

Beneficial Mudras



Akasha Mudra

Method: 1. Touch the tip of the middle finger with that of the thumb.
2. Keep the other fingers straight.

Duration: One can practise this Mudra for any length of time starting from 5 minutes to 45 minutes as per the requirement.

Benefits: Regular practice of this Mudra provides proper nutrition to the bones and strengthens them. Those suffering from cardiac problems are tremendously benefited as well. It is useful in alleviating diseases of the ear too. Practice of this Mudra while yawning and during hiccups prevents problems of lockjaw.

Apana Mudra

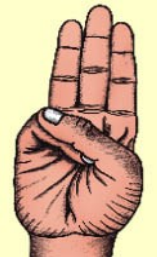


Method: 1. Touch the tips of the middle and ring fingers with the tip of the thumb.
2. The other two fingers should remain straight.

Duration: This Mudra can be done anytime and for any length of time. But it should be practised daily and regularly.

Benefits: This Mudra helps cleanse the internal organs of the body. It is especially beneficial in the excretion of the toxins and faecal deposits obstructed in the intestines. As a result it improves ones physical and mental purity, thereby developing ones Sattvic virtues. It is beneficial to those suffering from difficulty in passing urine. It has a good curative effect on Vayudosh, acidity, stomachache, constipation, diabetes, etc. Those suffering from uneasiness due to lack of sweating are also benefited. Accumulated kapha in the chest and the throat can also be eliminated through this Mudra. Its regular practice can help prevent even a serious illness like cancer.

Jalodarnashak Mudra (Useful in dropsy)



Method:

Touch the tip of the little finger to the fleshy base of the thumb and apply a little pressure on the little finger with the thumb. The other fingers should be straight as shown in the figure.

Benefits:

1. It helps reduce the water element in the body.
2. Dropsy and other such ailments caused by the increase of the water element in the body are cured by regular practice of this Mudra.

Note: This Mudra should be practised regularly until one is completely cured.

Dhyana Mudra (Meditation Pose)



Method:

Sit in Padmasana or Sukhasana. Place your right palm on the left one as shown in the figure. Touch the index fingers of each hand with their respective thumbs. The head, neck and spine should be straight. The eyes and lips should be closed with natural ease. Visualize the image of your tutelary deity in your mind. Try and keep your mind free from all thoughts and counter thoughts.

Benefits:

1. The muscles of the body are strengthened.
2. Physical and mental stress are alleviated.
3. Mental peace is restored and the vacillating mind becomes concentrated.

Note: This Mudra is extremely useful to people practising Yoga.