future attacks.

From <<https://www.completeNaturecure.com/asthma-mudra/>>

## Shanka Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Shanka mudra is useful to decrease fire element and increase air element in the body.

How to do shanka mudra



Clench the left thumb with the right fingers and place the left fingers on the back of the right palm. Now join the tips of the right thumb and the left index finger.

The impact of Shanka mudra on health:

Shanka mudrā decreases pita humor and increases the Vata and Kapha humor within the body.

Benefits and healing properties of Shanka mudra

A burning feeling in the body is very easily overcome through this mudrā.

Burning in the body or body parts is relieved by practicing shanka mudrā.

Shanka mudra is useful in the treatment of Allergic disorders, skin rashes, voice and throat problems, flabbiness/weakness and paralysis of muscles.

Duration For Shanka Mudra Practice

30 minutes of practice is enough to get good result of the shanka mudrā. You can practice it at any time or in any position. If you are suffering from fever or any other allergy, then you can do this mudra for a

longer time to get best results.

#### Precautions

If you are a Vaata+kapha mix Prakriti, then you should practice this mudra in moderation only.

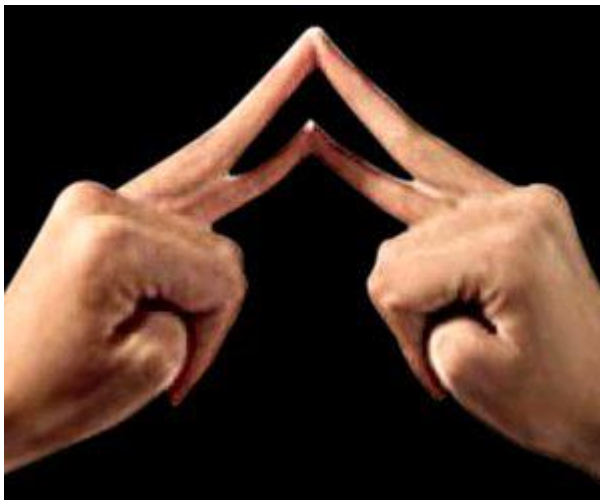
From <<https://www.completeNaturecure.com/shanka-mudra-benefits/>>

Shakti Mudra” Heals insomnia and gives sound sleep”

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

How does Shakti mudra work to heal insomnia?

Shakti mudra is a hand posture that provides various mental and physical benefits. The word “Shakti” represents the Goddess Durga in Hindu Religion, and Mudra is a Sanskrit name for hand posture. Practicing Shakti mudra helps to calm down the mind and is highly useful for insomnia.



How to do Shakti Mudra

- 1) Place your ring fingers and little fingers of both the hands together.
- 2) Place your thumb in the palm and
- 3) Now bend other fingers loosely over your thumb.
- 5) Focus on your breathing in the pelvic area and slow down exhalation.

Practice Shakti mudra before going to sleep or three times a day for fifteen minutes.

Benefits of Shakti mudra

The major advantage of Shakti mudra is to heal insomnia and give sound sleep.



1) The Shakti Mudra helps intensify the respiratory impulse in the lower chest area. It has a calming effect on the body, and it will help you to fall asleep at night.

2) It contributes to relaxing the whole body and relieve mental stress.

Precaution to be taken while doing Shakti mudra?

If the Shakti mudra is practiced for too long or if it is done too often, it may lead to lethargy (loss of energy or enthusiasm).

From <<https://www.completeNaturecure.com/shakti-mudra-heals-insomnia-gives-sound-sleep/>>

## Aakash mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

The practice of Aakash mudra helps you to reunite with the collective consciousness. This mudra can also be called as mudra for enlightenment.

### How to do Aakash mudra



This mudra is very easy to do. Just join the tip of the middle finger to the tip of the thumb finger.

Here is the youtube video how to do Aakash mudrā and its health benefits.

### The impact of this mudra on health

Aakash mudrā increases space in the body. Which gives various benefits to health and spiritual enlightenment. The practice of this mudra enables the person (atman) to reunite with the collective consciousness (Paramaatmaa or God). Negative emotions like fear, anger, sorrow, etc. are replaced by positive feelings and thoughts.

The increase as mentioned above in internal space is affected by the [elimination of metabolic wastes](#) from the body.

Aakash mudra detoxified the body. The increased internal space enables the rest of the four bodily elements: earth (Vayu (air), Agni (fire), Jal (water) and Prithvi (Earth)) to increase, affording them a room to act. Thus, Aakash-vardhak mudra can be beneficially combined with mudras that increase the other four elements (i.e., Vaayu-vardhak mudra, Prithvi vardhak mudra, Agni-vardhak mudra and jal-vardhak mudra).

In general, Aakash mudra is an excellent mudra that stimulates noble thoughts and helps the practitioner to take rapid strides along the path to moksha (salvation).

It also helps a person who wishes to scale great heights in the art of meditation.

The element Aakash is also a component of bodily [humor Vata](#). Therefore, Aakash-vardhak mudra reinforces the Vata humor of the body. It should be done in moderation by people of Vata constitution.

#### Benefits of Aakash mudra practice

- Develop noble thoughts.
- develop intuition and extra sensory powers.
- Detoxify the body by the elimination of metabolic wastes.
- Helps to overcome a feeling of fullness/heaviness in the body or body parts.
- To overcome discomfort caused by over-eating.
- To relieve congestion (and pain) in the head (due to a migraine or sinusitis).
- Ear infection
- Chest pain
- High blood pressure
- Irregular heartbeats, angina pectoris, etc.

Duration For Aakash mudra:

Daily practice of 30 minutes is enough to get good results. You can perform it at any time or any posture, but early hours of the morning and in meditation will give best and quick results.

Precautions for Aakash mudra:

If you are a Vata dosha person, you have to perform it moderately only.

From <<https://www.completeNaturecure.com/aakash-mudra/>>

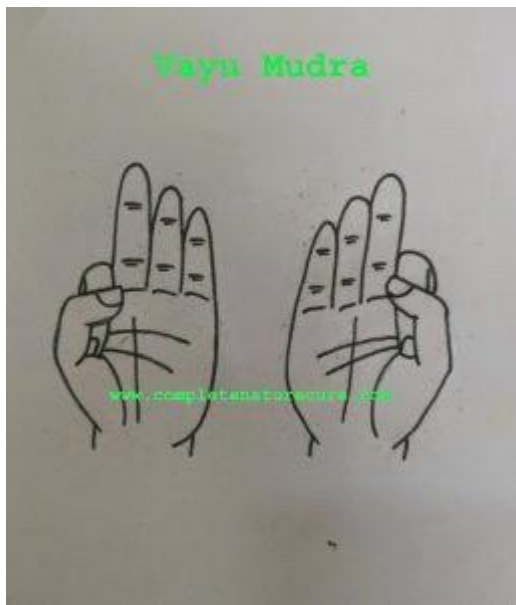
## Vayu mudra benefits

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Vayu Mudra is useful to decrease air element within the body. This mudra is called as Vayu shaamak mudra because of its impact on Vayu element.

In this post, you will get the information of how to do Vayu mudra and benefits of Vayu mudra.

How to do Vāyu mudra:



This mudra is very easy to do, just placing your tip of the index finger on the base of thumb finger Vayu mudra is formed.

Here is the youtube link of how to do Vayu mudra and its benefits.

## Benefits of Vayu mudra

Vayu mudra decreases Vayu element within the body which enables various health benefits.

If your mind is anxious and restless Vayu-shamak mudra is the best remedy.

If you are over excited, then Vayu mudra will calm down your nervous system and you can feel

relaxation.

Hormone imbalance of endocrine glands can be overcome through practicing Vayu mudra

Other benefits of Vayu-shamak mudra are, Clears voice problems, allows rehydration of skin and articular cartilage.

If your mind is anxious and restless Vayu-shamak mudrā is a best natural remedy to overcome.

Other benefits of Vayu-shamak mudrā are, Clears voice problems, allows rehydration of skin and articular cartilage.

Vāyu is the important component of [Vata Prakriti](#). Decreasing Vayu element in the body enables to overcome Vata dosha. If you are Vata Prakriti daily practicing of Vayu shaamak mudrā helps to live a disease free life.

Duration for Vayu mudra practice

Daily practice of 30 to forty-five minutes is enough to get best results. You can do Vāyu mudrā any time or in any pose. It is recommended that early hours in the morning or while meditation to get quick results.

Precautions

Don't do this mudra after you got the desired results.

From <<https://www.completeNaturecure.com/vaayu-mudra/>>

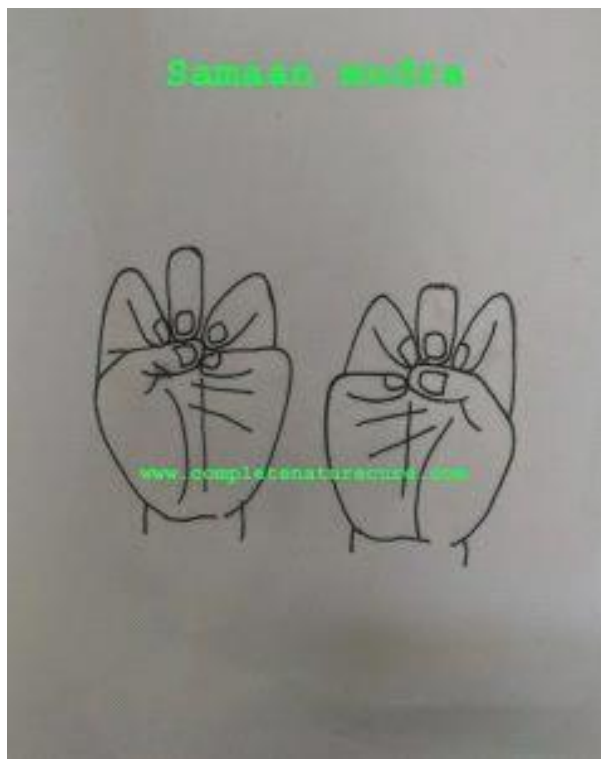
## Samaan mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Samaan mudra is very useful to balance all the three doshas [Vata, Pita, and Kapha](#).

Due to its impact on the doshas, it is also called tri-dosha-nashak mudra. This mudra has two other names Mukul and Sukri mudra.

This mudra is the best mudra which balances all the five elements within the body. This mudra is very much beneficial for the persons whose all three humor have become deranged. This mudra can be used to overcome any disease. If you want to prevent illness this the best mudra to practice regular basis.



## How to do Samaan mudra

This mudra is very easy to do, just joining the tips of the thumb and all four fingers.

## Benefits of Samaan mudra

Samaan mudra is useful to balance all the doshas. The practice of this mudra is helping you in

either deficiency or excess. If you are an tri-dosha person this mudra is extremely helpful for you.

There are other mudras gives the exact same result. Surabhi mudra is another mudra that will give you exact the same result.

There is diet to balance doshas. Below are the links to the articles to balance doshas through diet. If you want to know more then go ahead and check it out.

Diet is one of the best solutions to balance doshas. When you do mudra and diet at a time the result will be instant.

Duration of Samaan mudra practice

30 minutes practice is enough to good results of this mudrā.you can practice it at any time or any position.In the morning hour is the best time.

If you are facing any illness then, while performing this mudra, The fingertips can be directed at the diseased part of the body to get quick results.

There are no precautions for Samaan mudra practice.

From <<https://www.completeNaturecure.com/samaan-mudra-benefits/>>

## Apan mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Apan Mudra is useful to [detoxify the body](#) and energize your system. It is also known as the purification mudra. It is useful to increase the balance of the elements of Aakash and Prithvi within the body.

Other names of Apan Mudra

Apaan mudra

Apana Mudra

How to do Apana mudra



Apan Mudra is very easy to do, just placing the tips of the middle and ring finger with thumb finger.



## The impact of the Apan Mudra on health

Apan Mudra is combined form of Prithvi and Aakash mudra. This mudrā increases Vata and Kapha mudra and decreases [pita humor](#).

Benefits and healing properties of Apan Mudra:

Apan Mudra is very useful in treatments of;

- Anuria
- Constipation/flatulence
- Flatulence
- Piles.
- Absence of sweat
- Delayed delivery of a child
- Burning in the body and body parts.

Apan mudra is very helpful in the treatments of all the diseases of deficiency of [Vata](#), and [Kapha](#).

Ailments caused by and excess of element fire and humor Pitta.

You can practice this Apan Mudra any time or any place but in morning hours is the best.

Precautions for Apan Mudra practice

If you are a Vata and Kapha Prakriti then practice this mudra in moderation only.

From <<https://www.completeNaturecure.com/appan-mudra-benefits/>>

## Apan Vayu Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Apan-Vayu mudra is one of the most important mudras in healing mudras. It is also called as Mritasanjeevani mudra; This mudra can snatch a person away from the clutches of death! In the cases of [heart attack](#).

Other names of Apan-Vayu mudra

Apaan-Vayu Mudra

Apana Vayu Mudra

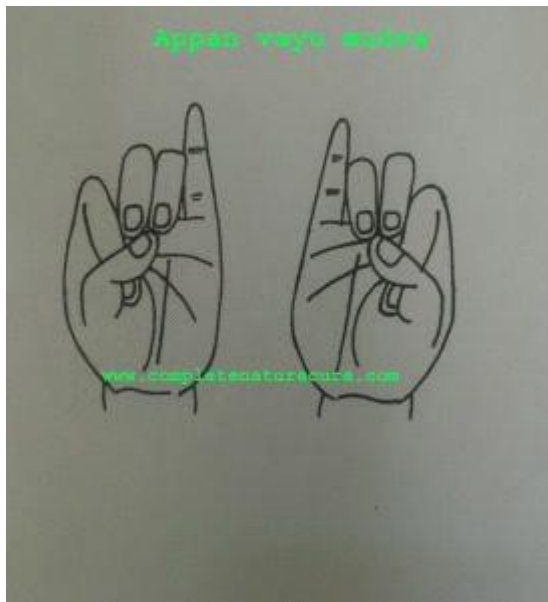
Mritasanjeevani Mudra.

Effects of Apan-Vayu Mudra

Apana Vayu Mudra is very helpful for the persons who have suffered from [chest pain or a heart attack](#).

It is called as Mritasanjeevani mudra. This Mudra is very useful and beneficial for the individual who has suffered from [angina or heart attack](#). This mudra increases the Prithvi element and decreases Vayu element and Agni element.

How to do Apan Vayu Mudra



Apan-Vayu mudra is very easy to do, just joining tip of the thumb finger, middle finger, and ring finger, and placing the tip of the index finger on the base of thumb finger.

The impact of Apan Vayu Mudra on health:

- This mudra increases earth element and decreases fire and air at a time.
- This mudra is helpful to remove obstructions, blockages and [detoxifies the body](#).
- This mudra helps to increase Aakash element in the body.
- The increase of earth element contributes to increasing vitality.
- Sedation of the mind and relaxation of the body and muscles due to a reduction of element Vayu(air).

Benefits and healing properties of Apan Vayu Mudra

- This mudra is useful in the treatments of; Fast heart beats, palpitations, Angina pectoris.
- The practice of this mudra as soon as heart attack strikes might enable the victim to decrease the damage to the heart muscles.
- This mudra is a pain-killer it can be used to treat, headache, toothache, tummy ache, backache, joint pains, heel pain, etc.
- This mudra is useful to overcome excessive sweating, obstruction of urine. Ailments caused by a deficiency of element earth.
- All the diseases caused due to [Vata](#) and [Pitta](#) can be overcome through Apan Vayu Mudra.

Duration For Apan Vayu Mudra:

Thirty to Forty-five minutes of regular practice is enough to get the right results of Apan Vayu Mudra. You can do it at any time or any place but in the early morning or while meditation is the best choice to get optimum result.

Precautions for Apan Vayu Mudra Practice

If you are a [Kapha Prakriti](#), then you should practice this mudrā in moderation only.

From <<https://www.completenaturecure.com/appan-vaayu-mudra-benefits/>>



## Surya Mudra

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Surya mudra is one of the most famous in hand mudras. The practice of this mudra is useful in Reducing earth element within the body. Earth is the primary component in fat; therefore it is helpful for [fat loss](#).

Other names of Surya mudra

Prithvi-shamak mudra.

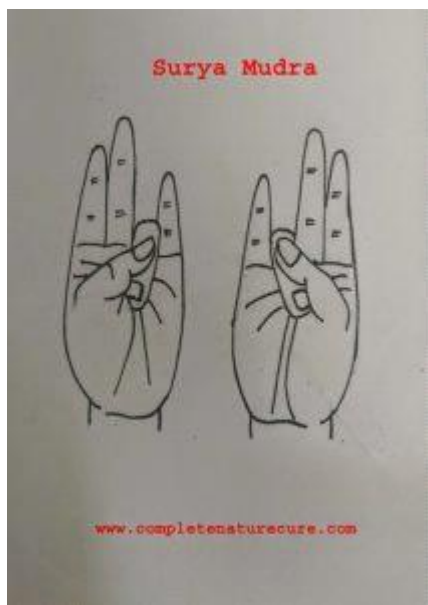
In this post, you will get the information about how to do Surya mudra and its health benefits like weight loss, etc..

Surya mudra for weight loss

Surya mudra is one of the best mudras for weight loss. It reduces earth element within the body. Earth element is the primary factor in the fat that causes obesity. When you reduces earth element within the body, it helps to reduce weight.

The practice of this mudra reduces Prithivi element because of this impact it is also known as Prithvi - shamak mudra. This mudrā has other additional benefits it increases fire element in the body.

How to do Surya mudra:



Surya mudra benefits

This mudra is very easy to perform by just placing the tip of the ring finger on the base of the thumb and then bringing the gentle pressure of the thumb upon this finger.

The impact of Surya mudra practice on health

Surya mudra helps to increase fire element within the body and decreases earth element in the body. Fire element plays a significant role in keeping the body temperature.

Fire element is related to vision improving fire in the body clears vision problems.

Agni is the central component of [pita Prakriti](#). The practice of this mudra helps to increase pita humor within the body. If you want to overcome pita deficiency, then practice Surya mudra. You can use diet to control pitta dosha. If you want to control pitta through diet then go ahead and check out the [diet for pitta dosha](#).

Earth element is the central component of [Kapha humor](#). It is useful to overcome Kapha dosha.

Benefits of Surya mudra

Surya Mudra is helpful in the treatment of;

- **Coldness of skin**
- **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**

Duration for Surya Mudra Practice

Regular practice of 30 minutes is enough to get maximum benefits of Surya mudra; you can do it any time or any position. Early hour of the morning or when you are in meditation is the best choice to get the best result.

Side Effects Of Surya Mudra

The practice of this mudra increases fire element within the body. It will lead to increase body temperature. If you are having a fever don't do this mudra. It reduces fat element within the body if you are underweight don't do this mudra. Also, don't do this mudra in summer or hot conditions. It increases Pitta humor and decreases Kapha humor.

## 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.

From <<https://www.completeNaturecure.com/surya-mudra/>>

## Linga mudra benefits

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

### Linga mudra

The Sanskrit word “Linga” means male sex organ “phallus.” The practice of this mudra increases [sexual power in the male](#).

Linga mudrā is the best mudrā to improve fire element in the body which helps to increase [pita humor](#).

### How to do Linga mudra



Linga mudrā is very easy to do; it is formed by interlocking the palms but keeping the left thumb erect, pointing upwards.

### The impact of linga mudra on health

Thumb represents fire element. Linga Mudra helps reinforce fire. The fire element is the major component of pita humor and also the [sexual energy](#).



Benefits of Linga Mudra:

Linga Mudra practice is very much beneficial to overcome cold and overweight.

This mudra contributes to burning the extra fat in the body that helps to weight loss.

Linga Mudra for cold, this mudra increase 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.

All the ailments caused due to the accumulation of mucous in the body.

Diseases like sinusitis, wet cough, sticky stools can be overcome through linga mudra.

Asthma and other respiratory ailments that occur at the change of weather can be overcome through linga mudra practice.

[Sexual debility in men](#) is easily overcome through linga mudra practice.

Duration of Linga mudra practice

This mudrā can be practice only when there is a necessary. Linga mudrā duration is 30 minutes.

Precautions for Linga Mudra practice

If you are suffering from fever or pita Prakriti, then don't do this.

From <<https://www.completenaturecure.com/linga-mudra-benefits/>>

## Pran Mudra

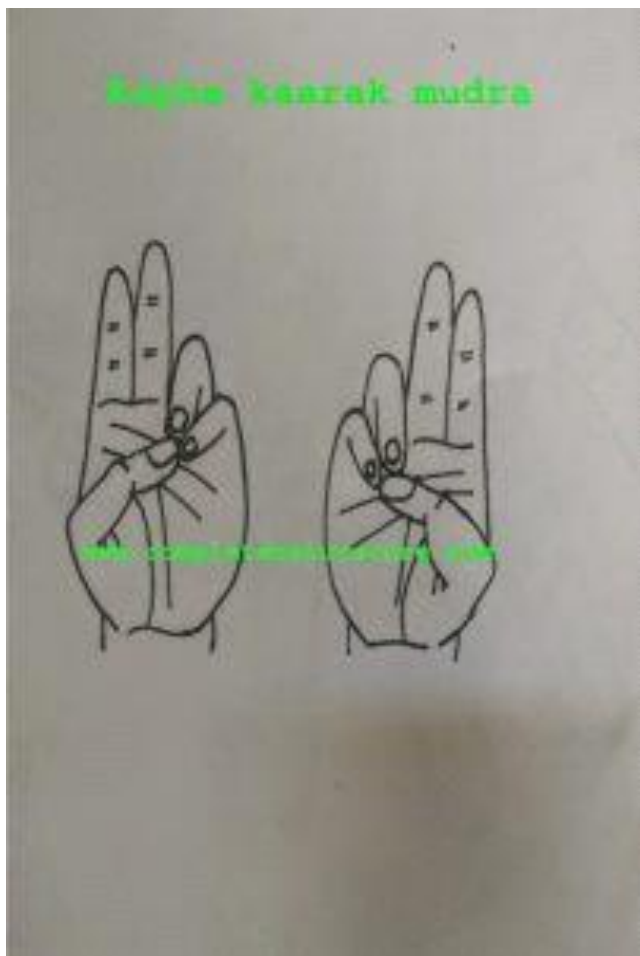
March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

The word “Pran” means life. The practice of

Pran Mudra strengthens all the five pranas in our body.

It is useful to increase the pranic energy (vital force) and also enhance immunity and vitality.

The practice of Pran mudra increases Earth element, Water element, [Kapha humor](#) and also reduce fire element and [Pitta humor](#).



Other names of Pran mudra

1. Pran Mudra.

2. Kapha Karak Mudra.

3. Pitta-nashak Mudra.

4. Prana mudra

How to do Pran Mudra

Join the tips your little finger, ring finger and thumb finger to form pran mudra. You have to do mudras with both the hands. Look at the picture.

The effects of Pran mudra

The ring finger represents earth element, the little finger represents water element, and the thumb finger represents fire element. When you join the tips of the little finger and ring finger with thumb finger the element in that finger increases and the fire element reduced.

The practice of Pran mudra increases Prithvi element and Jal element. Both these element is the major part of Kapha humor. Kapha Plays a vital role in vitality, strength, and immunity. Prana mudra decreases Pitta humor. Pitta humor has a direct impact on bodily temperature.

Benefits of Pran mudra

Prana mudra is useful to overcome the conditions given below;

- **Chronic fatigue**
- **General debility**
- **Low endurance**
- **Impaired immunity**
- **Mental tension**
- **Anger**
- **Irritability**
- **Jealousness**
- **Pride**
- **Impatience**
- **Usual sense of time urgency**
- **Forgetfulness.**
- **Intolerance of heat**
- **Stress, and noise**
- **Ailments which get worse in summer**
- **Hyperthyroidism**
- **Hyperthyroidism (weight –loss despite having good appetite)**
- **Inflammatory disorders (diseases ending with ‘it is’)**
- **Sleeplessness; light disturbed sleep**
- **High blood pressure**
- **Atherosclerosis(hardening and narrowing of arteries)**
- **Burning in the mouth, throat, stomach**
- **Aphthous ulcers**
- **Acidity**
- **Ulcerative colitis, Loose**
- **Bloody stools**

- **Dysentery**
- **Scanty, burning urination**
- **Excessive, foul-smelling perspiration**
- **Excessive, painful menses**
- **Red-hot joints**
- **Rheumatoid Arthritis**
- **Instability of joints**
- **Burning, red, dry eyes; cataract**
- **Dry, red, hot, aging, skin; skin-rashes**
- **Urticaria**
- **Leprosy**
- **Dry, sparse, gray hair,**
- **Jaundice**
- **Premature aging,**  
disorders caused by a deficiency of earth and water elements within the body.

Duration for Pran Mudra Practice

Thirty to Forty-five minutes of regular practice is enough to get a good result. You can practice it at any time or any position but in the morning hours is the best time and you may take breaks in between the forty-five minutes practice.

It is better that If you practice Vata nashak mudra combined with this mudra.

Precautions

If you are a Kapha excess person, the do this mudra in moderation only.

From <<https://www.completeNaturecure.com/pran-mudra-benefits/>>

## Gyan mudra benefits

March 25, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Gyan mudra is said to be the prime mudra in hand mudras. The meaning of the Sanskrit word “Gyan” is Supreme Knowledge. The practice of Gyan Mudra gives Supreme knowledge. It has been in practice in meditations for more than thousands of years. And still, it continues to bring peace, calm and spiritual progress to many yogis.

Popularly known as the “mudra of knowledge,” The practice of this mudra enhances brain and knowledge.

### The Therapeutic uses of Gyan mudra

When this mudra is used in healing practices it is called as Vayu-Vardhak mudra. It is one of the best mudra to overcome Vata deficiency. It is useful in treating diseases caused due to vata deficiency. The Practice of Vayu-var dhak mudra increases Air element and [vata prakrati](#) within the body.

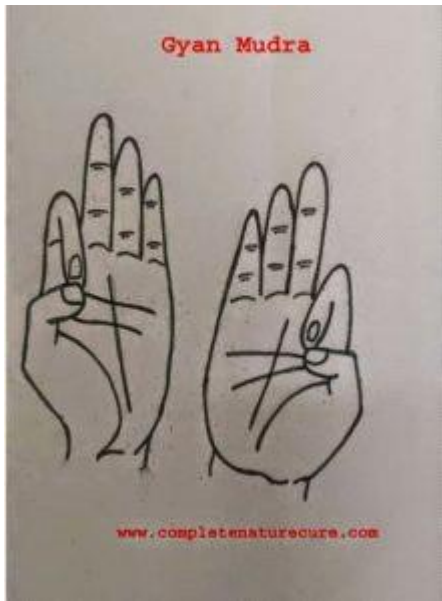
### Other Names Of Gyan mudra

**Vayu-var dhak mudra**

**Jnana mudra**

**Dhyan Mudra.**

Our body has made from five elements of earth, Vayu, vardhakJal, fire, and space.Vayu-var dhak increases Vayu element in the body. In hatha yoga, this mudrā is used for meditation. In Ayurveda, this mudra is known Vayu-var dhak mudra.When you meditate with doing this mudra it gives you quick results.You can also use foods to overcome [vata dosha](#)



## How to do Gyan mudra

1. Sit in any comfortable posture.
2. Join the tips of index finger and thumb finger of both the hands.
3. According to the placement of the hands, the name of the mudras changes.
4. When you place it on your thigh, it is called Gyan mudra.

### The Impact of Gyan mudra practice

- This mudra increase Vāyu or air element within your body. It is also helpful to Improve mind power and leads to spiritual enlightenment.
- The practice of this mudra stimulate the Brain, and all the nervous system is strengthened.
- It also facilitates movements of electrical impulses along nerves.
- This mudrā strengthens pituitary gland that helps to improve entire system of endocrine glands.
- This mudra strengthens all the muscles in the body.
- Other benefits of Gyan mudra are, It reinforces vocal cords, heart, renders the skin and mucous membranes to dry, gives the joints and articular cartilage dry.

Vayu plays an important role in the bodily humor Vata. Increasing air element in the body strengthens Vata humor. If you are in Vata deficiency, Gyan mudrā is the best remedy to overcome it. The persons who are having Vata dosha should do this mudra moderately.

## Benefits of Gyan mudra

### The Practice of this mudra is helpful to overcome following conditions;

- The dullness of mind
- Lack of enthusiasm or initiative creativity,
- Recklessness,
- Loss of memory,
- Deficient brain power.
- Drowsiness, lethargy, mental retardation,
- [Nervous weakness](#),
- Neuropathy,
- Alzheimer's disease,
- Hypopituitarism,
- Hypothyroidism,
- Hypoparathyroidism,
- Hypoadrenalism these
- Muscular disorders like myopathies, myasthenia gravis, paresis, paralysis (viz paralytic squint, ptosis, facial palsy, vocal paralysis, respiratory paralysis, monoplane, paraplegia, hemiplegia, quadriplegia, etc.)

### Duration of Gyan mudra practice

Daily thirty minutes of practice is enough to get best results of vayu-vardhak mudra. You can do it in any place or anytime. It is preferred that early morning and meditates to get quick results.

As said at the beginning of, If you have Vata dosha (Prakriti) then you should perform it moderately.  
Other Variations of Gyan Mudra:

According to the placement of your hand the name and benefits of Gyan mudra changes. Few important

variations of this mudra are given below.

#### Abhaya Gyan mudra

The practice of Abhaya Gyan mudra enables the practitioner to develop the virtue of fearlessness.

Method sits in Padmasana and hands rise half in Gyan mudra. You can see it in picture

Abhaya Gyan mudra will help you to get free from fear and anxiety.



Vairaagya Mudra

Vairagya mudra is very much helpful for the people who are on a spiritual path. The practice of Vairagya mudra enables the practitioner to improve a sense of detachment from worldly matters gradually. Also gives a realization about the futility of material gains.



How to do Vairagya mudra:

Sit in Sukhasana and keep the hands on your thigh and join the tips of thumb finger and index finger like in the picture.

Purana **Gyan Mudra**:



How to do Purna Gyan mudra

Sit in padmasana and keep the hands as in the photo to form Purna Gyan mudra. It is one of the substantial variation of Gyan mudra.

The practice of Purna Gyan Mudra leads to obtaining complete knowledge or absolute truth about all matters.

**Dhyan Mudra**

The practice of Dhyan Mudra helps to get rapid progress in the practice of meditation.;





#### Side Effects Of Gyan Mudra

When this mudra is used in therapeutic purposes it is called as Vayu-varadhak mudra. The practice of Vayu-varadhak mudra increases air element within the body. The increase of air element will give side effects for the person who are Vata prakrati or who have indigestion and gastritis.

From <<https://www.completenaturecure.com/gyaan-mudra/>>

## The Power of Mudra

November 24, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

***Mudra has unlimited power, To day I am sharing the ultimate powers of mudra.***

***Literally the meaning of mudras is a seal. It is called so because it seals the mind with the soul. Exercises falling under mudra are associated with retention of breath. In fact bandhas and mudras go together. Mudras control the vital forces (pranas) and thereby the mind in order to awaken the hidden mystic powers.***

***Once the potentialities of the spirit are unfolded before the performer, he can conquer all diseases and move towards God-realization.***

*Mudras help the striver to awaken kundalini to check the distractions of the mind and to sublimate vital energy into ojas shakti or spiritual energy. With the help of this shakti he can explore the mysteries.*

*Once the yogi attains spiritual energy, his personality blooms; he is able to attract men, his will power becomes strong and his mind balanced.*

*But in order to draw maximum benefits of Asanas, Pranayamas, Bandhas, Mudras and Kriyas, one must purify heart by selfless service of humanity and by developing virtues such as non-violence, truthfulness, purity, etc. Mere performance of any Hatha yoga exercise will not lead to attainment of powers.*

*There are scores of mudra that are in vogue and practised, but we will here deal with only important ones.*

*They are [Maha Mudra](#), [Maha Vedha](#), [Yoga mudra](#), [Viparita Karani Mudra](#), [Yoni Mudra](#), [Unmani mudra](#), [Kaki Mudra](#), [Ashwini Mudra](#), [Matangini Mudra](#), [Khecheri mudra](#), [Shakti Chalini mudra](#), [Vajroli Mudra](#) and [Shambhavi Mudra](#).*

*Mudras, unlike other [asanas](#), need concentration of mind towards the self or spirit. It is through these that man goes near to God. They help a man acquire psychic powers. But more important for man is to develop purity of mind.*

*The self is the source of all powers. There is nothing impossible for the self. It is the support, sustenance and final goal of all. The powers of the Self reveal themselves through the medium of mind. As the mind attains higher degree of purity and concentration, the Self reveals itself in various powers.*

*One Should practice mudras on empty stomach and invoke the mantra Om. There are some asanas which should not be done without the guidance of masters initially. What. What ever yoga one may follow, what ever path one may adopt, the powers of the Self are bound to reveal themselves.*

*The acquirement of powers becomes an obstacle or a temptation for those aspirants who are lacking in discrimination or aspiration for Self-realization. These Powers being mental in nature do not constitute the goal of life.*

*One must not come under the sway of the development of psychic powers, but when these powers develop one may use them, with dis passion, for the good of humanity. Use of any power or wealth aids the purification of the heart.*

*But the abuse or the misuse of it through greed and infatuation leads to sever consequences.*

### *Major Sidhis*

*Our scriptures speak of eight 'sidhis' and we are told only the great Hunuman had all of them.*

*Anima: A yogi can render his body as small as he wishes.*

*Mahima: One may become as heavy or grow as large as one wishes.*

*Laghima: One becomes lighter than cotton fibres.*

*prapti: Approaching distant things bu extending one's subtle senses.*

*Prakamaya: Power of realizing what ever one desires.*

*Vashittwa: Perfect control over all beings,objects and elements.*

*Ishitwa: Power to create.*

*Kamavasayitwa: Attaining Supreme satisfaction and bliss.*

### **Minor Sidhis:**

*Mastery over hunger and thirst;hearing and seeing from a distance;going to any place with the movement of the mind;entering into other's bodies; assuming any form according to one's wish;death at will;companionship of Gods;infallible will;power of commanding all;knowing past,present and future;power of enduring the pairs of opposites(heat and cold,gain and loss,etc);knowing the minds of others;controlling the powers of elements;remaining ever undefeated.*

*Yes mudras has the ultimate powers to lead a person towards being a complete person.*

*All this information is from the Book Yoga( A complete book on yoga) By Swami Prakash Muni Ji*

From <<https://www.completenaturecure.com/the-power-of-mudra/>>

# Yoga Mudras

Tuesday, September 19, 2017

9:48 PM

## Garbhasna( Embryo Pose)

April 19, 2015 by [M.Hari Kumar](#)

### How to do Garbhasana:

First sit in Padmasana and then insert your arms through the openings between your calves and thighs, so that the elbows come out below the thighs. Now sit on your hips and place the hands on the ears. Keep the head and the back straight.

### Benefits of Garbhasana:

This yoga is very much useful asanas for women. Its regular practice helps to keep all the uterus disorders away. It strengthens the womb and is particularly recommended for those women who give birth to weak, deformed or dead children. It is equally good for men as it increases flexibility and gives youthful vigour to all the organs. It provided relief in gout and arthritis. This yoga pose helps in gaining control over senses and the mind.

From <<https://www.completenaturecure.com/garhasna-embryo-pose/>>

Tuesday, September 19, 2017 9:49 PM

## Ashwini Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

How to do: For this sit either in Sukhasan or in Vajrayana. You may practice this in the lying pose, keeping the legs folded in such a way that the heels touch the buttocks, contract the anus and release it. Repeat many times. Contraction and dilation of the anus remove constipation enables the yogi to master Apana Vayu and helps to unfold Muladhara Chakra or the basal plexus.

From <<https://www.completeNaturecure.com/ashwini-mudra/>>



Tuesday, September 19, 2017 9:49 PM

## Kaki Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

How to do: Sit in Sidhasana, draw the tongue out in a tube-like shape and inhale through the tongue. Retain the breath. Draw the tongue in and perform Yoni mudra. Exhale through the left nostril. Again do the same and exhale through the right nostril. Do it several times.

Benefits: This Kaki mudra cools the body, removes excess of bile, purifies the blood and develops the mystic vision.

From <<https://www.completeNaturecure.com/kaki-mudra/>>

Tuesday, September 19, 2017 9:50 PM

## Shambhavi Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

How to do : The practitioner should sit in Padmasana or Sidhasana with eyes steady looking in the void and keeping the mind focused in the heart. One should practice not to wink before this. He has to forget the body and the surroundings and let the mind merge in silence.

Benefits : By doing Shambhavi mudra one has more and more peace come unto him.

From <<https://www.completeNaturecure.com/shambhavi-mudra/>>

## Bhujangani mudra benefits

March 26, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Bhujangani Mudra is useful to strengthen abdominal muscles. It is also known as Snake breathing.

How to do Bhujangani Mudra?

Sit in any meditation posture.

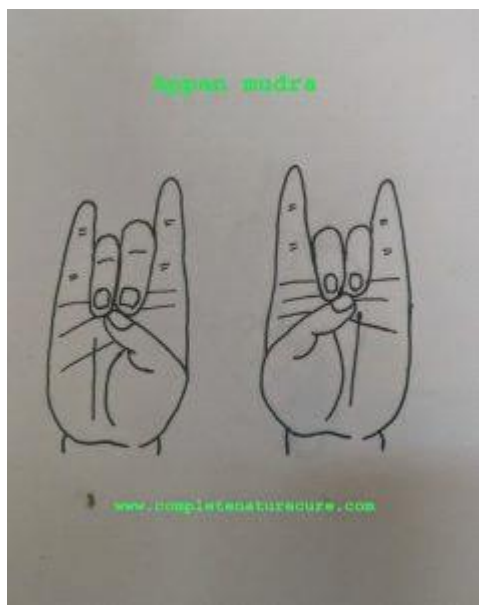
Now hold your hands in Apan Mudra.

Now swallow the air as you are slurping water, and direct it to your abdomen.

Arch your abdomen in a relaxed way and hold the breath for a moment in this area.

Let the air back out again by belching.

Duration for Bhujangani Mudra Practice



It is sufficient to do this exercise three to five times in a row daily. Or can be practiced as and when required.

## Benefits of Bhujangani Mudra

Bhujangani mudra rejuvenates the esophagus walls and the glands that secrete the digestive juices.

It is useful to clean the digestive tract and eliminates gasses

Also, makes stomach complaints disappear and tones up the overall muscles.

Practice Bhujangani Mudra and lead a healthy life.

From <<https://www.completenaturecure.com/bhujangani-mudra-benefits/>>

## Kapittha Mudra For Sexual Union With Partner

March 26, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

### **Kapittha Mudra – mudra for healing all sexual problems**

Kapittha Mudra brings a connection between the heart and the pelvis. This mudra helps in developing heartfelt devotion towards the partner. Kapittha Mudra represents a [sexual union](#) with your spouse. The practice of Kapittha Mudra leads to sexual healing which is in fact release of guilt and mixed feelings about sexuality. It stimulates libido, improves sensitivity and brings the unity of heart with the partner.

#### How to do Kappittha Mudra



Doing Kapittha mudra is very easy, just insert the thumb between the index and the middle finger as indicated. The remaining fingers will close to form a fist. Do Kapittha mudra in a comfortable position. The left hand will be placed upon the heart and right hand on the pelvis. Close your eyes, relax and breathe normally.

Experience the unity of sensuality and spirituality by observing the heartbeat and energy flow. You may do Kapittha mudra for 15 minutes when required.

This Mudra is beneficial for people entering the beautiful phase of union with their partner or for those who are feeling cold in relationships due to stress and anxiety.

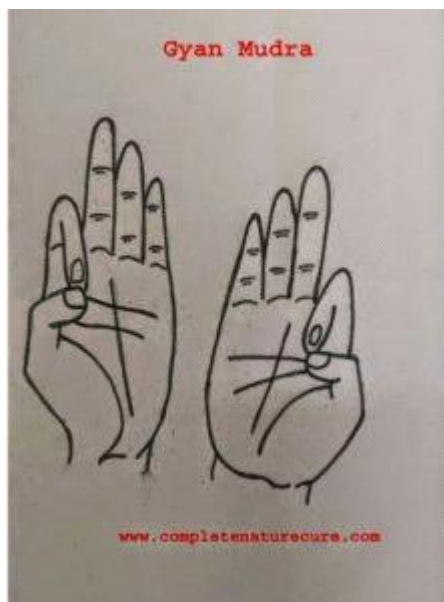
From <<https://www.completenaturecure.com/kapittha-mudra-sexual-union-partner/>>

Top 25 Effective Hand Mudras for healing and treating physical and psychological disorders.

September 21, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudras are simple yet, one of the most effective ways of treatments. One does not need any specifications or requirements to perform mudras. Any person can perform mudras in accordance with the constitutions or humor to enhance health and treat diseases. Many mudras help in treating almost every mild and chronic disorder. However, in this article, there are 25 major mudras that help in treating the major physical and psychological disorders.

**Vaayu-Vardhak mudra or Gyan mudra**



Vaayu Vardhak mudra enriches air element in the body. It helps in overcoming and balancing Vata deficiency. It is the main component of humor Vata.

This mudra is formed by joining tip of index and thumb finger. It can be practiced for 45 minutes in a day in one or three sittings. The ideal time to practice is between 2 am to 6 pm .

**There are four major techniques of practicing Vaayu-Vardhak mudra. They are as following:**

**All the mudras are practiced in cross-legged sitting posture.**

**Vairaagya mudra – Both the hands in mudra position on the laps.**

**Puran Gyan mudra – Right hand in mudra position near the chest and left hand on the lap.**

**Abhay Gyan mudra – Both the hands in mudra position on the either side shoulders.**

**Dhyaan Gyan mudra – Both the hands in mudra position near the pelvic region.**

**Effects of Vaayu vardhak mudra**

**Empowers nervous system and mind.**

**Enhances pituitary gland.**

**Enhances voluntary and involuntary muscles.**

**Improves skin and mucous membranes.**

**Facilities proper functioning of joints and articular cartilage.**

**Benefits of Vaayu vardhak mudra**

**Vaayu-Vardhak mudra helps in treating the following disorders**

**Anxiety.**

**Depression.**

**Dullness.**

**Lethargy and tiredness.**

**Nervous system disorders.**

**Endocrine disorders.**

**Muscular disorders.**

**Respiratory disorders, especially in treating excessive mucous.**

**Joint problems.**

**Optic atrophy and retinal degeneration.**

**Vaayu-Shaamak mudra or Vaayu mudra**



**Vaayu mudra helps in decreasing air element in the body. It does by suppressing air element by fire element. It is also the main component of humor Vata.**

**It is most suitable for people with Vata dosha.**

**This mudra is formed by gently placing the thumb finger over the index finger. Tip of index finger should touch the base of thumb finger.**

**Effects of Vaayu mudra**

**Brings relaxation to anxious mind.**



**Calms nervous system.**

**Balances endocrine gland.**

**Relaxes muscles.**

**Soothes voice.**

**Rehydrates skin and articular cartilage.**

### **Benefits of Vaayu mudra**

**Vaayu mudra helps in fighting the following disorders**

**Anxiety.**

**Mental instability.**

**Insomnia.**

**Hormonal imbalance.**

**Nystagmus and twitching of eyelids.**

**Dizziness.**

**Tinnitus and vertigo.**

**Tachycardia, palpitations, and breathlessness.**

**Cramps, spasms and rigidity in muscles.**

**Osteoarthritis and gout.**

**Dehydrated skin.**

**Brittle nails.**

**Flatulence and constipation.**

## **Aakaash-Vardhak mudra or Aakaash mudra**



**Aakaash mudra increases space element in the body. It helps in reuniting with higher consciousness. It plays a major role in the increase of the other bodily elements like air, water, fire and earth. Hence, it is the best way to increase all the bodily elements.**

**This mudra is formed by joining tips of middle and thumb fingers.**

### **Effects of Aakash mudra**

**Increases internal space, thereupon removing toxic wastes from the**

**Enables noble thinking.**

**Helps in achieving salvation.**

**Replaces negative emotions with positive thoughts.**

### **Benefits of Aakash mudra**

**Elevates and brings nobility to thoughts.**

Increases the power of intuition.

Detoxifies the body by eliminating toxic wastes.

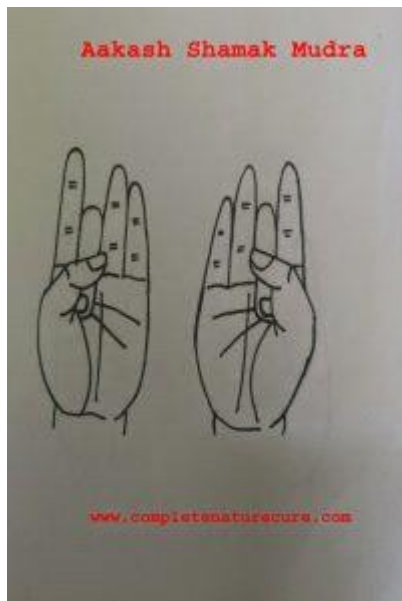
Helps in overcoming discomfort resulting from excess eating.

Fights heaviness in the body.

Relieves from congestion in head, ear, and chest.

Fights hypertension, angina pectoris, and irregular heartbeats.

**Aakaash Shaamak or Shoonya mudra**



Shoonya mudra helps in suppressing space element using fire element. It is also a component of humor Vata. It can be combined with Jal-Shaamak, Agni Shaamak, Vaayu Shaamak and Prithvi Shaamak mudras.

This mudra is formed by gently placing the thumb finger over the middle finger. Middle finger should touch the base of thumb finger.

**Effects of Shoonya mudra**

Helps in treating abnormalities caused by space element.

Restricts air, fire, water and earth elements.

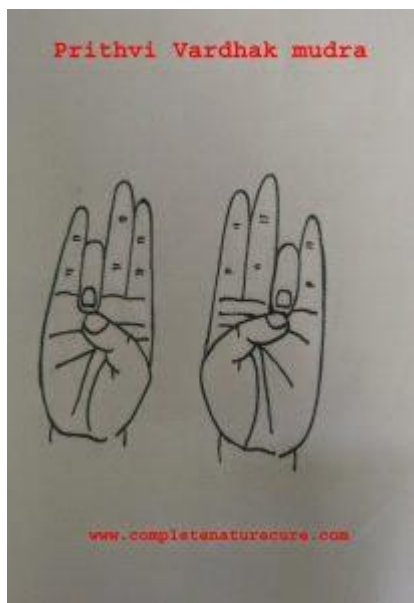
Pacifies Vata dosha.

### Benefits of Shoonya mudra

Helps in treating numbness in the body, especially in the head, abdomen, and chest.

Alleviates pain from ear ailments like tinnitus, vertigo and acquired deafness.

### Prithvi-Vardhak or Prithvi mudra



Prithvi mudra increases earth element and decreases the fire element in the body. It is a component of bodily pitta humor.

Prithvi mudra is formed by joining tips of ring and thumb fingers.

### **Effects of Prithvi mudra**

The main component of body tissues like skin, hair, flesh, nails, muscles, tendons, internal organs, bones and cartilage.

Associated with the nose, hence treats most of the nasal disorders.

Increases Kapha humor.

Pacifies fire element in the body.

### **Benefits of Prithvi mudra**

Prithvi mudra helps in treating the following disorders.

Weight loss and emaciation.

Osteoporosis osteomalacia and fractures.

Articular cartilage degeneration.

Paralysis, poliomyelitis, and paresis.

Skin rashes.

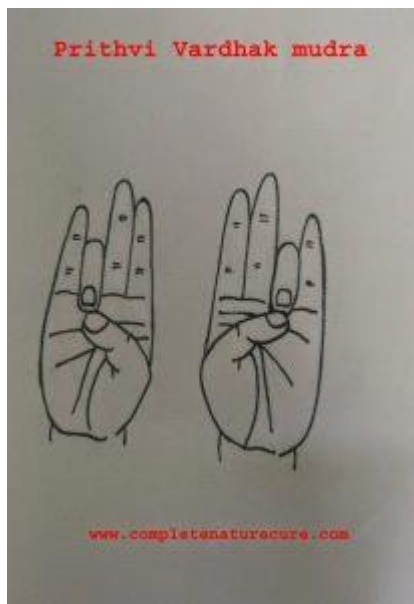
Hair loss and premature graying of hair.

Ulcers in the mouth, stomach and intestine.

Jaundice and fever.

Hyperthyroidism.

### **Prithvi-Shaamak or Surya mudra**



**Surya mudra increases air element and decreases Prithvi element.**

**Surya mudra: Gently placing the thumb finger over ring finger. Tip of ring finger touching the base of thumb finger.**

**Effects of Surya mudra**

**Maintains body temperature and metabolism.**

**Associated with vision.**

**Helps in overcoming pitta deficiency and related diseases.**

**Benefits of Surya mudra**

**Surya mudra treats the following disorders**

**Coldness in the body.**

**Underactive thyroid gland.**

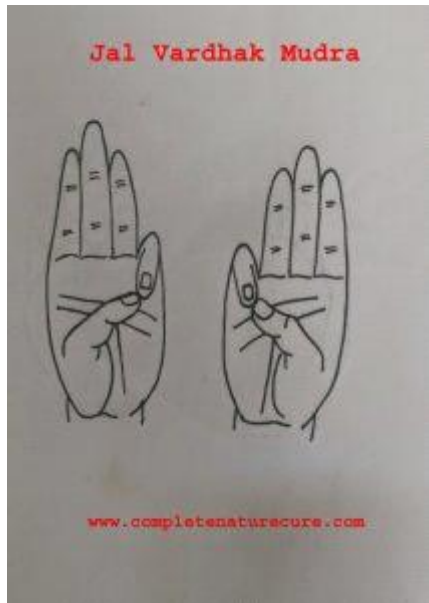
**Obesity.**

**Indigestion, loss of appetite and constipation.**

**Disorders in eye/vision.**

**The low or complete absence of sweating.**

## **Jal-Vardhak mudra or Varun mudra**



**Varun mudra increases water element in the body, which constitutes about 70% of the body.**

**Varun mudra: Join tips of the thumb and little finger.**

### **Effects of Varun mudra**

**Increases water content in the body.**

**Improves water metabolism.**

**Associated with taste and tongue.**

**Maintains water balance in all the cells, fluids and tissues.**

### **Benefits of Varun mudra**

**Dryness of digestive tract and eyes.**

**Indigestion and constipation.**

**Skin dryness.**

**Dehydration.**

**Anemia.**

**Cramps.**

**Oliguria, oligospermia, and oligomenorrhea.**

**Jal-Shaamak mudra**



**Jal-Shaamak mudra reduces water element in the body.**

**Jal-Shaamak mudra: Gently place thumb finger over the little finger. Tip of the little finger touching the base of thumb finger.**

**Effects of Jal-Shaamak mudra**

**Reduces water content in the body.**

**Helps in overcoming waterlogging.**

**Beneficial to people with pronounced pitta-Kapha constitution.**

**Benefits of Jal-Shaamak mudra**



**Jal-Shaamak mudra helps in treating the following disorders**

**Hydronephrosis, hydrocephalus, and hydrocele.**

**Diarrhea.**

**Edema and water retention.**

**Running nose and watery eyes.**

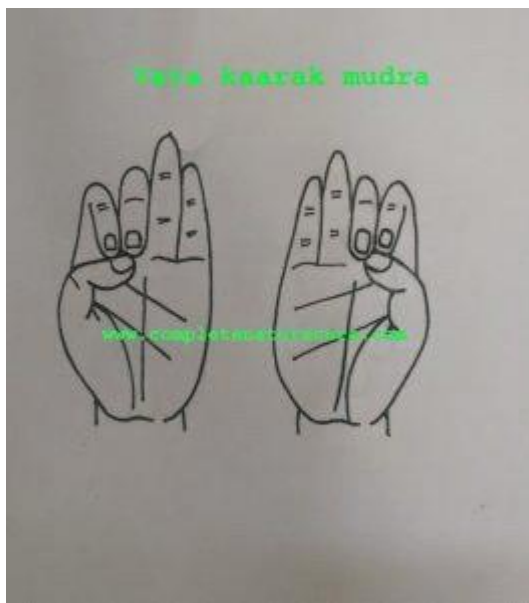
**Hyperacidity.**

**Joint effusions.**

**Excess hormones.**

**Clammy and cold body.**

**Vaata-Kaarak mudra or Vaayan mudra**



**Vaayan mudra increases Vata humor in the body.**

**Vaayan mudra: Join tips of thumb, index, and middle fingers.**

**There are two main variations in Vaata-Kaarak mudra**

**Udaan mudra:** Joining tips of middle finger and thumb finger and placing the tip of index finger over the nail of the middle finger.

This mudra helps in enhancing vocal cords, respiratory system, and blood circulation.

**Vyaan mudra:** Placing the tip of index finger over the nail of thumb finger and the tip of the middle finger over index finger's nail. This mudra helps in ailment blood circulation and heart.

**Effects of Vaayan mudra**

**Controls nervous system.**

**Boosts vital power.**

**Helps in overcoming Vata deficiency and related diseases.**

**Prevents avert illness.**

**Benefits of Vaayan mudra**

**Vaayan mudra helps in treating the following disorders**

**Nervous breakdown or exhaustion.**

**Slow perception and low enthusiasm.**

**Tiredness.**

**Sunstroke and intolerance of heat.**

**Frequent urination.**

**Loose motions.**

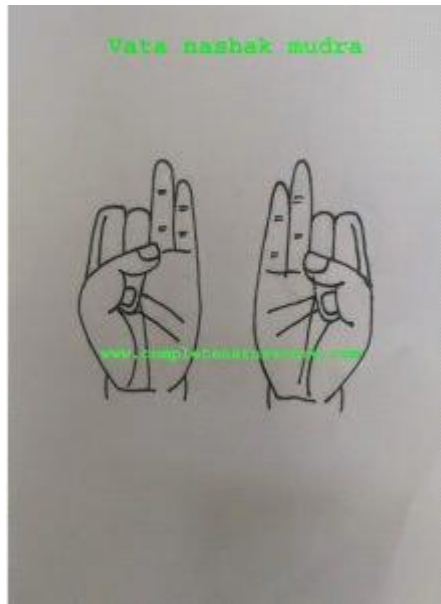
**Fatness.**

**Menorrhagia.**

**Excessive sleep and drowsiness.**

**Excessive thirst and sweating.**

## **Vata Naashak mudra**



**Vaata Naashak mudra reduces Vata humor in the body.**

**Vaata-Naashak mudra: Place tips of the index and middle finger at the base of the thumb. Gently place the thumb over the middle and index fingers.**

### **Effects of Vata-Naashak mudra**

**Pacifies Vata humor aggravation.**

**Beneficial for pronounced Vata dosha.**

### **Benefits of Vaata Naashak mudra**

**Vaata Naashak mudra treats the following disorders**

**Low stamina.**

**Poor mental ability.**

**Insomnia.**

**Weight loss or low weight problems.**

**Numbness in the body.**

Aches in body parts.

Parkinsonism, giddiness, unsteady gait and vertigo.

Osteoarthritis and creaky joints.

Painful, scanty and irregular menses.

Chronic fatigue.

Impatience, timidity, and fear.

Intolerance of cold wind or weather.

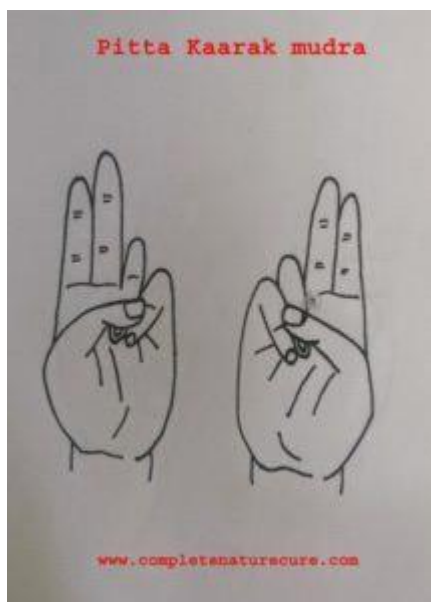
Stammering or hoarseness in the voice.

Cracked skin and nails.

Flatulence and constipation.

Scanty urination and sweating.

**Pitta-Kaarak mudra Or Kapha-Naashak mudra**



Pitta-Kaarak mudra increases pitta humor in the body. It also helps in reducing Kapha humor.

**Pitta-Kaarak mudra:** Place ring and little finger at the base of thumb finger. Gently place thumb finger over the thumb of those two fingers.

### **Effects of Pitta-Kaarak mudra**

**Maintains and regulates bodily heat.**

**Plays a major role in regulating digestion, metabolism, and circulatory system.**

**Prevents illness.**

### **Benefits of Pitta-Kaarak mudra**

**Pitta-Kaarak mudra helps in fighting the following disorders**

**Slow activities and perception.**

**Coldness in body parts.**

**Indigestion.**

**The absence of thirst.**

**Hypothyroidism.**

**Oligomenorrhea.**

**Excess mucus in digestive and respiratory system.**

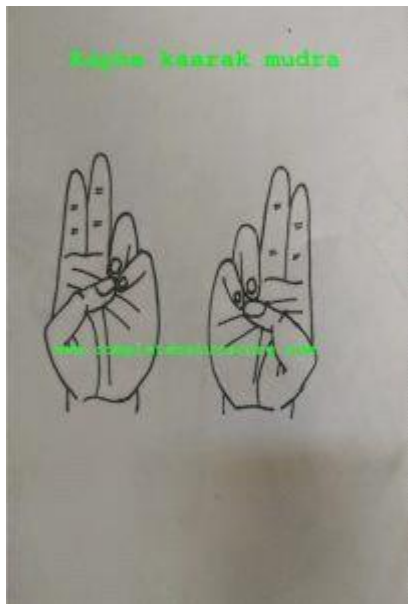
**Eye ailments.**

**Loss of appetite.**

**Greasy or oily skin or hair.**

**Low self-esteem.**

**Kapha-Naashak mudra or Pitta-Naashak mudra or Praan mudra**



**Praan mudra increases Kapha humor and decreases Pitta humor.**

**Praan mudra: Join the tips of thumb, ring, and little fingers.**

**Effects of Praan mudra**

**Increases vitality and strength.**

**Enhances immunity.**

**Benefits of Praan mudra**

**Praan mudra helps in fighting the following disorders.**

**Low endurance, debility, and fatigue.**

**Immunity disorders.**

**Mental illness and aggressiveness.**

**Hyperthyroidism.**

**Insomnia and disturbed sleep.**

**High blood pressure and atherosclerosis.**

**Ulcers or burning sensation in the mouth, throat and stomach.**

**Loose and blood stools.**

**Burning and scanty urination.**

**Painful and excessive menses.**

**Foul-smelling and excessive perspiration.**

**Joint disorders.**

**Skin rashes, leprosy and urticarial.**

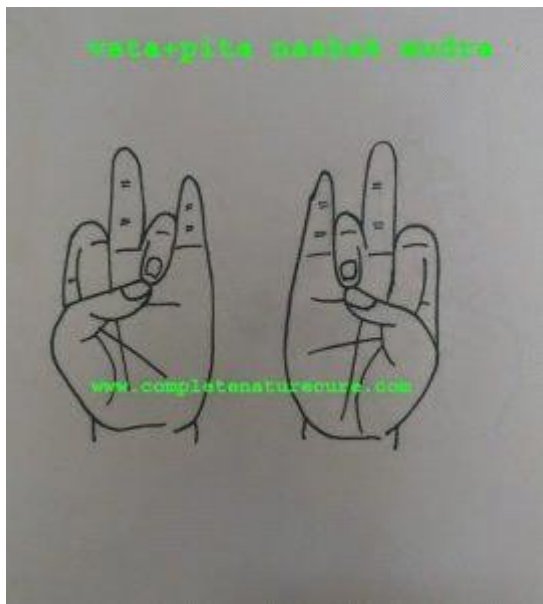
**Cataract.**

**Inflammatory disorders, especially the disorders with it is ending.**

**Graying, drying and sparse hair.**

**Premature aging and jaundice.**

**Vaata Pitta-Naashak mudra**



**Vaata Pitta-Naashak mudra helps in treating the persons with disorders related to Vaata Pitta mix constitution.**

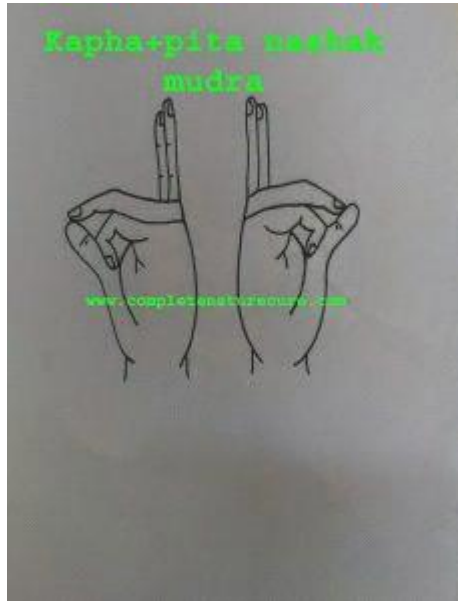
**Vaata Pitta-Naashak mudra: Join tips of thumb and ring finger with the tip of index finger at the base of thumb finger.**

**Vaata Kapha-Naashak mudra**

**Vaata Kapha-Naashak mudra helps in overcoming diseases related to Vaata Kapha mix constitution.**

**Vaata Kapha-Naashak mudra:** Place tips of index and ring finger at the base of thumb finger. Gently place the thumb finger over the bent index and ring fingers.

**Pitta-Kapha Naashak mudra**



Pitta-Kapha Naashak mudra helps in treating the diseases related to Pitta Kapha mix constitution.

**Pitta-Kapha Naashak mudra:** Join tips of ring and thumb fingers with the tip of the little finger at the base of thumb finger.

**Tridosha-Naashak Samaan mudra or Mukul mudra or Sukri mudra**



Mukul mudra balances and enhances the functioning of all the three humors and five elements in the body. This mudra treats almost every disorder.

**Mukul mudra:** Join the tips of all the five fingers.



Directing or touching Mukul mudra pose to the diseases part of body enhances the healing effect.

#### Tridosha-Naashak Surabhi mudra or Kaamadhenu mudra

Kaamadhenu is a mythological and heavenly cow, which is known to grant and fulfill all the wishes. This mudra also balances and enhances the functioning of all the three humors and five elements in the body.

Kaamadhenu mudra: Join tips of the little finger of one hand to the ring finger of the other hand. Join tips of the index finger of one hand to the middle finger of the other. Two thumbs must touch each other on sides. This mudra represents four udders of a cow.

#### Apaan mudra



Apaan mudra is one of the most beneficial mudras in detoxifying, thereupon purifying and energizing the body. It increases space and earth elements in the body.

Apaan mudra: Join tips of middle, ring and thumb finger.

#### Effects of Apaan mudra

This mudra is a combination of Prithvi-Vardhak and Aakaash-Vardhak mudra.

It enriches Vaata and Kapha humors in the body and decreases Pitta humor.

#### Benefits of Apaana mudra

Apaana mudra helps in fighting the following disorders

Constipation, piles, and flatulence.

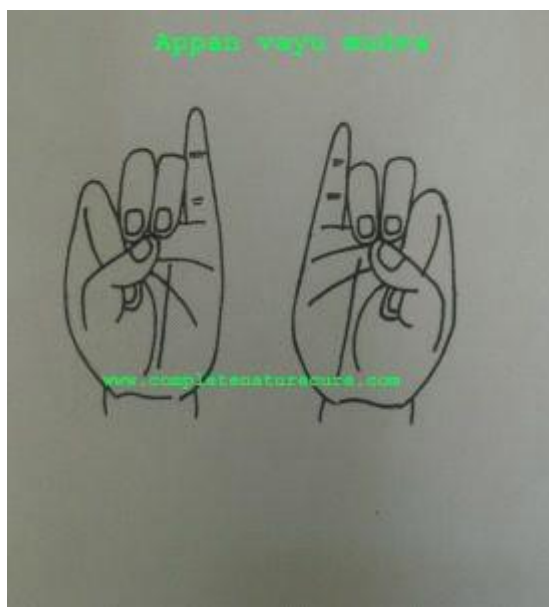
Delay in delivery of the child.

Burning sensation or burning of body parts.

Anuria.

Vaata-Kapha mix people should practice this mudra in moderation.

#### Apaana-vaayu mudra or Mritsanjeevani mudra



Apaana-Vaayu mudra increases the earth element and decreases air and fire elements in the body. This mudra benefits and pulls the person away from the deadly pains in chest or heart attack.

**Apaana-Vaayu mudra:** Join tips of the ring, middle and thumb fingers. Place the tip of index finger at the base of the thumb.

### **Effects of Apaana-Vaayu mudra**

**Removes blockages and detoxify the body.**

**Increases vitality.**

**Sedates and relaxes the mind and body.**

### **Benefits of Apaana-Vaayu mudra**

**Apaana-Vaayu mudra helps in fighting the following disorders**

**Palpitations.**

**Hypertension.**

**Excessive sweating.**

**Urine obstruction.**

**Angina pectoris.**

**Excessive sweating.**

**Body, tooth and joint pains.**

**When the person with heart attack symptoms performs this mudra, it helps in relaxation and minimizing the damage to heart muscles.**

**People with pronounced Kapha should practice this mudra in moderation.**

### **Linga mudra**



Linga is a Sanskrit word, meaning Phallus. It increases heat and reinforces Pitta humor and fire element.

**Linga mudra:** Interlock the thumbs, and erect the left thumb pointing skywards.

#### **Benefits of Linga mudra**

Linga mudra helps in fighting the following disorders

Asthma and other respiratory disorders.

Sexual debility, especially in males.

Cold, sinusitis, wet cough, and sticky stools.

Shivering or intolerant towards cold.

One shall perform Linga mudra only during the above mentioned and related diseases. Over practice of Linga mudra causes lethargy and sluggishness.

Should not perform during excess Pitta ailments like a fever.

#### **Shankha mudra**



Shanka is an Indian word meaning conch. It increases air element , Vaata and Kapha humors in the body. Shanka mudra also decreases the Pitta humor in the body.

**Shanka mudra:** Grasp the left thumb with fingers of right hand. Place the fingers of left hand on the back of the right palm. Join tips of the index finger of left hand and thumb finger of right hand.

#### **Benefits of Shankha mudra**

Shankha mudra helps in fighting the following disorders.

Burning sensation or burning of body parts.

Feverishness.

Allergic disorders like urticarial.

Larynx and pharynx disorders.

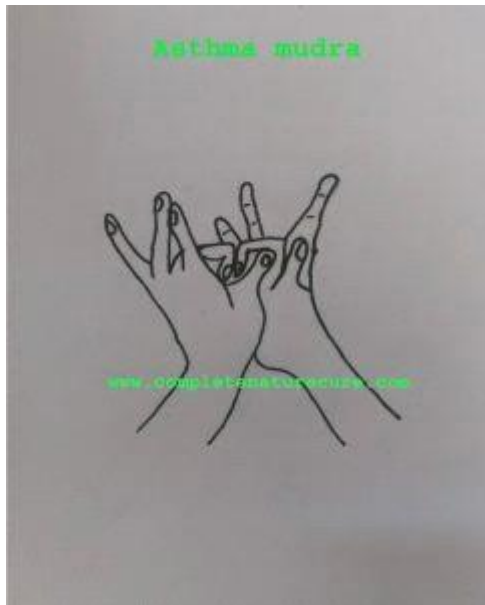
The weakness of muscles or paralysis.

People with Vaata Kapha constitution shall practice Shankha mudra in moderation.

In addition, there is another form of Shankha mudra. It is known as Sahaj Shankha mudra which has same benefits of Shankha mudra.

**Sahaj Shankha mudra:** Interlock eight fingers of both hands and with thumb fingers in contact with each other facing skywards.

## Asthma mudra



Asthma mudra helps asthmatics, similar to those of Surya, Aakaash or Linga mudras.

Asthma mudra: Press the fingernails of the middle finger of one hand to the other. Gently extend the other fingers outward.

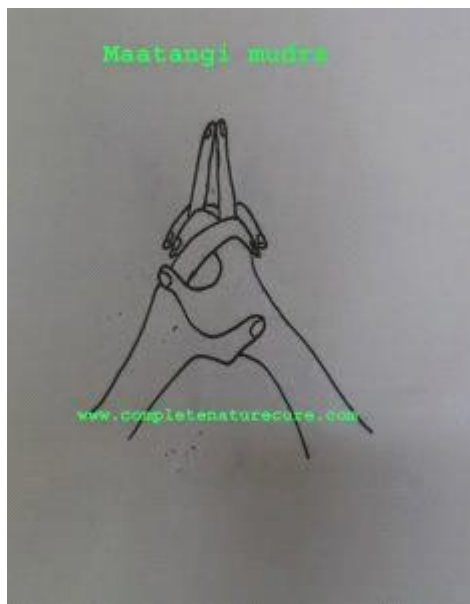
### Benefits of Asthma mudra

Relaxes the muscles of the respiratory tract.

Enhances breathing.

Treats and also prevents from Asthma.

### Matangi mudra



Matangi is considered as God of inner harmony. It helps a person in attaining harmony with the self and surroundings.

Matangi mudra: Interlock both the hands and hold it at the navel. Erect the middle fingers touching each other skywards.

#### Benefits of Matangi mudra

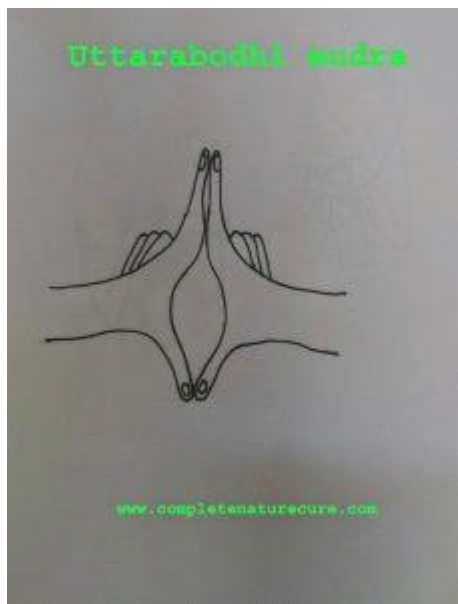
Enhances the functioning of the hypothalamus.

Brings state of balance in the body.

Relieves tension.

Alleviates pain from chest and abdomen.

#### Uttarabodhi mudra or Mudra of Enlightenment



Uttarabodhi mudra dawns enlightenment and dispels fear.

Uttarabodhi mudra: Interlock both the hands at the level of the navel. Keep the index fingers straight touching each other and pointing skywards. In the same way, touch the thumb fingers keeping straight and pointing downwards.

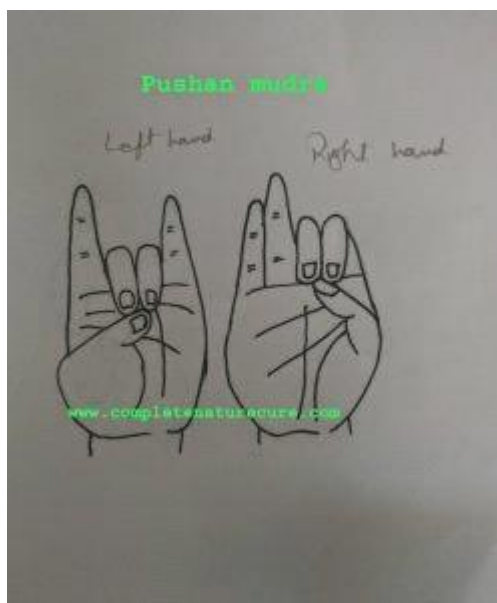
#### Benefits of Uttarabodhi mudra

Brings realization of fear no one except the almighty.

Soothes nervous system during or before the daunting task.

Helps in overcoming nervousness, stage fright and related stress disorders.

#### Pushaan mudra





**Pushaan mudra or sun represents God of warmth, nourishment, and energy.**

**Pushaan mudra: Position right hand in Vaata Kaarak mudra and left hand in the position of Apan mudra.**

**Benefits of Pushaan mudra**

**Enhances immunity and energy.**

**Improves stamina, endurance, and strength.**

**Detoxifies the body.**

**All the mudras except the Linga mudra can be practiced for 45 minutes in a day. It can be parted into 3 sessions of 15 minutes each.**

**Conclusion**

**In the current world, we do our best in keeping both our physical and psychological aspects healthy. We take care of our diet and practice different exercise. But due to some or the internal and external conditions are body fails to optimize the benefits.**

**Mudras are the perfect tools to enhance all the benefits. Mudras optimize the benefits by helping our body function in accordance with the exercise, diet, and environmental conditions.**

**One can practice mudras anywhere. Either while you are watching TV, reading books or sitting idle. Practicing mudras during meditation take the meditation to the next level.**

**One thing is that mudras help the body and mind in attaining balance and control over all the three aspects of yourself. They are physical, psychological and spiritual level.**

**Start practicing it today, you may not see the benefits right away, but you will see the improvements along the path.**

From <<https://www.completenaturecure.com/top-25-effective-hand-mudras-healing-treating-physical-psychological-disorders/>>

## Kartari Mudra

March 3, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

### KARTARI MUDRA (Resting Mudra)

- Lie down in a supine position; place your hands near to your body or on your stomach, with the right hand on top of the left.
- Now take a deep breath in and arch the abdominal wall. As soon as the stomach is full, push your hands to your ribs and expand this region. When your ribs are spread as much as you can, push your hands to the collarbone and raise the area above the chest.
- Slowly breath out and repeat the process sometimes.

With each exhalation, let yourself become heavier and heavier. Release your weight to the supporting ground. While inhaling, let yourself be filled with lightness and light; while exhaling, let go of everything dull and dark within you. At the close, you are full of light, peace freedom, and joy.

Effect: Develops and deepens breathing, regenerates the autonomic nervous system (organ activity), and relaxes the entire body.

From <<https://www.completeNaturecure.com/kartari-mudra/>>

## Rudra Mudra

March 3, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

The Practicing Rudra Mudra on this precious day will give numerous benefits. It is believed that worshipping Lord Shiva will give liberation. "Rudra" is also one of the names of Lord Shiva. Continue reading to know all the advantages of Rudra Mudra.

RUDRA MUDRA is believed to be the Ruler of the solar plexus chakra.



How to do Rudra Mudra

Rudra Mudra is formed by joining the tips of your thumb, index, and ring fingers together. Extend the other two fingers in a relaxed way. Practice this mudra with both hands.

### Duration for Rudra Mudra

Practice this mudra whenever there is a need or six times a day for five minutes.

Imagine that you are sitting at the center of a wheel (life cycle), close to the hub. The wheel may turn as much as it wants, but this has no effect on you (the truth of life: our Atma is eternal and no change for it). However, when you move from the center and sit on one of the spokes or at the edge, you must use all of your strength to avoid losing your stability. This applies to all the situations in our life. When we are not centered, meaning when we are "beside" ourselves, that creates all types of tensions. One person may have pressure in the stomach; another person has tension in other parts like neck, back, pelvis, or chest. According to the Five Element Theory of Chinese, the centering force is associated with the earth (Prithvi) element (see Appendix C), which rules the energy of the stomach, spleen, and pancreas.

The Rudra Mudra strengthens the earth(Prithvi) element and its organs. If the chi (the Chinese term for elemental energy) suffers a distinct reduce because of weakened earth(Prithvi) energy, there will also be a diminished supply to the head area as a result. Consequently, the person feels listless, dull, or even dizzy, weighed down, Such a state of weakness can be relieved or even eliminated with this mudra.

#### Health Benefits of Rudra Mudra

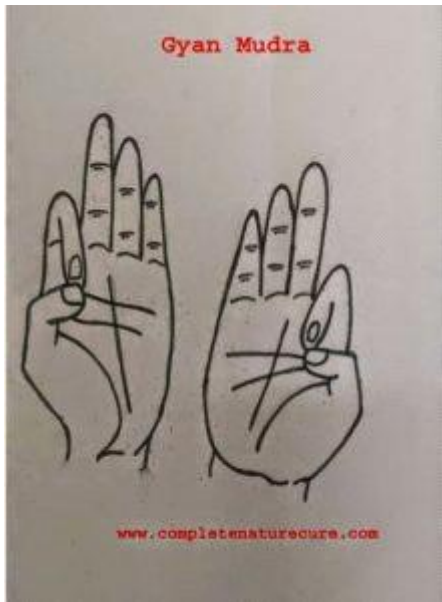
The Rudra Mudra can also be used by people who have experienced heart complaints, [dizziness](#), the descent of interior organs, or general states of exhaustion.

From <<https://www.completeNaturecure.com/rudra-mudra-practice-mudra-precious-day-shivaratri/>>

## Top 10 Hand Mudras for Complete Health

March 14, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

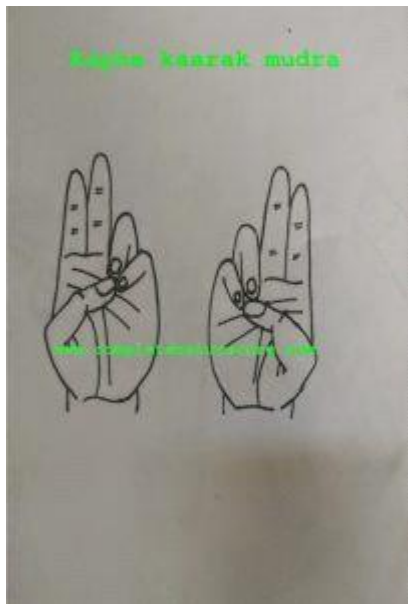
### 1. Gyan Mudra (Mudra of Knowledge)



Place the tip of your index finger to the tip of the thumb Press gently to create pressure. Keep the remaining fingers straight.

It purifies the mind, enhances intellect, improves memory, brings focus and heals mental illnesses. It reduces negative thoughts and anger. This technique eradicates addictive habits. Insomnia, headaches and hypertension. It also brings peace of mind and happiness. To know more about [Gyan mudra](#) click [here](#)

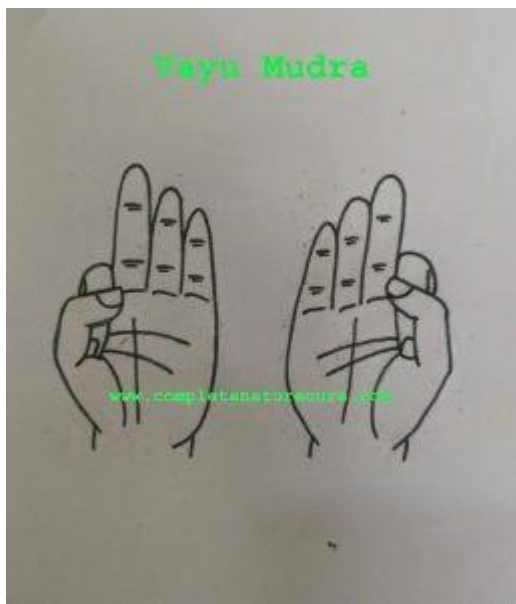
### 2. Prana Mudra (Mudra of Life)



Put the tips of your thumb, ring finger and little finger. Keep the two remaining fingers straight with palm upward.

This technique awakens the dormant “prana” (life force) in your body. It eliminates free radicals and strengthens the immune system. It improves eyesight and corrects eye problems. It revitalizes the body and eliminates chronic fatigue syndrome. To know more about [prana mudra](#) click here

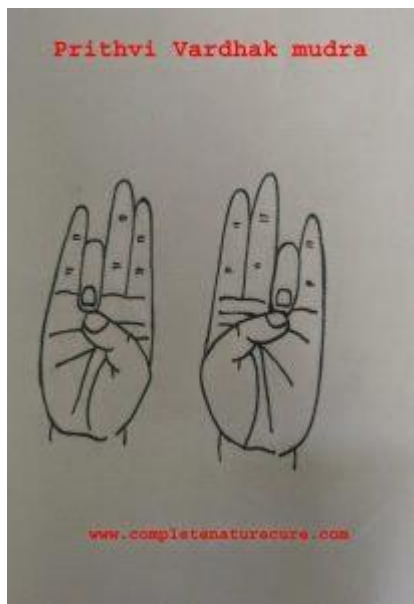
### 3. Vayu Mudra (Mudra of Air)



Place the tip of your index finger at the base of the thumb. Put pressure using your thumb. Keep the other fingers straight.

Regular practice cures gout, arthritis and gastro problems. It heals Sciatica, joints, neck, spinal and knee pains. To know more about [Vayu mudra](#) click here

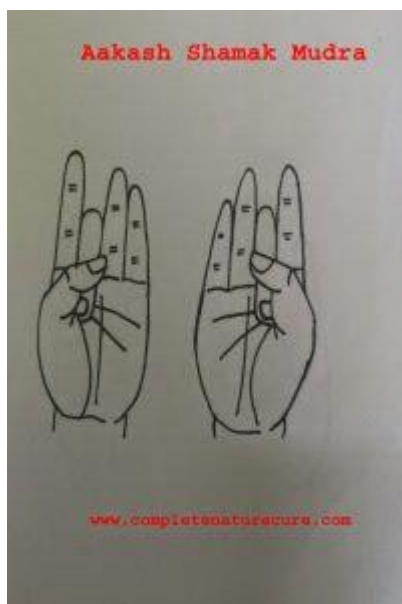
### 4. Prithvi Mudra (Mudra of Earth)



Join the tips of your thumb and ring fingers together while the remaining fingers are straight. Put pressure on your joined tips.

It cures digestive problems and vitamin deficiency. It helps those who want to gain or lose weight. To know more about [Prithvi mudra](#) click here

#### 5. Shoonya Mudra (Mudra of Emptiness)

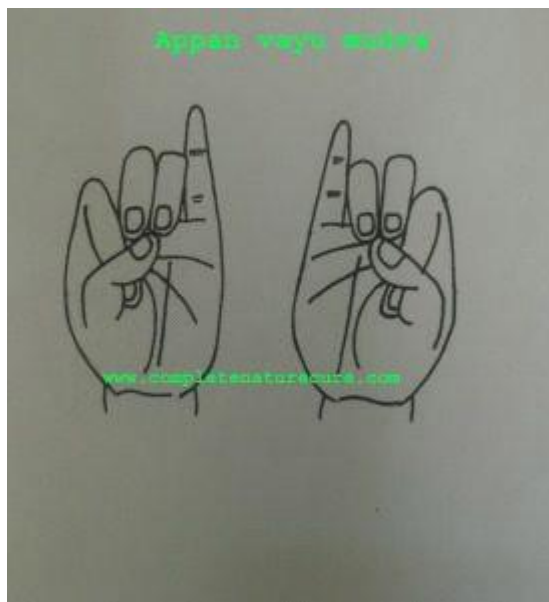


Place the tip of your middle finger at thumb's base area then move thumb towards it and press.

Regular practice keeps bones strong. It assists people with thyroid and throat problems as well as heart ailments. Doing this technique for an hour a day corrects deafness and other ear problems. It is also good for vertigo and vomiting trouble. To know more about [Shoonya mudra](#) click here.

#### 6. ApanVayu Mudra (Mudra of Heart)

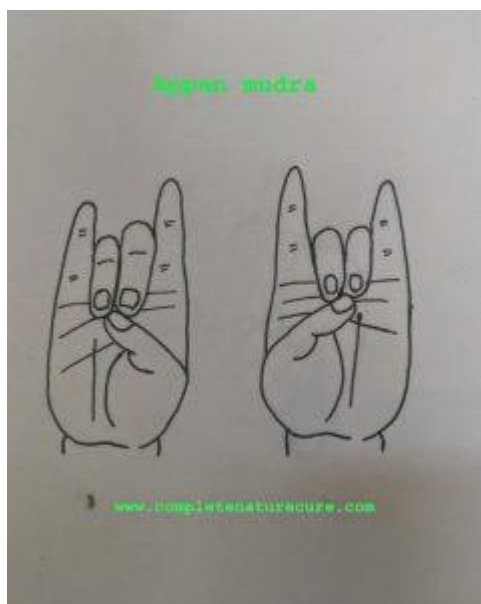




It combines Apan and Vayu Mudra. Place the tip of index finger at thumb's base then enjoin the tips of thumbs, middle and finger together. Keep your little finger straight. Put slight pressure.

It helps people with weak hearts and those recovering from heart attacks. It is used to bring instant relief during a heart attack. It lowers blood pressure, cures asthma, prevents headaches and removes stomach gas. If you need to climb steep places, do it for 5-7 minutes before the climb. To know more about [Apan Vayu Mudra](http://www.completeherbalscure.com) click here

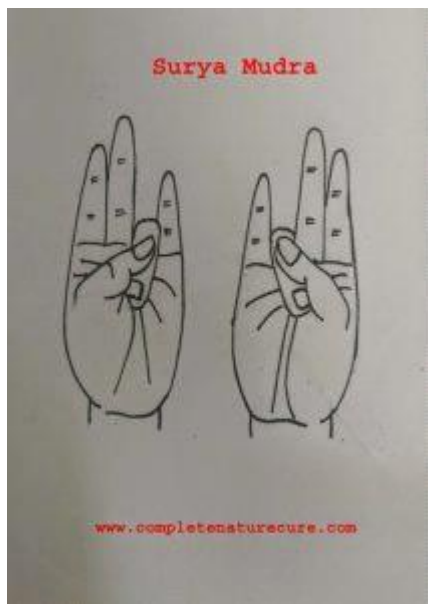
#### 7. Apan Mudra (Mudra of Digestion)



Join the tips of your thumb, middle and ring fingers together. Press to put pressure.

It detoxifies the body. It cures diabetes, kidney troubles, dental problems, stomach aches, constipation and heart diseases. To know more about Apan mudra click here

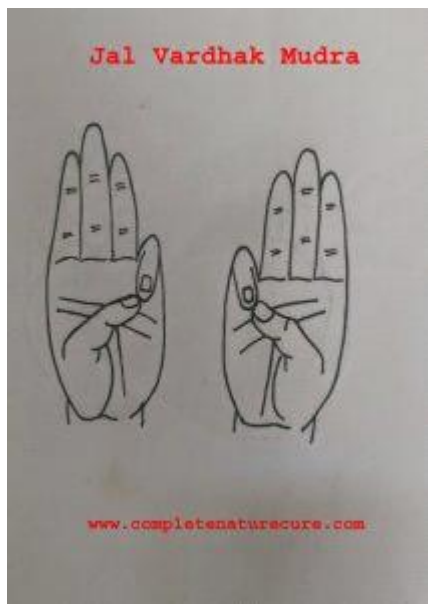
#### 8. Surya Mudra (Mudra of the Sun)



Touch the base of the thumb with your ring finger then apply pressure.

It is best for those who want to lose weight. It cures liver defects, hypertension, cholesterol problems, and diabetes. To know more about [Surya mudra](http://www.completenaturecure.com) click here

#### 9. Varun Mudra (Mudra of Water)



Join the tips of the thumb and little finger together then press to build pressure.

It removes blood impurities, corrects blood-related troubles and urinary tract infections. It also improves skin and facial complexion. To know more about Varun mudra click here

#### 10. Ling Mudra (Mudra of Heat)



Clasp the fingers of your two hands together while keeping the right thumb up. Build enough pressure. Do this for 20-30 minutes daily.

It increases body heat and cures colds, cough, asthma, sinus problems, anemia or low blood pressure. Remember to drink lots of fluids when doing this Mudra technique. To know more about Linga mudra click here.

These are the Top 10 Hand Mudras that will give complete wellbeing.

Note: Before doing hand mudras you have to find out your body type ( Vata, Pitta, and Kapha).

From <<https://www.completecurecure.com/top-10-mudras-complete-health/>>

## Naga Mudra Benefits

February 5, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

### Naga Mudra for wisdom

Sanskrit word “Naga” means snake or serpent. It represents the supernatural strength and wisdom. Naga mudra is a hand posture that is practiced for many psychological and spiritual benefits. Naga Mudra may also call a mudra of deeper insight. It mudra has great healing power, and it also helps enhances clarity of mind. Naga Mudra is useful to solve everyday problems. It also contributes to resolving obstacles on the spiritual path.



### How to do Naga Mudra

- 1) Cross your hands in front of the chest.
- 2) Now cross your thumbs as well over each other. Look at the picture.

### Significance of Naga Mudra

When we take the spiritual path, it is normal that we will encounter practical challenges over time and time again. Only by working through these challenges we can progress on the spiritual path. And only after that, we can fulfill the purpose of our lives. Here Naga Mudra is useful to solve everyday problems.

Your mind will be clear to answers the questions about decisions that must be made for future, and for the spiritual path. There are times When we are in confusion and need to know something desperately, or we are not sure which path to follow. Then we must question and listen.

How does Naga Mudra work to gain wisdom?

Fire is a dominant element. It warms, moves, and activates us. This is why visualizations of fire set something in motion, it improves strength and relieves tensions. Let the flames continue to flicker great so you have a bright and clear head. Your breaths were deep and powerful at the beginning; they become slow, beautiful, and flowing with time. Each inhalation helps you to sit straighter, both inwardly and outwardly, as if you were being pulled upward. While exhaling, hold onto your new size but let go of every inner tension. Stay in the stillness for a while. First ask your questions, and then listen inside yourself. A must Read Post – Varada Mudra for pacifying past thoughts.

Health benefits of Naga Mudra

Regular Practice of Naga Mudra develops the deeper insight and clarity of ideas.

It provides answers to a query regarding spiritual quest. It also helps to find outsole purpose of one's existence.

It can be undoubtedly helpful in stress and anxiety. The serpent represents strength. Hence, Naga Mudra also contributes to developing strength. Read More – [Prithivi Mudra](#) for physical strength.

It this mudra is practiced appropriately and with complete meditation. It can surely remove problem faced in day to day life.

Regular practice of Naga Mudra increases one's insight and clairvoyance.

Naga Mudra helps to develop strength.

This mudra pleasantly relieves tensions.

This mudra brings clarity to the mind.

It provides answers to one's quest forever eluding spiritual existence.

If properly practiced, it helps in removing problems faced in day to day life.

Naga Mudra also brings about strength and lightness to everyday existence.

It can help with anxiety and stress.

It can also assist in balancing the emotions, integrating mind and body and overactive mind.

From <<https://www.completenaturecure.com/naga-mudra-benefits/>>

Tuesday, September 19, 2017 9:58 PM

## Pranav Mudra

November 18, 2015 by [M.Hari Kumar](#) [Leave a Comment](#)

### How to do Pranav Mudra

Open your palms. Fold down the index finger and middle finger, keeping thumb, small finger, and ring finger straight.

### Specialty of Pranav Mudra

Pranav means “Om”; In this mudra, the palms make a shape similar to the syllable “Om.” The hand was held in Pranav mudra during the practice of Anulom Vilom and Suryabhedhi Pranayamas.



From <<https://www.completeNaturecure.com/pranav-mudra/>>

Tuesday, September 19, 2017 9:58 PM

## Aditya Mudra Benefits

October 4, 2015 by [M.Hari Kumar](#) [Leave a Comment](#)

### How To Do Aditya Mudra

Just Place the tip of the thumb at the base of the ring finger to for Aditya Mudra.



### Benefits of Aditya Mudra:

This Mudra gives benefits of both Prithvi Mudra and Linga Mudra. Here is what happens to you when you practice Prithvi Mudra.

The ring finger represents the element Prithvi(earth), and the Thumb represents the element Agni(fire). When the Agni touches at the base of the ring finger there is a growth of Prithvi element and also the growth of Agni. Therefore, there will be weight gain with improvement stamina.



From <<https://www.completenaturecure.com/aditya-mudra-benefits/>>

## Chinmaya mudra

September 8, 2015 by [M.Hari Kumar](#) [Leave a Comment](#)

### Chinmaya Mudra

In this mudra, the thumb and forefinger form a ring and the three remaining fingers are curled into the palms of the hands. Again, the hands are placed on the thighs with palms facing upwards and deep comfortable ujjai breaths are taken. Once more, observe the flow of breath and its effect.

### Benefits of Chinmaya Mudra

Improves flow of energy in the body  
Stimulates digestion



From <<https://www.completeNaturecure.com/chinmaya-mudra/>>

Tuesday, September 19, 2017 9:59 PM

These mudras will relieve all your health problems

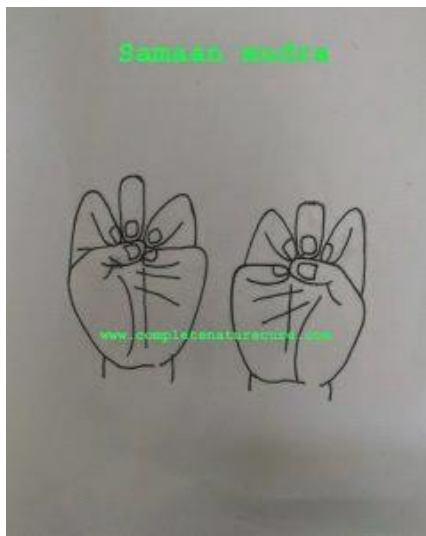
August 28, 2015 by [M.Hari Kumar](#)



Samaan mudra is very useful to balance all the three doshas Vata,Pita and Kapha.Due its impact on the doshas, it is also called tri-dosha-naashak mudrā.This mudrā has two other names Mukul and Sukri mudra.

This mudrā is the best mudrā which balances all the five elements in the body.This mudrā is very much beneficial for the persons whose all three humors have become deranged.This mudra can be used to overcome any disease.If you want to prevent illness this the best mudra to practice regular basis.

How to do Samaan mudrā



This mudra is very easy to do, join joining the tips of the thumb and all four fingers.

30 minutes practice is enough to good results of this mudrā.you can practice it at any time or any position.In the morning hour is the best time.

If you are facing any illness then ,while performing this mudra, The fingertips can be directed at the diseased part of the body to get quick results.

Surabhi mudrā is very useful to cut all the bad effects three doshas.Due to its impact on all the three doshas it's also called as tridosha naashak mudra.This mudrā has a special property of balancing all the five elements in the body, this mudrā has directly equal to saaman mudrā.

Tridosha naashak mudra or Surabhi mudra



Surabhi means cow, in Indian mythology there is cow kaamadhenu which fulfil all the wishes .This mudrā gives that much help full to maintain good health and this mudrā is called as Kaamadhenu mudrā.

How to do Surabhi mudrā:

This mudra is not that much easy to do like basic mudra.Look at the picture and read the description clearly.This mudra is formed by joining the tip of ring finger of each hand to the tip of little finger of the other and the tip of the index finger of each hand to the tip of middle of the other.This forms a figure that resembles the four udders of a cow.

30 minutes of regular practice is enough to get good results of this mudrā.You can do it any time or any position.It is preferable that early hour of morning or in meditation to get best result.

Any one can do this mudra to lead a disease free life.

From <<https://www.completenaturecure.com/these-mudras-will-relieve-all-your-health-problems/>>

## Mudras

### Mudra meaning

Mudras are gestures made with hand and fingers. Mud means joy and ra mean produce, which brings the meaning of mudra to the hand gestures which bring joy and happiness.

### Where mudras have been using

Indian traditional dances and rituals, Buddhist religious practices often depict mudras and their importance. They are widely seen in Meditation, yoga, and other spiritual practices. Mudras are a form of Natural therapy. In mudra therapy, different hand gestures are used to energize, remove toxins and blockage from the body. They work along with the essential elements in our body discussed below.

### The Principles of Hand Mudra

Our body is composed of five different elements. The core elements in our body are air, earth, fire, water and space. According to the proportions, the elements used to make the body gives a prakrati or constitution to the person. A balanced combination of these has a vital role in being healthy. They are responsible for physical and mental health conditions and energy level.

### How Hand Mudra Works

Each finger of our hand represents specific elements.

Thumb finger – Fire element.

Index finger – Air.

Middle finger – Space.

Ring finger – Earth.

Little finger – Water.

Ayurveda has given us a proper understanding of the body types based on the combination of the core elements. The amount of the essential elements vary, and they build up the physical and mental body in

accordance. They are of three types: Vata, Pitta, and Kapha.

Vata – Air and space.

Pitta -Fire and water.

Kapha – Earth and water.

When these elements are in higher or lower amounts than the required, our body is imbalanced. Mudras also play a significant role in maintaining and balancing these elements.

### Vata Constitution

Vata is usually the ones that are easy come and easy go type of people. The physical development of Vata people are weak and flat, and they are either too tall or too short. Muscle tendons, bones and joint ends are clearly visible due to improper muscle development. Skin is rough and cold with brown complexion with sparse and curly hair. Looks are drawn with dark, dry, small, sunken eyes and dry, muddy conjunctiva. Hair curly and scanty, Bent and turned up nose. They are also vulnerable to their emotions. They lack confidence, tolerance, willpower which often results in fear, nervousness, and anxiety; They also suffer from irregular sleep. Hands and legs are often cold. Vata people are creative and are active and alert in their work. But are often restless and weak in maintaining the wealth. They are usually fast with their words and walks but are also fatigued. Interactional patterns with external environment are exhibited.

### Pitta Constitution

Pitta's body types are standard with normal height, slender physique, and moderate muscles. Skin is soft, warm and fair with coppery, yellowish or reddish complexion. The freckles or moles are bluish and brownish red. Hair is red or brown, thin and silky but tends to lose or premature graying. Eyes are medium, sharp in gray, green or copper-brown color with moist conjunctiva copper color. Pitta people possess excellent digestion, appetite and take large quantities of food and liquids. They crave for sweet, bitter, astringent foods and cold drinks. Feces are ample and yellowish soft liquids with high volumes of urine. Body temperatures are slightly high with warm hands and feet. Toleration towards heat, sunlight and hard work are small. They sleep uninterrupted for moderate durations. Sharp nose with a reddish tip. Emotionally Pitta tends towards hatred, anger, and jealousy. Their power in comprehensions, intelligence and sharpness give them leadership qualities. Pitta people are right with their financial status and are pride in showing their wealth and achievements.



## Kapha Constitution

Kapha possesses the strongest with massive physique. The thick skin covers the veins and tendons on healthy muscles. The skin is soft and lustrous, oily with fair and bright complexion. Thick, dark, soft and wavy is the quality of the hair. Eyes are dense with large and attractive whites. The color of the eyes is blue or black. Digestion and appetite are regular with slow digestive functions. Food intake is generally in smaller quantities. Kapha craves for pungent, bitter and astringent foods. Excretions are slow, soft and pale in color. Kapha people exhibit patience, love, forgiveness, calm and tolerant. They are slow learners with a firm hold on the things that are learned. They also show attachment, envy, greed, and possessiveness. They are often wealthy and hang on to it.

Above mentioned are the qualities a person exhibits according to the combination of elements. Each has a mix of Vata, Pitta, and Kapha aspects. They may be Vata-Pitta, Vata-Kapha or Pitta-Kapha. In some cases, all the three types are imbalanced and is called Tridosha meaning three faults.

There are many diseases which result from the imbalance of the Constitution. You may check the type of body with the traits as mentioned above or consult local specialists.

Practicing mudras by the body types enhances the health of a person. It is a must that you may check with experts in case of any doubt in understanding the body type.

### **Earth or Prithvi Mudra**

Touch tip of the index finger and the thumb finger.

### **Water or Varuna Mudra**

Touch tip of the little finger and the tip of the thumb.

### **Fire or Sun or Surya Mudra**

Gently press the ring finger with thumb finger. Tip of the ring finger is touching the base of the thumb finger.

### **Air or Vayu Mudra**

Gently press the index finger with thumb finger. Tip of the index finger is touching the base of the thumb finger.

### **Space or Shunya Mudra**

Gently press the middle finger with thumb finger. Tip of the middle finger is touching the base of the thumb finger.

While practicing, these mudras keep all the remaining fingers straight. Use both the hands for mudras. You may have noticed that the thumb finger is standard in all the mudras. It is because the thumb mudra is signifying fire, balances, and maintains all the other elements.

### Mudras in Chinese Buddhism

Chinese Buddhist have mastered mudras and use widely in varied forms. These help in maintaining and enhancing our regular lives. These also can be practiced at home.

### **Wisdom Mudra**

Make a fist with the right hand and extend the index finger. Grasp the index finger of the right hand with the left hand. This mudra is for wisdom and knowledge.

### **Demon-Quelling Mudra**

Fold middle and ring finger into palm and hold gently with the thumb. Removes negative thoughts and illness from body and mind.

### **Calming Mudra**

Holding the hand up open in gentle and relaxed manner. This calms our minds and also known to ease the surroundings.

There are various hand gestures or mudras that could heal and prevent many diseases. Also, in the end, I have shared a list of mudras and its links.

These not only help fight diseases but also augments our daily lives by maintaining the energy levels in our body.

You may have questions like why should I go for Mudra therapy? Why is it better than the other treatments? We have the answers.

Below are the few reasons why you cannot say no to Mudra therapy. •

Mudras are free. There is no usage of gadgets or equipment required.

Practicing mudras during meditation elevate the energy levels and deepens the meditation. •

They are easy to practice and do not need much of physical efforts. •

Mudra therapy is easy to learn. You could perform mudra therapy on your own without any guidance.

It works for all age groups and body types.

It can be combined with any other treatments. •

Mudra therapy has no need of intake of any chemicals or medicines.

No side effects. Yes, what would be the better option? Treatment without any side effects would keep our minds peaceful all along without worry of the outcome.

Mudras can be practiced at any time. Either while relaxing or watching TV.

Conclusion:

After reading the above article, you all understand that mudra are something we should practice every day. The reason may be the simple techniques or the ease of practice. I must tell you that, mudras are in use for centuries. All the enlightened people and the gurus have taught and are teaching the importance of mudras. It is because of the way they balance the core elements in the body. Just like meditation, and yoga took over the world by its beauty and benefits. Soon, mudras will be the next happening thing along with meditation and yoga.

From <<https://www.completeNaturecure.com/mudras/>>

Mudras given a meaning to my life.

October 11, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

I feel great to know and talk about mudras. Mudras helped me a lot in health and social relationship. Mudras are in healing from ancient times, but I knew about it in a difficult situation. When I was suffering from serious gastric and indigestion problems my Yoga Guru suggested Aakash shamak +prithvi shamak mudrā which gave tremendous relief. That incident created an interest towards mudrā and its healing power.



When I shared the incident with my Yoga guru he shared a lot of information about mudrā and its healing properties. As a trail, I suggested Vaayu Shakak mudrā to my mother because she was suffering from back pain from a long period of time. After one month of practicing mudrā, my mother told me that the back pain is completely relieved. After this, I suggested healing Mudras to my friends, customers and whoever I met. All almost everyone practiced it because it is easy to do. When mudras gave good results everyone liked it a lot and I became famous among my friends and relatives in mudrā healing.

Whenever someone feels little health problem they consult me for suggestions. This positive response and demand I felt I should improve my mudrā knowledge and its healing powers. I started my research through inquiring Yoga Gurus about mudrā, Consulting Ayurveda practitioners and reading books. When I earned a lot of information about mudrā my brother suggested me that it is better you start a blog which will be helpful for many people. I agreed to that and started Complete Person.

Mudras helped me to improve social following. My relation with my customers improved through mudrā as health is a personal matter I become their family friend. My business also improved through this as I did a favor to them. They favored me with extra business and customers. Mudra becomes my personal and professional trademark.

Mudras have an effective healing power to heal almost every disease. Healing mudras are a part of Ayurveda. Mudras are used in Ayurveda, Yoga, Worships, and dances etc. But its healing power is explained in Ayurveda. According to Ayurveda, there are three major 'Dohas' or Prakriti (constitution) Vata, Pita, and Kapha. Any imbalance in this dosha leads to diseases. As every human being has one or

combination of these doshas. Because of these dosha, people are prone to some diseases. Mudras are helpful to balance this dosha. You can improve or decrease any of doshas through mudrā. When you choose mudrā healing you have to know what is your Prakriti or constitution first. If you know your Prakriti (constitution) it is easy to find which mudrā is useful to you. Without knowing Prakriti, we can not choose appropriate mudra for a particular disorder. To find your Prakriti (constitution) [click here](#) [Personality through health.](#)

After you find out your Prakriti you can easily choose proper mudrā to cure your disorders. Here is the link About mudras and how to do it. [Mudras](#) To find mudras for a particular diseases click this link [Different mudras for different diseases](#)

Mudras are very much effective, but it is a slow healing process. It may take few weeks to get results. In my experience and feedbacks from the patient who got better results. Mudras are a slow healing process but if you practice it with Ayurveda, yoga or diet therapies it will give a quick result and much more effective. Mudras are very easy to perform you can practice it anytime, anywhere and any positions. But Mudras are at it best in healing when it is a combination of meditation or pranayama. I practice mudras almost every time while watching T.V, talking, Thinking, whenever my hands are free I do some mudras. Specially Aakash vardhak and Gyan mudra to empower my brain power and thinking. But when I need a quick result I prefer to do pranayama or meditation.

The reliability of mudrā healing is 100%. In last seven years, I suggested mudras to hundreds of people personally and through my blog thousands of people. Mudras are in healing process from ancient times. You can reliable on it.

After this experience now I am propagating natural ways of healing and mudras.

From <<https://www.completenaturecure.com/mudras-given-a-meaning-to-my-life/>>

## Mudra For Enlightenment

September 18, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudras are useful and effective. I had shared many mudras for healing purposes but now sharing the most important mudrā that gives you the ultimate knowledge and fearlessness. Uttarabodhi Mudra is called the mudrā of enlightenment.

This mudrā helps to enlightenment and fears disappear.

How to do Uttarabodhi mudra:

Interlock the hands keeping the index fingers straight touching each other and pointing upwards and the thumb extend touching each other and pointing downwards.



Benefits of Uttarabodhi mudrā:

The major benefit of Uttarabodhi mudrā is regular practice will give you the realization that we should fear nothing or nobody and expect God.

This mudra calms down all the excited nerves.

This mudrā enables you to overcome examinations-nervous or stage fright.

From <<https://www.completecure.com/mudra-for-enlightment/>>

## Reiki and Important mudras for effective healing

September 14, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

### Mudra sand Reiki

Reiki is a powerful and effective natural healing method. When it is combining mudras, with Reiki seems to strengthen their healing powers further. We did an experiment in Reiki its proved effective try using Reiki [with, or without symbols] with the mudras and watch your energy levels soar. How to practice Reiki with mudras

Reiki is a powerful and effective natural healing method. When it is combining mudras, with Reiki seems to strengthen their healing powers further. We did an experiment in Reiki its proved effective try using Reiki [with, or without symbols] with the mudras and watch your energy levels soar. How to practice Reiki with mudras

To do this, sit in a chair with a straight back, connect to Reiki by intent, draw the symbols mentally on your hands, and join the fingers in "key mudras" relevant to the goal.

In Reiki, the most commonly practiced mudras are the Hawini, the Gassho, the Rin, and the Sha mudras.

### Hawini mudrā



When you join the tips of the five fingers of the right hand, with those of the left, it forms the Hakini. This mudrā is helpful in balancing the right and left sides of the brain; it also benefits the “third” eye and the lungs.

#### Gassho mudrā

This is a prayer place. It is performed by holding hands in namaste position before the chest.

#### Rin mudrā

Interlace the fingers and clasp your hands together, keeping the middle fingers joined and extended. This strengthens our mind and physical body. It is useful for good emotional health.

#### Sha mudrā

This is obtained by interlacing the fingers and clasping the hands together with the index fingers joined and extended. The mudrā is used to direct and focus energy on a particular area in the body to give the healing effect.

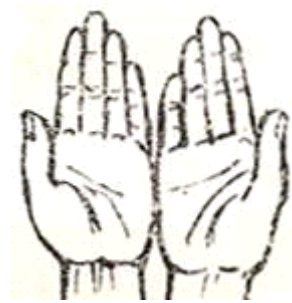
From <<https://www.completenaturecure.com/reiki-and-important-mudras-for/>>



## Mudras For Emotional Healing

June 28, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

### Avhana Mudra



Avhana Mudra is very useful to receive help from others. When your ego is stopping you from taking help from others this emotional mudra will heal your problem.

Benefits of Avhana mudra: Increase the ability to receive, respiration.

How to perform this mudra: Place palms beside each other, little fingers touching, press thumbs into the base of the index finger, hold other fingers together; place hands at the solar plexus.

### Abhaya Varada mudra



When you are feeling fear and anxiety you can perform this mudra to be in fearless. You can use these emotional mudras for the healing of anxious condition.

How to perform: place the hands like in the picture.

Benefits: Instills courage and fearlessness, Use when feeling anxious

### Hansi Mudra



Hansi mudra is very useful to overcome loneliness and when you are in sad feelings you can practice this mudra.

How to perform hansi mudra: Touch tips of all fingers together except for the pinkie fingers. Hold hands out to sides in a cactus position with extended pinkies pointing upwards.

Benefits: Releases inner smile and sense of contentment

[Ahamkara mudra](#): This mudra will help you to improve self-confidence.

[Mukula mudra](#): This mudra will give you relaxation

[Kashyapa mudra](#): Gives you balance and protection against negative energies.

[Kaleswara mudra](#) Removes your addictive characters

[Ksepana mudra](#) : Removes negative energy

All these mudras can be called as emotional mudras this mudras are helped fully to control your emotions and practicing these mudras will give you emotional well being all these mudras are instant mudras two minutes ten minutes duration is enough to get result.

From <<https://www.completenaturecure.com/mudras-for-emotional-healing/>>

Tuesday, September 19, 2017 10:03 PM

Ahamkara mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

### Ahamkara mudra

How to do Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other

fingers are straight.

do this mudra with both hands at a time.



Ahamkara mudra

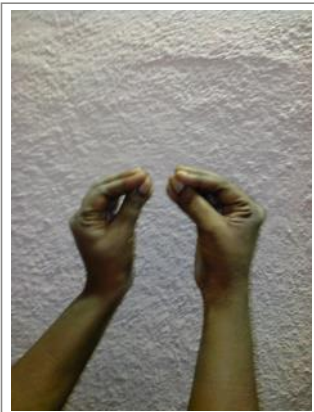
Benefits of ahamkara mudra: this mudra will help you to improve your self-confidence. To remove your fear and timidity.

From <<https://www.completeNaturecure.com/ahamkara-mudra/>>

## Mukula mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Mukula Mudra or Beak hand mudra and is very simple and effective one among the other mudras. Once the mudra is practised, it ensures an instant feeling of rejuvenation. It increases a sharp focus of healing energy, like a laser beam or a shaft of light, which is directed to the area of concern. It can be an effective healing tool too. It can be an effective healing tool too. Mukula Mudra is placed on the organ or body part that hurts or is tense. It is directed energy to a specific part. This mudra is an energy-giving and relaxing mudra



Mukula mudra

From <https://www.completeNaturecure.com/mukula-mudra/>

Tuesday, September 19, 2017 10:04 PM

Kashyapa mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

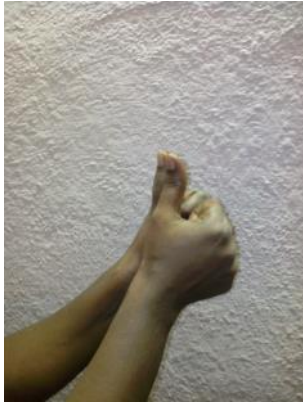
Kashyapa mudra gives balance and protection against negative forces,



From <<https://www.completenaturecure.com/kashyapa-mudra/>>

## Tattva yoga mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)



Tattva Yoga Mudra the five fingers of the hand are regarded as representative symbols of these vital elements in the body. The thumb equates to the source of balancing the flow of Agni tattva. The Vayu tattva is determined by the fourth or the index finger. The middle finger in the mudra regulates the akasha tattva in the body. The ring finger and little finger control the regulation of the Prithvi and the jala tattvas respectively. A proportionate balance of these tattvas helps the body to perform the natural maintenance of a vigorous body and a happy mind. In Tattva Yoga Mudra

From <<https://www.completeNaturecure.com/tattva-yoga-mudra/>>

Tuesday, September 19, 2017 10:06 PM

Kaleswara mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)



**Kaleswara mudra**

Kaleswara mudra is very useful to eliminate the addictive behavior.

How to perform kaleswara mudra: Place the finger pads of your middle finger together, touch the first two joints of the index fingers and touch your thumbs. Bend your other fingers inward. Point your thumbs toward your chest and spread elbows to the outside.

This mudra calms the flood of thoughts in the mind. This mudra also helps to change your character traits. Removes addictive behavior.

From <<https://www.completenaturecure.com/kaleswara-mudra/>>

Tuesday, September 19, 2017 10:06 PM

Ksepana Mudra(emotional mudras)

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)



Ksepana mudra for the removal of negative energy.

When you got an emotional outburst from your loved one.or some other reasons like an emotional outburst due to some bad experience or if you feel you have no energy. Kelana mudra will be helpful for you .practice this mudra for two minutes and charge your body with positive energy by releasing negative emotions, pent up energy and toxins from the body.This mudra helps Two minutes of practice is enough.like in the picture hands facing downward towards earth.

From <<https://www.completenaturecure.com/ksepana-mudraemotional-mudras/>>



## Hakini mudra

June 9, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

### Hakini mudra



Hakini mudra is very useful mudra for memory and recalls the past things which you forgot. If you are trying to recall the important details in a meeting just join all the fingertips like in the picture. Hakini mudra intensifies the relationship between the left and right hemisphere of the brain and this helps you to remember forgotten details.

For a better result of this mudra sit in sukhasana and perform unmani mudra with this mudra it will open you Ajna Chakra which control remaining five chakras.

From <<https://www.completenaturecure.com/hakini-mudra/>>

Tuesday, September 19, 2017 10:07 PM

## Surahi Mudra

June 7, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Surahi mudra can be formed by little finger touching other hands ring finger vice verse. Similarly, Joining the forefinger with the middle finger of the other hand. vice verse.

Benefits of Surahimudra:: This mudra sharpens your intellectual and cold and rheumatic inflammation gets relieved

From <<https://www.completeNaturecure.com/surahi-mudra/>>

Tuesday, September 19, 2017 10:08 PM

Very secret mudras in Yoga

March 30, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

Sit in Sukhasana and Fix your sight on the anterior part of the nose, with eyes half closed. Breathe and exhale with producing a sound Humming Bee

This mudra can help you to the realization of self.

Note: To perform this mudra you should consult an expert.

From <<https://www.completenaturecure.com/very-secret-mudras-in-yoga/>>

## Mudras for yoga beginners

March 30, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

### Chin Mudra

Holding the thumb and forefinger together lightly and having three remaining fingers extended is Chin Mudra. The fingers need only touch together no pressure is needed and the three extended fingers held as straight as possible. The hands can then be placed palms up on the thighs and an even rhythm of breathing established. Observe the flow of breath and its effect.

### Chinmaya Mudra

In this mudra, the thumb and forefinger form a ring and the three remaining fingers are curled into the palms of the hands. Again the hands are placed on the thighs palms facing upwards and deep comfortable ujjai breaths are taken. Once more observe the flow of breath and its effect.

### Adi Mudra

In Adi Mudra, the thumb is placed at the base of the small finger and the remaining fingers curl over the thumb forming a light fist. The palms are again placed facing upwards on the thighs and the breathing repeated.

### Brahma Mudra

Here both hands are placed in Adi Mudra, then with the knuckles of both hands together the hands facing upward are placed at the navel area and the flow of breath continued.

From <<https://www.completenaturecure.com/mudras-for-yoga-beginners/>>

Tuesday, September 19, 2017 10:08 PM

## Abhaya Mudra

March 30, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

This mudra enables the practitioner to develop the virtue of fearlessness.

Method sit in Padmasana and hand rise half in Gayaan mudra. You can see it in picture

This mudra will help you to get free from fear



and anxiety.

From <<https://www.completecure.com/mudra-for-fearlessnessabhay-gyaan/>>

## Healing Mudras in yoga samaan mudra

March 29, 2014 by [M.Hari Kumar](#) [Leave a Comment](#)

You may think how can a person can become complete person through Mudra. Its possible to become a person complete through mudra.If you want to be one like complete keep

In Hindu theology, Arishadvarga are the six passions[1] of mind or desire: kama (lust), krodha (anger), lobh (greed), moha (attachment), mada or ahankar (pride) and matsarya (jealousy); the negative characteristics of which prevent man from attaining moksha or salvation.

These are the fundamental tenets of Kali Yuga. The more each individual fights them, the longer will be the life of dying Dharma in this yuga.

In Sikhism they are known as the Five Evils, as they are referred to in Sikh Scripture, Guru Granth Sahib, which does not include matsarya (jealousy). They are: –

kama — lust

krodha — anger

lobh — greed

moha — delusory emotional attachment or temptation

mada or ahankara — pride, hubris

matsarya — envy, jealousyWhen we become free from this negative emotion we become complete.This

Universe is composed of five basic elements: space(or ether), Air, Fire,Water,And Earth. In Ayurvedic terminology, these are called Aakash, Vayu,Agni,Jal, and Prithvi, respectively. Being a miniature universe, the human body, too,is composed of the same five elements.

The five basic elements mentioned above manifest in the human body as three basic principles or humors: Vata, Pitta and Kapha as described in Ayurveda, the ancient Indian science of life, health and medicine.

Air and space elements .together, create the Vata humor,

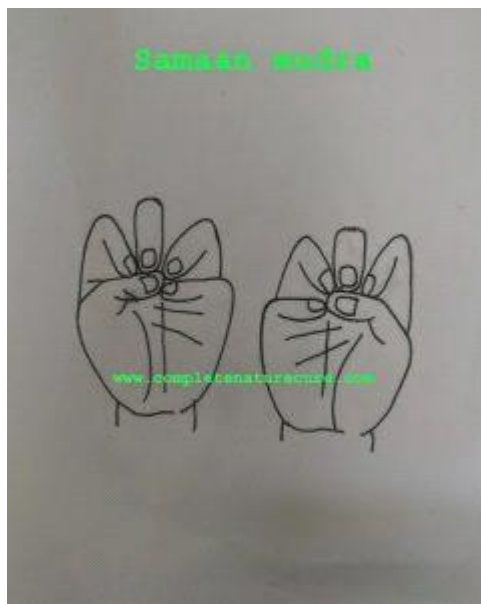
Fire and water elements , together, create the Pitta humor,

Eartha and water elements, together,create the Kapha humor.

Vaata humor person shows this type of emotions like Fear, Emptiness, Anxiety

Pitta humor person shows this type of emotions like Anger Hatred and Jealousy

Kapha humor persons show this types emotions like Forgiveness, Greed, Attachment, Accumulation, Holding, Possessiveness,



A balance between these three humors is vital for good health and complete personality. Imbalance of any one or more results in disease. In present times, a perfect balance of these three humors is seldom seen. Due to hereditary factors, generally one humor dominates the other two right from the birth, giving the person a Prakriti or a constitution or a personality. For example a person who has excess of Vata humor in his body said to be possessing vata constitution or suffering from vaata-dosha = fault or imbalance) similarly, people having an excess of pitta humor or Kapha humor in their bodies are said to be possessing pitta constitution or Kapha constitution, respectively. Such dosha develops, specific traits and susceptibilities in the owner.

It may also happen that two (or sometimes all three) humors are deranged (i.e. in excess). Such people are said to be having mixed constitutions.

When we can balance all these three constitutions we can get perfect health and personality.

The samaan or tridosha naashak mudra is very useful to get all the three doshas rectified and get a complete personality and it can be used to prevent illness or this mudra can be used to overcome any disorder.

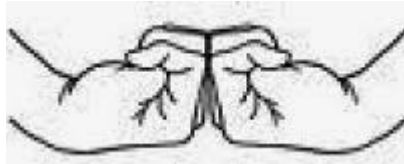
Method: This mudra is formed by joining together the tips of the thumb and all four fingers.

From <<https://www.completecurecure.com/healing-mudras-in-yoga-saman-mudra/>>



Mudras Revisited: Adi Mudra (mudras for health)

December 15, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)



**Method:** Adi mudra is formed by placing the thumbs into the palms and curls the other fingers over the thumbs. Place the 'fists' down onto the thighs, with the backs of the hands higher. Slow rhythmic breathing in a 4:3:6:3 ratio (Inhale : 4, keeping air inside : 3, Exhale : 6, Keeping belly empty without air : 3). Repeat this cycle for 7 times.

**Duration:** 30 minutes every day, either at one stretch or in two parts (i.e. for 15 minutes, twice a day)

**Benefits of ADI MUDRA**

Performing Audi mudra opens the higher lobes of the lungs. Adi Mudra motivates Udana vatu, the prana that Moves upwards in the head region, and outwards to the extremities. In physical terms, it is in charge of the balancing and healing the sense organs. In more subtle terms it is in Charge of balancing our appreciations. Adi mudra in Try to maintain awareness of each breath moving into out of the nostrils for two or three minutes.

**Advantages of ADI MUDRA:**

- Increases the vital capacity of the lungs
- It helps the organs to function actively
- Increases oxygen flows to the throat and head area
- It quiets the [nervous system](#)

From <<https://www.completenaturecure.com/mudras-revisitedadi-mudra-mudras-for-health/>>

## Kshepana Mudra

November 16, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)



Kshepana Mudra “Gesture of Nectar Sprinkling” Also called “Sprinkling of Ambrosia” mudra. In this mudra the two hands join, palm to palm, and the index fingers extend together and usually point downwards toward a vase or container. The other fingers and the thumbs are intertwined. How to do Kshepana Mudra: Place your index fingers flat against each other. Clasp the rest of your fingers and let the finger pads rest on the back of your hands. Cross your thumbs and place each in the hollow of the other thumb.

Benefits of Kshepana Mudra: The Kshepana Mudra stimulates elimination through the large intestine, skin (perspiration), and lungs (improves exhalation), as well as removing expended energies. It should not be held for too long because fresh energy is also caused to flow out after several breaths. In addition, it promotes

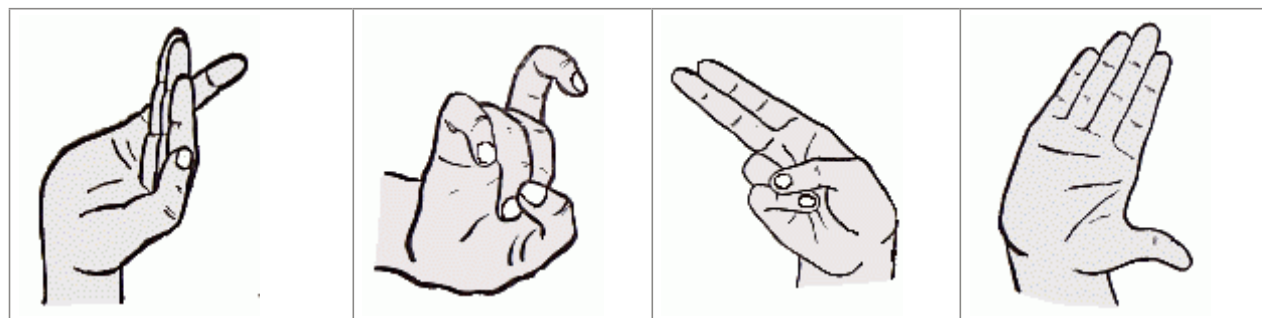
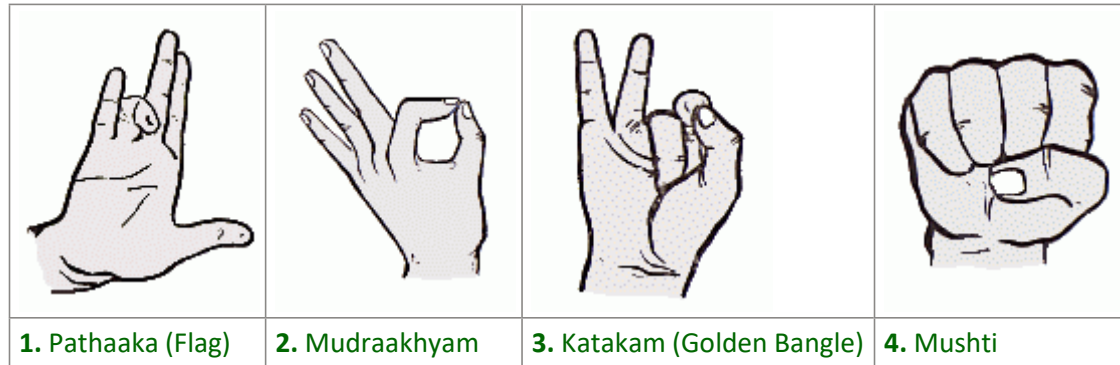
the release of all types of tension.

From <<https://www.completeNaturecure.com/kshepana-mudra/>>

## KATHAKALI MUDRAS

October 26, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

There are 24 Basic Mudras (hand gestures) in the “Hasthalakshana Deepika”, the book of hand gestures, which Kathakali is followed. There are ‘Asamyutha Mudras’ (that is shown using a single hand) and ‘Samyutha Mudras’ (mudras shown in double hands) in each Basic Mudras, to show different symbols. Considering all these Mudras and their separations, there are totally 470 symbols used in Kathakali.

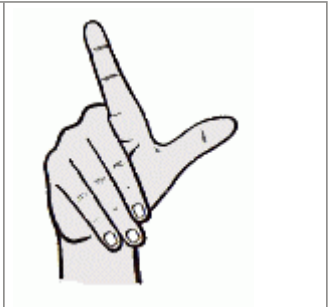
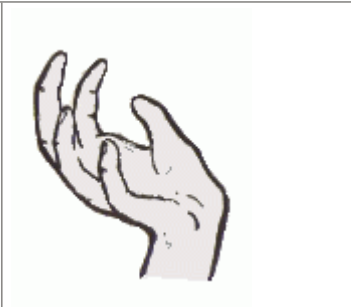
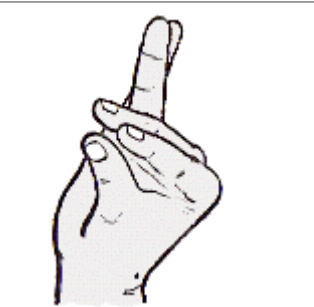
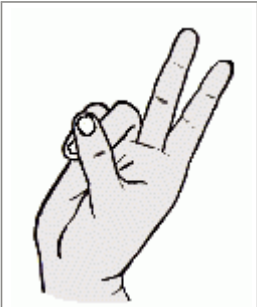


**5. Kartharee Mukham**  
(Scissor's sharp point)

**6. Sukathundam**  
(Parrot's peek)

**7. Kapidhakam** (The  
fruit of a tree)

**8. HamsaPaksham**  
(Swan's wing)

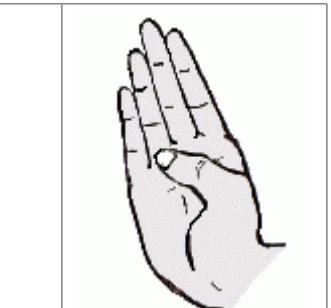
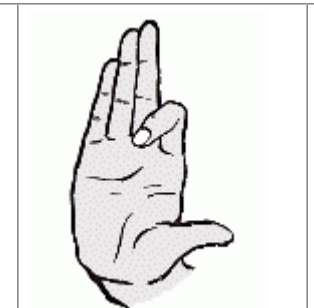


**9. Sikharam** (Peak)

**10. Hamsaasyam** (Swan's  
peek)

**11. Anjaly** (Folded hands in  
Salutation)

**12. Ardhaachandram** (Half  
moon)











**13. Mukuram**  
(Mirror)

**14. Bhramaram**  
(Beetle)

**15. Soochimukham** (Needle's  
sharp point)

**16. Pallavam** (Sprout)

			
<b>17. Thripathaaka</b> (Flag with three colours)	<b>18. Mrigaseersham</b> (Deer's head)	<b>19. Sarpasirassu</b> (Serpent's head)	<b>20. Vardhamanakam</b> (Seedling)

			
<b>21. Araalam</b> (Curved)	<b>22. Oornanabham</b> (Spider)	<b>23. Mukulam</b> (Bud)	<b>24. Katakaamukham</b>

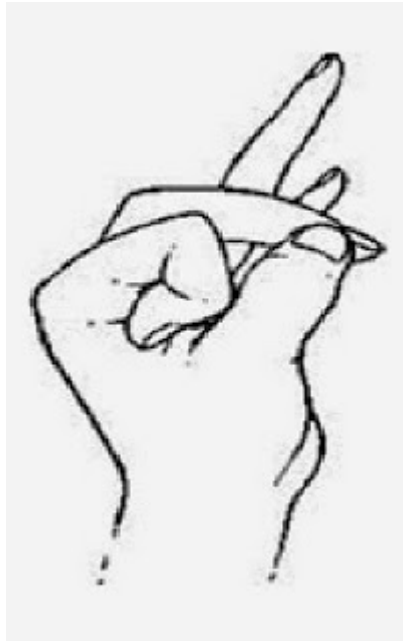
From <<https://www.completenaturecure.com/kathakali-mudras/>>

## Mudras Revisited: Bhramara Mudra For Allergy

August 23, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

### Mudras Revisited: Bhramara Mudra For Allergy

Bhramara mudra for seasonal Allergies. Bhramara Mudra can be used to cure seasonal allergies like running nose and sneezing.



### How to Perform Bhramara Mudra

Place your index finger at the base of your thumb.

Touch the tip of your thumb beside the fingernail of the middle finger

Extend your ring and little fingers

Focus your attention and breathe as deeply, slowly and smoothly as possible

Practice Bhramara mudra for at least 15 minutes for three times for better results.

From <<https://www.completeNaturecure.com/mudras-revisitedbhramara-mudra-for/>>

Kubera Mudra and Kubera Mantra for wealth

August 20, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

### **Kubera Mudra for Wealth**

It is a surprise moment for me that when I first heard about Kubera mudra. I was wondering how it is possible to earn wealth through a mudra? But when I gone through the details, I came to know that it is the mudra to increase your intent of your desires. In India Kubera is the god of wealth. Hence, the name of the Mudra becomes Kubera Mudra or wealth mudra.



#### **How to do the Kubera Mudra**

It is to perform, just join the tip of your thumb, index, and middle finger. The other two fingers need to be bend so that can rest in the middle of your hand. This should be performed by both the hands.

#### **Kubera Mudra benefits**



The practice of Kubera Mudra helps to increase your confidence level and serenity. You should visualize your goals before doing this mudra. You can do this mudrā for longer times. There are no time restrictions and precautions for Kubera mudra practice.

#### **How does this Kubera mudra work?**

The practice of Kubera mudra helps to increase [Vata humor](#). The increase in Vata humor helps the person to be creative, active, alert and restless until the goal is achieved.

People who want to fulfill their wishes can do this wealth Mudra daily. This mudrā helps in increasing the intent to fulfill your wishes or desires. Do this mudra when you are looking for anything specific.

One important aspect is that one should do his own contribution to achieving his goal or wishes, simply performing this mudrā will not fulfill your desires!! It only gives you the power to do it.

The Mind should be clear and should not be distracted by unnecessary thoughts while doing the Kubera mudra. You should visualize your desires and goals while doing the Kubera Mudra.







### **Kubera Mudra for Wealth**

Those who worship Lord Kubera will get His blessings, He also stabilizes to be with every individual with good strength, better business sufficient inflow of money, education, industrial growth etc.

Auspicious dates to worship Lord Kubera is between Oct 15th to Nov. 15 (Tamil Month Aiyppasi). Thursday is the most auspicious day with star Pusa. He faces Northern direction. His characteristic symbol is the mongoose, often shown vomiting jewels. In the Buddhist pantheon, he is also known as Jambhala, probably from the jambhara (lemon) he carries in his hand. He is always represented corpulent and covered with jewels. His right foot is generally pendant and supported by a lotus flower on which is a conch shell.

[I think this mudra is helpful for you. Also, read my book "Complete Hand Mudras." It will give you more information about mudras read more](#)

### **KUBERA MONEY MANTRA**

*"Manuja Vakya Vimana Varasthikam  
Garuda Rathna Nibam nidhi Thayakam  
Siva saka murudathi vibooshidham  
varagatham dhanatham  
baja thunthilam.  
Om yakshaya kuberaya  
Vaiswaranaaya Dhanadhanyathi  
pathaye dhanadhanya samruththimme.  
Dehi Dabaya swaha"*

### **MAHALAKSHMI MONEY MANTRA**

*"Om Shreem Hreem  
Shreem Kamale Kamalaleyi Praseed.  
Om Shreem Hreem  
Shreem Mahalaxmiyei Namaha"*

From <<https://www.completenaturecure.com/kubera-mudra-and-kubera-mantra-for/>>

## Kundalini Mudra

July 12, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

### Kundalini Mudra



Kundalini  
Mudra

Real sex is essential for personal well-being and a sexual orgasm with a compatible partner is the closest a human act can take us to the inner sanctum of unadulterated joy. The Kundalini Mudra is associated with the sexual force that needs to be awakened. It is about the unification of the masculine and the feminine. Several schools of yoga and even the martial arts have recognized the immense power of the fountain of [human sexual energy](#). It is the receptacle of regeneration and creativity.

How to do Kundalini Mudra

Here, both the hands should form a loose fist. Then, extend the left index finger into the right fist from below and place it on the pad of the right thumb. The other fingers of the right hand cover the finger from above. It is like a loose and comfortable fleshy glove for the left index finger. Hold this Mudra as low as possible in front of the abdomen.

Do this Mudra three times a day for fifteen minutes.

### Benefits of Kundalini Mudra

Safe sex is essential for personal well-being and a sexual orgasm with a compatible partner is the closest a human act can take us to the inner sanctum of unadulterated joy. The Kundalini Mudra is associated with the sexual force that needs to be awakened. It is about the unification of the masculine and the feminine. Several schools of yoga and even the martial arts have recognized the immense power of the fountain of human sexual energy. It is the receptacle of regeneration and creativity.

### Duration of Kundalini Mudra practice

Do this Mudra three times a day for fifteen minutes.

### Precautions

There are no precautions for the practice of Kundalini mudra.

From <<https://www.completenaturecure.com/kundalini-mudra/>>

Most Commonly used mudras in various poojas and tantric worships.

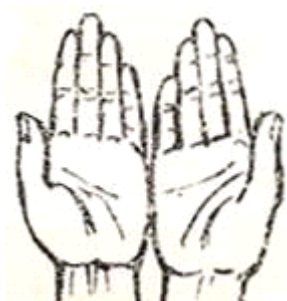
July 9, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

Most Commonly used mudras in various poojas and tantric worships.

1.Ankusha Mudra



2.Avahana Mudra



3.Bandhanana Mudra



4.Chaturashra Mudra



5.Kaulini Mudra



6.Lelihana Mudra



7.Mudgara Mudra



8.Ripujivha Mudra



9.Sammukhi Mudra



10. Samana Mudra



From <<https://www.completeNaturecure.com/most-commonly-used-mudras-in-various/>>

## Mrigi Mudra

April 21, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

Mrigi Mudra is also known as deer seal is one of the [Pranayamas or yogic breathing techniques](#). Mrigi mudra if performed with other Pranayamas like Ujjayi Pranayama and [Kapalbhati Pranayama](#), will have many health benefits for the mind and body.

### When to do Mrigi Mudra

Mrigi Mudra can be performed individually at any time during the day, or as a part of your yoga session. The mrigi mudra can also be used as one of the hand mudras for headache alleviation.

### How to Perform Mrigi Mudra



Mastering this hand mudra for headache alleviation and greater mental calm will take some time and practice. The benefits, however, are worth the effort.

Use your right hand to make a 'claw' formation with your fingers. Lower your index finger and middle finger to the middle of the palm,

The deer seal (Mrigi mudra) uses an alternate breathing technique in which air is breathed in through one nostril and exhaled through the other.

Hold your thumb against your right nostril as you inhale through the left nostril.

Then use your thumb and ring finger to hold both nostrils shut momentarily. The thumb should be closing the right nostril while the ring finger should be pinching the left nostril.

Lift your thumb and allow the air to escape through your right nostril.

Repeat this entire sequence twice, once using the right nostril in step 4, and once using the left nostril in step 4.

Repeat this set of three inhalations two or three times at least.

## Benefits of Mrigi Mudra

Mrigi Mudra helps in relieving stress and anxiety. Mrigi mudra calms and soothes the mind and body .Performing Mrigi Mudra before starting your yoga routine will help you achieve greater mental clarity and focus.Helps in improving antioxidant levels and Enhances the body's natural immune function.

From <<https://www.completeNaturecure.com/mrigi-mudra/>>



Anjali Mudra or Namaskara Mudra :BUDDHIST Mudras

April 7, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)



Anjali Mudra or Namaskara Mudra (The Diamond Handclasp):

The Anjali Mudra or Namaskara Mudra is the mudra of offering and devotion. The Gesture of Prayer (Namaskara Mudra) with the palms folded together. It is formed by joining the hands, which are held vertically at the level of the breast, palm against palm, fingers against fingers, interlocked at the tips, the right thumb covering the left.

The gesture formed by the union of the two hands, recalls the co-existence of the two inseparable worlds, which are really one: the Diamond World, or vajradhatu and the Matrix World, or gharbhadhatu. These two worlds are the expression of two aspects of one cosmic life and represent the reciprocal action of the spiritual and the materials, the static and the dynamic.

India and South-East Asia people use this mudra for salutation, it evokes an offering of good feelings, of one's person, etc. and also indicates veneration if it is made at the level of the face.

Normally when people visit temples in India they perform this mudra by holding hands in front of the God.

From <<https://www.completeNatureCure.com/anjali-mudra-or-namaskara-mudra-buddhist-mudras/>>

Dharmachakra Mudra:BUDDHIST Mudras

March 31, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

Dharmachakra Mudra: BUDDHIST Mudras

Dharmachakra mudra symbolizes teaching of the Dharma. Dharmachakra in Sanskrit means the “Wheel of Dharma”.

Dharmachakra is performed by placing the thumb and index finger of both hands touch at their tips to form a circle. This circle represents the Wheel of Dharma.

The three remaining fingers of the two hands remain extended. These fingers are themselves rich in symbolic significance:

The three extended fingers of the right hand represent the three vehicles of the Buddha’s teachings, namely:

- \* The middle finger represents the ‘hearers’ of the teachings
- \* The ring finger represents the ‘solitary realizers’
- \* The Little finger represents the Mahayana or ‘Great Vehicle’.

The three extended fingers of the left hand symbolize the Three Jewels of Buddhism, namely, the Buddha, the Dharma, and the Sangha.

Significantly, in this Dharmachakra mudra, the hands are held in front of the heart, symbolizing that these teachings are straight from the Buddha’s heart.

From <<https://www.completenaturecure.com/dharmachakra-mudrabuddhist-mudras/>>

Kechari Mudra:kechari mudra enables one to raise Kundalini

March 23, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

I have covered all most all the mudras in this blog, but the one which is missing is Kechari Mudra.

I won't covering this technique, but we will briefly cover Kechari mudra to understand it's importance.

kechari mudra enables one to raise Kundalini and access various stores of amrita in the head, which subsequently flood the body.

In Sanskrit 'Kha' means Akasa or Sky and 'Chari' means to move.The reason why this is known as Kechari mudra because the Yogi moves in the Akasa.

I would recommend that one should only practice this mudra under the direct guidance of Guru. One should not do this mudra by reading it from a book or internet. It is dangerous to do such a practice. To be precise there are very few people know this mudra in this whole world. It is a difficult thing to know whether some one had really mastered it or not.

I have never practiced this mudra, Need to go a long way to achieving this, may be after few years.We won't be revealing the method to perform this mudra.

The main benefit of practising of Kechari Mudra is that the practitioner ( Yogi) is free from fainting, hunger, thirst and laziness. The body of the practitioner will be filled with nectar. practising mudra enables the yogi to overcome disease and death..One can free from diseases, decay, old age and death.

Kechari Mudra is the best of all mudra. If possible everyone should try to practice this mudra in their lifetime to attain the epitome of spirituality.

Caution: Practising this mudra is not that easy, You should take guidance from a qualified Guru only...

From <<https://www.completenaturecure.com/kechari-mudra>[kechari-mudra-enables-one/](#)>

Tuesday, September 19, 2017 10:12 PM

Mudras Revisited:Three Secrets Mudra

November 24, 2012 by [M.Hari Kumar](#) [Leave a Comment](#)

Three secrets Mudra:

This mudra increases personal magnetism and enhances the inherent and mental powers.

How to do this Mudra: Place both hands on your thighs. Put the thumb tip onto the root of your little finger. Slowly encircle your thumbs with the other four fingers while slowly inhaling through your nose. Then slowly exhale while drawing in the abdominal wall; open your hands again and imagine all your worries, fears, and unhappiness leaving your body.

Repeat this exercise seven to forty-nine times, but at least seven times according to the Taoist monks.

From <<https://www.completenaturecure.com/mudras-revisitedthree-secrets-mudra/>>

Mudras Revisited: Meao Mudra and its benefits

November 24, 2012 by [M.Hari Kumar](#) [Leave a Comment](#)

Meao Mudra:



This is an interesting mudra name I never heard. We are exploring the different mudras here so let's dive into this a little.

The importance of this mudra is that this Meao Mudra brings the blood pressure under control. This Meao Mudra is practiced to maintain an optimum blood pressure. It brings a balance of high and low blood pressure.

**How to do this mudra:** This mudra is practiced by making a fist with both hands, fingers really digging into the center of the palm. Now open the index, little finger and the thumb, keeping them reasonably straight. One must perform this Mudra in Sukhasan or Padmasan. One can also sit on the chair in case of uneasiness or discomfort.

**Timings:** The Meao Mudra can be done daily at regular basis for at least 45 minutes or half an hour. One can do this in different sessions with each session lasting for 15 minutes. More benefits can be reaped from the Meao Mudra if done in one stretch.

**Benefits of Meao Mudra.**

Controls High and Low Blood Pressure and maintains the optimum blood pressure. This mudra is really useful for the patients who are suffering from blood pressure.

From <<https://www.completeNatureCure.com/mudras-revisited/>>

## Shakti Chalini Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

How to do: For this sit Sidhasana or Padmasana. Place the palms on the ground. Balancing the body on the palms slowly raise the buttocks and strike them against the ground several times. Then perform Mula Bandha, the exercise to contract anus and drawing it upwards. Inhale through the left nostril. Join the Prana with Apana and let the combined force pass through the Sushumna. Perform Jalandhar Bandha and try to retain breath. While practicing retention, perform Ashwini Mudra. Then release the Jalandhar Bandha and exhale through the right nostril. The same may be repeated by reversing the nostrils.

Benefits: This bestows a radiant health and long life and awakens the Kundalini Shakti.

Tadana Kriya: Shakti Chalini Mudra is associated with Tadana kriya. One has to strike the Kanda with his foot while seated in Sidhasana.

Gains: This awakens the Kundalini Shakti

From <<https://www.completeNaturecure.com/shakti-chalini-mudra/>>

## Unmani Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

This Unmani mudra can be practiced by only those who have reached a higher state in yoga.

How to do: In this one has to sit in Padmasana or Sidhasana with the eyes half open. Then he has to fix the mind on the space just a few inches from the eyes. Meditate upon the Self that is formless, nameless and Infinite, without any thought in mind and mind in calm meditation.

Benefits: This gives peace of mind and unfolds inner glories of the Spirit through Samadhi.

[I think this mudra is helpful for you. Also, read my book "Complete Hand Mudras." It will give you more information about mudras read more](#)

Concentration and focus are very important to learn or do any mental task. Mindfulness is a simple technique that will help you to reach high levels of concentration and focus. Mindfulness improves your brain power. It also helps to restore your focus and concentration. Mindfulness helps you to live in the present moment and learn new things.

From <<https://www.completenaturecure.com/unmani-mudra/>>

## Viparita Karani Mudra

January 17, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

This Viparita Karani word means Sanskrit inverted. One has to lie down relaxed. Gradually raise both the legs and the hips. Support the waist with hands more or less in Sarvanga Asan pose.

By this practice, the positions of the Sun and Moon are reversed. Hence, it is called Viparita Karani.

It is the opinion of yoga masters that the sun dwells in the navel and moon in Sahasrara. The nectar that flows from the moon is consumed by the fire at the navel. This leads to decay and death. But by the constant practice of this mudra the nectar of the moon is preserved.

Duration recommended is a few minutes to start with but can be gradually increased to two hours or more. After a few weeks, the face shines with spiritual lustre, wrinkles are removed, eyes become healthier, and digestion becomes keen.

From <<https://www.completenaturecure.com/viparita-karani-mudra/>>



## Yoga Mudra

January 16, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

The perfect way of practising yoga mudra is to be in the lotus first. But it is not easy and everyone cannot do it initially.

How to do: sit in Padmasana-the right foot placed on the left thigh with the sole facing up and the left foot on the right thigh. Keep both the knees well on the ground, the body bent forward without raising the hips from the seat and the forehead back, holding the left wrist in the right hand. Inhale through both the nostrils and perform Jalandhar Bandha (pressing the chin against the chest). Hold the heels with your hands.

Slowly bend down until the head touches the ground. Then release the Jalandhar Bandha(chin-lock) and exhale. One may bend down without the chin-lock slowly exhaling the breath. Hold the breath, and inhale.

The duration may be about 10 seconds to a minute.

Benefits: This mudra improves memory, gets rid of excess fat(lose weight mudra), awakens Kundalini Shakti and tones the nervous system.

From <<https://www.completeNaturecure.com/yoga-mudra/>>

Kechari Mudra:kechari mudra enables one to raise Kundalini

March 23, 2013 by [M.Hari Kumar](#) [Leave a Comment](#)

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From <<https://www.completenaturecure.com/kechari-mudra>[kechari-mudra-enables-one/](https://www.completenaturecure.com/kechari-mudra-kechari-mudra-enables-one/)>

Tuesday, September 19, 2017 10:18 PM

## Maha Vedha Mudra

January 16, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

In Maha Vedha, press the Kanda with the left heel. Perform Mula Bandha. Place the right foot on the left thigh. Then perform Jalandhar Bandha by pressing the chin against the chest. Place both palms on the ground and then balancing the body on the hands raise the buttocks with the left heel pressing against the Kanda, then bring it down on the ground(gently). Perform inhalation of breath at the beginning of the practice and after few times of striking, exhale.

This exercise is a great purifier of the body and the mind. It also awakens Kundalini Shakti and leads to the attainment of Samadhi.

From <<https://www.completenaturecure.com/maha-vedha-mudra/>>

## Maha Mudra

January 16, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)

How to do: One has to first perform Mula bandha and press the Kanda(space between anus and the generative organ) by the right heel.Keep the left leg straight. Bend down and hold the big toe of the left foot with both hands. Bring the head down until it touches the knee. This position is also known as Janu-Shira-Asana. In Maha mudra, Janu Shira Asana is associated with the Bandhas, and pranayama. Inhale and while retaining the breath performJalandhar Bandha Bandha . Then Exhale while performing Uddiyan Bandha (taking the navel forcibly towards the back). Perform the pranayama as long as you can.

The same can be repeated by keeping the right leg straight and by pressing the Kanda with the left heel.

The gaze should stay between the eyebrows(bhru-Madhya Drishti). Meditate upon the Ajna Chakra.

duration :This mudra can be done as long as one can.

Maha mudra should be followed by Maha Bandha and Maha Vedha.

Benefits: This exercise enables the combined forces of Prana and Apana to pass through Sushumna, which awakens the Kundalini. This cures Hemorrhoids or piles, gastritis, constipation, consumption and various morbid conditions of the body thereby augmenting digestion and toning up the nervous system.

From <<https://www.completecure.com/maha-mudra/>>

## Mudras for enlightenment

January 16, 2009 by [M.Hari Kumar](#) [Leave a Comment](#)



We had so far seen mudras for health and curing disease in my previous posts but there so many mudras beyond for health to enlightenment mudras. The meaning of mudras is a seal. It is called so because it seals the mind with the soul. Exercises falling under mudra are associated with retention of breath. In fact, bandhas and mudras go together. Mudras control the vital forces(pranas) and thereby the mind to awaken the hidden mystic powers.

Once the potentialities of the spirit are unfolded before the performer, he can conquer all diseases and move towards God-realization.

Mudras helps the strive to awaken Kundalini to check the distractions of the mind and to sublimate vital energy into Ojas Shakti or spiritual energy. With the support of this Shakti, he can explore the mysteries. Once the yogi attains spiritual energy, his personality blooms; he can attract men, his will power becomes high and his mind balanced.

But to draw maximum benefits of Bandhas and Mudras one must purify heart by selfless service of humanity and by developing virtues such as non-violence, truthfulness, purity. etc. Mere performance on any yoga exercises will not lead to the attainment of powers. There are so many mudras that are in vogue and practiced, we had seen so far around 26 mudras for health and personality.

From <<https://www.completenaturecure.com/mudras-for-enlightenment/>>

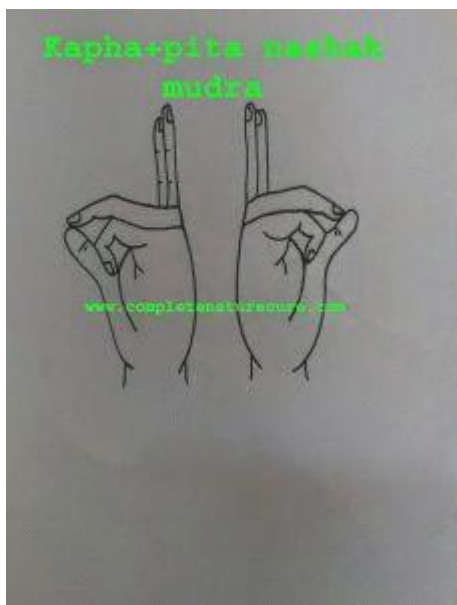
## Pitta and Kapha-naashak mudra

December 11, 2008 by [M.Hari Kumar](#) [Leave a Comment](#)

### Pitta+Kapha-naashak mudra

This mudra helps to overcome any ailment of a person having a Pitta+Kapha mix constitution.

### How to do Pitta+Kapha nashak mudra



Method: This mudra is formed by

1. Joining the tips of the thumb and the ring finger and
2. Applying the tip of the little finger to the base of the thumb.

Duration: 45 minutes every day, either at one stretch or in three parts(i.e., for 15 minutes, thrice a day).

Precaution: People with a pronounced Vata constitution should practice this mudra in moderation if at all.

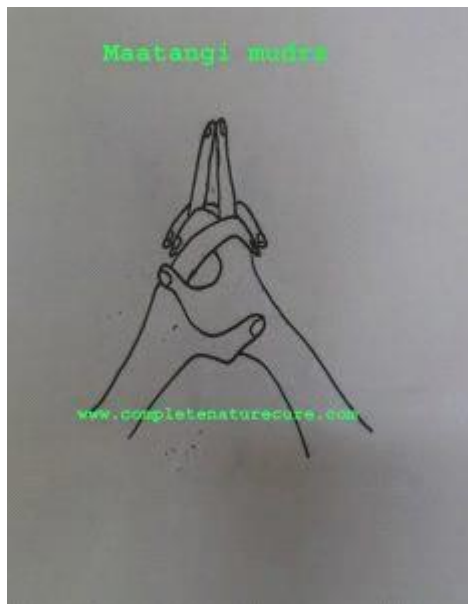
From <<https://www.completenaturecure.com/pittakapha-naashak-mudra-this-mudra/>>

Maatangi mudra,How to do,duration,precautions

December 11, 2008 by [M.Hari Kumar](#) [Leave a Comment](#)

Maatangi mudra is very useful to attain inner harmony.Practising this mudra helps you to achieve peace with your inner self and with the surroundings.

How to perform Maatangi mudra:



This mudra is formed by interlocking the hands and keeping the middle fingers straight and touching each other like in the picture.

Impact of maatangi mudra:

Maatangi mudra directly affects the hypothalamus.

Benefits and healing properties of Maatangi mudra.

The hypothalamus is the primary autonomous part of the nervous system; This mudra helps to establish a state of balance in the body.

This the best mudra to relieve tension.

Maatangi mudra is very effective in relieving the pains in the organs of chest and abdomen.

20 minutes of practice is enough to get instant relief from pains and 5 minutes each in the morning and evening to get internal harmony.

This Mudra can be performed by anyone or anytime .

From <<https://www.completenaturecure.com/maatangi-mudra-3/>>



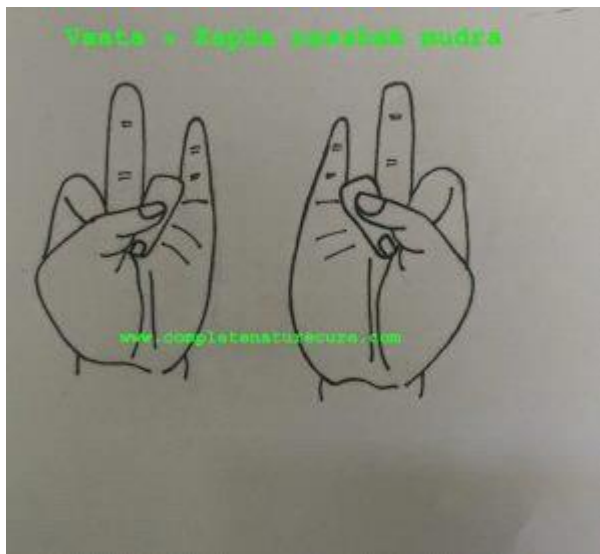
Vaata+ kapha nashak mudra

December 11, 2008 by [M.Hari Kumar](#) [Leave a Comment](#)

Vaata+Kapha)-naaashak mudra

This mudra helps to overcome any ailment of a person having a Vaata+Kapha mix constitution.

How to do Vata+Kapha Nashak Mudra



This mudra is formed by applying the tips of the index and the ring fingers to the base of the thumb.

Duration: 45 minutes every day, either at one stretch or in three parts(i.e., for 15 minutes, thrice a day).

Precaution: People with a pronounced Pitta constitution should practice this mudra in moderation if at all.

From <<https://www.completeNaturecure.com/vaataand-kapha-nashak-mudra/>>

Mudra For Loss or Lack of Appetite, How to do, duration and precautions

March 25, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudra For Lack of Appetite

A decreased appetite occurs when you have a reduced desire to eat.

It may also be known as a poor appetite or loss of appetite.

A wide variety of conditions can cause your appetite to decrease, ranging from mental conditions to physical illnesses.

Reasons of Loss of Appetite

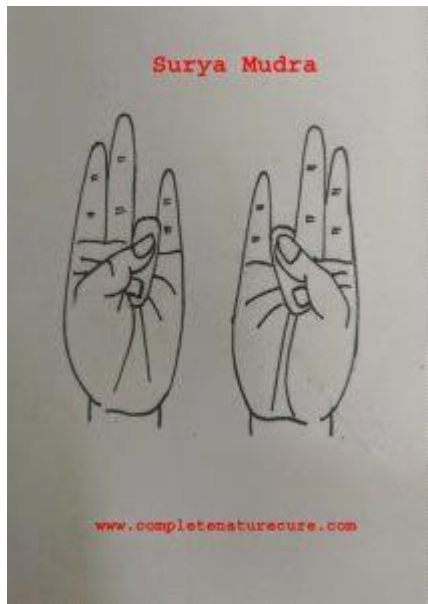
Improper lifestyle and eating habits are one of the leading causes of loss of appetite. Other causes like pregnancy, metabolic problems, chronic liver disease, COPD, dementia, HIV, hepatitis, hypothyroidism, chronic kidney failure, heart failure, cocaine, heroin, speed, chemotherapy, morphine, codeine, and antibiotics also causes it. Mudras are very much useful to balance the doshas. According to the Ayurveda, a decrease of Pitta is one of the reasons for loss of appetite. Practice of Pitta increasing mudras are useful to overcome this condition.

Mudra for Loss of Lack of Appetite

The practice of Surya mudra, Pitta-kaarak mudra, and Vaayan mudra are useful to overcome the loss of Appetite.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

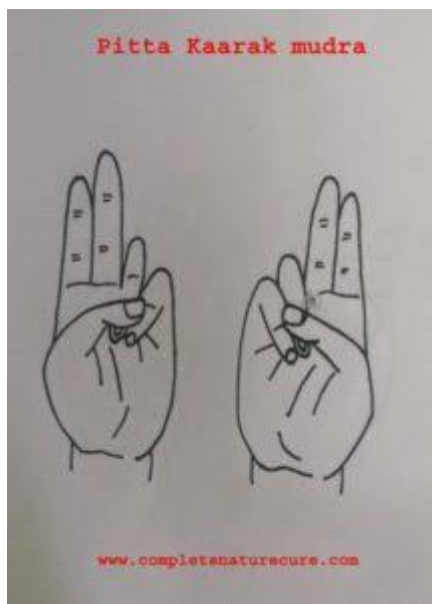
[Surya mudra](#)



How to do Surya mudra

Place the tips of ring finger at the base of the thumb finger to form Surya mudra.

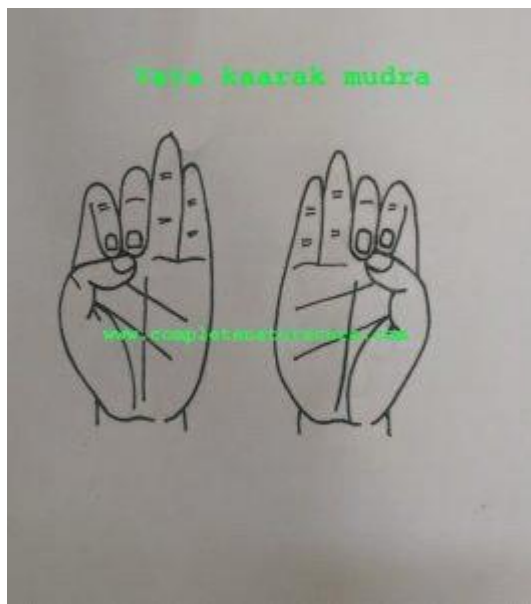
[Pitta-Kaarak mudra or Kapha-nashak mudra](#)



How to do Pitta-Kaarak mudra

Place the tips of the little finger, finger at the bottom of thumb finger to form Pitta-kaarak mudra.

[Vaayan mudra](#)



How to do Vaayan mudra

Join the tips of the index finger, middle finger and thumb finger to form Vaayan mudra.

Duration of mudra practice

45 minutes of regular practice or 15 minutes thrice a day. You have to do mudras with both the hands.

Precautions

If you are a Pitta excess person, then do these mudras in moderation only.

From <<https://www.completecure.com/mudra-loss-lack-appetite-duration-precautions/>>

## Healing mudras for Diabetes

March 24, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

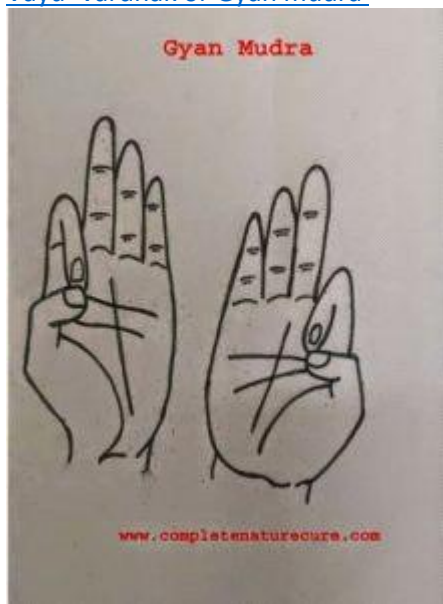
[Mudra therapy](#) is a non-medical and natural way of controlling diabetes. Healing Mudra works according to the Ayurvedic principles. According to Ayurveda, every disease is caused due to an imbalance in [Dosha's\(Vata, Pitta, and Kapha\)](#). Mudras are useful to manipulate these doshas. Through practicing hand mudras, you can decrease or increase any constitutions(Dosha).

**Mudra For Diabetes mellitus :** [Vayu- vardhak or Gyan mudra](#) , [Kapha-Kaarak or Pitta-naashak mudra or pran mudrā](#) , [Apaan mudrā](#)

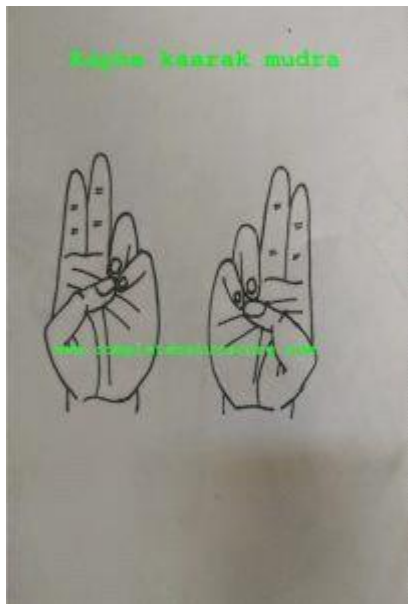
Mudras are helpful to control diabetic sugar level and also useful to prevent long-term diabetic-related diseases. It is helpful to keep your organs healthy under diabetic conditions. Forty-five minutes of regular practice is a must to get optimum results. You may take two to three breaks in between this forty-five minutes, and you can do it morning, afternoon, evening or anytime. You can also practice hand mudras while watching T.V or traveling to the office.

To know more about these mudras click on the link.

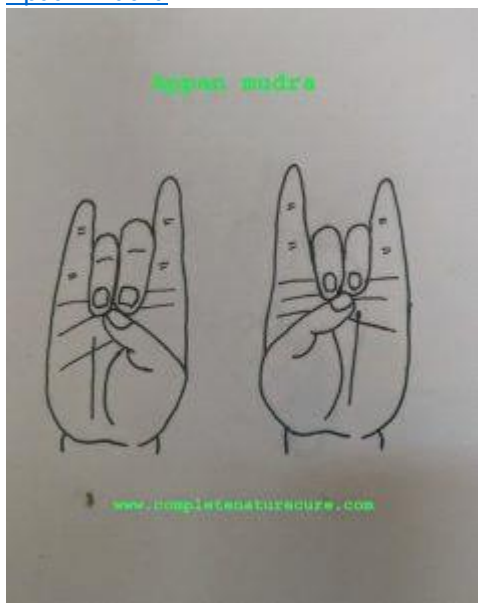
[Vayu- vardhak or Gyan mudra](#)



[Kapha-Kaarak or Pitta-naashak mudra or pran mudrā](#)



[Apan mudrā](#)



**Vaayu vardhak mudrā and Kapha kaarak mudrā and pitta nashak mudrā and appan mudrā are very much useful in the treatment of diabetes.**

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

From <https://www.completeNaturecure.com/healing-mudras-for-diabetes/>

## Mudra for Anxiety

March 24, 2017 by [M.Hari Kumar](#)

### **Anxiety**

Anxiety patients suffer from excessive, unrealistic worry that lasts six months or more; the issues may be health, money, career problems, or just simple things. Its symptoms could include trembling, muscular aches, insomnia, sleeplessness, abdominal upsets, dizziness, irritability, and lack of concentration.

### Causes of Anxiety

The various biological, psychological, and social factors that may lead to Anxiety Disorder that are Heredity, Brain chemistry, Personality and Life experiences.

### Symptoms of Anxiety

Nausea

Palpitations

Feeling of panic, fear & uneasiness

Sleep disturbances

Breathlessness

Dry mouth

Cold or sweaty extremities

### Ayurveda approaches towards Anxiety

Ayurveda has a holistic approach to an individual's physical, emotional and spiritual conditions, attributes anxiety symptoms to aggravated Prana Vata(air), a subsidiary of Vata(air) dosha that is associated with worry, anxiety, and depression. Prana Vata(air) weakens the nervous system and triggers mental imbalance. It also reduces the neurohormonal system and nerve impulses.

### Mudras for Anxiety

Mudra treatment of anxiety is curbing aggravated Prana Vata(air) and increasing sattva guna, which envisages a stable and peaceful mind through self-realization and self-control.

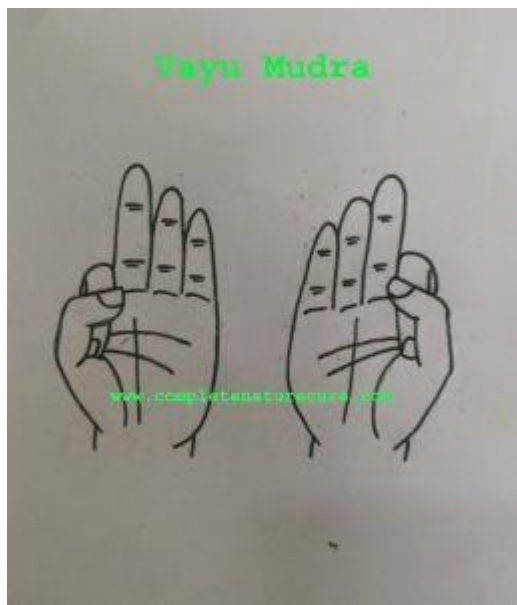
Vayu mudra and Vata-nashak mudra are helpful in the treatment of [Anxiety](#). You can go ahead and check [fifty non-drug treatment for anxiety](#).

### Mudra For Anxiety

[Vayu mudra](#) and [vata-naa shag mudra](#) are very helpful in controlling anxiety. These mudras help to calm the mind.

Before practicing Mudras, it is crucial to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

### [Vayu Mudra](#)



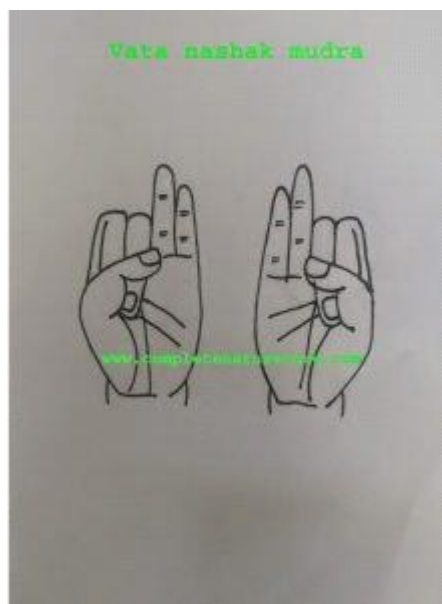
Placing the tip of the index finger on the base of thumb finger will form Vayu mudra. Vayu mudra decreases the air element within the body which results to reduce Vata dosha. Decreasing Vata dosha helps to calm the mind.

Placing the tips of index and middle on the base of thumb finger will form vata-nashak mudra. This mudra also gives the same benefits of Vayu mudra.

Regular practice of any of this mudra for a 30 to 45 minutes duration will give excellent results. If you are a vata deficient person then practice this mudra in moderation only.

### [Vata-naashak mudra](#)





From <<https://www.completenaturecure.com/mudra-for-anxiety/>>

### Three simple mudras to open blocked nose

March 24, 2017 by [M.Hari Kumar](#)

A blocked nose is a common problem in the winter season. Almost everyone faces this issue in their lifetime. There are many causes behind it, [common cold](#) or infection and many other causes. Whatever may be the causes there is a simple solution to open the blocked nose.

Here are three simple mudras that will help you to open and normalize your health. [Shunya mudra](#)

[Surya mudra](#)

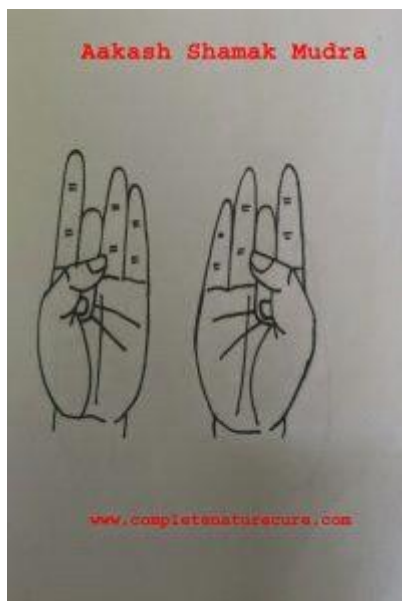
[Kapha nashak mudra](#)

are very useful to reopen your blocked nose and to overcome all the disorders related to it.

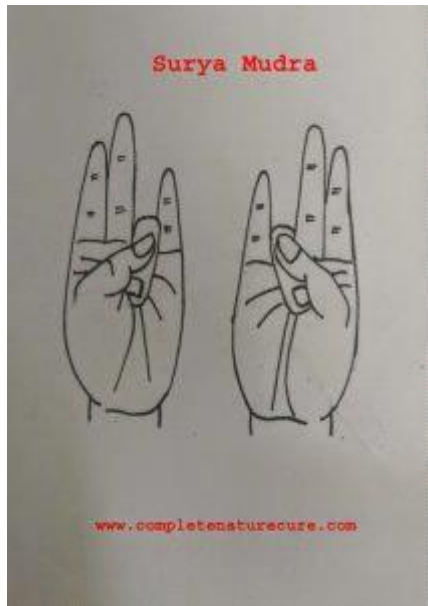
### Mudra For Blocked nose

Mudra works according to the principle of Ayurveda. It is efficient to manipulate [doshas\( Vata, Pitta, and Kapha\)](#). Just forty-five minutes of regular practice is enough to get good results. To know more about these mudras click on the links.

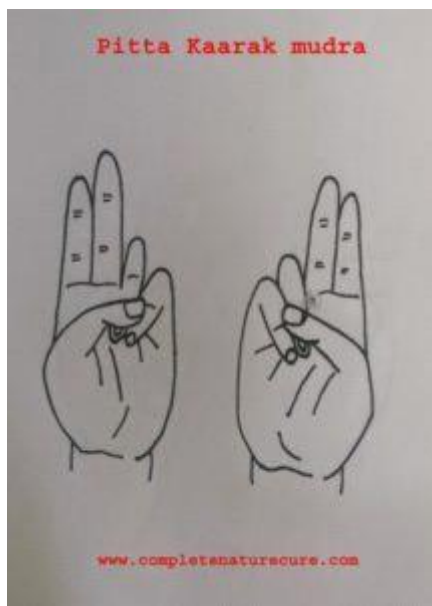
[Shoonya mudra](#)



## Surya mudra



## Kapha nashak mudra



Before practicing Mudras it is crucial to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

From <<https://www.completenaturecure.com/three-simple-mudras-open-blocked-nose/>>

## Mudras For Constipation

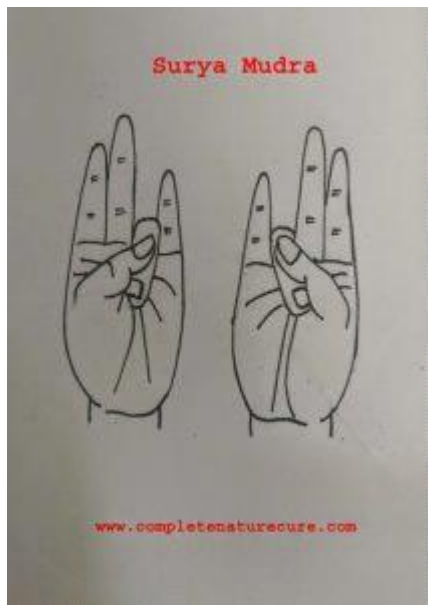
March 24, 2017 by [M.Hari Kumar](#)

Constipation becomes one of the common problems of the modern time. Irregular eating habits, unhealthy diet is one of the leading causes behind it. It is a common disorder of digestive tract. In this condition, the bowel movement becomes irregular or not entirely emitted.

Mudras will help you to overcome [constipation](#). Surya mudra, Vaayu mudra, Varun mudra, Vaata-nashak mudra, Apan mudra and Apan-Vayu Mudra are the best mudras useful in the treatment of constipation.

### Mudras for constipation

#### [Surya mudra:](#)



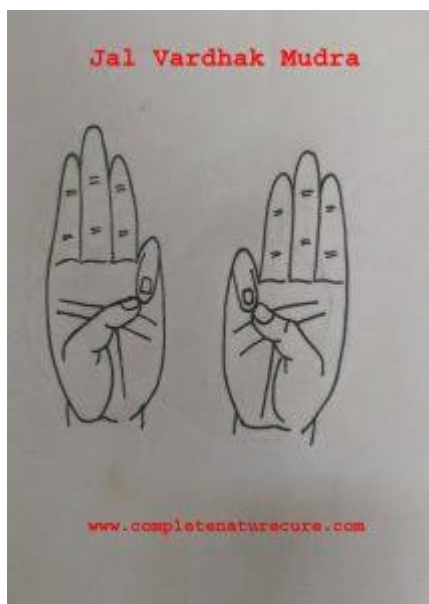
Surya mudra or Prithvi shamak mudra is very useful to overcome constipation. This mudra increases your digestive power by increasing fire element within the body. This will help you to overcome digestive disorders and constipation.

#### [Vayu Mudra:](#)



Vaayu mudra or Vaayu-shamak mudra will help you to reduce air element within the body. This will lead to overcoming [gastritis](#), [flatulence](#), and constipation.

[Jal-vardhak mudra:](#)



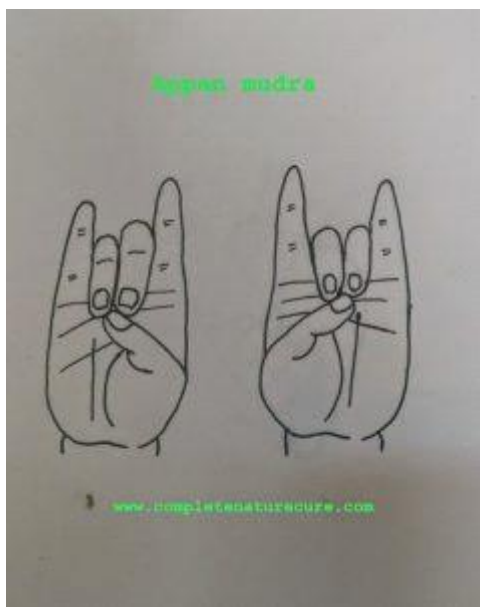
Varun mudra or jal-vardhak mudra will help you to increase water element within the body. This increased water element contributes to increasing digestive juices and gives a laxative effect to stools. This will help the bowels to move smoothly.

[Vaata-nashak mudra:](#)



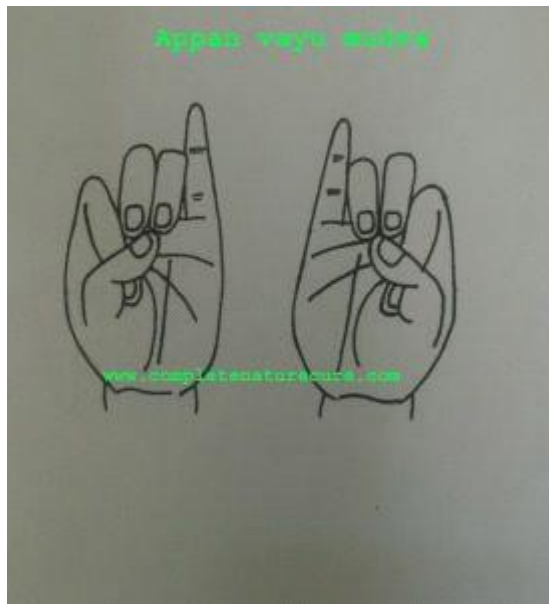
Vaata-nashak mudra will help you to decrease air and space within the body. Which will help you to overcome all the diseases of digestive system like, gastritis, flatulence, and constipation?

#### [Apan Mudra:](#)



Apaan mudra will help you to detoxify the body. It will increase all the expel works. Apan mudra is the best mudra to overcome constipation.

#### [Apan-Vayu mudra:](#)



This mudra will help you in both ways. It will detoxify and increase expelling works and helps you to overcome gastritis and flatulence. This mudra is better than Apan Mudra in the treatment of constipation.

To know how to do this mudras and the duration, precautions click on the links

Before practicing Mudras, it is crucial to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

From <<https://www.completenaturecure.com/mudras-come-constipation/>>

## Mudras For Menstrual Problems

March 23, 2017 by [M.Hari Kumar](#)

Menstrual problems are a frequent occurrence in these days. Mudras are the best choice of treatment for [menstrual problems](#).

Here I am sharing few selected mudras that will help you to overcome various menstrual disorders.

Mudra for Painful menstruation or Dysmenorrhoea:

This menstrual problem is traceable to a debilitated and toxic condition of the system. Wrong diet, bad style of living and [nervous exhaustion](#) are other leading causes. The pain may occur three days before or before or during the flow.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

[Vaaa-naashak mudra](#),

[kapha-kaarak mudra](#)

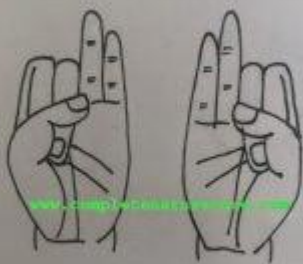
[apan-vaayu mudra](#)

are the best mudras to overcome this painful condition.

[Vaaa-naashak mudra](#)

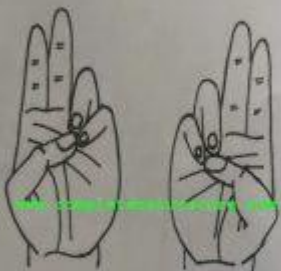


Vata nashak mudra

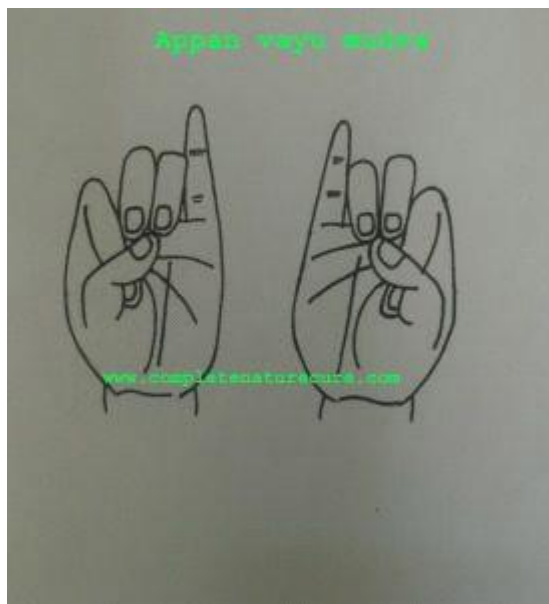


[kapha-kaarak mudra](#)

Kapha kaarak mudra



[apan-vaayu mudra](#)

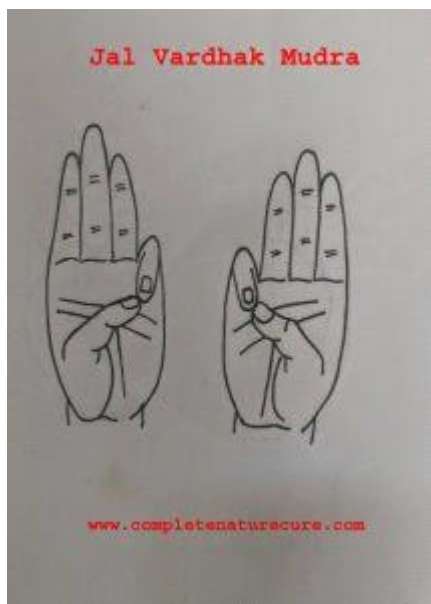


Click the link to know how to do the mudra and more about mudras.

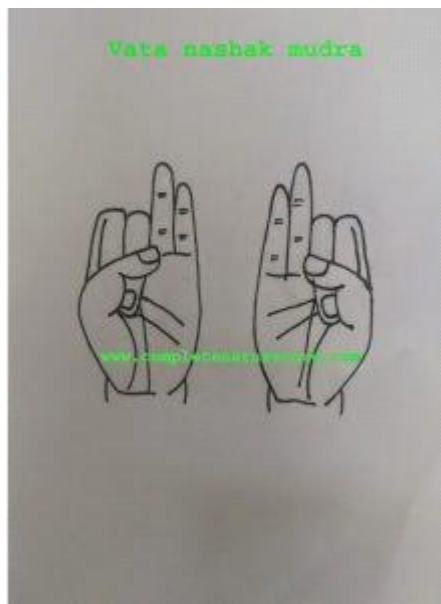
Mudra For Scanty menstruation:

[Jal-vardhak](#) mudra, [Vaata-naashak Mudra](#) and [Prithvi-shamak](#) mudra are the best mudras for this condition.

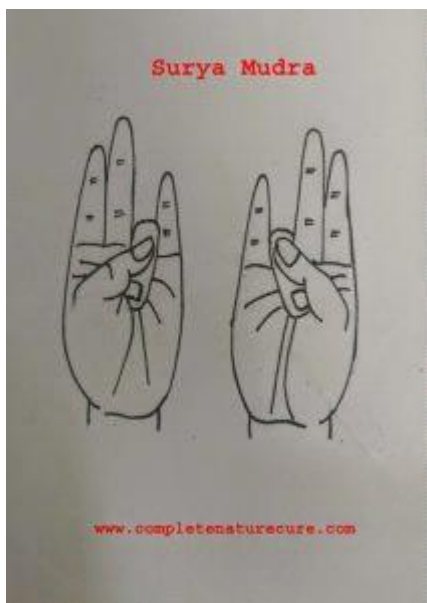
[Jal-vardhak](#) mudra



[Vaata-naashak mudra](#)



[Prithvi-shamak](#) mudra



Mudra For Excessive menstruation:

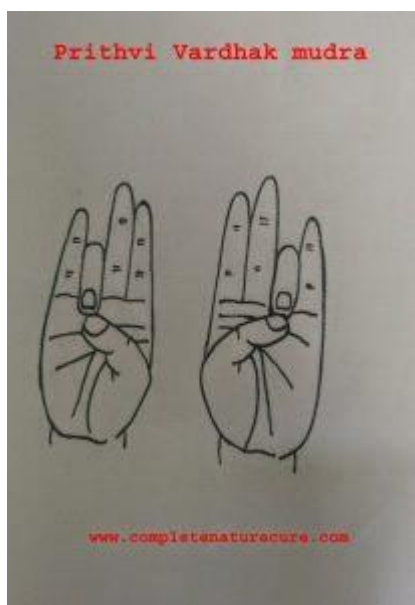
Profuse [menstrual flow](#) is very common in few women and usually denotes a blood deficiency, especially blood calcium. There are various causes of this menstrual disorder, but the toxic condition of the system is the primary reason.

[Jal-shaamak](#), [prithvi](#), [prana mudra](#) and [vaayan mudra](#) are the best mudras for this condition.

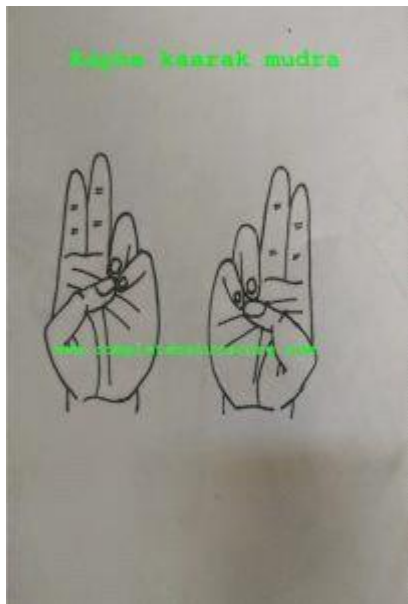
[Jal-shaamak](#)



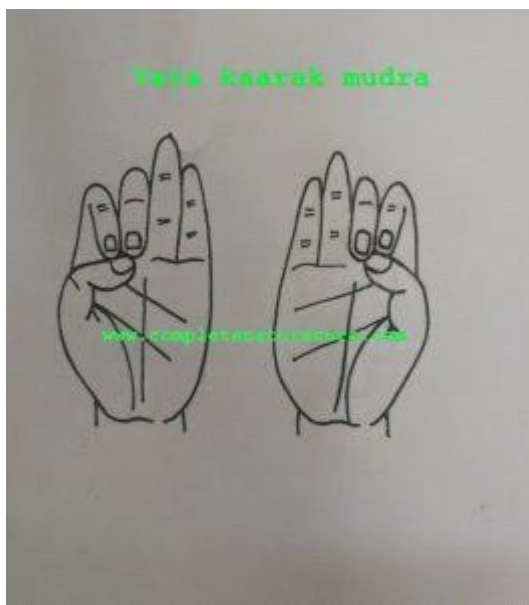
### Prithvi



### Pran Mudra



vaayan mudra



Mudra For Irregular menses:

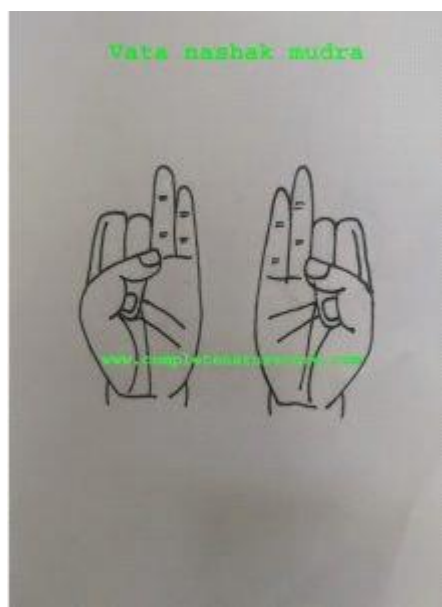
[Irregular menses](#) has become a very common health problem for the modern women. Mudras will help you to overcome this menstrual disorder. The primary causes behind it are a hormonal or unhealthy lifestyle. Mudras will balance the entire system.

vata-naashak Mudra, [Vayu Mudra](#) are the best mudra for this condition.

Vayu Mudra



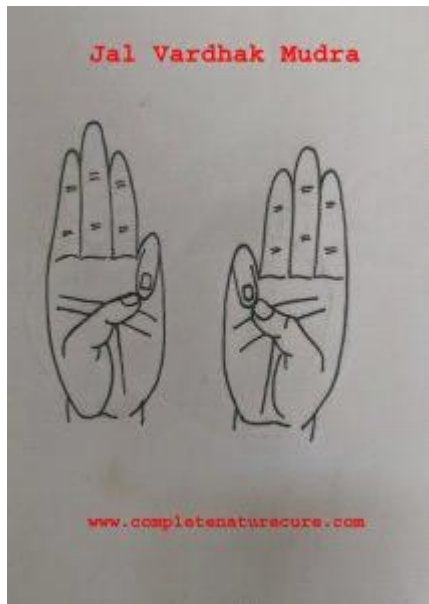
Vata-nashak mudra



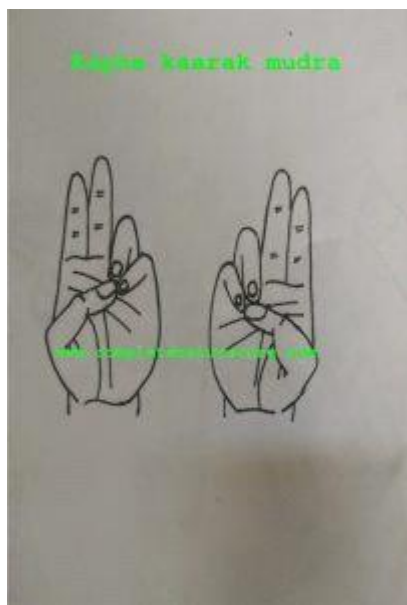
Mudra For Menopause:

[Jal-vardhak](#), [Kapha-kaarak mudra](#) are the best mudra for this problem.

Varun mudra



Pran mudra



From <<https://www.completenaturecure.com/mudras-menstrual-problems/>>

## Mudra for healthy hair

March 22, 2017 by [M.Hari Kumar](#)

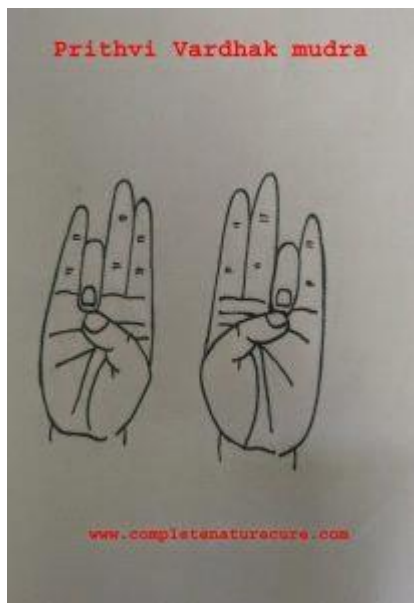
In the modern time keeping the hair healthy is a difficult task, but hand yoga mudras will help you. Yoga mudras are very efficient and an effortless way of treatment. Hand yoga mudras are useful for [hair regrowth](#) and also preventing hair loss and premature [graying of hair](#).

Here I am sharing few significant and selected mudras that will help you to keep the hair healthy.

### Hand Yoga Mudras For Hair Growth

[Prithvi mudrā](#) and [Kapha-kaarak mudrā or](#) prana mudra is very much useful for hair regrowth and also help in preventing hair loss.

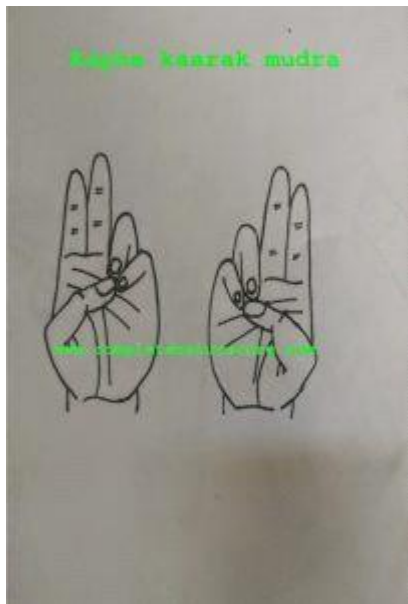
#### [Prithvi mudrā](#)



Prithvi mudra can be formed by joining the tip of the ring finger with the tip of the thumb finger. This mudra increases earth element within the body which helps to hair growth and prevents hair loss.

#### [Kapha- kaarak mudra or prana mudra](#)





Mudra to turn grey hair to black

Pran mudra also increase earth element within the body and increases [Kapha humor](#) which helps to strengthen the hair. Pran mudra is the best mudra to keep the hair healthy, stimulates hair regrowth and also prevent hair fall and hair loss.

Also read

[Treating Hair fall and hair losses through Ayurvedic remedies](#)

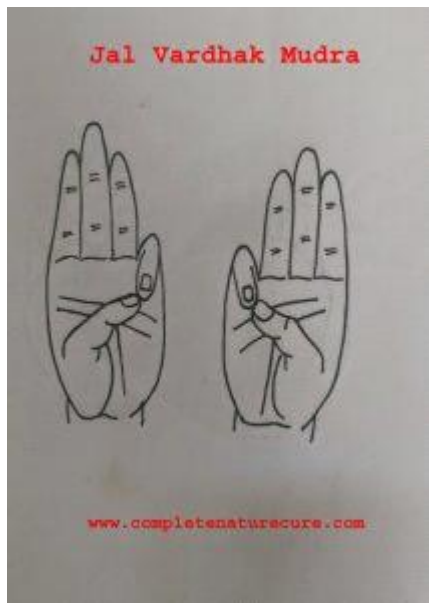
Mudra for dry hair:

Are you suffering from dry hair or unhealthy hair? Tthen [Vaayu-shamak mudrā](#), [Prithivi mudrā](#), [jal-vardhak mudra](#), [vaata-naashak mudrā](#), [kapha-kaarak mudrā](#), and [appan mudra](#) are very much beneficial. Click on the link to know more about these mudras.

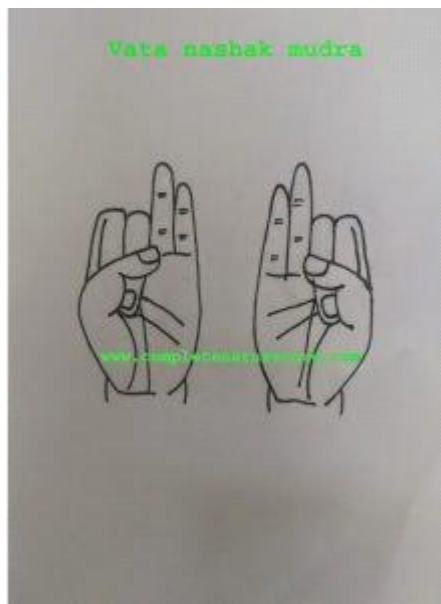
[Vaayu-shamak mudrā](#)



[jal-vardhak mudra](#)



[vaata-naashak mudrā](#)



Hand Mudra for hair regrowth:

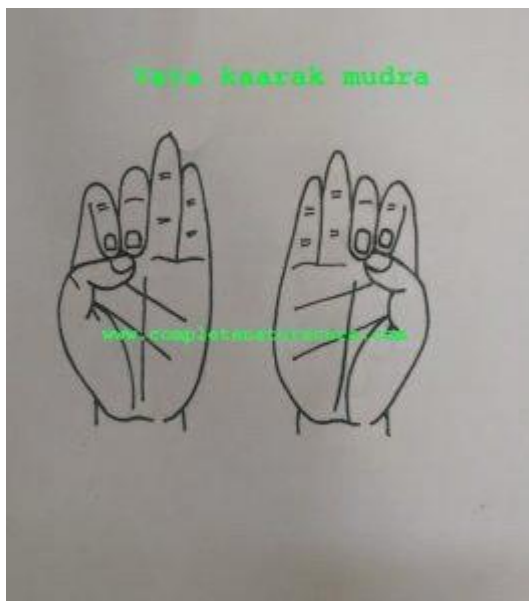
Prithvi mudrā and Kapha kaarak mudrā or prana mudra are very much useful to hair regrowth. Just 30 to 45 minutes of practice will give good result.

Hand mudrā for hair growth: [Prasanna mudrā](#) is the best hand mudrā that helps you in regrowth of hair.

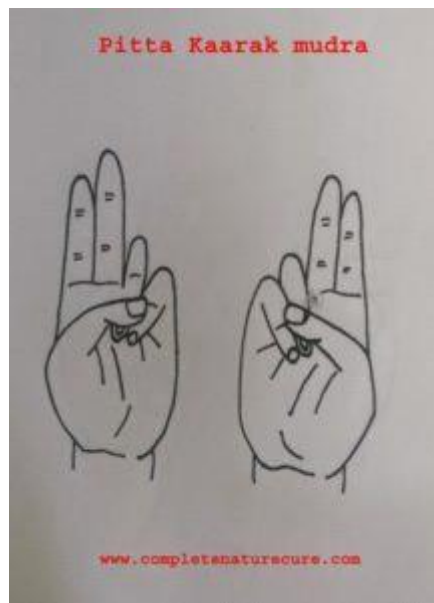
Mudra for greasy hair:

[Vaata-kaarak](#) and [pitta-kaarak mudrā](#) are very much useful to overcome the greasy hair.

[Vaata-kaarak](#)

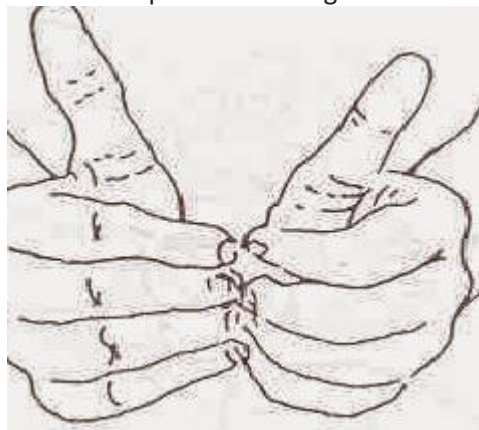


## [pitta-kaarak mudrā](#)



[PRASANNA MUDRA](#) is also known as Hairdo Posture.

This Mudra promotes hair growth and also cures hair loss.



How to perform Prasanna Mudra: Keep hand near the chest. Rub the nails of the eight fingers against each other for 5 to 10 minutes for 30 days. The thumbs should be straight. Benefits of Hairdo Posture: This slows down hair loss, with reduction of gray hair and split ends. It makes hair lustrous and strong. While improving disposition. Mudra for premature graying of hair:

Prithvi vardhak mudra is helpful to prevent hair loss and control premature graying. The increase in the earth element will help us to fight against hair loss. Also, this mudra decreases temperature of the body which will help us to calm our body survive in this summer.

Before practicing Mudras, it is vital to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

From <https://www.completenaturecure.com/mudra-healthy-hair/>

## Four simple mudras that controls high blood pressure

March 22, 2017 by [M.Hari Kumar](#)

High blood pressure or hypertension is one of the most dangerous health disorder. This disease is a result of our modern lifestyle. The fast pace of life and the urban environments give rise to psychological tensions. Mental worries and stress increase the adrenaline in the blood stream, and this results in a pressure of the blood to rise. You can go ahead and check my other post on [remedies for high blood pressure](#)

[sociallocker]



Mudras For high blood pressure

Mudra treatment is a natural method but very effective. You can perform it any time or any situation. Just 20 to 30 minutes of regular practice is enough to get a good result. You should have to do it on a regular basis to get the maximum effect.

Mudras for high blood pressure: [Aakash mudra](#), [Vaayan mudra](#), [Apan V ayu mudra](#), and [Pran mudra](#) are useful to reduce high blood pressure.

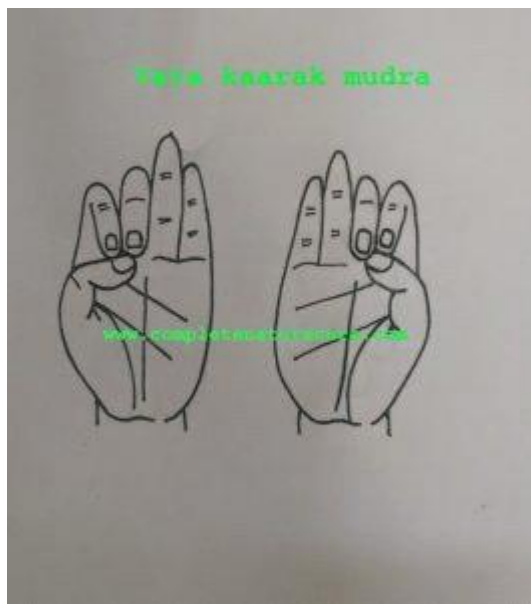
Before practicing Mudras, it is vital to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

#### [Aakash mudra](#)



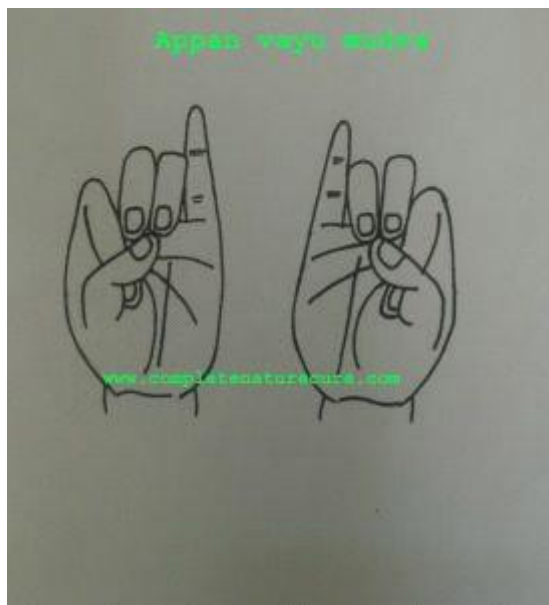
Join the tips of middle finger and thumb finger to form Aakash mudra.

#### [Vaayan mudra](#)



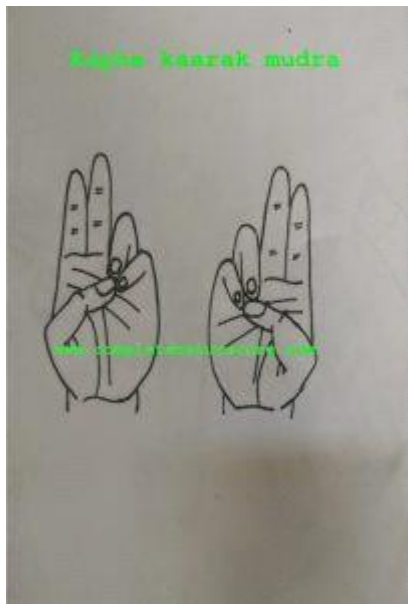
Join the tips of index finger, middle finger and thumb finger to form Vaayan mudr.

#### [Apan Vayu Mudra](#)



Place the tips of index finger at the bottom of thumb finger and now join the tips of middle finger, ring finger and thumb finger to form Apan-vayu mudra.

#### [Pran Mudra.](#)



Join the tips of the ring finger, little finger and thumb finger to form pran mudra.

These mudras are useful in the treatment of high blood pressure to know how to perform the mudra, and other benefits of these mudras click the links.

You can choose any two mudras according to your constitution or Prakriti for regular practice.

To know your [constitution or Prakriti click here](#)

To find out more about [mudra click here](#)

Mudra treatment is a natural method of therapy you can practice it while watching TV or on traveling. Now no excuses just practice it and live tension free.

From <<https://www.completenaturecure.com/four-simple-mudras-controls-high-blood-pressure/>>



Tuesday, September 19, 2017 10:25 PM

## Mudras for Pitta Dosha

February 16, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

According to Ayurveda, our body is categorized as three types Vata, Pitta, and Kapha.

All the diseases are caused when there is any imbalance in these Vata, Pitta, and Kapha.

In this video, we are discussing only Pitta Dosha.

There are two conditions that one is Pitta excess other is Pitta deficiency.

Mudras like Prithvi mudra, Pran mudra, Apaana mudra and Apaana-vayu mudra are effective mudras to decrease Pitta deficiency.

Mudras like surya mudra , Linga mudra and Pitta-kaaraka mudra are effective mudras to increase Pitta.

From <<https://www.completenaturecure.com/mudras-pitta-dosha/>>

Tuesday, September 19, 2017 10:25 PM

## Mudra For Kapha Dosha

February 15, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

According to Ayurveda our body type is categorized as three types. Vata, Pita, and Kapha.

If the imbalance in these constitutions will leads to diseases. In this post, we discuss the mudra for Kapha dosha.

Kapha dosha happens in two instances one is an excess of Kapha and other is a deficiency of Kapha.

### Mudra for deficiency of Kapha

Mudras like Prithvi mudra, Pran mudra, Apan mudra and Apan -Vayu mudra is useful to increase Kapha within the body.

### Mudras for excess of Kapha

Mudras like Surya mudra, Linga mudra, and Kapha nashak mudra are useful to decrease excess of Kapha within the body.

From <<https://www.completenaturecure.com/mudra-kapha-dosha/>>

Tuesday, September 19, 2017 10:25 PM

## Mudras For Vata Dosha

February 11, 2017 by [M.Hari Kumar](#) [Leave a Comment](#)

According to Ayurveda, our body has three major constitutions Vata, Pitta, and Kapha.

The Imbalance of this doshas will leads to diseases.

In this post, I will share mudras that will help you to balance Vata-dosha.

Mudras to Increase Vata humor within the body.

Mudras like Vayu-vardhak mudra and Vayaan mudra are useful to increase Vata humor within the body.

Mudras to decrease Vata humor within the body.

Mudras like Vayu mudra, Vata-nashak mudra, and prana mudra are useful to decrease Vata humor within the body.

From <<https://www.completeNaturecure.com/mudras-vata-dosha/>>

## Mudra For Degenerative Joint Disease

September 7, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Degenerative joint disease, also known as osteoarthritis is due to the loss of articular cartilage within your joints.

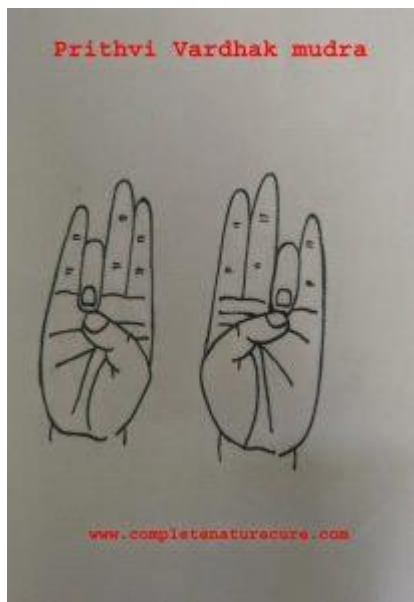
The articular cartilage is the cushioning that is on the ends of our bones.

## Mudra For Degenerative Joint Disease

The practice of Prithvi Mudra, Pran mudra, Apaana mudrā, And Vaayan mudrā are useful to overcome this condition.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

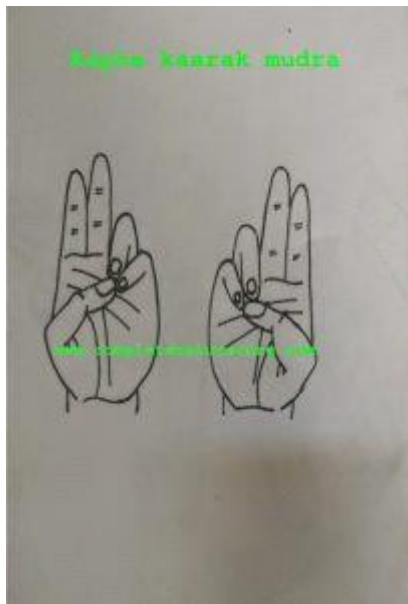
### [Prithvi Mudra](#)



How to do Prithvi mudra

Join the tips of the ring finger and index finger to form Prithvi mudra.

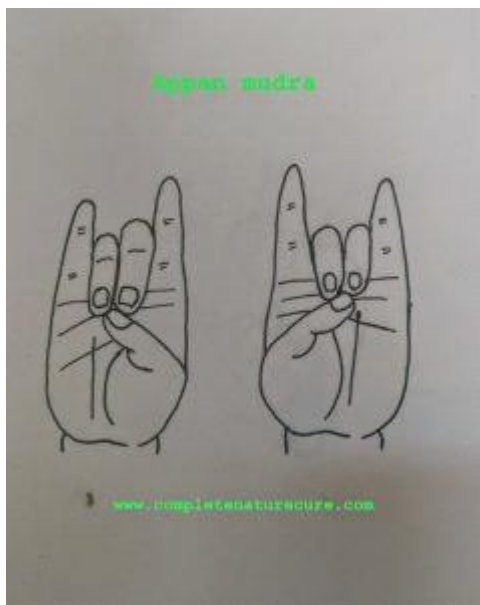
### [Pran Mudra](#)



How to do Pran mudra

Join the tips of the ring finger, little finger and thumb finger to form Pran mudra.

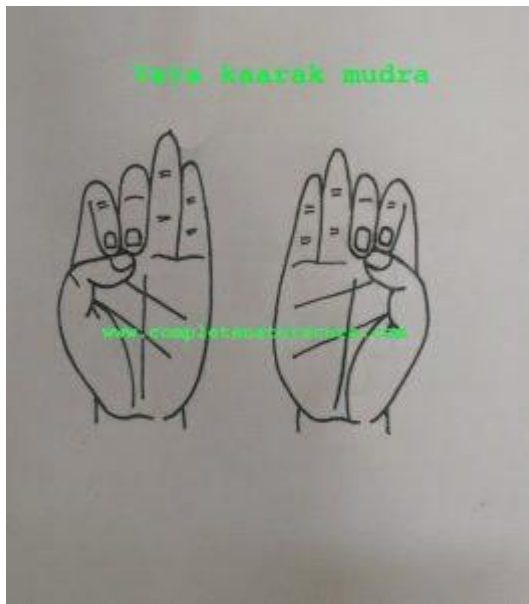
Apaan [Mudra](#)



How to do Apaan mudra

Join the tips of middle finger, ring finger, and index finger to form Apaan mudra

[Vaayan mudra](#)



### **How to do Vaayan mudra**

Join the tips of the index finger, middle finger and thumb finger to form Vaayan mudra.

### **Duration of mudra practice**

45 minutes of regular practice or 15 minutes thrice a day.

You have to do mudras with both the hands. Just a simple touch of the tips of the fingers is enough to get results of mudra practice.

### **Precautions**

If you are a Kapha excess person, then do these mudras in moderation only.

From <<https://www.completenaturecure.com/mudra-degenerative-joint-disease/>>

Mudra For Sexual Debility How to do, duration and precautions

September 6, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudra For Sexual Debility

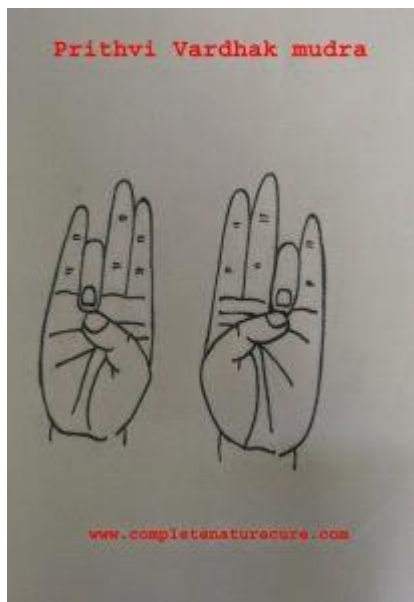
Sexual debility or weakness is nothing but lack of sexual vitality or inability to perform during the sexual act.

Sex is a major act in biological evolution. Without this, it is seen that even a sweet relation between a couple lead to the break.

The practice of Prithvi mudra and Pran mudra give relief from these conditions.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

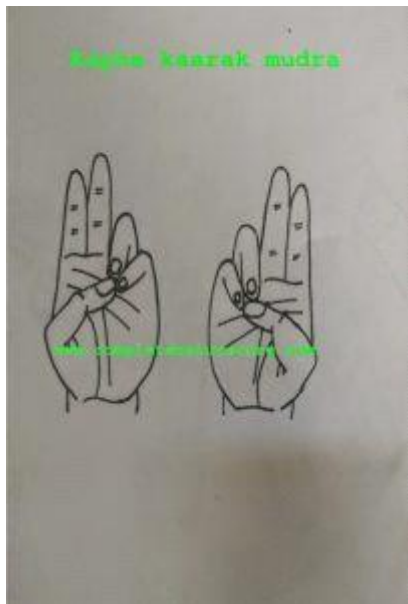
[Prithvi mudra](#)



How to do Prithvi mudra

Join the tips of ring finger and thumb finger to form Prithvi mudra.

[Pran mudra](#)



How to do pran mudra

Join the tips of ring finger, little finger and thumb finger to form Pran mudra.

Duration of mudra practice

Forty five minutes of regular practice or fifteen minutes thrice a day.

You have to do mudras with both the hands. Just a simple touch of the tips of fingers is enough to get results of mudra practice.

Precautions

If you are a Kapha excess person then do these mudras in moderation only.

From <<https://www.completenaturecure.com/mudra-sexual-debility-duration-precautions/>>



Mudra For General Weakness,How to do, duration,precautions

September 6, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudra For Weakness

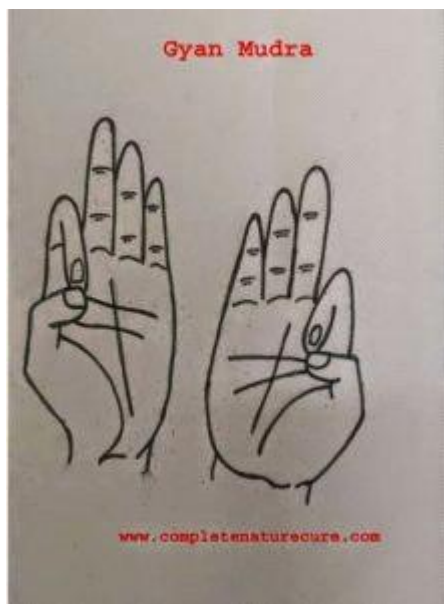
General weakness or feeling lethargic is a common problem faced by many.

According to Center for Pain and Supportive Care, weakness can be defined as

“lack of physical or muscle strength and the feeling that extra effort is needed to perform daily activities”.

The practice of Gyan mudra, Prithvi mudra, Apaana mudra, Vaayana mudra, and pran mudra are useful to overcome this condition.

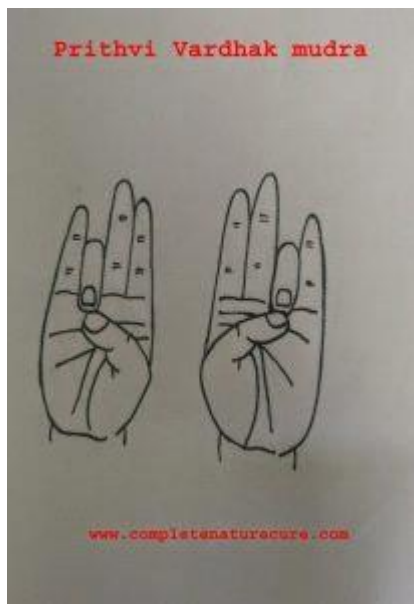
[Gyan mudra](#)



**How to do Gyan mudra**

Join the tips of index finger and thumb finger to form Gyan mudra.

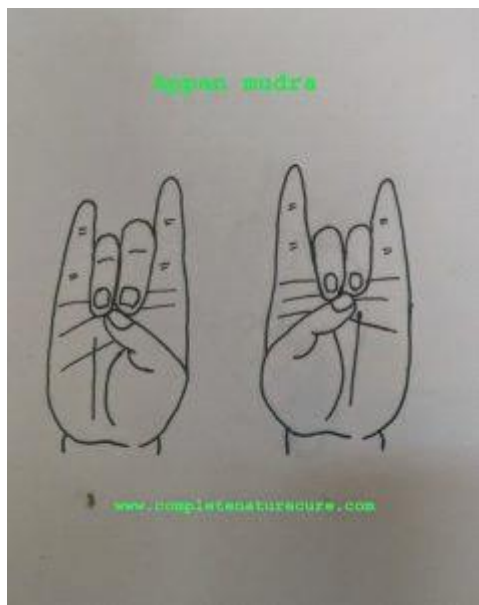
[Prithvi mudra](#)



#### How to do Prithvi mudra

Join the tips of the ring finger and thumb finger to form Prithvi mudra.

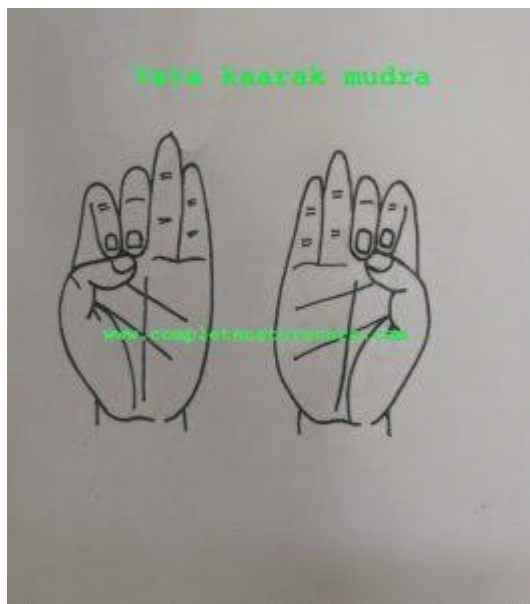
#### [Apaan mudra](#)



#### How to do Apaan mudra

Join the tips of the middle finger, ring finger and thumb finger to form Apaan mudra.

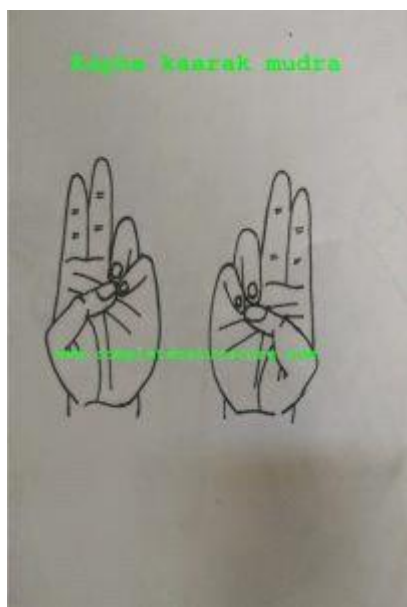
#### [Vaayan mudra](#)



#### How to do Vaayan mudra

Join the tips of the index finger, middle finger and thumb finger to form Vaayan mudra.

#### [Pran Mudra](#)



#### How to do Pran mudra

Join the tips of the little finger, ring finger and thumb finger to form Pran mudra.

Duration of mudra practice

45 minutes of regular practice or 15 minutes thrice a day.

You have to do mudras with both the hands. Just a simple touch of the tips of the fingers is enough to get results of mudra practice.

## Precautions

If you are a Vata or Kapha excess person, then do these mudras in moderation only.

From <<https://www.completenaturecure.com/mudra-general-weaknesshow-durationprecautions/>>

Mudra For Fatigue,How to do, Duration,Precautions

September 3, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Mudra For Fatigue

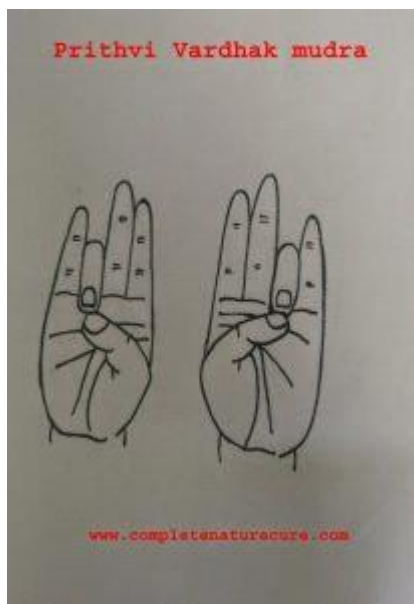
Fatigue is a condition that extreme tiredness is resulting from mental or physical exertion or illness.

The practice of Prithvi mudra, Pran mudra, and Vata-nashak mudra are useful to overcome this situation. The practice of Prithvi mudra and Pran mudra increases

Prithvi element which helps to improve health and vitality.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

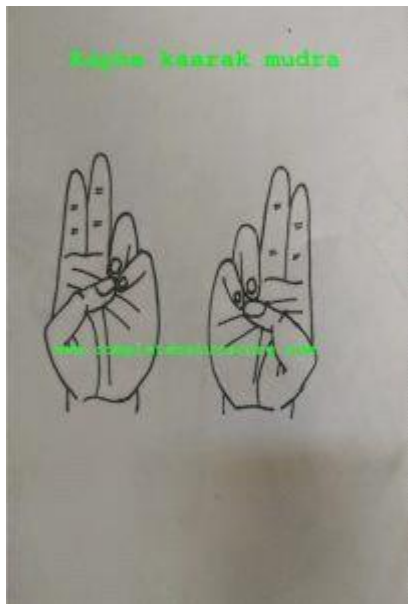
[Prithvi mudra](#)



How to do Prithvi mudra

Join the tips of the ring finger and thumb finger to form Prithvi mudra.

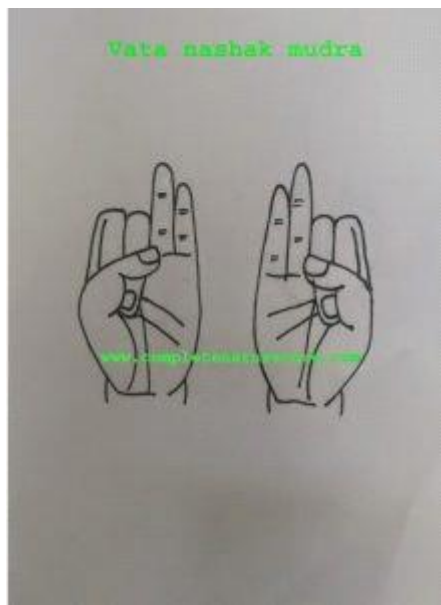
[Pran Mudra](#)



How to do Pran mudra

Join the tips of the little finger, ring finger and thumb finger to form Pran mudra.

[Vata-nashak mudra](#)



How to do Vata-nashak mudra

place the tips of index finger and middle finger at the bottom of thumb finger to form Vata-nashak mudra.

Duration of mudra practice

45 minutes of regular practice or 15 minutes thrice a day.

You have to do mudras with both the hands. Just a simple touch of the tips of fingers is enough to get good results.

## Precautions

If you are a Kapha excess or Vata deficient person, then do these mudras in moderation only.

From <<https://www.completenaturecure.com/mudra-fatiguehow-durationprecautions/>>

Mudra For Emaciation,How to do,Duration, Precautions

September 3, 2016 by [M.Hari Kumar](#) [Leave a Comment](#)

Emaciation is a condition that an extreme weight loss and unnatural thinness due to a loss of subcutaneous fat

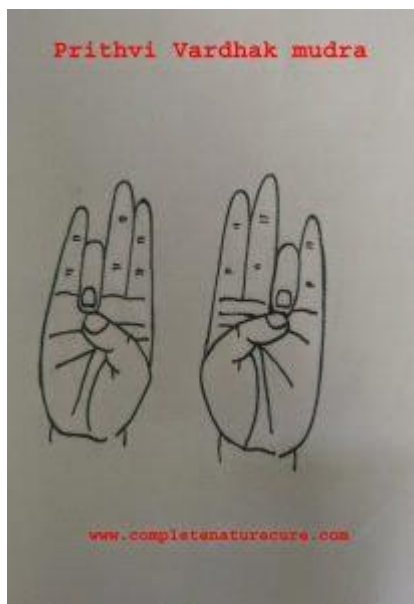
and muscle throughout the body.

Mudra For Emaciation

The practice of Vata-nashak mudra also helps to increase Kapha humor within the body.Kapha humor and Prithvi element are the major components in the fat. The increase in earth element will strengthen your body.

Before practicing Mudras it is very important to find your Ayurvedic Body type To find your [Ayurvedic](#) body type follow this link

[Prithvi mudra](#)

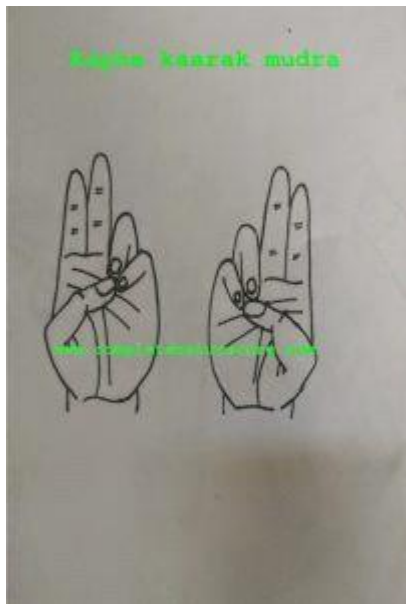


How to do Prithvi mudra

Join the tips of the ring finger and thumb finger to form Prithvi mudra.

[Pran Mudra](#)

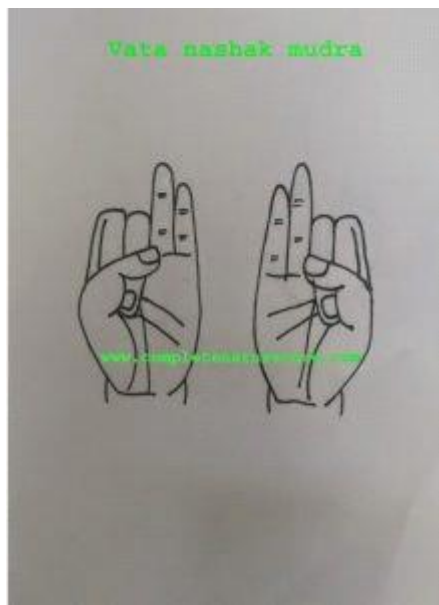




How to do Pran mudra

Join the tips of the little finger, ring finger and thumb finger to form Pran mudra.

[Vata](#)-nashak mudra



How to do Vata-nashak mudra

place the tips of index finger and middle finger at the bottom of thumb finger to form Vata-nashak mudra.

Duration of mudra practice

45 minutes of regular practice or 15 minutes thrice a day.

You have to do mudras with both the hands. Just a simple touch of the tips of fingers is enough to get good results.

## Precautions

If you are a Kapha excess or Vata deficient person, then do these mudras in moderation only.

From <<https://www.completeNaturecure.com/mudra-emaciationhow-doduration-precautions/>>