

Our Rishimunis (sages) and great persons had made Ashramshalas as their laboratories and that too, without any scientific tools and equipment. They experienced of their own. As an essence of their experience they have given us many types of Vidyas useful for life. Yogavidya is one of them. Yogamudra is born from Sadhana (effort for achievement), Aaradhana (worship) and Upasana (devotion) of Yoga. Yogamudra is a Science and Shashtra too.

History about commencement of Yogamudras is not available. This Mudrashashtra is very ancient. At that time in India Science was not developed as much as compared to today's Science. Thus Mudrashashtra has been prevalent since Vaidic times.

When we pray to God, or do Namaskara to elders or bow mutually, then finger-tips of hands join together and a definite type of figure becomes. It is called Namaskara mudra. Mudra is called art of bodily expression or is a process of making hearing power vigilant. In our Shashtras names of seven Mudras are available.

In the art of dancing also in the posture of various organs of body many Mudras are seen. In idols of Gods and Goddesses, in pictures of greatmen various Mudras are clearly seen. In day-to-day life in various actions, we do Mudras naturally e.g. shaking hands, clapping hands etc. when we hold a finger of a child, that condition (posture) of hands is also a Mudra.

These Mudras play an important role in making a person healthy. If Mudras are performed with various types of physical Aasanas, energy of body increases. Hence it is said in Shashtras.

नास्ति मुद्रासमं सिद्धिं क्षितिमंडले । i.e. there is no other Kriya (action) like Mudra for success and achievement.

A special type of electric energy constantly is thrown out from fingers of our hands. By joining and arranging fingers in different ways waves of energy accordingly flow and it affects ductless glands. It balances Panchmahabhoot (Prithvi, Jal, Agni, Vayu, Aakash) and Tridosh of our nature (vat, pitta, cough). Thus the objective of Mudra - study and practice is development of a person and to bring positive changes in his nature.

Things to bear in mind while doing Yogamudra :

- Place (location) for study should be clean, airy and quiet. Definite place and definite time is beneficial.
- Loose and cotton clothes to wear. Let body be loose.
- Keep mind quiet and delightful study with concentration.
- Regular practice of Mudras initially for 10 minutes and then slowly and gradually upto 40 minutes can be done then it is more beneficial.
- Never try to perform Yogamudra by stretching fingers too much.
- In Yoga practice while doing Mudras avoid wearing finger-ring, ring on wrist or wrist watch.
- All the things required to bear in mind should be taken into consideration for Yogamudras. It definitely benefits.

Some Useful Mudras :

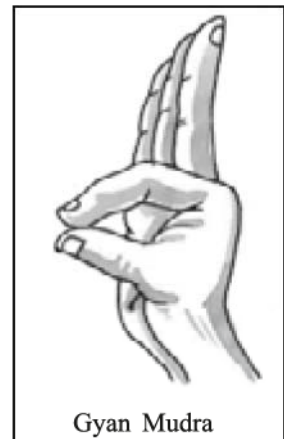
1. Gyan Mudra :

Position :

- (1) Sit quietly in Padmasana, Vajrasana or Sukhasana.
- (2) Put palms of both hands on your knees.
- (3) Make tip of the first finger touch that of the thumb, with natural little pressure and keep the remaining fingers Madhyama (middle finger) Anamika (third finger) and Kanishthika (fourth finger) straight and erect. Then arranging on knees Gyan Mudra is formed according to the figure.

Benefits :

- (1) Nerves of the brain are activated. Keeps mind quiet. Knowledge develops.
- (2) Concentration, memory-power and delight increase.
- (3) Spirituality, strength of Snayumandal and progress in meditation are achieved.



Gyan Mudra

2. Pruthvi Mudra :

Position :

- (1) Sit quietly in mudrasana.
- (2) Place palms of both hands on knees.
- (3) Bend Anamika (third finger) towards palms. Press your thumb on parva and the remaining three fingers Tarjani, Madhyana and hand Kanishthika erect. Arrange them on knees Pruthvimudra is formed as per the figure.

Benefits :

- (1) Weakness of the body is removed. Fatness reduces. Weight is balanced.
- (2) Digestive power, energy-power and Sattvik qualities are developed.
- (3) Body gains energy, smartness and brightness.



Pruthvi Mudra

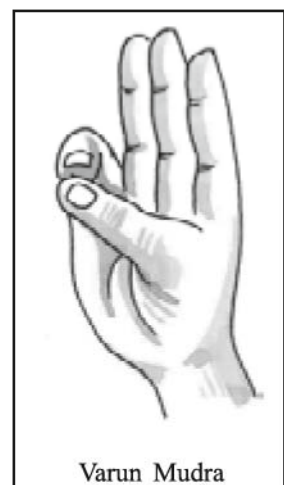
3. Varun Mudra :

Position :

- (1) Sit quietly in Aasana.
- (2) Place palms of both hands on knees.
- (3) Keep Kanishthika and thumb joined and the remaining three fingers Tarjani, Madhyama and Anamika erect. Arrange them on knees as shown in the figure. This forms Varun Mudra.

Benefits :

- (1) Jaliya portion grows in body.
- (2) Body becomes oily. Skin becomes beautiful and soft.
- (3) Diseases caused through the deficiency of Jaltatva get recovered. It gives relief in diseases of heat.



Varun Mudra

4. Soorya Mudra :

Position :

- (1) Sit quietly in Siddhasana.
- (2) Place palms of both hands on knees.
- (3) Keep Anamika of both hands on Mool (मूल) of thumb. Place thumb and keep pressing. Arrange the remaining three fingers Tarjani, Madhyama and Kanishthika on knees. This gives Soorya Mudra according to the figure.

Benefits :

- (1) Strength of the body increases, body becomes energetic.
- (2) Digestion power increases, Fatness is reduced. Proportion of cold in the body decreases. The body becomes free from Vayudosh.
- (3) Cholesterol element decreases in the blood. Relief in diseases of the liver.



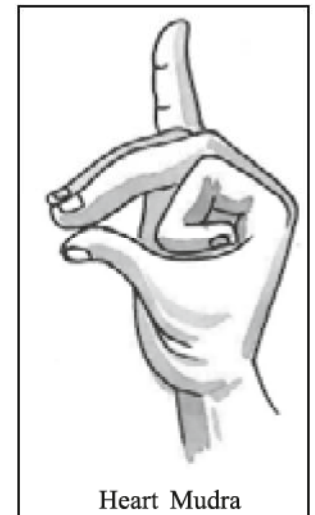
5. Heart Mudra :

Position :

- (1) Sit quietly in any Mudrasana.
- (2) Place palms of both hands on knees.
- (3) Join Madhyama and Anamika with the thumb and bend tarjani in root of the thumb. Arrange Kanishthika erect on knees according to the figure. This gives heart Mudra.

Benefits :

- (1) The heart becomes active and efficient.
- (2) It is useful in obstinate diseases like asthma.
- (3) It gives much relief in diseases pertaining to the heart, chest and blood.



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