

Disease - Mudra

Laziness,Fatigue, Weakness	Prithvi,Pran mudra
Anxiety,Irritability	Gyan,Dhyan mudra
Tension	Gyan,Dhyan,Surya mudra
Depression	Gyan,Pran mudra
Uneasiness	Gyan,Pran, Apan vayu mudra
Fear	Gyan,Abhaya mudra
Hiccough	Apan vayu mudra
Sneezing, Yawning	Aditya mudra
Cough & Cold	Ling,Surya mudra
Tonsillitis	Shankh mudra

Disease - Mudra

Sinusitis	Ling,Surya mudra
Constipation	Apan mudra
Piles	Sahaj shankh mudra
Acidity	Apan, Apan vayu mudra
Indigestion	Ling,Surya,Prithvi,Sahaj shankh mudra
Fever	Apan vayu,Ling,Varun mudra
Itching	Varun mudra
Nausea	Apan vayu mudra
Allergy	Ling,Shankh mudra
Fainting	Varun mudra

Disease - Mudra

Memory enhancement	Gyan mudra
Rigidity	Pran mudra
Jaw stiffness	Akash mudra
Dehydration	Varun mudra
Diarrohea	Varun,Vayu,Apan vayu mudra
Thirst	Varun,Pran mudra
Loss of appetite	Pran mudra
Liver problem	Surya,Shankh,Sahaj shankh mudra
Abdominal pain	Apan vayu mudra
Headache	Apan vayu mudra
Migrain	Gyan,Apan mudra

Disease - Mudra

Asthma	Ling,Surya,Apan vayu mudra
Pneumonia	Ling,Surya mudra
Pleurisy	Ling,Surya mudra
Tuberculosis	Ling,Surya mudra
Diabetes	Pran, Apan mudra
High B.P.	Akash,Pran,Apan vayu mudra
Low B.P.	Akash,Pran,Apan,Ling mudra
Paralysis	Vayu,Pran mudra
Polio	Vayu,Pran mudra
Thyroid problem	Surya,Shankh,Sahaj shankh mudra
Obesity	Surya mudra

Disease - Mudra

Blood disorder	Varun,Pran,Apan mudra
Burning sensation	Varun,Apan mudra
Kidney problem	Apan,Apan vayu,Kidney mudra
Retention of urine	Apan vayu mudra