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A comprehensive study on the importance of mudras in yoga

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Abstract

This paper traces the origin of the word “Mudra,” explain the meaning and focus on its trans religious use around the globe. In general, it is believed that the word “Mudra” is associated with Hinduism and Jainism and that it has no meaning for other religions, or it is known outside the subcontinent. This research, however, has found that mudras present in almost all the known religions, including Islam.

Keywords: Charkara, Gyan Mudra, Mantra Shastra, Mudra, Nritya Shastra, Panja and Panjtan, Sanskrit, Upasana Shastra

Introduction

Mudra means “seal,” “gesture,” or “mark.” Yoga mudras are symbolic gestures often practiced with the hands and fingers. They facilitate the flow of energy in the subtle body and enhance one’s journey within. Explore mudras means “seal,” “gesture,” or “mark.” Yoga mudras are symbolic gestures often practiced with the hands and fingers fearfulness with time.

Chin Mudra – (Gesture of Conscience) Steps

Simply join the tip of the thumb and the forefinger to form a circle. Leave the other fingers joined and extended outwards, with the Middlesex finger remains unfolded on the forefinger. This yoga mudra pose should be performed with both hands and the palms facing upward. Chin mudra should be done for long-time duration as compared to other mudras that are about 10 –15 min.

Chin Mudra Benefits

This mudra increases our grasping power and sharpens our memory.

It relieves insomnia and excessive sleep both.

This mudra yoga also gives us relaxation from tensions and anger.



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Adi Mudra – (First Gesture)**How to perform mudra “ADI”**

First, create a fist by joining close your four fingers on the thumb. Place your thumb inside of the palm of the hand touching the base of the little finger allowing the palms to face downward. While doing this yoga mudra, inhale and exhale long and deep. According to the Hindu mythology, Adi means first. It is believed that Adi Mudra is the first position adopted by the newborns.

Dhyana Mudra – Gesture of Meditation**Mudra Steps**

This mudra in yoga should be executed while sitting in a comfortable position (in Sukhasana). Keep both the hands resting on the legs and the right hand over the left.

The palms should be facing upward and fingers extended. This mudra is found in Hindu, Buddhist, and Jain iconography as it represents the illumination above the illusion.

Apana Mudra Pose – Gesture of the Vital Air**Apana (Also Called Mudra of Digestion) How to Do Apana Yoga:**

The tip of the thumb should be joined first with the tip of the middle and ring fingers keeping the other fingers straight. This yoga mudra should be executed with both hands.

Health Benefits of Mudra Apana

Apana means air that runs in our body. This mudra energizes and helps in governing all forms of elimination and reproduction of our body.

Agni Mudra (Also Called Surya Mudra) How to Present Mudra Pose:

First, bend your ring finger so that you can touch the base of the thumb and press it with the thumb on the second phalanx keeping the other fingers straight.

Yoga Agni Mudra Benefits

This mudra symbolizes our inner fire which works great in preventing and curing many digestive disorders. This is an effective yoga mudra for weight loss. It also helps to reduce excess body fat and lowers our laziness quotient. It is beneficial for diabetics and people with cholesterol too.

Vayu Mudra – (Gesture of the Air) How to Do It

First, bend your index finger at the base of the thumb and press with your thumb on the second phalanx, keeping the other fingers straight. This mudra should be performed with both hands and the palms facing in an upward direction.

Vayu Mudra for Body

This mudra balances the air element within the body.

Akash Mudra – (Gesture of the Space) How to Do It

First, join the tip of the thumb and the middle finger to form a circle, keeping the other fingers straight. It has to be executed with both hands and the palms facing upward.

Benefits of Akash Yoga Mudra

This mudra balances our space element in the body. It helps our body to achieve the other energies inside our body.

Gyan Mudra (Mudra of Knowledge)

This mudra gives rise to the root chakra reducing tension and

depression.

Increase in the memory power, nervous system, and pituitary gland production.

How to do it

This pose is performed by touching the index finger with the thumb while keeping the other three fingers straight. It is best to perform this pose in the early morning for 35 to 40 min at a stretch.

Ling Mudra (Mudra of Heat)

This mudra builds heat in the body and can cause sweating even in winters. It helps in the control of cold, asthma, cough, sinus, and dried phlegm.

How to do it

To perform this pose, clasp the fingers of both hands together, and keep your right thumb erect. Place a little pressure and sit relaxed. You can do this pose for 20 to 30 min every day.

Prana Mudra (Mudra of life)

- Prana mudra symbolizes energy or spirit of life.
- It provides energy and health.
- It improves eyesight.
- Increases the body resistance to diseases.

How to do it:

Touch the tip of the thumb with the ring finger and the little finger together, while keeping the other two fingers straight. Take a regular breath, breathe in, and exhale for a few seconds.

Conclusion

The practice yoga mudra in our day lives will help us in ameliorating our brain functioning. Memory power. Concentration and digestion. The effect of yoga mudra on nervous system will enhance the overall vigorous functioning of neuroanatomic system.

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