



10 Mudras Cure your Disease

Mudras are effective role play of fingers. When the tips of two or more fingers touch each other, there is positive changes in our body and mind and get relief from many disease both physically and mentally. Mudras can be done in any posture, sitting, standing, walking or lying down and any time and in any place. Only condition is body should be kept relaxed and keep spine erect while doing mudra in sitting posture and straight in lying posture. If we do mudras regularly we can get relief from stress and emotional feelings and maintain good health. We can say good bye to Doctors and Medicines. We will see Ten important mudras and its excellent and effective health benefit. Time duration for every mudras are minimum 15 minutes maximum 45 minutes will result more benefit.

Gyan/ChinMudra (Mudra of knowledge)

Tip of the thumb finger and tip of the index finger touch each other and other three fingers stretched out. The tip of thumb empowers the pituitary and pineal glands and when it press tip of index finger the two glands work actively and induces the mind.

Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

Benefits of Chin Mudra :

- Increase memory power and sharpens the brain and enhance concentration.

- Prevent insomnia. Cure endocrine disorders. (Pituitary, thyroid, pancreas etc.)
- Empowers nervous system. Reduce joint pain.
- Cure hysteria, mental fatigue, excess anger.
- Strengthens the muscle. Cure stroke, paralysis, facial palsy etc.,
- Regular practice in this mudra will help to get rid of smoking habits and drug (Alcohol) addicti on.

Prithvi mudra – (Mudra of earth):

Tip of the thumb and tip of the ring finger touches and other three fingers stretched out. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

- Regular practice in this mudra will reduce excess formation of mucous in Respiratory system.

Benefits Prithvi Mudra:

- It improves complexion of skin and makes skin glow and healthy.
- Increase body power and increase weight for weak people and improve stamina.
- Remove stomach disorders, acidity, fever, hair loss, nasal disorders.
- Improve immunity and maintain good health.
- Relieves vitamin deficiencies and chronic fatigue.
- Regular practice will cure jaundice, ulcer, burning sensation in our body.

Varuna Mudra (Mudra of Water):

Tip of the thumb touches the tip of the little fingers and other three fingers stretched out. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

Benefits Varuna Mudra:

- It balance water in body helps digestion and cure constipation.
- Prevents the pains of Gastroenteritis and muscle shrinkage.
- Cure anemia, eczema, skin dryness, psoriasis, dryness of eyes.
- Cure scanty urination, scanty semen (oligospermia) and deficiency of hormones.
- Cure cramps due to dehydration.
- Cure degeneration of joint cartilage, osteo-arthritis.

Vayu mudra – (mudra of air):

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. Mudra practice in morning will give best result. Stop practicing if disease cured.

Benefits Vayu Mudra:

- Reduce gas disorders in stomach and colon , constipation.
- Cure Rheumatism. Arthritis, Gout, Parkinson's disease and paralysis.
- Cure Cervical Spondylitis, Facial paralysis, vertigo, dizziness.
- Cure tremor in the body, timidity and sciatica.
- If we practice for 45 min. daily, get relief from stress, anxiety, impatience.

Shunya mudra – (Mudra of emptiness):

As shown in the picture keep the middle finger at the mount of venus and give slight pressure with thumb. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time. Stop practicing if disease cured.

Benefits Shunya Mudra:

- This mudra is related to ear, relieve earache and clear all ear problems, like deafness, vertigo, noises in the ear etc.,
- Sudden speech disorders can be cured.
- Cure all vaata diseases.
- To avoid ear problem during flight journey practice this mudra will be beneficial.

Surya mudra – (Mudra of the sun):

Bend and place the ring finger on the base of the thumb and gently press it with thumb. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. Mudra practice in morning will give best result. Stop practicing if disease cured.

Benefits of Surya Mudra:

- It reduces cholesterol in the body.
- It reduce weight and control obesity.
- It correct indigestion and constipation problem.
- Cure hypothyroidism and headache.
- Controls cold and lung related problems.
- Increase immunity and will be active.
- Cure low temperature, coldness of entire parts of the body.

Prana mudra – (Mudra of life):

The tips of ring finger and little finger should touche the thumb. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

Benefits of Prana Mudra:

- It improve immunity, memory and power of life.
- Cures all eye problems.
- It remove vitamin deficiency and fatigue, Weak people become strong.
- Cure hyperthyroid and correct blood pressure.
- Removes block in blood vessels and strengthen the blood vessels.
- Cure insomnia and give good sleep.
- Cure urinary infections and makes urine flow free.
- Correct painful and profuse discharge during periods.

Apana vayu Mudra - (Mudra of the heart):

The tips of the middle finger and ring finger should touch the tip of thumb, while the index finger should touch the base of thumb and little finger stretched out. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

Benefits of Apana Vayu Mudra:

- This is life saving mudra strengthens the heart and reduction of heart attack.
- Correct irregular palpitation and high blood pressure will be normal within 15 min.
- It reduce gastric problem, cure constipation, haemorrhoids .
- It regulates excretory systems.
- Cure Urinary blocks and free flow of urine.
- All types of pains like headache, body pain, joint and heel pain are decreased.

Linga mudra – (Mudra of heat and energy):

This mudra resembles Sivalinga. Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and index finger of the right hand. This mudra is to be done only when it is necessary. Don't practice continuously and do not practice this mudra when you are in fever. This mudra can practice at any time whenever necessary and stop when disease cured. Since this mudra increases the body heat, a lot of fluids like fruit juice, water, milk, butter milk are to be taken while doing this mudra. If ulcer in stomach you should not practice this mudra.

Benefits of Linga Mudra:

- It give power to lungs and cure cough, cold, chest congestions and sinus.
- Strengthens the liver and stomach.

- Reduce cholesterol level and body weight.
- Cures impotence.
- Cure asthma problem.
- Improve digestion and appetite.

The physical body is made up of Five Elements(Pancha Bootham) namely - Air, Water, Fire, Earth and Aakash. Imbalance of these elements disrupts the immunity system and causes disease. Deficiencies in any of these elements can be made up by connecting one part of the body with another in a particular manner through Mudras.

Five fingers of each hand represents the five elements. Thumb finger represents Fire, Index finger represents Air, Middle finger represents Akash, Ring finger represents Earth and Little finger represents Water. When a finger representing an element is brought into contact with the thumb, that element is brought into balance. Therefore the disease caused by the imbalance is cured. Mudras start electromagnetic currents within the body which balance various constituting elements and restore health. The joining of fingers creates an effect on the human body.

Do Mudra practice regularly and enjoy disease free life and maintain good health.

Apana mudra – (Mudra of digestion):

The tips of middle finger and ring finger should touch the tip of the thumb and other fingers are stretched out. Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at any time.

Benefits of Apana Mudra:

- This mudra remove toxins, clean the organs and energise the body.
- It regulates excretory systems work better.
- It regulates diabetes.
- It cures gas problem, constipation, piles, jauntice, and stomach problems.
- Cures liver and gall bladder diseases.
- Calms the mind, improve concentration and self confidence.
- Cures bladder connected diseases.

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