



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(2): 202-205

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www.theyogicjournal.com

Received: 22-05-2017

Accepted: 24-06-2017

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Effects of yoga mudras in daily life

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Abstract

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

Mudrâs are arm, hand and body positions used in the traditions of Hinduism and Buddhism. The great Buddha knew the use of mudrâs and is often depicted using these ritual gestures. Various Kung Fu forms contain positions identical to these mudrâs. Finger and their Connection to the 5 elements and our Universe are also made up of five basic elements. Our finger continuously emits various vital energy, electric waves and aura. Yogis believe that when different fingers from Mudras, they start electro – magnetic currents in the body and stimulate our conscious centre; Kendra creating balance and promoting health.

108 mudras are used in regular Tantric rituals. Mudras are also used in Indian Classical Dance. There are over 200 mudras in bharatanatyam and over 250 in mohiniattam.

Keywords: mudrâ, yoga, ritual gestures, seal

Introduction

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

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How to Mudras Work

Finger and their Connection to the 5 elements and our Universe is also made up of five basic elements our body represent these elements though our five fingers.

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1. Thumb –Fire (Agni)
2. Index- Air (Vayu)
3. Middle - Space(Akash)
4. Ring -Earth (Prithvi)
5. Water –(Jal)

Our finger continuously emits various vital energy, electric waves and aura. Yogis believe that when different fingers from Mudras, they start electro –magnetic currents in the body and stimulate our conscious centre; Kendra creating balance and promoting health.

1. Gyan mudra-mudra of knowledge



Technique

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

Area

As it is a Mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Time duration

There is no particular time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

Benefits

An increase memory power and sharpens the brain Enhances concentration and prevents Insomnia. If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression.

2. Prithvi mudra-mudra of earth



Technique

Tip of the ring finger touches the tip of the thumb, with the other three fingers stretched out.

Area

It reduces all physical weaknesses.

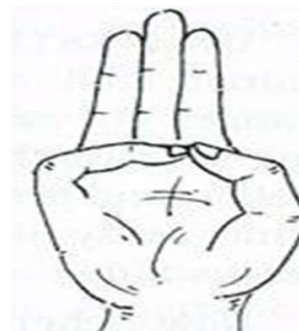
Time Duration

It has no particular time duration. You can practice it any time you want.

Benefits

It helps to increase the weight for weak people. It improves the complexion of skin and makes the skin to glow. It makes the body active by keeping it healthy.

3. Varuna mudra-mudra of water



Technique

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Area

It balances the water content and prevents all diseases which come due to lack of water.

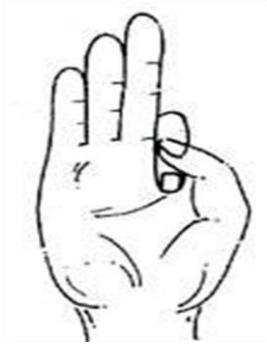
Time Duration

It has no specific time duration and one can practice it according to their time.

Benefits

It retains clarity in blood by balancing water content in the body. Prevents the pains of Gastroenteritis and Muscle Shrinkage.

4. Vayu mudra-mudra of AIR



Technique

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.

Area

It prevents all the diseases that occur due to the imbalance of the air.

Time Duration

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.

Benefits

It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine.

It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck.

It corrects the disorder of gas in the stomach

6. Shunya mudra-mudra of emptiness



Technique

Keep the middle finger at the mount of Venus and press it with thumb.

Area

It reduces the dullness in our body.

Time Duration

One can practice it for 40 to 60 minutes daily until to be cured from the disease.

Benefits

It relieves an earache within 4 or 5 minutes

It is useful for the deaf and mentally challenged, but not for inborn ones.

7. Surya mudra –mudra of the sun



Technique

Bend the ring finger and press it with thumb.

Area

It sharpens the center in thyroid gland.

Time Duration

Practice it daily twice for 5 to 15 minutes.

Benefits

It reduces cholesterol in body and helps in reducing weight.

It reduces anxiety.

It corrects indigestion problems.

8. Prana mudra –mudra of life



Technique

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

Area

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Time Duration

No specific time duration. One can practice it any time.

Benefits

It improves immunity.

Improves the power of eyes and reduces eye related diseases.

It removes the vitamin deficiency and fatigue.

8. Apana mudra-mudra of digestion



Technique

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Area

It plays an important role in our health as it regulates the excretory system.

Time Duration

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Benefits

It regulates diabetes
It cures constipation and piles
It helps excreting the normal waste regularly

9. Apana vayu mudra–mudra of the heart



Technique

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

Area

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Time Duration

Practice it as many times as you can. Heart patients and BP patients can practice it for 15 minutes daily twice for better results.

Benefits

It strengthens the heart and regularizes palpitation
It regulates excretory system.
It redeems gastric trouble.

10. Linga mudra – mudra of heart and energy



Technique

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Area

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.

Time Duration

Practice it any time you want. But don't practice it a lot as it produces heat in the body. It can cause sweating even in winter if you practice it longer.

Benefits

It stops production of phlegm and gives power to lungs
It cures severe cold and bronchial infection
It invigorates the body

Conclusions

The results of the study are concluded as follows:
The various types of Yoga Mudra may be practiced anytime, anyplace – in the bus, train, car, office or at home. It is suggested by experts that the Yoga Mudras should be practiced for 24 minutes incessantly for good results. It can also be done for five minutes at a time as well. To believe it, you must try it. There is nothing to lose and much to gain.

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