

**YOGA MUDRAS**  
**FOR**  
**HEALTH BENEFITS**

**Edited by**

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(This material was compiled from various unverified sources)

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**IMPORTANT**

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**Introduction**

Yoga Mudras are reputed to be "very powerful"; and if they are practised regularly, definite health benefits will be manifested.

One person told of his grandfather, who had regularly practised yoga "asanas", "chakras", and "Mudras"; and consequently, he had never gone to a doctor, and had neither diabetes nor blood pressure.

The Mudras are simple hand positioning, and are practised as follows:

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### 1) Gyan Mudra (Mudra of Knowledge):



#### **Procedure:**

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

#### **Effect:**

As this is a Mudra of knowledge, it enhances the knowledge. The tip of thumb has centres of pituitary and endocrine glands. When these centres are pressed by the index finger the two glands are stimulated.

#### **Duration:**

There is no particular time duration for this Mudra. Practise by sitting, standing, or lying on bed whenever you have time.

#### **Benefits:**

- Increases memory power and sharpens the brain
- Enhances concentration and prevents Insomnia
- If it is practised regularly, it will cure all psychological disorders, such as Mental, Hysteria, Anger and Depression

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## 2) Prithvi Mudra (Mudra of Earth):



### Procedure:

Tip of the third finger touches the tip of the thumb, with the other three fingers extended.

### Effect:

It reduces all physical weaknesses.

### Time Duration:

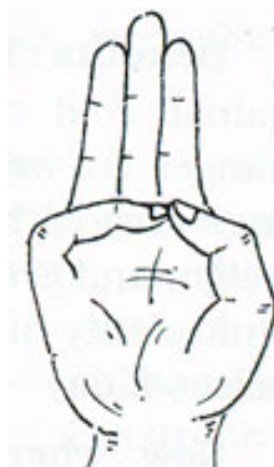
There is no particular time duration for this Mudra - practise it anytime.

### 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

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## 3) Varuna Mudra (Mudra of Water):



**Procedure:**

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

**Effect:**

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

**Time Duration:**

There is no particular time duration for this Mudra - practise it anytime.

**Benefits:**

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

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**4) Vayu Mudra (Mudra of Air):****Procedure:**

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

**Effect:**

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

**Time Duration:**

Practise this Mudra for 45 minutes, in 12 to 24 hours, to reduce the severity of the disease. For best results practise it for two months.

**Benefits:**

- It cures Rheumatism, Arthritis, Gout, Parkinson's disease, and paralysis, without additional medicine
- It is useful for Cervical Spondylosis ('wear and tear' of the vertebrae and discs in the neck), paralysis of the face, and pinched nerves in neck
- It corrects the disorder of gas in the stomach

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### 5) Shunya Mudra (Mudra of Emptiness):



#### **Procedure:**

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

#### **Effect:**

It reduces the dullness in the body.

#### **Time Duration:**

Practise the Mudra for 40 to 60 minutes daily, until the disease is cured.

#### **Benefits:**

- It relieves an earache within 4 or 5 minutes
- It is useful for the deaf and mentally challenged, but not for inborn ones.

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### 6) Surya Mudra (Mudra of Sun):



**Procedure:**

Bend the third finger and press it with thumb.

**Effect:**

It sharpens the centre in thyroid gland.

**Time Duration:**

Practise this Mudra 2 x daily, for 5 to 15 minutes.

**Benefits:**

- It reduces cholesterol in the body, and helps in weight reduction
- It reduces anxiety
- It corrects indigestion problems

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**7) Prana Mudra (Mudra of Life):****Procedure:**

Bend the third finger and the little finger and touch the tip of thumb with the finger tips, keeping the remaining two fingers (index and middle) extended.

**Effect:**

As this is the Mudra of life, it improves life-power of. Weak people become strong. It also reduces the clamps in blood vessels. If this Mudra is practised regularly, the individual will become "active".

**Time Duration:**

There is no particular time duration for this Mudra - practise it anytime.

**Benefits:**

- It improves immunity
- It improves the power of eyes, and reduces eye related disease

- It removes the vitamin deficiency and fatigue

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#### **8) Apana Mudra (Mudra of Digestion):**



#### **Procedure:**

The tips of the middle finger and third finger touch the tip of thumb while the other two fingers (index and little) are extended.

#### **Effect:**

This Mudra plays an important role in general health as it regulates the excretory system.

#### **Time Duration:**

Practise this Mudra daily for 45 minutes; however, longer practise times may yield greater benefits.

#### **Benefits:**

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

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### 9) Apana Vayu Mudra (Mudra of Heart):



#### Procedure:

The tips of the middle finger and the third finger touch the tip of thumb, while the index finger touches the base of thumb and the little finger is extended.

#### Effect:

It benefits the heart, and reduces the possibility of angina and a heart attack. It also reduces the gas content in body.

#### Time Duration:

Practise this Mudra as many times as possible. Heart patients and Hypertension patients should practise it for at least 15 minutes, 2 x daily twice, for best results.

#### Benefits:

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

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### 10) Linga Mudra (Mudra of Heat):



**Procedure:**

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.

**Effect:**

It generates heat in the body. For added benefit, take milk, ghee (traditional Indian clarified butter used for cooking), more spring water and fruit juices.

**Time Duration:**

This Mudra should be moderately practised as it produces heat in the body. If overly practised, this Mudra can cause sweating, even in winter.

**Benefits:**

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

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