

Hasta Mudra

The body is made up of 5 elements – Earth, Water, Fire, Air and Space. When these 5 elements are not in balance we get various physical and psychological ailments. The energy from the body radiates out mainly through the tip of the nose, lips, finger tips and toes. When the thumb gets in contact with the other fingers, energy is directed back to vitalise various parts of our body. This is called as *circuit bypass*. Mudras and Bandas go hand in hand. Banda help in locking in the energy and whereas mudras help in redirecting the energy.

In our puranas, we see our Gods and Goddesses expressing in different Mudra. Mudras are the expression of our inner feeling. In the Tantra shastra Mudra is defined as *the one which gives happiness*. Mudras are part of Yoga and it is also called as *Yoga Mudra*. Mudras done using hands are halled *Hasta Mudra*.

The 5 fingers represent 5 elements (tatvas):

Thumb: Fire

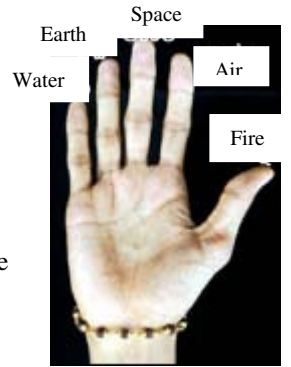
Index Finger: Air

Middle finger: Space

Ring Finger: Earth

Small finger: Water

Fire element is the important one and when fire element goes weak, Various ailments come to the body and death sets in when the fire element dies. Joining the fire element (thumb) with other elements (other fingers) vitalises the other elements also.



Jnana Mudra:

Join: Tips of the thumb and Index finger

This can be done any time and any place.

This Mudra energises pituitary and pineal glands.

Benefits: Improves concentration, memory, decision making ability.

Reduces laziness. This is good for people getting frequent head ache and sleeplessness.



Akasha Mudra:

Join: Tips of the thumb and Middle finger

Benefits: Balances the space inside the body. Strengthens the heart muscles.

Strengthens the bones. Improves hearing. In meditation, Japa Mala rests on this finger and this strengthens the heart muscles.



Pritvi Mudra:

Join: Tips of the thumb and Ring finger

In our body, muscles, bones, hair, veins and skin are made of Earth element.

Sabda (sound), Rupa (form), Rasa (Taste), Ganda (smell), Sparsha (touch) are from the earth element. This mudra harmonises all the jnanedriyas (organs of knowledge).

This mudra helps in proper blood circulation.

Benefits: Body weight becomes proportional to height. Mind becomes calm and peaceful. Removes the letharginess. Excretion becomes normal.



Varuna Mudra:

Join: Tips of the thumb and little finger

Benefits: Balances the water content in the body and improves the blood circulation. Particularly good for people with dry skin, dry cough,

burning eyes and skin diseases. If we bring thumb and little fingers together, unconscious people get consciousness immediately.

The above 4 mudras can be done for a duration of 15 minutes at a time and by doing this health will significantly improve. Prana Mudra must be done after the above mudra to increase the effectiveness of the other mudras.

Vyana Mudra:

Join: Tips of the thumb with first and middle fingers.

Benefits: This is a very good exercise to control the blood pressure, improve the blood circulation and reduce the fatigue and insomnia.



Apana Mudra:

Join: Tip of the thumb with middle and ring fingers.

Benefits: Improves digestion and excretion. Good for people with diabetics. Quick remedy for stomach ache and tooth ache. Improves eye sight and hearing. Prana Mudra must be done following this mudra.

Prana Mudra:

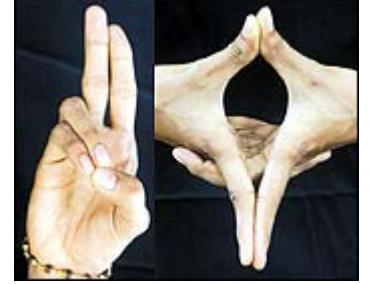
Join: Tip of the thumb with ring and little fingers and keep other fingers erect.

Benefits: This mudra vitalises and invigorates the whole body. Improves the eye sight. Improves the healing power in the body. Good for people with leg pain, legs going to sleep and leg muscle pull.

For good sleep: Jnana mudra followed by Prana mudra

For Diabetics: Apana mudra followed by Prana mudra

Body ache: Vayu Mudra followed by Prana Mudra



Yoni Mudra:

Join: Lock all fingers of both hands together except index fingers and thumb. Join the index fingers and thumbs with index fingers pointing downwards as shown in the picture. Do this mudra in front of stomach.

Benefits: This mudra is of benefit particularly for women. When done during the monthly period, pain and discomfort is reduced significantly. Removes the problems associated with the menopause. This improves overall women's health.

Chikista (Treatment) Mudra:

Do the following mudras for about 50 minutes a day to overcome a particular problem and stop doing once the problem is solved. For getting the better results, Chiktsta mudras should be followed with a Prana mudra.

Vayu Mudra:

Join: Bend the index finger to the base of the thumb and place the thumb over it. Keep other fingers erect. This reduces the vayu tatva in the body.

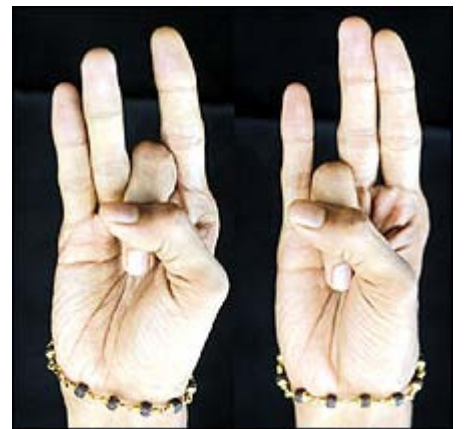
Benefits: This is particularly beneficial for people with vata dosha – like, arthritis, gas problem, body ache, bulged stomach. This also improves the concentration and beneficial before the meditation. This mudra harmonises all 5 upa-pranas: Naga (belching), Kurma (blinking), Krikala (sneezing), Devadatta (yawning), Danajaya (preserving the body for a while after death).



Sunya Mudra:

Join: Bend the middle finger and bring it to the base of the thumb and place the thumb over it. Keep other fingers erect. This reduces the akasha tatva in the body.

Benefits: Ear pain is reduced. Hearing ability improves; speech clarity improves, and reduces the stammering.



Surya Mudra:

Join: Bend the ring finger and bring it to the base of the thumb and place the thumb above the ring finger. This reduces the pritvi tatva in the body. Doing vayu, akasha and surya mudra vitalises pituitary and pineal glands

Benefits: Reduces the body fat. This is to be done while walking. Reduces phlegm in the body (kapha dosha), reduces asthma, pneumonia, sinus and breathing difficulty. Linga mudra is to be done after this for 7-8 minutes.

Note: Sick person should avoid this mudra or can do for a maximum of 0.5m a day.

Jalodara Nashaka Mudra:

Join: Bend the small finger and bring it to the base of the thumb. Place the thumb



above the small finger. Keep other fingers erect. Excess water in the body causes various illnesses. With the fire tatva above the water tatva, this problem is solved. Benefits: Beneficial for people with excess urinary problem. Also, this reduces phlegm, cold and sore throats.

Linga Mudra:

Join: Lock the fingers of both hands with one thumb sticking out as per the picture.

Benefits: Improves the performance of hands, throat, neck, heart, pituitary and thyroid glands. Doing this mudra, body warms up quickly. Removes cough, sinus, cold, pneumonia, asthma and TB. Beneficial for people working in the air-conditioned office. Beneficial for women with having problems during periods. Digests fats quickly. During the Surya Mudra after this reduces the body weight.



Shanka Mudra

Join: Bring the left hand thumb to the base of the right thumb and wrap other fingers of right hand around the left thumb. Join the tip of right thumb to the tips of left hand index and middle fingers.

Benefits: Improves the thyroid and pineal glands. Good for the functioning of heart, intestine, kidney. Improves digestion and removes tonsil problem. Nadis gets purified. Voice becomes smooth and soft like coming off a conch.



Sahaja Sanka Mudra:

Join: Bring the thumbs together and wrap the fingers of both hands together as shown in the picture.

Benefit: According to the yoga shastra this mudra energises 10 nadis and invigorates the whole body. The 10 nadis are; Ida, Pingala, Sushumna, Gandhari, Hastijihva, Poosha, Yashasvini, Alambhushaa, Kohoo and Shankhini. Good for people with piles problem. Voice become smooth and soft. Person be able to perceive subtle things.

Surabhi Mudra:

Join: Place the hands in the Anjali Mudra. Join left hand index finger with the right hand middle finger and vice versa. Join the left hand little finger with the right hand ring finger and vice versa.

Benefits: When the little finger (jala tatva) joins the ring finger (priti tatva), pitta dosha is removed. When the middle finger (akasha tatva) joins the index finger (vayu tatva) vata dhosha is removed. When 2 thumbs separated (agni tatva), kapha dosha is removed. In this position, if we bring both thumbs to the base of little fingers, body gets cooled very quickly. This is called Jala Surabhi.

If we bring in the thumbs to the base of middle fingers – Akasha Surabhi, mind becomes peaceful and light.

If we bring in the thumbs to the base of index fingers – Vayu Surabhi, decisiveness increases.

Hridaya Mudra:

Join: Bring the index finger to the base of thumb and join the tip of the thumb with middle and ring finger. Press the back of the first finger with thumb.

Benefits: This is a combination of 2 mudras – Apana mudra and Vayu mudra. This is called as Mrita sanjivini or Jivana daayi mudra. In case of heart attack this mudra saves life. This mudra rectifies heart palpitations. Doing this mudra every morning and evening for 15 minutes prevents heart attacks. This mudra cures stomach ache, acidity and constipation problems.



Anjali Mudra:

Join: Bring 2 palms together.

Benefits: 5 tatvas –earth, water, fire, air and space gets harmonised in the body. Strength in the body increases. Peace, Harmony and politeness increases. This mudra cures head ache.



Aditi Mudra:

Join: Bring the tip of the thumb to the base of the ring finger.

Benefits: Bringing fire to the base of priti, body temperature rises.

Digestion power increases. This mudra cures the problem of continuous sneezing in the mornings.



Ashirvada Mudra:

When we do the prostrations to the elders, our right and left hands should touch their left and right feet respectively. This way energy from the right side of the giver is passed on to the right side of the receiver and so is from left side to left side of each other. Blessings also to be done using both hands to increase the effectiveness.

Important things to know about the Mudras:

1. When the tip of the thumb joins the tip of the other fingers, respective tatvas gets balanced in the body.
2. When the tip of the thumb joins the base of the other fingers, respective tatvas gets increased in the body.
3. When the tip of the fingers brought to the base of the thumb, respective tatvas gets reduced in the body.
4. Anyone and anytime Hasta mudras can be done.
5. As far as possible, the hands should face upwards while doing the mudras.
6. Doing the mudras on both hands is more beneficial.
7. Mudras can be done for few seconds, 10 minutes, half an hour or 50minutes. If done for 50 minutes. Desired results will come.
8. While doing the mudras, only the tip of the fingers are used. Pressing the fingers not needed. Other fingers should be straight.
9. There is no side effect in this. This can be done while one is on the medication also.
10. If the Prana mudra, Apana mudra, Janan mudra and Pritvi mudra done every day for 5-15 minutes, one's health improves significantly.
11. Mudras not only improves the physical health but also improves the mental health by reducing the anger, increasing the peace and releasing one from the addictions.
12. Chikitsa mudra should be stopped after one's health improves.