Tip



Mudras Cure your Disease

udras 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.

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.

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

NAME CHANGE

Ahmed Idris, D.O.B

03.10.1995, residing

at No.59/1, Old No.29/1,

Appar Samy Koil Street

Mylapore, Chennai 600004

shall henceforth be known as

NAME CHANGE

residing at No.10/56/1

Ayya Sami Street, Pudupet,

Chennai 600002 shall

henceforth be known as

MOHAMMED JAVID IQBAL

NAME CHANGE

Mohamed Javid Iqbal

Ahmad Redwan

AHMAD RIZWAN

I,Ahmad Redwan, S/o.

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, haemmhorids .
- It regulates excretory systems.
- Cure Urinary blocks and free flow of urine.

NAME CHANGE

Sugan Chand Doshi, D.O.B.

06.01.1961, residing at

No.29, Zinda Street, 3rd

Floor, Sankeshwara Niketan,

Kondithope, Chennai 600079

shall henceforth be known as

PADAM CHAND DOSHI

I, Padam Doshi, S/o.

- All types of pains like headache, body pain, joint and
- heel pain are decreased.

Prevent endocrine disorders. Cure (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

insomnia.

Shunya mudra – (Mudra of emptiness):

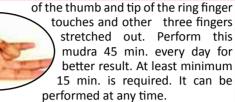
As shown in the picture keep the middle finger at the mount of venus and give slight pressure with thumb.

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:

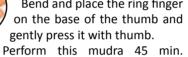
- This mudra is related to ear, relieve earache and clear all ear problems, like deafness, vertigo, noises in the ear erc.,
 - Sudden speech disorders can be cured.
 - Cure all vaata diseases.
- To avoid ear problem during flight journey practice this mudra will be beneficial.

Prithvi mudra – (Mudra of earth):



- 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.

Surya mudra -(Mudra of the sun): Bend and place the ring finger



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.

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 finge 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.

Website. www.guruaam.com email. ps@guruaam.com Mobile.9444391909.

Varuna Mudra (Mudra of Water): Tip of the thumb touches the tip of

the little fingers and other three fingers stretched out.

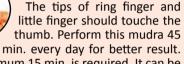
Perform this mudra 45 min. every day for better result. At least minimum 15 min. is required. It can be performed at

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.

Prana mudra – (Mudra of life):

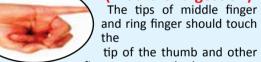


At least minimum 15 min. is required. It can be performed at any time

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 mudra – (Mudra of digestion):



fingers are stretched out. this mudra 45 min. every day for better

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.

Perform

result.

- 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.

NAME CHANGE NAME CHANGE

I,Baby Saroja Janakan

W/o.K.P.Janakan, D.O.B:

02.06.1937, residing at

No.17/3, Nehru Nagar Main Road, Saligramam, Chennai shall henceforth be known as

Baby Saroja Janakan

SAROJA JANAKAN

NAME CHANGE

I, Aarthi Narashimadas

Shah, W/o.Anand Desai

D.O.B: 20.01.1983, residing

at Arihant Garuda Apt. Flat-

111, Block 1, New No.29, Old

No.17/2, Police Manickam

Street, Ayanavaram

Chennai 600023 shall

henceforth be known as

Aarthi Narashimadas

Shah

AARTHI ANAND DESAI

S/o.Subbian Palanisamy

D.O.B: 15.03.1974, residing at No.36, Landons Road Kilpauk, Chennai 600010 shall henceforth be known as SHIVAKUMAR SUBBIAN **PALANISAMY**

I,Palanisamy Shivakumar,

Palanisamy Shivakumar

NAME CHANGE

I, Palani Ramasamy

S/o.Ramasamy, D.O.B:

03.04.1975, residing at

No.72, New No.111, Middle

Street, Periyakappankulam,

Vridhachalam Taluk, 607802

shall henceforth be known as

NAME CHANGE

My daughter, Avanthika

Palani Ramasamy

RAMESH RAMASAMY

NAME CHANGE

I, Monikantan Selvaraj

Vasanthakumari

S/o.V.Rajendran, D.O.B: 23.02.1995, residing at No.C5, 174, TNHB

NAME CHANGE

S/o.lqbal, D.O.B: 20.10.1993,

Padam Doshi

Vasanthakumari, S/o

I.Beeki Neelaraman Varadharajulu, S/o Neelarajan Beeki, D.O.B: 13.03.1967, residing at D5, AP, Abhinava Apts, 2nd Floor, Kavimani Salai, Mogappair West. Chennai 600037 shall henceforth be known as VARADHARAJAN BEEKI **NEELARAJAN**

> Beeki Neelaraman Varadharajulu

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.

Linga mudra - (Mudra of

This mudra is to be done only when it is necessary. Don't practice continuously and do not practice this 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

NAME CHANGE

My son, Rhythm, D.O.B:

06.06.2006, residing at TVH

Lumbini Square, Flat 6032,

Door No.127/A, Bricklin

Road, Purasawakkam.

Chennai 600007 shall

henceforth be known as

NAME CHANGE

RHYTHM JAIN

mudra

congestions and sinus. Strengthens the liver and stomach.

Preetham

Dr.P.Sivagnanam. MD(Acu).Ph.D.

I,Asha Kumari, W/o. Vinod Shah, D.O.B: 12.10.1977, residing at No.8, Thulukkanathamman Koil Street, Main salai, T V Nagar, Muthialpet, Puducherry 605003 shall henceforth be known as

NAME CHANGE

ASHA SHAH Rameshkumai Jain(Father) Asha Kumari

> NAME CHANGE I, Pinki Devi, W/o Rajesh Kumar, D.O.B: 02.08.1985, residing at No.12, Elakandappan Street, Sowcarpet, Chennai 600003 shall henceforth be known as

> > Pinki Devi

NAME CHANGE I, Solarasu Prabhu

(Surname) Vahitha Bahu

NAME CHANGE

I, Abdul Kareem (Surname)

Vahitha Bahu (Given Name),

D.O.B: 31.05.1968, residing at

No.2/17. Savarimuthu Lane

Pudupet, Chennai 600002

shall henceforth be known as

ABDUL KAREEM

(SURNAME) VAHITHA

Abdul Kareem

(Given Name)

BANU (GIVEN NAME)

S/o.M.Solarasu, D.O.B: 07.06.1982, residing at No.6/11, CRB Garden, 1st Street, Kodambakkam, Near J.U.Hospital, Chennai 24 shall henceforth be known as KARUR SOLARASU **PRABHU SURYA**

> Solarasu Prabhu NAME CHANGE

I.Mansoor Ahamed S/o.Anvar Basha, D.O.B

Mansoor Ahamed

I, Venkatraman

CHANDERASEKAR

NAME CHANGE

I, Sivaharshan

Chanderasekar, S/o.Vagai

Chanderasekar, D.O.B:

25.03.1989, residing at

27B, 3rd Cross Street, AGS

Colony Extn, Beach Layout,

Kottivakkam, Chennai 600041

shall henceforth be known as

SIVAHARSHAN JEGGADA

NAME CHANGE

Sivaharshan

Chanderasekar

Ramamoorthy, S/o. Venkatraman, D.O.B: 22.04.1934, residing at No.12/7, Patel Street, Kodambakkam Chennai 600024 shall henceforth be known as VENKATRAMAN RAMAMURTHI Venkatraman

Ramamoorthy

NAME CHANGE I.Seshadri Chandramouli

I.Ahamed Haniff, S/o.

Haniff, D.O.B: 29.11.1993, residing at No.18/653, 8th Street, D-Sector, Anna Nagar West Extn, Chennai 600101 shall henceforth be known as **AHAMEED HANIEF Ahamed Haniff**

Thanigaivelan, D.O.B: 02.04.2008, residing at No.10, Deivanayagam Street, Nungambakkam, Chennai 600034 shall henceforth be known as **GAURIKA SUDHA**

P.Sudha(Mother)

Quarters, Todhunter Nagar Saidapet, Chennai 15 shall henceforth be known as **R.KOUSHIKRAJ**

R.Gowsikraaj

I, Mohamed Javid Iqbal

I, Sivanandhin Chanderasekar, D/o.Vagai Chandersekar, D.O.B: 25.03.1989, residing at No.27B, 3rd Cross Street AGS Colony Extension Beach Layout, Kottivakkam. Chennai 600041 shall henceforth be known as SIVANANDHINI JEGGADA CHANDERASEKAR Sivanandhini

Chanderasekar

I,Parvin Banu Mohamed Adham, W/o.Thajudeen, D.O.B: 10.05.1985, residing at No.127, Main Road Melkavarapattu, Panruti Cuddalore 607112 shall henceforth be known as PARVEEN BANU **MOHAMED ADHAM** Parvin Banu

Mohamed Adham

NAME CHANGE

I, Manju Devi Balecha, W/o.Sumathi Lal, D.O.B:

NAME CHANGE

01.07.1978, residing at O.No.27/2, N.No.83, Gandhi Salai, Cheyyar Taluk, Tiruvetipuram, Tiruvannamalai 604407 shall henceforth be known as **MANJU SUMATHILAL** Manju Devi Balecha

21.01.1984, residing at No.34/9, Erusappan Maistry, Main Street New Washermenpet Chennai 600081 shall henceforth be known as **AKBAR BASHA**

(Hindu), S/o.Chandramouli, D.O.B: 30.09.1989, residing

NAME CHANGE

at No.36/3, Bakthavatchalam Colony, 1st Cross Street, Vadapalani, Chennai 24 has converted from Hindu to Christian with the name of SESHA DANIEL **CHANDRAMOULI**

Seshadri Chandramouli

Selvaraj, D.O.B: 28.02.1992, residing at No.56, P.V.City, Kalaivanar Nagar, Ambattur, Chennai 600058 shall henceforth be known as MANIKANDAN SELVARAJ **VASANTHA KUMARI** Monikantan Selvaraj

I, R. Gowsikraaj