

Importance of Mudras

1. Mudra is the window to spirituality.
2. Mudra is the switch board of the body.
3. Glands are affected by mudras.
4. Chakras are activated by mudras.
5. Man, woman, child, young, elder and yogi can cure the diseases and can light the Atma-Jyoti.
6. Mudras (tattva mudras) balance the 5 tattvas in our body.
7. Benefits physical, mental and spiritual levels.
8. Develops immunisation power to fight against the diseases.
9. Give the body energy.
10. Mudras are used in worship, havan (Yajana), gayatri pooja also.
11. Mudras control tridosas—vaata, pitta and kapha.
12. Bhagwan Mahavir, Bhagwan Buddha, Lord Shiva, Lord Vishnu, Lord Brahma etc. used the mudra.
13. The conditions of body and mind are also observed closely through mudra.
14. Meditation is done in proper mudra.
15. Mudras purify the nerves, leads to knowledge, energy and joy of consciousness.
16. Mudras with invocation of mantra sound also attract and transmit divine powers and influence the individual as well as atmosphere.

Kinds of Mudras

1. Worship mudras, Gaytri mudras, yajana mudra etc.
2. Healing mudras, Vayu mudra, Panch Tattva Mudras
3. Yogic / Spiritual mudras Gyan mudras, Dhyan mudra,

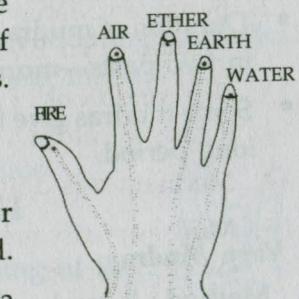
Yoga mudra, Vipreet Karani mudra etc.

Tattva Mudra / Healing Mudra / Hasta Mudra

Human body and the universe are made from five elements.
Our five fingers represent the five elements:

Fingers	Elements	Tattva
1 Thumb	Fire elements	Agni
2 Tarjani (Index finger)	Air elements	Vayu
3 Madhyama (Second finger)	Sky elements	Aakash
4 Anamika (ring finger)	Earth elements	Prithvi
5 Kanistika (little finger)	Water	Jal

We can combine and balance five elements of our body by performing mudras with fingers. We can increase or decrease the effect of various elements of the body by Mudras. Some of them are described here.



Guidelines for Practice

- Tattva can be increased or decreased, changed and balanced.
- To have Pran-Apan in Samavastha (equal quantity) Pran and Apan mudra are necessary. If naadi shodhan pranayama is performed with these mudras the body becomes free from diseases.
- If the patient is taking any medicine he/she can use the mudras.
- Perform only Vayu mudra, shoonya mudra and linga

mudra when you feel pain.

- Pran, Apan, Prithavi and Gyana mudra can be performed for 48 minutes but other mudras should be performed until disease is there.
- The tattva develops to press the front portion of finger on thumb's front portion and pressing the finger in the root of the thumb the particular tattva of the finger decrease.
- Anybody can perform the mudras.
- Perform the mudras with both hands. If one hand is not empty use one handed mudra but it will be less beneficial. Right handed mudra effects on left portion and left handed mudra effects on right side.
- Don't perform any mudra just after taking meals. Wait for atleast 30 minutes. Vayu mudra can be performed in case of gas.
- Mudras can be performed in any pose but some meditative asanas are useful.
- Duration of mudra is 48 minutes. If you can't do so, divide in two parts—morning and evening.
- Some mudras give their effect at once and some gives after long period.

I Tattva Mudras

1. Vayu Mudra

Method : It can be performed in any pose but vajrasana is the best asana for it, keep spine erect. Bend the fore finger (index / tarjani) and put it at the base of the thumb. Press the finger with the thumb. Duration is 48 minutes. Do it according to your capacity.

Benefits

- Vayu mudra controls the 51 types. Vaat disorders like sciatica, gastric pain, paralysis, udarshool (stomach pain).

Treatment by Mudra

- Body pain, knee and joint pain, pain in spine, waist and other parts of the body also get removed gradually.
- Pain in the neck can be removed.
- Unsteadiness of mind is removed.
- Gas formation stops.
- It cures the impurities in the blood circulation.
- Cholera, Parkinson etc. diseases are cured.
- Heart diseases can be controlled.



Note

- Discontinue the mudra when the pain subsides or the wind gets even.
- If pain is continued practice mudra several times.

2. Aakash Mudra

Method: Touch the upper part of the thumb with madhyama (middle finger) tip. The suitable asana for it is vajrasana. It may be practiced for 16 to 48 minutes.

Hands are not to be kept reserved after adopting the mudra. Don't practice it while walking and taking meals.

Benefits

1. The akash mudra removes emptiness.
2. The hearing faculty is improved.
3. Disorders related to ear eg. running of the ear, pain in the ear get cured.
4. Helps in curing heart disease and related disorders.
5. Strengthens bones.
6. For deafness it should be practiced for long time about one hour daily.
7. It is useful in the case of weakness in the bones.



3. Shoonya Mudra

Put the middle finger tip at the root of thumb exerting very mild pressure, keeping the other three fingers straight.

Benefits

1. Middle finger represents the sky/ether and cures the disease related to sound, pain in the ear.
2. Secretion from the ear, deafness is cured.
3. The gums become strong.
4. It is useful in throat and thyroid disorders.
5. It removes the sound (Sanya-Sanya noise) coming from the ear.



Note : Avoid it while walking and eating.

4. Surya Mudra

Keep the ring finger's tip at the root of the thumb and press the finger gently with the thumb.

Benefits

1. Balances the body.
2. Reduces weight and obesity.
3. Increases heat in the body for proper digestion.
4. Sun is the source of energy. Surya mudra draws the energy from the Sun. It makes a person energetic.
5. Removes tension.
6. Reduces cholesterol.
7. Useful in diabetes and liver problems.
8. Removes severe headache.



Treatment by Mudra

9. Removes goitre.

Note

1. Perform this mudra for not more than 15 minutes.
2. Persons with fat deposits arounds the stomach should practice this mudra morning and evening.

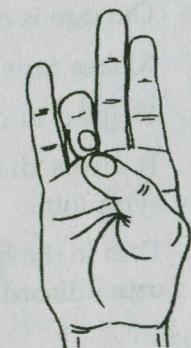
5. Prithivi Mudra

Join the tips of ring finger and thumb keeping the other three fingers straight.

Benefits

1. Makes the body strong and healthy.
2. Develops luster and glow.
3. Increases happiness, magnanimity and thoughtfulness—lightness in the mind and body is felt.
4. The feeling of detachment sets in and the static feeling appears.
5. Increases the vitamins in the body.
6. Regular practice cures weakness of the body, leanness, obesity and other diseases.
7. Improves digestion power.
8. Develops the life force and purity.
9. Makes the body active and fit.
10. Balances the height and weight in the body.
11. Develops love, compassion, tolerance and patience.
12. Directs mind towards spirituality.
13. Useful for enhancing the beauty.
14. Removes cold and catarrh.

Note Prithivi mudra can be practised for 24 minutes.



6. Varun Mudra

The little finger symbolises water element. Touch the tip of little finger and thumb together. Remaining three fingers should be erect. It can be performed for 24 to 48 minutes.

Benefits

1. Dryness of the body is removed.
2. Cures blood disorders and skin ailments.
The skin becomes glossy and soft.
3. Old age is delayed.
4. Makes face beautiful.
5. Helpful in dehydration, dysentery.
6. It cures diabetes where dryness in the mouth is the symptom.
7. Pain in the body, stoppage of urine, yellow urine and other urine disorders are cured.



Note

1. Perform this mudra for not more than 30 minutes.
2. People with phlegm constitution should avoid it.

7. Jalodarnashini Mudra

Bent the little finger and put the tip of little finger at the root of thumb. Press lightly with thumb. Keep the remaining three fingers straight.

Benefits

1. Cures diseases developed by increasing the water element.
2. Cures acidity.
3. Removes the swelling on face, hands, legs.
4. Elephantiasis and water in stomach is cured.



II Pranic Mudras

8. Pran Mudra (Vital Air Posture)

Join the tips of little and ring finger with the thumb. Its duration is 48 minutes.

Benefits

1. Removes weakness from the body.
2. Removes disturbance of mind and rigidness of feeling.
3. Improves eye sight.
4. Develops concentration power.
5. Increases vital energy.
6. Strengthens bronchial tube.
7. Sadkha becomes urdhvareta.
8. The dormant power of life is awakened.
9. Develops health, activity and energy in the blood.
10. Develops immunity system of the body.
11. Cures deficiency of vitamins.
12. Helpful in long fasting, one does not feel hungry and thirsty. It controls hunger and thirst in diabetes.
13. During insomnia it should be performed along with gyan mudra.
14. Helpful in regenerating the energy lost due to paralysis.
15. Useful in meditation.
16. Purifies blood and blood circulation becomes good.
17. The pain of the legs, stretched nerves and fatigue are removed by this mudra.



Note

1. It should be done up to 10-30 minutes but yogis can do it for 3-12 hours.

2. Yogis get freshness, divine light and control of hunger and thirst.
3. If two mudras are advised do each for 15 minutes.

9. Apan Mudra

Join the tips of thumb, ring finger and middle finger together and keep the remaining two fingers straight. Practice it for 48 minutes.

Benefits

1. Removes foreign particles from the body, and makes it pure. Constipation is removed.
2. Nerves are purified.
3. Useful in piles.
4. Improves functions of various parts of abdomen.
5. Pacifies air disorders and diabetes.
6. Removes blockage in urinary tract and disorders of kidneys.
7. Tooth disorders and pain are removed.
8. Removes heat of the body, as it results in sweating.
9. Heart becomes stronger.
10. Diseases related bronchial tube are cured.
11. Controls high blood pressure.
12. Cures insomnia.
13. In pregnancy easy delivery if the practice is done for 8 months.

Note

1. Do it for 30 minutes in morning and 30 minutes in evening.
2. Don't worry if excess urination occurs.



10. Apan Vayu Mudra

Apan and Vayu mudras are performed together. The little finger remains straight.

Benefits

1. Cures heart and wind related disorders.
2. Makes the body healthy.
3. In case of heart attack, performing Apanvayu mudra gives immediate relief.
4. Releases gas accumulated in the stomach.
5. Useful in headache, asthma and high blood pressure.
6. Performing Apanvayu mudra for 5-7 minutes before climbing up the stairs is beneficial.
7. Cures Angina, hiccup and eyelid cramps.
8. Balances nervous system, blood circulatory system, excretory system and also neutralizes negative pressure of the body i.e. the Vaata, pitta and kapha.
9. Removes migraine.
10. Remove rheumatic pain and joint pain.



Note

- Its effect is very quick on heart.
- Stomach gas and other diseases and old diseases are removed.
- Do it for 15 minutes in morning and 15 minutes in evening.

11. Udan Mudra

Touch the tips of ring, middle and index fingers with thumb and press gently.

Benefits

1. Develops wisdom.
2. Increases lightness.
3. Develops regality.

Note

- Do it for 8-48 minutes.
- Perform it in Sukhasana or Utkatasana.
- It is called Hansi (laughter) mudra also.

12. Saman Mudra (Samanvay Mudra)

By joining all the fingers coordination of five elements is established. It is called 'Sukari mudra' and Saman Pran mudra. Tantrics use this mudra.

Benefits

1. The feeling of co-ordination is enhanced.
2. Develops strength.
3. Balances the elements.
4. Prevents calamities.
5. Affects pituitary gland and mind.
6. Rituals are performed in this mudra.

Note: Don't use this mudra for a long period.

13. Vyan Mudra

Touch the tips of the index and middle fingers with the thumb keeping the other fingers straight.

Benefits

1. Controls high blood pressure and heart diseases.
2. Stabilize wind and sky element.
3. Regulates blood circulation.

**III Other Mudras****14. Gyan Mudra**

Touch the tips of thumb and index finger with each other and keep the remaining three fingers straight.

Benefits

1. Develops concentration and meditation power.
2. Removes negative thoughts.
3. Brings attentiveness and peaceful mind.
4. Develops knowledge and memory.
5. Cures headache, stress, diabetes and insomnia.
6. The nerves of brain become strong and energetic, emotional derangement can be easily dispelled.
7. It is a symbol of 'Braham' and 'Shiv-Shakti union'.
8. Reduces anger and vibrated mind nature.

**Note**

1. Perform it for 15 to 48 minutes.
2. For better results perform Pran mudra.
3. Lead a positive sattvic and simple life to gain the knowledge.
4. Padmasana is the best asana for its practice.

15. Dhyan Mudra

Keep the right palm on left palm and touch the thumbs together and put hands in your lap. Place the hands in gyan mudra by keeping the palms over each other resting in the lap.

**Benefits**

1. Helps in focusing the mind reducing the mental agony and agitation.

2. Controls the blood pressure and brings the physical well being. Useful in meditation.
3. The pranic energy (body electrical flow) makes a circuit which remains in the body.
4. Body and mind become light and tension free.

16. Linga Mudra

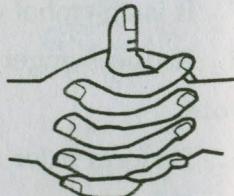
Interlock the fingers according, left thumb up in straight position. Right thumb is to be placed at the back of the left thumb and pressure is to be applied. For the first time left thumb is kept erect and the second time pressure may be applied at the base of right thumb. It is called Angustha mudra, Agni mudra and Shiva ling mudra also.

Benefits

1. Increases heat, it is helpful in cold and sinus.
2. Cures asthma, paralysis and low blood pressure.
3. Dries the phlegm.
4. Gives strength to the body.

Note

1. Persons with bilious temperament should not use this mudra for longer period.
2. Persons with abdomen tumour should not practice this mudra.
3. Persons with high blood pressure should avoid this mudra.
4. Padmasana/Sukhasana/Vajrasana is the suitable pose for this mudra.
5. It can be practised early in the morning or cool nights.
6. It can be practiced for 48 minutes at a stretch or in three phases of 16 minutes each.



7. If the right thumb is straight body gets heat very soon.

17. Mrigi Mudra

It is a symbol of a deer. This mudra is a religious mudra. It is very simple, virtuous and natural. Its formation looks like a fawn.

Touch the tip of thumb in the middle portion of ring and middle fingers. Index and little fingers are kept straight. The shape looks like a mouth of a deer, that is why it is called 'Mrigi mudra'.

Benefits

1. This mudra is used at the time of meditation, worship rituals, japa (hymns) etc.
2. Cures epilepsy.
3. Feelings are purified.
4. Stabilises the mind.
5. Evolves straightness.
6. Removes tension.
7. Headache due to cold, and dental pain are cured.



Note

- The duration of this mudra is 48 minutes. It can be done in phases.
- Avoid feelings of passion because under such conditions heat may generate.
- Sukhasana/utkatasana are useful for this mudra.

18. Shankh Mudra

The shankh (conch) is used in worshiping activities. Place left thumb firmly on right palm and close the fist. Put the right hand thumb on the tips of remaining fingers. This is the shape of conch. This mudra can also be formed by changing hands.

Benefits

1. Keeps navel centre in order making person healthy.
2. Alleviates abdomen disorders, and improves the digestive system.
3. Diseases related to tonsil and throat get removed.
4. Removes speech disorders. It gives sweetness to voice.
5. The balance of 5 elements destroys harmful elements.
6. Nervous system becomes strong.

Note

1. By pressing the thumb thyroid gland is influenced. If the body starts getting weaker / fatter, this mudra should be stopped. If the lower portion of the thumb is reddish or pain free, it may be concluded that the person is healthy.
2. It should be performed for 16-48 minutes.
3. Utkatasana, Sukhasana and Vajrasana are the suitable asana for this mudra.

19. Sahaj Shankh Mudra

It is easy shankh mudra (easy conch mudra).

Sit in vajrasana. Inter-link fingers of both the hands. Put the thumbs on the index finger together, press gently.

Benefits

1. Cures piles and anal fissure.
2. Removes stammering and diseases related to throat.

**Treatment by Mudra**

3. Controls gas and improves digestive system.
4. Mind becomes silent.
5. Improves menstrual disorders.

Note: Perform this mudra for 15 minutes in the morning and 15 minutes in the evening. It can be done for longer period.

20. Pankaj Mudra

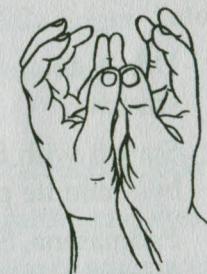
Pankaj means lotus. Lotus is the symbol of purity and non-attachment. Keep the fingers like lotus. In this mudra both the thumbs and little fingers touch each other.

Benefits

1. Cures abdominal tumour.
2. Water and fire elements in the body get balanced.
3. Makes nervous system stronger.
4. Removes blood disorders.
5. Makes spine healthy.
6. Enhances the beauty of the body.
7. During mediation in Pankaj mudra, the virtue of detachment develops.
8. Useful in fever.
9. Behaviour becomes positive and good.
10. Makes inner lotus bloom.

Note

- Perform 'Pankaj Mudra' for 16 to 48 minutes.
- Avoid its use in winter season, otherwise it may lead to increase in phelgm.
- The lotus does not develop fully under condition of asthmatic and cough disorders.
- Padmasana is the suitable asana for its practice.



21. Ankush Mudra

Discipline is the main element in meditation. Keep the index finger straight. Join the remaining three fingers with the thumb.

Benefits

1. Increases efficiency.
2. Develops discipline.
3. Increases leadership quality.
4. It is a primordial formula for success.

5. Influences spinal column, person feels energy in himself.

Note

- Don't do it for a longer time at a stretch.
- Start it with 8 minutes and increase by a minute per day for a month.
- Padmasana, Sukhasana or Kargasana (Sampadasana) are the suitable asanas.



22. Surabhi Mudra

Surabhi means cow and fragrance. Cow is the symbol of sattvicta and excellence. Kamdhenu had the desired power. Its shape becomes like a cow's udders which give milk which makes the body strong. Join the front tips of fingers of both the hands with each other. Make the left forefinger touch the middle finger of right hand. Let the right forefinger touch the middle finger of left hand. Similarly, join the ring finger of left hand with little finger of right hand and the little finger of left hand with ring finger of right hand. Thumbs will be left free. When fingers are put downward, the shape of fingers looks like udders of cow. Thus it is called Surabhi mudra or Dhenu mudra.

Benefits

1. Mind becomes pure.
2. Cures abdomen related diseases.
3. Navel centre becomes healthy.
4. Glandary system works properly.
5. Helps in yogabhyas.
6. Removes urinary diseases.
7. Makes digestive system healthy.
8. Makes body healthy and strong.



Note

- Air—index finger meets the sky—middle finger
- Earth—Ring finger meets the water little finger
- Fire element—thumb remains free.
- The union of Air+Sky stabilises the Brahma chakra.
- Navel Chakra of the body becomes healthy and steady.
- Creative power is developed by the union of water + earth of the Chakras.
- Surabhi mudra has five forms of five elements.
- Start it for 8 minutes, double it in next week. Gradually increase it upto 48 minutes.

23. Brahamagali Mudra

This mudra is called veetrag mudra or dispassionate posture also. It is meditative mudra. Keep the left palm near the navel. Put the right palm over it. Thumbs will remain on each other.

Benefits

1. Helps in gradual development of veetrag feelings.
2. Makes the silent mind in meditation.

3. Develops stability.
4. Balances energy.
5. Leads to equation among elements.
6. Brings the person into deep meditation.



Note

- It may be practised from 1 minute to 45 minutes.
- Padmasana, Sukhasana and Vajrasana are the suitable asanas for its practice.
- Thumb, tips can be touched with each other.
- Both the hands are touched forming the circle of power, which may lead a sadhaka in deep state of meditation.

24. Shakti Mudra

Bend the thumbs inside and make fists of both hands pressing them.

Benefits

1. Increase power in body.
2. Cures parkinson disease.
3. Face becomes reddish.
4. Reduces anger.
5. Helpful for sportspersons.



25. Agni Mudra

Join the tips of both thumbs. Fingers should be opened.

Benefits

1. Cures cough, phlegm, cold, catarrh and pneumonia.
2. Increases heat in the body.



26. Paan Mudra

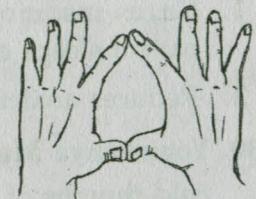
Join the thumbs and index finger so that a shape of paan

Treatment by Mudra

is made. Remaining fingers should be opened. Give a gentle pressure on thumbs.

Benefits

1. Useful in headache.
2. Cures migraine pain.

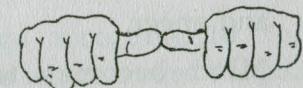


27. Agni-Shakti Mudra

Fold the fingers in side of the both hands. Touch the tips of thumbs with each other.

Benefits

1. Controls low blood pressure.
2. Removes weakness, laziness and headache due to low blood pressure.

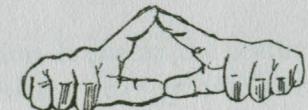


28. Shakti-Paan Mudra

Join the thumbs with each other. Join the index fingers with each other and fold the three fingers inside make the shape of paan.

Benefits

1. Useful in mental diseases, anger, laziness and depression.
2. Develops mental concentration. Chitta becomes static.
3. Useful for students. It increases memory and develops intellectual capacity.
4. It is the source of opening the third eye.



Note It can be performed in any asana but Padmasana is suitable. Sukhasana or Vajrasana also are useful.

29. Pushpanjali Mudra

Keep the fingers and thumb of both hands together. Attach little finger with other little finger. Make the pushpanjali shape.

Benefits

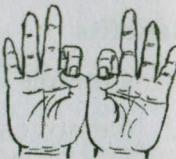
1. Cures insomnia (sleeplessness) and patient sleeps easily.
2. Reduces anxiety.

**30. Yonishunya Mudra**

Fold thumbs of both hands. Put the tips of index fingers on the nails of the thumbs. Keep the remaining three fingers straight and separate.

Benefits

1. Useful in fear, madness, nervousness and anger.
2. Mind becomes tension free and peaceful.
3. Purifies the blood.
4. Removes bad smell from sweat.

**14****Mantra Yoga for Healing**

Mantra yoga is the fifth yoga according to Yoga Upanisadas. Mantra means that force which makes the mind free. Mantra is the power of vibration. It is a spiritual technique, enfoldments through the practice of Japa. It is the union with the subtle forces/divine forces through sound/vibrations.

A mantra is a combination of sacred syllables, which when articulated in the requisite manner create certain vibrations and have a certain effect, mystic and magnetic force.

Importance of Mantra

1. Mantra Japa enhances concentration. It checks the scatters Man Buddhi, Chitta and Ahankara energy and they become calm.
2. Mental tension is removed, we are under peaceful vibration. It is a dynamic relaxation.
3. Hidden capacities, forces are awaken, the mental processes become balanced.
4. Mind becomes inward and forceful.
5. The receptivity of mind is increased.
6. Spiritual personality is awakened.
7. It develops the faith and confidence.