

Yoga Mudras for Wellbeing and Emotional Healing

Activate self-healing ability within you

By

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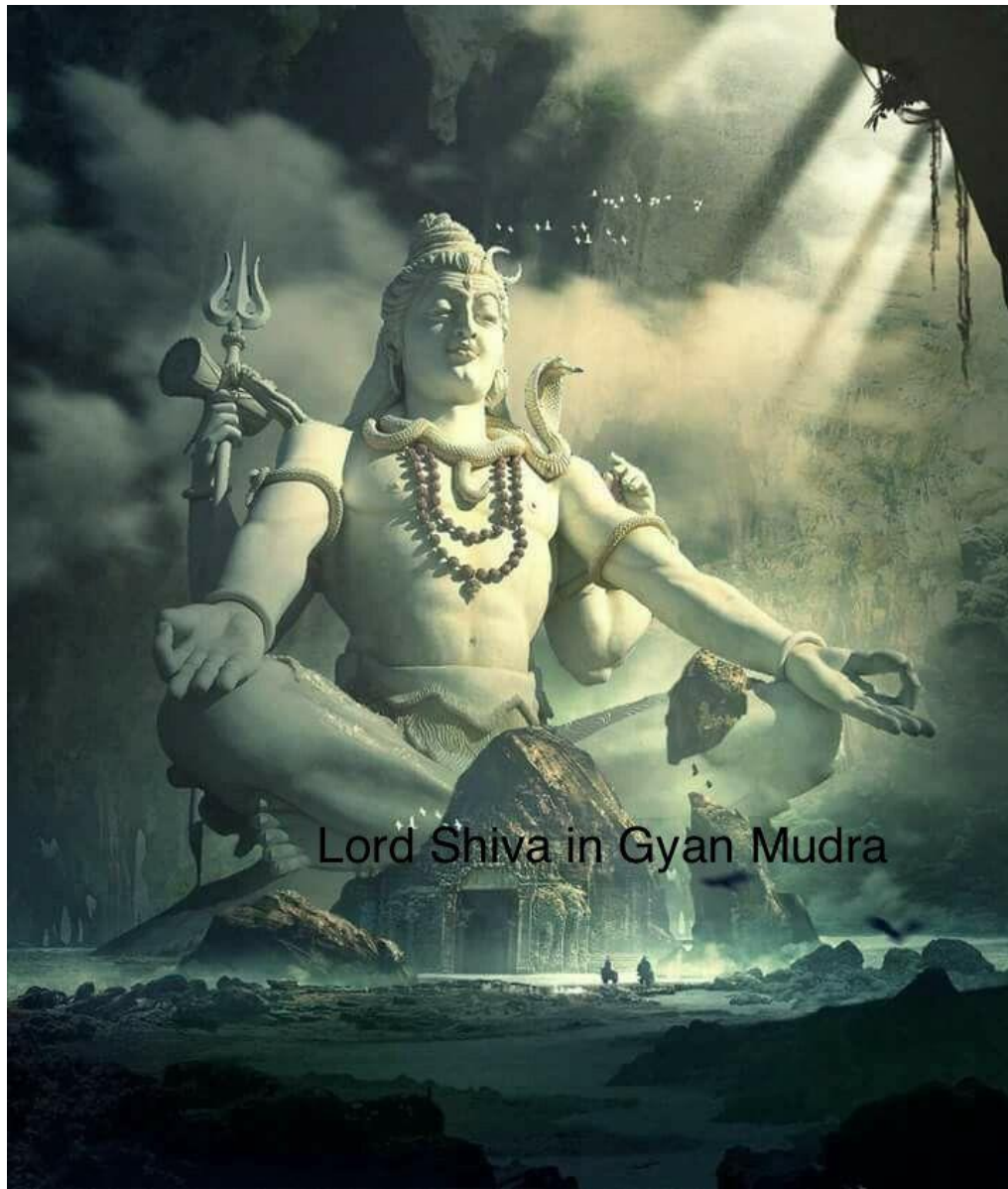
yogamudra
सर्वे सन्तु निरामयाः
May all be healthy!

1. Introduction to Mudras and Mudra Healing

- Mudra is a Sanskrit word meaning sign or seal. In the word “mudra”, mud means “joy” and ra means “produce.” Hence, mudra means gestures that produce joy and happiness.
- Mudra is a gesture or position, usually of the hands that locks and guides energy flow and reflexes to the brain.
- They can also be extended to include eye positions, body postures, and breathing techniques.
- By curling, crossing, stretching and touching the fingers and hands, we can communicate to the body and mind in a certain way as each area of the hand corresponds to a specific part of the mind or body.
- This is because several of our nerves terminate in our fingers and exerting pressure on these leads to modulation of various areas of our brain and activation of different energy pathways and chakras in the body.

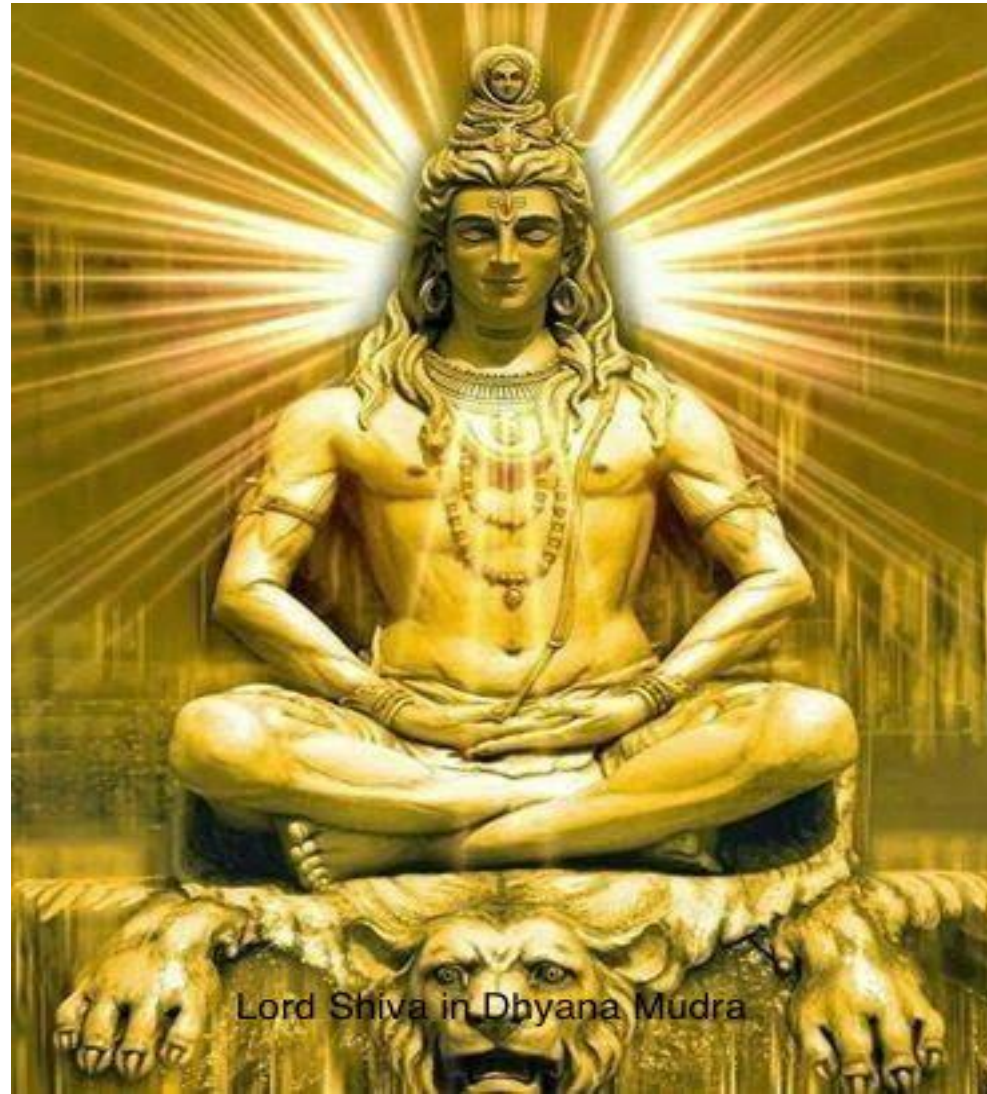
2. Origin of Mudras

- Mudras have been used for thousands of years to restore and maintain health.
- Originally mudras were used by the Rishis for rituals, relaxation and deep meditation.
- Most of idols and pictures of the Hindu Gods and Goddesses have some form of mudras.
- Lord Shri Krishna was in Gyan mudra when he delivered the knowledge of Gita to Arjuna during Mahabharata.
- Lord Gautam Buddha was in Gyan mudra when he received enlightenment. Great spiritual masters such as Guru Nanak, Christ, Buddha and Mahavir are all often depicted with Gyan and other Mudras.
- Mudras are compatible with all religions.



Lord Shiva in Gyan Mudra

Lord Shiva in Gyan Mudra



Lord Shiva in Dhyana Mudra

Lord Shiva in Dhyana Mudra



Lakshmi in Abhay & Varadamudra

Lakshmi in Abhay & Varada Mudra

3. General Principle of Mudra for Wellbeing

- Practicing mudras engages both the body and the mind which constitutes a very focused and powerful healing practice.
- Our physical body is made up of five basic elements (“Panch Tatva”) namely – Fire, Air, Water, Akash (Ether) and Earth. Five fingers of the hand represent these five elements as follows:



- The **thumb** represents the Fire element (Agni Tatva). It is associated with stomach and emotion worry.
- The **index** finger represents the Air (wind) element (Vayu Tatva). It is associated with lungs, large intestine and emotions depression, sadness and grief.
- The **middle** finger represents the Space (Ether) element (Akash Tatva). It is associated with heart, small intestine, circulatory and respiratory systems and emotions impatience and hastiness.
- The **ring** finger represents the Earth element (Prithvi Tatva). It is associated with the liver, gall bladder, nervous system and emotion anger.
- The **little** finger represents the Water element (Jala Tatva). It is associated with kidneys and emotion fear.

A balance is required among the above-mentioned five elements to remain healthy and free from any illness or disease. Mudras stimulate organs including glands and nerves.

4. General Principle of Mudra Healing

- Imbalance of the five elements in the body disrupts the immune system and is the root cause of most diseases. This imbalance can be corrected through Mudras as follows:
 - To increase an element, the thumb is pressed at the base of the corresponding finger.
 - To decrease an element, the corresponding finger is folded at the base of thumb and generally the back of the finger is pressed by the thumb.
 - To balance an element, the tip thumb and tip of the corresponding finger are joined together.

5. How long should a Mudra be practiced?

- A Mudra needs to be held for at least 2 minutes. It takes about 30 seconds to just “trigger” the Mudra, to create the electromagnetic circuit. Then, it needs to be held for *at least* two minutes, but you can hold it for as long as can, ideally for 45 minutes in a 24 hour period - morning, afternoon and evening.
- Mudra practice can be done anywhere - at home, at the bus/train stop, in cinema or while you are stuck at your seat in office. While many of you may be apprehensive about using them in public, you may know that doing so might actually inspire others to explore this ancient healing tool for themselves.

6. Coverage of this session

- I have selected a set of following Mudras for general and emotional wellbeing which can be practiced by everyone. Practicing these Mudras regularly will reward you with wonderful health benefits.
 - **General Wellbeing:** Gyan Mudra, Vayu Mudra, Surya (Agni) Mudra, Prithvi Mudra, Varun Mudra, Shunya Mudra, Apan Mudra, Apana Vayu Mudra, Rudra Mudra, Ganesha Mudra, Prana Mudra
 - **Emotional Wellbeing:** Ksepana Mudra, Samana Mudra, Varada Mudra, Pushan Mudra, Adi Mudra

Gyan Mudra: Mudra of Knowledge and Wisdom

- Gyan is a Sanskrit word which means knowledge or wisdom. Thus Gyan Mudra means a hand gesture of knowledge.
- Practice of the Gyan Mudra instils wisdom and spiritual enlightenment.
- The Gyan Mudra is widely used in many yogic meditation postures and often combined with Pranayama.
- This is also known as Chin Mudra (Chin is a Sanskrit word meaning "consciousness") and used while practicing certain breathing techniques including *Nadi Shodhana* and *Ujjayi pranayama*.

How to perform Gyan Mudra

- Sit in a comfortable position, such as Padmasana, Vajrasana or Sukhasana, depending on your ease of doing so, or on a chair. You can even choose Tadasana, if you can concentrate without any trouble.
- Keep your back straight; head and chest should be held high. Keep your shoulders relaxed.
- Place your hands on your knees, palms facing upwards.
- Touch the tip of the thumb with the tip of index finger. Keep other 3 fingers (middle, ring and little) extended.
- Concentrate on your breathing and close eyes.
- Performing this Mudra while chanting mantras will yield more effective outcomes.
- Do it with both hands.
- Practice 3 times a day for 5-15 minutes each, up to 45 minutes daily.



Gyan Mudra

Benefits of Gyan Mudra

- Gyan Mudra helps relax the body and and increases focus the mind which is a basic requirement of meditation.
- It also helps relieve stress and transcend worldly afflictions.
- It stimulates the root chakra, easing tension and depression.
- It relates to expansion and knowledge.
- It is calming and brings the practitioner spiritual openness and ease in meditation.
- In Ayurveda, it is known to boost the air element, thus stimulating the brain, empowering the mind, nervous system and pituitary gland.
- It helps enhance concentration and prevent insomnia and other sleep disorders.
- **Note:** Gyan mudra symbolizes the union of Self with the universe, the unification of practitioner's soul (represented by index finger) and the supreme Soul (represented by thumb) .

Vayu Mudra: Mudra for Balancing Vata Dosha

- Vayu is a Sanskrit word which means air or wind. Vayu Mudra is a hand gesture which helps to regulate the air element inside the body.
- This Mudra is recommended for removing the excess and harmful 'wind' in the body which may be induced by internal waste substances, especially in the intestines. It causes much trouble in the body and even affect the normal breathing rate.
- Vayu mudra is associated with the Ayurveda **Vata** dosha which is associated with the air element. Thus, Vayu mudra can be helpful for those who suffer from aggravated vata or who are of the vata dosha constitution, i.e. the imbalance (excessive) of air element in the system.
- Aggravated vata dosha are characterized by stress, confusion, anxiety, dryness, gas, bloating, constipation, irritable bowel syndrome, dizziness, cold hands/feet, popping and cracking of joints, dryness of hair and eyes, early aging of the skin, and variable appetite.

How to perform Vayu Mudra

- Vayu mudra can be done in any position - sitting, standing, lying, while doing pranayama or even while walking.
- The tip of index finger is pressed on the base of the thumb and the thumb is gently pressed over the index finger.
- The other fingers are kept straight.
- **Duration:** 10-15 minutes 2-3 times, overall up to 45 minutes daily. It is generally recommended to discontinue once the symptoms disappear. However, one can continue its practice for 5 - 10 minutes daily to prevent problems relating to the imbalance of the air element from cropping up.



Vayu Mudra

Benefits of Vayu Mudra

- Vayu Mudra is believed to provide relief for more than 150 ailments arising from the imbalance of air element in the system, some of which are listed below:
- This immediately helps in the problems due to excess gas in the stomach, feeling of bloatedness and flatulence and eases constipation.
- This is a very good mudra for reducing knee pains and joint pains.
- It is also good for people who suffer from pain related with **Vata** dosha (e.g. Rheumatism, Sciatica, Arthritis, Gout).
- It benefits people who are anxious all the time about petty things and easily become nervous.
- It improves the mental strength and alleviates sleeplessness, head spinning.
- It works well even for back pain caused by **Vata** dosha and also for people who are suffering from pains due to decrease in the synovial fluid (which lubricates the joints) and for creaking noises of bones.
- It helps overcome hormone imbalance of endocrine glands.
- It normalises the function of the ears to a certain extent.

Benefits of Vayu Mudra (continued)

- It reduces the involuntary twitching of the eyelids.
- It reduces hiccoughs.
- It helps and makes the flaky and dry skin normal.
- It works well for chipping of nails and brittle hair due to **Vata** doshas.
- It provides relief in case of spastic paralysis and Parkinson's disease. Reduces trembling/shaking.
- It eases stiffness in the neck and spondylitis.
- **Note:** If you feel gas/ flatulence after a meal, just sit in vajrasana and practice vayu mudra for 10-15 minutes. You will feel the difference.

Apan Mudra: Mudra of Digestion

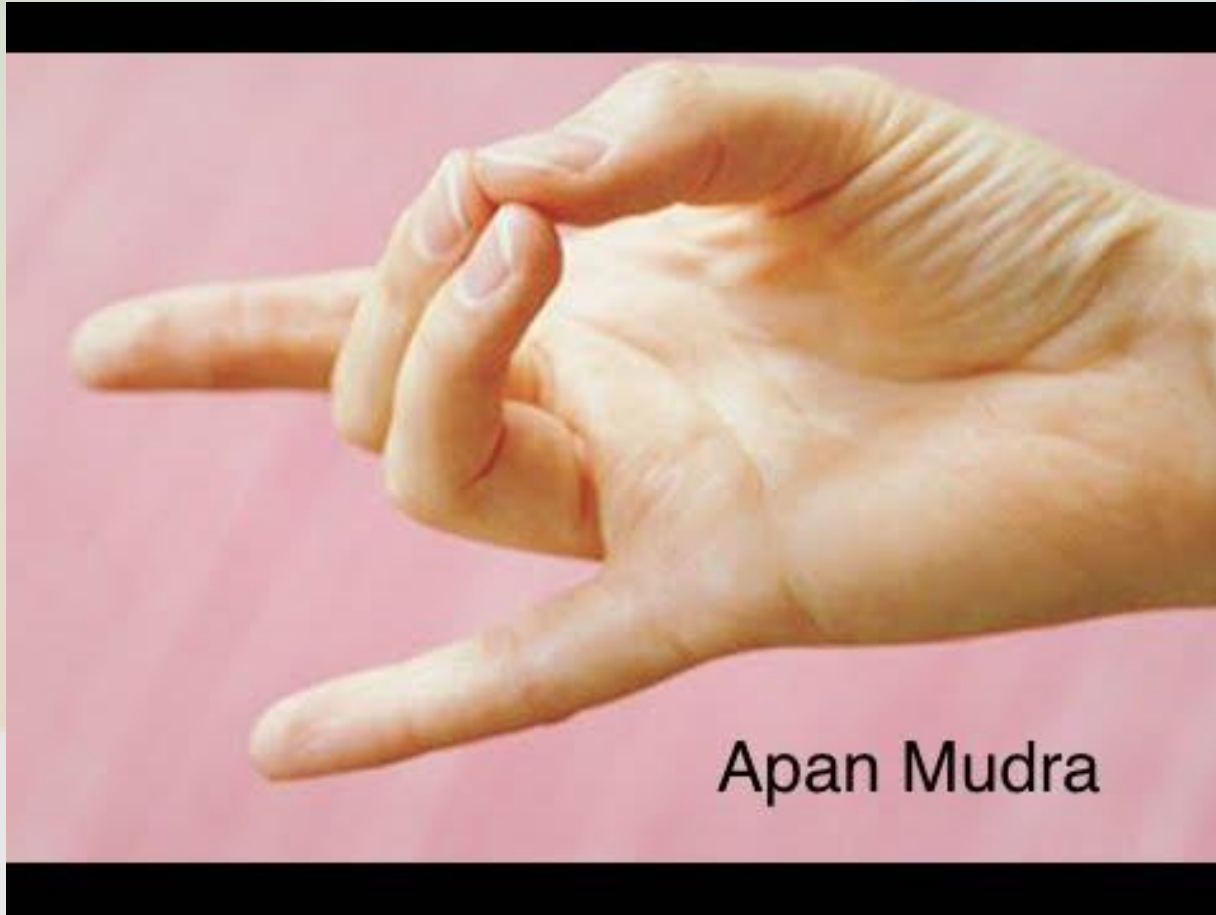
- Apan Mudra is a hand gesture which purifies the body and balances the elements of space and earth within it. Apan mudra helps improve digestion and detoxify body. It is the most important mudra for good digestion and metabolism.
- The Apan Mudra improves the balance of Aakash (Space) and Prithvi (Earth) elements in the body. As per Ayurveda, Apana mudra increases the Vata and Kapha doshas and decreases the Pitta dosha, thus helping to balance the three doshas in the human body. People with Vata and Kapha constitution should therefore practice this mudra in moderation.

How does it work?

- It plays an important role in human health as it regulates the excretory system. Human health and wellness are absolutely dependant on the rapid removal of systemic waste before it turns toxic.
- Apan Mudra is associated with wood according to Chinese philosophy and promotes the wood element. If you are looking for some change in your life, this Mudra can empower you to make a smooth new beginning.

How to perform Apan Mudra

- Sit comfortably on ground or chair.
- Stretch your hands outward and allow them to rest on the thighs, palms facing upwards.
- Touch the tip of thumb with the tips of middle and ring fingers. The index and little finger are stretched out.
- It is done with both hands.
- You may close your eyes
- **Duration:** Hold the mudra 5-15 minutes as long as you want to. Practice it 2-3 times, for up to 45 minutes daily.



Apan Mudra

Benefits of Apan Mudra

- Apan mudra clears out toxins from the body.
- As a side benefit of removal of toxins, it strengthens each body organ.
- Apan mudra strengthens the digestion system and eliminates the disease related to indigestion such as constipation, piles, vomiting, etc.
- Apan mudra also promotes inner peace and harmony.
- Apan mudra is energy mudra, so it provides requisite energy to gallbladders and liver by eliminating wastes.
- It even helps improve eyesight and facilitate healing process.
- Apan mudra also improves dental health.

Benefits of Apan Mudra (continued)

- Practiced alongside Pran Mudra, it helps regulate diabetes.
- Helps treat menstrual problems.
- Good for heart ailments and can be used by those complaining of chest pain due to cardiac malfunction.
- Useful for pregnant ladies during the 9th month or delayed delivery; it can actually help in smooth and easy childbirth

Precautions:

1. Apana mudra generates a strong downward pulling force in the body. It should therefore not be performed by pregnant women during the first 8 months of the pregnancy as it can cause miscarriage. However, if practiced in the 9th month, it will ensure safe and smooth delivery.
2. People suffering from diarrhea, dysentery, cholera and colitis should not practice Apana Mudra.

Apan Vayu Mudra: Heart Mudra

- Apan Vayu Mudra is one of the most important healing Mudras. It strengthens the heart, regulates palpitations and eases gastric problem. This Mudra is specially recommended for all people who are 40+. This Mudra is also called as the '*Mritasanjeevani Mudra*', as it provides immediate relief to a person suffering from cardiac arrest. It eases the pain and improves blood circulation when under angina attack. This Mudra is very helpful for persons suffering from high blood pressure (BP) too. It is also called detoxification Mudra as it is helpful in removing obstructions, blockages in the system and detoxifies the body.

How does it work?

- According to Ayurveda, any imbalance in the three “doshas” – Vata, Pitta and Kapha causes diseases. Apan Vayu Mudra restores balance in these three ‘doshas’. Apan Vayu Mudra stimulates and strengthens the blood circulatory system – digestive system, respiratory system, excretory system and the nervous system.
- Folding the index finger reduces the air element, which helps to relieve pain and relax the body and mind. Connection of the thumb, middle finger and ring finger increases the fire element and the earth element, which helps to detoxify and cleanse the body, supply more oxygen to heart arteries and increase the power of the heart. The increase of earth element also contributes to improved vitality.

How to perform Heart Mudra

- Sit comfortably on ground or chair.
- Stretch your hands outward and allow them to rest on the thighs, palms facing upwards.
- Touch the tip of thumb with the tips of middle and ring fingers on both hands.
- Fold the index finger inward so that its tip touches the base of the thumb on both hands. The little finger is stretched outward.
- You may close your eyes
- **Note:** You can further improve energisation of the inner circulation of the heart by mentally chanting the mantras, “OM HRAAM NAMAHA” on inhaling and “OM HREEM NAMAHA” on exhaling while doing the Mudra.
- **Duration:** Hold the mudra 5-15 minutes as long as you want to. Practice it 2-3 times, up to 45 minutes daily.



Apan Vayu (Heart) Mudra

Benefits of Heart Mudra

- Helps cure chronic heart problems, heart pain, artery blocks and other ailments related to heart.
- It can be used as a first aid remedy during heart attack.
- Severe acid reflux (GERD), digestion problems gets cured with 10 minutes practice of this mudra. Acid reflux causes indigestion and might also cause headache as a side effect. It is also recommended to drink 1 litre of water and practice this mudra. In 10 minutes, the excess of food and acids are pushed out in form of vomiting. This is a great cure for acid reflux. Antacids do have similar effect but this is a natural remedy.
- Helps to stop unwanted blinking of the eyes.
- Balances the vata and pitta dosha in your body. Hence, beneficial for all health issues related to vata and/or pitta imbalance.
- It is a good substitute for general painkillers like ibuprofen, diclofenac and paracetamol. It can be used to lessen the general pain and aches like headache, toothache, backache, neck pain, joint pain and arthritis.

Benefits of Heart Mudra (continued)

- It is highly effective in respiratory diseases like asthma. This Mudra, by cleansing the blood circulatory system, also helps the lungs in their functioning. People who suffer from difficult breathing while climbing stairs or walking fast should do this Mudra for about 10 minutes before climbing stairs; they will feel much better.
- It is also highly effective in curing migraine. Migraine or headache is primarily due to weak digestion or excited nerves. This Mudra calms the nervous system and strengthens digestive system therefore leaving no cause for migraine.
- **Note:** People suffering from cardiac ailments should perform Apan Vayu mudra on a regular basis. In fact, it is believed that it is a very good emergency treatment in case of a heart attack. It allows the patient to arrive safely to a hospital without causing any damage to the heart.

Pran / Prana Mudra: Mudra for Energising, Vitality

- The Pran Mudra is a hand gesture which represents life force, vitality. It stimulates the first or Mooladhara or Root Chakra. The Pran Mudra increases vitality from the root up radiating energy up through the nervous system and chakras. It increases Earth element, Water element, Kapha humor and reduces Fire element and Pitta humor. Use this when you feel drained, fatigued, low or depressed.
- Pran Vayu is a very important vayu among the ten types of Vayus which exist in the human body. Pran Vayu is breath itself. It is found in the nostrils, face, heart and respiratory organs. It covers the space till the navel.
- This mudra is also about vision - not just about improving the eyesight, but also to have a clear vision for your life and visualize clear path to fulfillment.

How to Perform Prana Mudra

- Sit comfortably on ground or chair.
- Stretch your hands outward and allow them to rest on the thighs, palms facing upwards.
- Touch the tip of the thumb (symbolising Fire element) with ring (symbolising Earth element) and little (symbolising Water element) fingers.
- Keep other fingers (index and middle) extended.
- Take several deep breaths and place your focus on the pure revitalizing energy pouring into your body as you inhale. Each cell is being fully revitalized now. Adding affirmation will further enhance your practice: “I plug into the universal energy source and recharge my pranic batteries.”
- Do it with both hands. Keep your shoulders relaxed.
- **Effect:** The major part of our body is earth and water. When you touch these three fingers -ring, little and thumb (representing earth, water and fire) flow of vital energy begins in our body as if life dynamo has been started. This not only increases stamina, vitality, strength and immunity but also it improves blood flow in the body and removes any blockages present in blood vessels. Practising this Mudra makes a person both mentally and physically strong. While practising meditation along with this mudra, the whole body feels the vibration.
- **Duration:** Practice 3 times a day for 5 - 15 minutes each; also as and when you feel drained out or stressed. A total of 45 minutes practice per day is recommended for the best results.



Prana Mudra

Benefits of Prana Mudra

- Prana Mudra is like “cure for all” including **cancer**. It's regular practice:
- helps in the proper functioning of the lungs, energizes the heart, and removes vitamin deficiency and chronic fatigue.
- helps in proper blood circulation and cures pain in limbs or legs, cramps in muscles or veins and numbness in any part of body.
- helps improve eyesight .
- stimulates joy, energy, delight, zeal, hope and perseverance and enhances immunity.
- helps to overcome disorders such as general debility, low endurance, mental tension, anger, irritability, jealousy, pride, restlessness, inflammatory disorders, forgetfulness, etc.
- helps control hunger and thirst during fasting.
- complements other healing Mudras in curing disease such as:
Diabetes: Apan Mudra followed by Pran Mudra;
Insomnia and Anxiety: Jnana Mudra followed by Prana Mudra;
Blood pressure (high or low): Vyana Mudra followed by Prana Mudra;
Back pain: Vayu Mudra followed by Prana Mudra;
Boils: Varuna Mudra followed by Prana Mudra.

Prithvi or Prithvi-Vardhak Mudra

(Earth Element Increasing Mudra)

- Prithvi mudra increases the Prithvi (earth) element within the body and decreases the Agni (fire) element. Therefore, it can also be called Agni-shaamak (fire reducing) mudra.
- When used as part of a spiritual practice, the Prithvi mudra is believed to influence the Mooladhara (root) chakra, which is associated with instincts and one's primal nature and governs the individual's sense of stability, rootedness and security.

How to perform Prithvi Mudra

- Sit in a comfortable position or on chair.
- This mudra is formed by joining together the tips of the ring finger and the thumb.
- Rest of the fingers are kept straight.
- Place the hands on the knees with the palms facing up.
- Relax the hands and arms.
- **Duration** : 30 to 45 minutes every day, either at one stretch or in 3 parts (i.e., for 10 to 15 minutes, thrice a day). However, people with kapha deficiency can do it even for longer periods.

Benefits of Prithvi Mudra

- This Mudra is highly beneficial for Kapha deficient persons. Prithvi Mudra is believed to be beneficial for the following ailments:
- Chronic fatigue, general debility, convalescence.
- Lack of stamina or endurance.
- Inexplicable weight-loss, emaciation
- Osteoporosis osteomalacia (diminished bone-density), rickets,
- Fracture (to expedite union)
- Degeneration of articular cartilage (Osteoarthritis)
- Weak, atrophied muscles, myopathies, Paresis, paralysis, poliomyelitis
- Dry, cracked, burning, mature skin



Prithvi Mudra

Benefits of Prithvi Mudra (continued)

- Skin-rashes, urticarial
- Brittle nails
- Hair-loss, premature greying of hair
- Burning in eyes, stomach (acidity), urine, anus, hands, feet, head
- Ulcers in the stomach, intestines, mouth
- Inflammatory diseases (diseases names ending with 'itis')
- Jaundice
- Fever
- Hyperthyroidism.

Surya Mudra or Agni Mudra

(Sun or Fire Mudra for boosting metabolism and weight loss)

- Surya or Sun signifies fiery energy. With the practice of this Mudra, the earth element residing in the ring fingers is eliminated and the fire element residing in the thumbs is increased. This mudra is also known as Agni (fire) vardhak mudra or Prithvi shaamak mudra (Prithvi meaning "earth").
- It has a positive impact on the functioning of the thyroid gland. Hypothyroidism results in obesity, which in turn, affects the functioning of the heart. Practicing this mudra can help in regulating the functioning of the thyroid gland, which in turn helps in safeguarding your heart's health.

How to perform Surya Mudra

- Sit comfortably on ground or chair.
- Stretch your hands outward and allow them to rest on the thighs, palms facing upwards.
- Bend your ring finger inward with its tip resting close to the base of the thumb.
- Press the second phalanx of the ring finger with the base of your thumb.
- The little finger, middle finger, and index finger should be stretched outward.
- Do it with both hands.
- **Duration:** You may close your eyes and hold the mudra for 45 minutes daily at a stretch or three times of 15 minutes each, depending on your comfort level. You must practice this mudra on an empty stomach in the morning in sitting position only.



Surya Mudra

Benefits of Surya Mudra

- Surya mudra helps in dissolving extra fat, thus helps control obesity and brings down high (bad) LDL cholesterol levels.
- It improves metabolism, promoting weight loss. It also reduces tension and stress.
- Strengthens the eyes and improves vision.
- It is excellent for people with high Kapha constitution (heavy, slow, laid back attitude, excess mucous). It helps them by increasing alertness and mobility.
- The mudra is helpful for people who have intolerance to cold and encounter frequent shivering.
- Helps in treating the flu
- **Caution:** Avoid this mudra or practice in moderation, if you are suffering from indigestion or acidity.

Ksepana Mudra: Mudra for Releasing Negativity

- In Sanskrit, *Ksepana* means to throw (away), to let go, to cast off. Thus Ksepana Mudra is a hand gesture of letting go - the unwanted. “Unwanted” could be negative attitude which one is holding, a relationship which is not working, a disease or fatigue.
- It directs negative emotions, pent up energy and toxins out of the body and brings in positive energy.
- When we are in the midst of many people or gathering, we are likely to absorb their energies as we get connected to them. This mudra is an effective way to clear all negative energy and cleanse your emotions.
- If you had an argument, or when you find yourself caught up in the throes of negativity by your own thoughts or are unhappy, practicing this Mudra for few minutes will release all drama going in your mind and make you calm. It clears your energy field and cleanses your emotions. Letting go off Anger! Letting in Harmony!

How to perform Ksepana Mudra

- Ksepana Mudra can be performed sitting or lying down on the back.
- Begin with the mudra at heart center. Index fingers pointing up.
- Place your index fingers flat against each other pointing up. Clasp the rest of your fingers (middle, ring and little) of both hands. Let the finger pads rest on the back of your hands. Cross your thumbs and place them in the hollow of other thumb.
- Your index position should now point to the ground (towards sacral chakra below the navel) in sitting position. If lying down, the index fingers should point in the direction of feet. Completely relax both hands.
- Exhale and inhale through nose, deep and slow. While inhaling visualise vibrant, divine energy flowing into your body and on your exhale let go of negativity of any form and toxins.
- Hold this mudra for 9-12 breaths (2-3 minutes)
- When done place your hands on your thighs with palm facing upwards. Breath normally.
- Adding affirmation will enhance its practice: **“I fully release all negativity and toxins from my body, mind and soul. Pure positive energies from divine flow into me now, healing my body, mind and soul.”**

How does it work? The Ksepana Mudra stimulates elimination through the large intestine, skin (perspiration), and lungs (improves exhalation), as well as removing expended energies.

Benefits of Ksepana Mudra: Ksepana mudra helps the practitioner release negativity and frustration. Its practice creates a palpable difference in our energy and enables “the right attitude adjustment”.



Ksepana Mudra

A Short Note on Mudra Healing for Cancer

- Mudra healing works at the subtle level as well as at the physiological level. For cancer patients, what we want to accomplish is to
 - *increase the healing capacity of the body,*
 - *improve the intra- and extra-cellular communications,*
 - *facilitate the draining of the toxins and the metabolic wastes,*
 - *improve the blood circulation and to improve the cellular restructuring.*
- Mudra can help to support all of those functions.
- Please contact me via email for support for any specific case – tnahuja@yahoo.co.uk
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Medical Disclaimer

The rituals contained herein should not be used as substitute for professional medical treatment. I do not carry on the treatment of any specific disease, disorder or ailment, nor promises to medically alleviate or address any specific physical condition. The success of solution advised depends on the regularity and intensity of the practice and is totally in divine domain though I sincerely pray for the divine grace for them and strongly believe that all sincere efforts are suitably rewarded by the Divine.