

MUDRAS

Mudra is the science of hand and finger postures. It can help to cure bodily ailments in a wonderful manner. It affects the body's energetic system and the flow of prana (life energy) within it. It actually helps in balancing the five elements (panch-tattvas) in the human system to their optimal levels.

Abhaya Mudra

Yoga Exercises > Yoga Mudras > Abhaya Mudra

"Abhaya" means "fearless". Abhaya Mudra represents protection, peace, benevolence, and dispelling of fear.



Sequence:

1. Raise both your hands to the sides of your head.
2. Touch the forefinger to tip of thumb (just as in [Gyan Mudra](#)).
3. Hold the hand vertically straight by the sides.

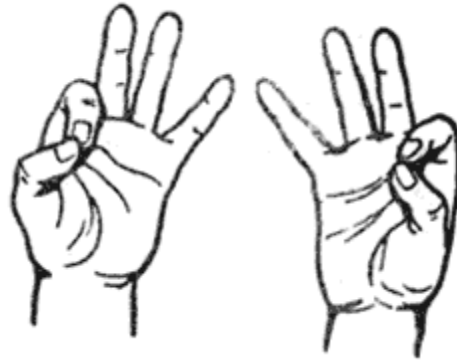
Benefits:

- Mind becomes fearless.
- Gives a feeling of courage and strength.

Gyan Mudra

Yoga Exercises > Yoga Mudras > Gyan Mudra

"Gyan" means "knowledge". It is the gesture of knowledge. This mudra is considered to bestow intelligence and wisdom. Hence the name.



Sequence:

1. Bestows intelligence and wisdom.
2. Purifies the mind of the practitioner.
3. Cures many mental ailments.
4. Gives a feeling of joy.
5. Cures intoxication and addictive habits.

Linga Mudra

Yoga Exercises > Yoga Mudras > Linga Mudra

"Linga" or "Angustha" means "phallus". Thumb is a symbol of masculinity.



Sequence:

1. Join both the palms.
2. Interlace fingers of both hands.
3. Extend one thumb upwards.
4. Encircle extended thumb with the index finger and thumb of the other hand.

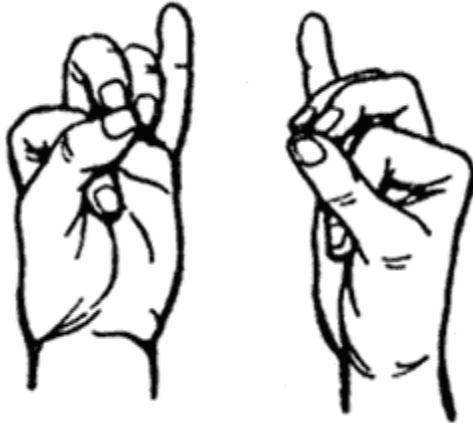
Benefits:

- This mudra generates heat in the body and thus, while it "burns" away accumulated phlegm in the chest, it also makes the body more resilient to the cold.
- It helps in increasing dynamism in a person.
- Persons with bilious temperament should practice this mudra under the guidance of able and experienced person.
- Chronic cold is easily cured.
- It burns unwanted calories in the body, thus reducing obesity.

Mritasanjeevani Mudra

Yoga Exercises > Yoga Mudras > Mritasanjeevani Mudra

"Mritasanjeevani" means "Air". This mudra helps balance the air element in the body.



Sequence:

1. Fold the index finger (fore finger) on the pad of thumb.
2. Press the forefinger gently on the pad.
3. Touch the fore part of third (longest) finger and fore part of fourth (ring) finger with the fore part of thumb.

Benefits:

- This mudra strengthens the heart.
- It is very useful in all heart ailments.
- It helps normalize blood pressure.
- This mudra has also been found to increase self-confidence.

Prithvi Mudra

Yoga Exercises > Yoga Mudras > Prithvi Mudra

"Prithvi" means "Earth". This mudra helps balance the earth element in the body.



Sequence:

1. Place the tip of the ring finger (third finger) on top of the tip of the thumb.
2. Extend all the other fingers.
3. Keep them comfortably straight as possible.

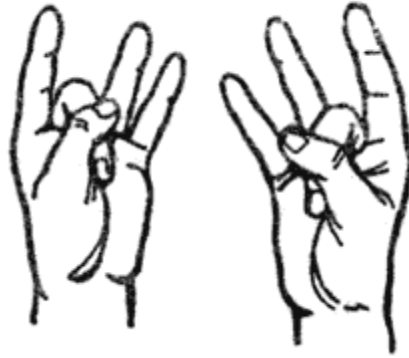
Benefits:

- Normalizes body equilibrium.
- Helps remove physical weakness.
- Increases tolerance and patience.
- Helps all who practice spiritual meditation.

Shunya Mudra

Yoga Exercises > Yoga Mudras > Shunya Mudra

"Shunya" means "zero" or "sky". Sky is connected with the highest forces - with the "upper person" - with head.



Sequence:

1. Lower the middle finger and place finger pad on the fleshy mound area of your thumb.
2. Cover it with your thumb.
3. Extend index, ring and little fingers.

This should be practiced for atleast for 45 minutes at a stretch for optimum results.

Benefits:

- This mudra improves impaired hearing.
- It cures earaches in minutes.
- It also helps in nausea, vertigo, and travel sickness.

Surya Mudra

Yoga Exercises > Yoga Mudras > Surya Mudra

"Surya" means "sun". Sun is the source of energy. Virtue of its energy is present in all living beings. Surya mudra attracts energy of the Sun.



Sequence:

1. Touch the third (ring) finger to the pad of thumb.
2. Press the thumb gently over this third (ring) finger.
3. Keep the other fingers aloof.

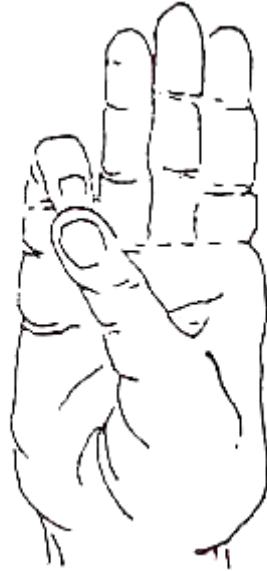
Benefits:

- This mudra decreases Earth element in body.
- It cures mental heaviness.
- It also reduces body fat.
- The mudra is good for weight loss.

Varuna Mudra

Yoga Exercises > Yoga Mudras > Varuna Mudra

"Varuna" means "Water". It balances the water element in the body.



Sequence:

1. Touch the fore part of the smallest finger to the fore part of thumb.

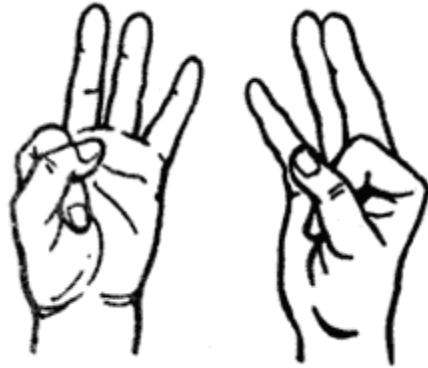
Benefits:

- Regular practice of this mudra balances water element in body.
- This mudra enhances physical beauty.
- It decreases dryness in skin and body.
- It is beneficial in controlling coughs, colds, asthma, paralysis, vibration, sinuses, and low blood pressure.

Vaayu Mudra

Yoga Exercises > Yoga Mudras > Vaayu Mudra

"Vaayu" means "Air". This mudra helps balance the air element in the body.



Sequence:

1. Fold the index finger (fore finger) on the pad of thumb.
2. Press the forefinger gently on the pad.
3. Keep the other fingers aloof.

Benefits:

- Helps in all nervous ailments.
- Helpful in pains and aches.
- Specific mudra for patients of Cerebral Palsy and Parkinson's ailment.