

COMPLETE HAND MUDRAS

BY HARI KUMAR MOORTHATTIL



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Complete Hand Mudras

By:

Hari Kumar Moorthattil

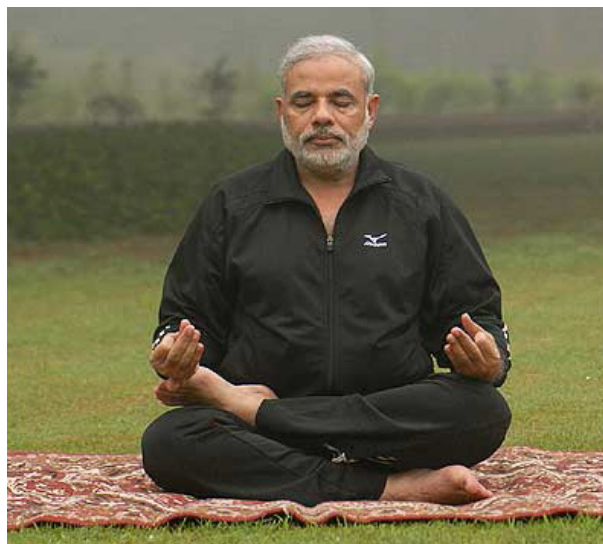


DEDICATION

Our Ancient Yogies and Ayurveda
Acharyas.

REMEMBER

This Book is not a Substitute
For Medical Treatment,
But an aid to enhance Healing.



Health in Your Hands

- Health as defined by W.H.O is “A state of complete, physical, mental; & social well being and not merely the absence of diseases”.
- Health is Wealth. However, if wealth is lost, something is lost. But if health is lost everything is lost.
- “Your food shall be your medicine” said Hippocrates, the father of medicine several hundred years ago. It is true even today .There are many illness which can be prevented by selecting natural foods , consisting of a balanced diet , rich in vitamins , minerals and vital nutrients, which have positive medicinal properties.
- Man has become divorced from the nature and its bounties. He is unwittingly lured by the widely advertised processed foods, fast foods, chemically treated, artificially flavored and packed foods. He has no time to think, that such foods are devoid of nutritional values.
- “Prevention is better and cheaper than cure”. It is worth while to spend some time in acquiring the know – how of good health.

- The proverb “A Sound Mind in Sound Body” is true. One should control emotions, stress and strains.
- Eat nutritious food, drink milk and juice not alcohol, be happy and merry.
- Early to bed and early to rise, is equally true to ensure long and healthy life, as cherished by our forefathers.
- In fine, the axiom “Health in your Hands”, is true. One has to observe the rules and live happily or disregard them and live miserably.

PREFACE

This Book "Complete Hand Mudras" is compiled to propagate the Healing Properties of Mudra. In this book, I have included few secret Yoga Mudras, which will help you to attain emotional and spiritual well-being. Few Mudras from Tantra Yoga and Kriya Yoga, which will give the ability to awaken Kundalini and Manifest Mystic powers. Wishing you healthy and fulfilling life.

Naturally Yours
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Healing Through Mudras

Therapy for Health and Vitality

Our body can rejuvenate itself if we position the fingers on both hands for prescribed period. These various hand gestures are "Hastamudras" can heal diseases and even slowly make spiritual awakening. Along with Hastamudras, Asanas and Pranayama, we can maintain and develop a strong and healthy body.

Hand Mudra

Our body is composed of five elements - Earth, Water, Air, Fire and sky/space. The five fingers of our hand represents these five basic elements each one related to one particular element. Modern science agrees that different kinds of electro-magnetic waves are transmitted from our five different finger tips. Ancient Rishis, sages discovered Mudra Vigyan. According to them, these are the points to be pressed for treatment in our palms. By touching of hands to each other or folding fingers in a particular way, or pressing some points of hands, we can cure any disturbance in these five elements with the help of our fingers, we can keep the five elements in proper proportion, any disturbance in them (excess or scarce) can be balanced. So that our body becomes healthy.

Try to how mudras generally work in the beginning

Keep the title as Introduction healing through mudras

Mudras

Mudras is an easy and non-medical way of treatment that had no harmful side effects. Hand mudras are various posture using all the fingers. You can heal various diseases through hand mudras.

Hand mudras have a special power to balance your health condition and improves resistance power. With improved resistance power, you can easily overcome any disease.

Benefits of mudrā therapy

- 1.It is very easy to practice.
- 2.Mudras is the most simple in all non-medical and alternative treatments.
- 3.Mudras have no side effects, and anyone can do it with some basic knowledge.
- 4.Mudra therapy is safe and a no cost natural treatment.
- 5.It is a self-treatment, and you can use as a preventive move towards illness.
- 6.Any person who analyzes and understands his temperament and his bodily constitution (on the basis given in Personality through health table) can realize what ailments he is susceptible to and can , then regularly practice certain mudras to prevent those susceptibilities from manifesting into overt illness.
- 7.Mudras enjoy a universal application. They can help all types of disorders; Sub-acute, acute or chronic; they can help all type of people: young or old, men or women.
- 8.Mudra therapy can use as advantageously combined with other forms of treatment: non-medical as well as medical. Being a part of Ayurveda, it goes especially well with Ayurvedic medicine.

I can say this because as far I had found out and with my experience with mudras I can say that Mudras help people who are entirely new to or unaware of, Mudra therapy and have never witnessed its efficacy become 'believers'.

Mudras help young children and even insane people, where the question of belief does not arise, and Mudras even help semi-conscious or unconscious people (on whom Mudra therapy is carried out passively by using rubber bands to keep up thumbs and fingers in specific positions).

Even though Mudras help in many diseases there, somewhere it has no role in the treatment of the following disorders

Purely mechanical disorders like mature cataract, a big hole in the eardrum, deviated nasal septum, cleft palate, hare lip, heart valvular defects, varicose veins, hernia, big stones in the gall bladders/urinary tract, prolapsed uterus/rectum/intervertebral disc, fracture, etc. These disorders will, obviously, need surgical intervention. Ailments caused by deficiencies of nutrients. Vitamins, minerals, etc. Disorders that are a part and parcel of old age (senile degeneration).

Life-threatening ailments like cancer, AIDS, encephalitis, diphtheria, heart failure, kidney failure, cirrhosis of the liver, septicemia, gangrene, etc. These ailments are called for strong, extreme measures rather than gentle mudras.

So what I say that mudrā therapy is an excellent key to try in the lock of disease. More often than not, it succeeds in opening up the lock. This key should, certainly, be tried when other keys (e.g., modern medicines) have either failed or are undesirable or inapplicable. You may say that mudrā therapy seems too simple to be effective. So what I can say is in life, most important truths are, indeed, very simple!

The Power Of Mudras

Mudra has unlimited power, Today I am sharing the ultimate powers of mudra.

The meaning of mudras is a seal. It is called so because it seals the mind with the soul. Exercises falling under mudra are associated with retention of breath. In fact, bandhas and mudras go together. Mudras control the vital forces (pranas) and thereby the mind to awaken the hidden mystic powers.

Once the potentialities of the spirit are unfolded before the performer, he can conquer all diseases and move towards God-realization.

Mudras help the striver to awaken kundalini to check the distractions of the mind and to sublimate vital energy into Ojas Shakti or spiritual power. With the help of this Shakti, he can explore the mysteries.

Once the yogi attains spiritual energy, his personality blooms; he can attract men, his will power becomes high and his mind balanced.

But in order to draw maximum benefits of Asanas, Pranayamas, Bandhas, Mudras and Kriyas, one must purify heart by selfless service of humanity and by developing virtues such as non-violence, truthfulness, purity, etc. Mere performance of any Hatha yoga exercise will not lead to the attainment of powers.

There are scores of mudra that are in Vogue and practised, But we will here deal with only relevant ones.

They are Maha Mudra, Maha Vedha, Yoga mudra, Viparita Karani Mudra, Yoni Mudra, Unmani mudra, Kaki Mudra, Ashwini Mudra, Matangini Mudra, Khecheri mudra, Shakti Chalini mudra, Vajroli Mudra and Shambhavi Mudra.

Mudras, unlike other asanas, need a concentration of mind towards the self or spirit. It is through these that man goes near to God. They help a man acquire psychic powers. But more important for man is to develop purity of mind.

The self is the source of all powers. There is nothing impossible for the person. It is the support, sustenance and final goal of all. The powers of the Self reveal themselves through the medium of mind. As the mind attains a higher degree of purity and concentration, the Self reveals itself in various powers.

One Should practice mudras on an empty stomach and invoke the mantra Om. Some asanas should not be done without the guidance of masters initially. What. Whatever yoga one may follow, whatever path one may adopt, the powers of the Self are bound to reveal themselves.

The acquirement of powers becomes an obstacle or a temptation for those aspirants who are lacking in discrimination or aspiration for Self-realization. These Powers being mental in nature do not constitute the goal of life.

One must not come under the sway of the development of psychic powers, but when these skills develop one may use them, with dispassion, for the benefit of humanity. Use of any power or wealth aids the purification of the heart.

But the abuse or the misuse of it through greed and infatuation leads to severe consequences.

Major Siddhis

Our scriptures speak of eight 'siddhis', and we are told only the great Hanuman had all of them.

Anima: A yogi can render his body as small as he wishes.

Mahima: One may become as heavy or grow as large as one wants.

Laghima: One becomes lighter than cotton fibres.

prapti: Approaching distant things bu extending one's subtle senses.

Prakamaya: Power of realizing whatever one desires.

Vashittwa: Perfect control over all beings, objects and elements.

Ishitwa: Power to create.

Kamavasayitwa: Attaining Supreme satisfaction and bliss.

Minor Siddhis:

Mastery over hunger and thirst;hearing and seeing from a distance;going to any place with the movement of the mind;entering into other's bodies; assuming any form according to one's wish;death at will;companionship of Gods;infallible will;power of commanding all;knowing past,present and future;power of enduring the pairs of opposites(heat and cold,gain and loss,etc);knowing the minds of others;controlling the powers of elements;remaining ever undefeated.

Yes, mudras have the ultimate powers to lead a person towards being a complete person.

All this information is from the Book Yoga(A complete book on yoga) By Swami Prakash Muni Ji

Find Your Prakrati

Ayurveda is an ancient way of treatment that is practicing in India. In Ayurveda, our body is divided into three priorities (constitution) Vata, Pita and Kapha. According to Ayurveda, any imbalance in these constitution leads to diseases. It is crucial to find our body type to prevent and cure diseases.

Vata Prakriti (Vata constitution):

Vata Prakriti is a combination of air and space. This Prakriti helps us to move forward. Vata Prakriti people have few unique personality traits. That will help us to find our bodily type.

1. Normally the person who has Vata Prakriti is physically underdeveloped, and his chest is flat, his veins, muscle fibers, and tendons are visible.
 2. Vata Prakriti person's complexion is brown, his skin is cold, rough, dry and cracked.
 3. Vata Prakriti person; 's has only a few moles on his body, and it tends to be dark.
 4. Vata persons are normally either too short or too tall, with thin frames that reveal prominent joints and bone-ends because of poor muscle development.
 5. Vata Prakriti person's hair is curly and scanty, The eyes may be sunken, small, the eyelashes are thin and the eyes lusterless, dry, active and the conjunctiva is dry and muddy.
 6. Vata Prakriti person's nails were rough and brittle.
 7. Vata Prakriti person's nose is bent and turned up.
 8. Normally person's who has Vata Prakriti has variable appetite and digestion.
- .

9. These people crave sewer, sour and salty tastes and like hot drinks.
10. Vata Prakriti person;s has less and disturbed sleep than other priorities.
11. Vata person's hands and feet are cold.
12. These persons are creative, alert and restless.
13. Vata persons can do things fast, but they are easily fatigued.
14. Psychological traits of Vata person are they have a quick understanding but forgets quickly. Willpower is very low and reasoning is fragile they are fearful, nervous, worried and anxious.

All constitutional type exhibits certain patterns in interactions with the external environment. Vata people are quick to earn money and spend it quickly.

Thus, they tend to stay sick.

People having a Vata constitution are prone to diseases listed under Vaayu-shaamak, Vaata-naashak, and Apana-Vayu mudras

Pitta Prakriti (constitution):

1. Pitta Prakriti person's height is medium, slender, and his body frame may be delicate.
2. Pita person's chest is not flat, and he shows a medium prominence of veins and muscle tendons.
3. Pita person has more moles on their body, and they are freckles that are bluish or brownish red.
4. Pita person's bones are not prominent like Vata and muscles are moderate.
5. The complexion of pita person is coppery, yellowish, reddish or fair.
6. The skin of pita person is warm and less wrinkled than Vata skin.
7. Pita person has a tendency of hair loss and premature graying. His hair is thin, red or brownish.

8. The eyes of pita Prakriti person are gray, green or copper-brown and sharp; the eyeballs are of medium prominence.

9. The conjunctiva is moist and copper-colored. The nails are soft.

10 .The pita person nose is sharp, and tip tends to be reddish.

11. Physiologically, these people have a strong metabolism, good digestion and therefore, healthy appetites. The person of pitta constitution usually takes large quantities of food and liquid. Pitta types have a natural craving for sweet, bitter and astringent tastes and enjoy cold drinks. Their sleep is of medium duration but uninterrupted. They produce a high volume of urine, and the stools are yellowish, liquid, soft and plentiful. There is a tendency toward excessive perspiring. The body temperature may run slightly high, and hands and feet tend to be warm. Pitta people do not tolerate sunlight, heat or hard work.

Psychologically, Pitta people have a god power on comprehension; they are very intelligent and sharp and tend to be good orators. They have emotional tendencies toward hate, anger and jealousy.

They are ambitious people who like to be leaders. Pitta people appreciate material prosperity, and they tend to be moderately well-off financially. They enjoy exhibiting their wealth and luxurious possessions.

People having a pitta constitution are prone to diseases listed under the Prithvi-
vardhak, Pitta_shaamak, and Shank mudras.

Kapha constitution

1. Kapha Prakriti person has a well-developed body.

2. Normally all overweight people are belong to this Prakriti.

3. Kapha Prakriti person's chest was expanded and broad.

4. Normally the veins and tendons pf Kapha Prakriti are not obvious because of their thick skin and developed muscles.

5. The complexion of Kapha person is fair and bright.

6. The skin of Kapha Prakriti person is soft, lustrous and oily; it is cold and pale.

7. The eyes are dense and black or blue; the white of the eye is very white, large and attractive.

8. The conjunctiva does not tend to redness.

9. The physiological traits of Kapha person are, He has regular appetites, digestion is low, his movements are slow.

10. Kapha Prakriti person has craved pungent, bitter and astringent foods. Stools are soft and may be pale in color; Evacuation is slow. Their perspiration is moderate. Sleep is sound and prolonged. There is a strong, vital capacity evidenced by good stamina, and Kapha people are healthy, happy and peaceful. psychologically, they tend to be tolerant, calm, forgiving and loving; however, they also exhibit traits of greed, attachment, envy and possessiveness. Their comprehension is slow but definite; once they understand something, that knowledge is retained.

Kapha people tend to be wealthy. They earn money and are good at holding on to it.

People having a Kapha constitution are prone to develop disease listed under the Prithvi-shaamak, Kapha-shaamak, and Linga Mudras.

The general features of the three individual constitutions have been described above. However, it is often seen that people have mix(compound) constitutions

1. Vata+Pitta constitution, where both Vata and Pitta are in Excess.
2. Vata + Kapha constitution, where both Vata and Kapha are in Excess.
3. Pitta + Kapha constitution, where both Pitta and Kapha are in Excess.
4. Vata + Kapha+Pitta constitution, where all the three senses of humor are at fault(hence called Tridosha). To judge your personality see the features below:



Features	Vatta	Pitta	Kapha
Mind,Nature	great initiative; fast speed of work; however, can not sustain efforts timid, fearful, indecisive, impatient(restless), moody ,unreliable very few friends	Moderate initiative; Irritable, angry, proud, quarrelsome, jealous few friends	Lacks enthusiasm;slow speed of work; however, can work tirelessly , Calm patient, reliable many friends
Memory	poor	Moderate	Excellent
Reaction to temperature /weather	Ailments worse in autumn. Intolerance of the wind and cold climate. Liking for the sunshine, warmth.	Ailments worse in summer. Intolerance of heat. Living for cool weather	Ailments worse in spring and monsoon.Intolerance of dampness and humidity, Liking for warmth
Sensitivity	Intolerance of pain, noise	Intolerance of stress, noise	Intolerance of fast- life

Stamina/endurance	Low	Medium	Excellent
Body-Frame	Lean, short or tall, light –weight. Weight hard to gain, easy to lose	Moderately built yet delicate. Weight stable	Broad, heavy, fleshy. Weight easy to obtain, hard to miss
Head-size	small	Medium	Large
Face	small forehead, thin eyebrows. Big, restless, muddy eyes. Thin, unequal lips	Medium forehead, Medium eyebrows, Yellow, piercing eyes that turn red from anger, sunshine or alcohol; Lips red	Broad forehead, Thick bushy eyebrows, Big white lustrous eyes; Lips thick and moist
Speech and voice	Voice feeble, hoarse; speech unsteady, faltering, stammering	Voice clear; speech sharp cutting	Voice sweet, soft, loud and clear
Gait(walk)	Quick, irregular noisy	Stable	Slow
Movements	Short and fast; tremors, shivering	Sharp and precise	Slow and steady
Hunger	Irregular, frequent, excessive	Strong; can not undertake a fast	Less, but can eat a lot; can also undertake a fast
Liking for	Hot foods and	sweets; cold	Hot; spicy, bitter

	drinks	foods and drinks	foods; dry foods
Digestion	unreliable	Strong and fast burning in digestive tract	strong and slow
Stools	Irregular evacuation ; constipation ,flatulence(gas)	Multiple, yellow, loose, bulky; sometimes bloody	regular evacuation. Stools well formed; occasionally mucous-laden
thirst	Capricious, less	Excessive; desires cold water	Normal
Urine	scanty, difficult	Yellow, red, hot burning	Pale, profuse, milky
Sweat	little, if at all	profuse, foul-smelling	Little
Sleep	Light, interrupted with eyes half open; Grinds teeth in sleep	Moderate	Long and sound
Dreams	Trees, mountains, running, jumping, flying	sun fire, lightning, violence	water, lakes, birds
Menses	Irregular, scanty, painful; blood dark	Excessive, painful; blood bright red	Moderate with heaviness in abdomen; blood pale
Skin	Cold, dry, cracked; Nails brittle;	Hot, yellow or	Cold, delicate; there may be itching

	complexion dark	red(rashes), mature	without rashes.
Hair	Dry, rough, curly	Soft, sparse, balding; premature greying	Long, dense, oily.
Joints	Loose. Creaking; Prominent, projecting bones	moderately, strong, hot, reddish	firm, stable, covered by flesh

Note:

If you gave many more V's than P's or K's, you have a Vata constitution

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If you gave many more P's than V's or K's, you have a Pitta constitution.

If you gave many more K's than P's or V's, you have a Kapha constitution.

If you have more and almost equal V's and P's, you have Vatta+Pitta constitution.

If you have more and almost equal V's and K's, you have Vatta+Kapha constitution.

If you have more and almost equal K's and P's, you have Kapha+Pitta constitution.

If you have more or less same V's, P's and K's you have Tridosha(Tri =three dosha=faults).

A balance between these three senses of humor is vital for good health; imbalance of any one or more results in disease. In present times, a perfect balance of these three senses of humor is seldom seen. Due to hereditary factors, generally one

humor dominates the other two right from birth, giving the person a Prakriti or a constitution. For example, a person who has an excess of vaata humor in his body is said to be possessing a Vata-constitution or suffering from Vata-dosha(dosha=fault or imbalance), Similarly, people having an excess of Pitta humor or Kapha humor in their bodies are said to be possessing pitta constitution or Kapha constitution respectively. Such dosha develops specific traits and susceptibility in the owner, rendering him prone to certain diseases.

It may also happen that two (or some times all three) humor are deranged(i.e., in excess). Such people are said to be having mix constitutions.

To balance these three senses of humor for proper health we have methods like Mudra, Yoga and Brahmavidya.

Samaan mudra is very useful for balance all the constitution.

Gyan Mudra

Gyan mudra popularly known as Vayu-Vardhak and Dhyana mudra.

How to do Gyan Mudra:

Joining the tips of Index Finger and Thumb Finger will form the Gyan mudra. Look at the picture to get the clear Idea.



How Gyan Mudra works:

Gyan mudra is useful to increase Vayu(air) element within the body. Vayu is the major component of Vata humor. Practicing Gyan mudra increases Vata-Humor and helps to heal all the diseases caused due to Vata deficiency.

If you are facing the problems of dullness of mind, lack of enthusiasm or initiative creativity, recklessness, loss of memory, in deficient brain power. Gyan mudrā or Vayu vardhak mudra is a best natural remedy.

The disorders of drowsiness, lethargy, mental retardation, nervous weakness, neuropathy, Alzheimer's disease, Gyan mudra is the best solution to overcome these conditions.

Gyan mudrā easily treats hypopituitarism, Hypothyroidism, Hypoparathyroidism, Hypoadrenalism these disorders. Muscular disorders like myopathies, myasthenia gravies, paresis, paralysis(viz paralytic squint, ptosis, facial palsy, vocal paralysis, respiratory paralysis, monoplane, paraplegia, hemiplegia, quadriplegia, etc.)

Daily thirty minutes of practice is enough to get best results of Gyan mudrā. You can do it in any place or any time. It is preferred that early morning and meditate to get quick results.

Precautions: If you are a Vata-dosha or Vata-Prakriti then you should practice this mudra in moderation only.

Other Variations of Gyan Mudra

Abhaya gyan mudra

Purna Gyan mudra

Dhyan mudra

Dharmachakara Mudra.

Vayu Mudra

The other name of Vayu mudra is Vayu-shamak mudra.

How to do Vayu Mudra:

Place the tip of the index finger at the bottom or base of thumb finger to form Vayu mudra. Look at the picture.



How Vayu Mudra works:

Vayu Mudra is useful to decrease Vata(air) element within the body. Practicing this mudra helps to reduce Vata element or Vata-dosha. This Mudra is very much useful to heal all the diseases caused due to an excess of Vata humor.

If your mind is anxious and restless Vayu mudrā is a best natural remedy to overcome.

If you are over excited then Vayu mudrā will calm down your nervous system and you can feel relaxation.

Hormone imbalance of endocrine glands can be overcome through practicing Vayu mudrā.

Other benefits of Vāyu mudrā are, Clears voice problems, allows re-hydration of skin and articular cartilage.

Vāyu is the important component of Vata Prakriti. Decreasing Vayu element in the body enables to overcome Vata dosha. If you are Vata Prakriti daily practising of Vayu shaamak mudrā helps to live a disease free life.

Daily practice of 30 minutes is enough to get best results. You can do Vāyu mudrā any time or in any pose. It is recommended that early hours in the morning or in meditation to get quick results.

Precautions: If you are a Vata-deficient person then you should practice this mudra in moderation only.

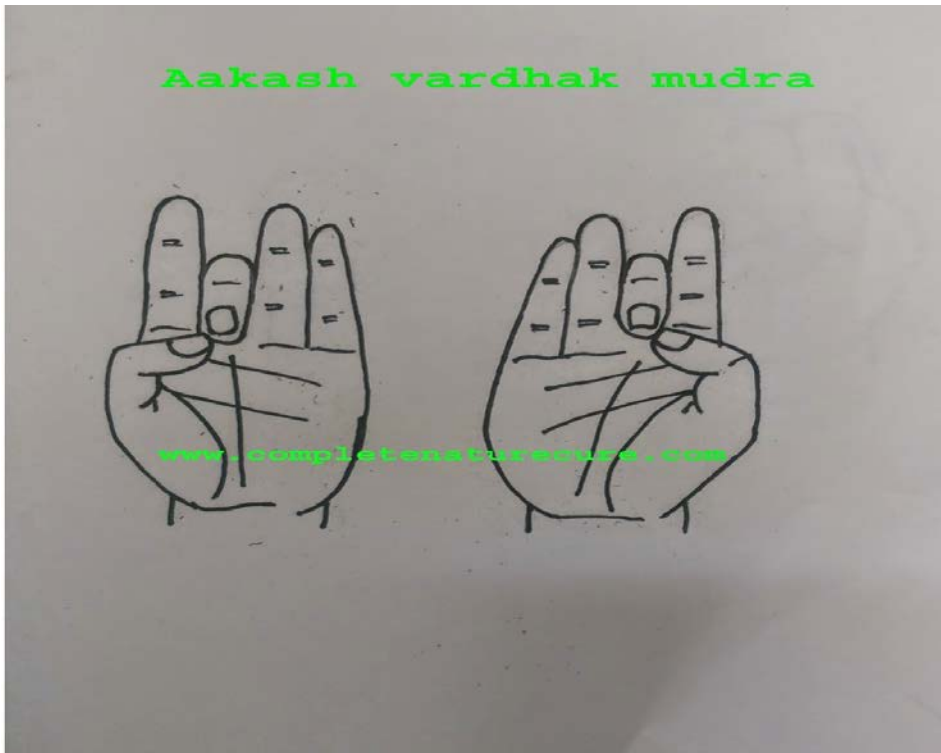


Aakash Mudra

Aakash mudra is useful to increase Aakash(space) element within the body.

How to do Aakash Mudra:

Joining the tips of middle finger and thumb finger will form Aakash Mudra.



How Aakash Mudra works:

Aakash mudra increases the space element within the body. Akash or space is a major component of Vata -Prakriti. Practicing this mudra will increase the Vata-humor and help to heal all the diseases caused due to deficiency of Vata-Prakriti.

Other Benefits of Aakash Mudra:

Aakash Mudra gives various health benefits and helps to spiritual enlightenment. The practice of the mudrā enables the person(atman) to reunite with the collective consciousness(Paramaatmaa or God). Negative emotions like fear, anger, sorrow, etc. are replaced by positive emotions and thoughts.

The increase as mentioned above in internal space is affected by the elimination of metabolic wastes from the body.

Aakash mudrā detoxified the body. The increased internal space enables the rest of the four bodily elements: Vayu(air), Agni(fire), Jal(water) and Prithvi (Earth) to increase , affording them a room to act. Thus, Aakash-var dhak mudra can be beneficially combined with mudras that increase the other four elements(i.e, Vaayu-var dhak mudra, Prithvi var dhak mudra, Agni-var dhak mudra and jal-var dhak mudra).

In general, Aakash-var dhak mudra is an excellent mudra that stimulates noble thoughts and helps the practitioner to take rapid strides along the path to moksha(salvation). It also helps a person who wishes to scale great heights in the art of meditation.

The element Aakash is also a component of bodily humor Vata. Therefore, Aakash-var dhak mudra reinforces the Vata humor of the body. It should be done in moderation by people of Vata constitution.

Develop noble, more thoughts, develop intuition and extra sensory powers, detoxify the body by the elimination of metabolic wastes. helps to overcome a feeling of fullness/heaviness in the body or body parts, to overcome discomfort caused by over-eating.

To relieve congestion (and pain) in the head (due to a migraine or sinusitis), ear/s (due to infection), chest (due to infection/asthma), etc. High blood pressure, irregular heartbeats, angina pectoris, etc.

Daily practice of 30 minutes is enough to get good results. You can perform it at any time or any posture, but early hours of the morning and in meditation will give best and quick results.

If you are a Vata dosha person, you have to perform it moderately only.

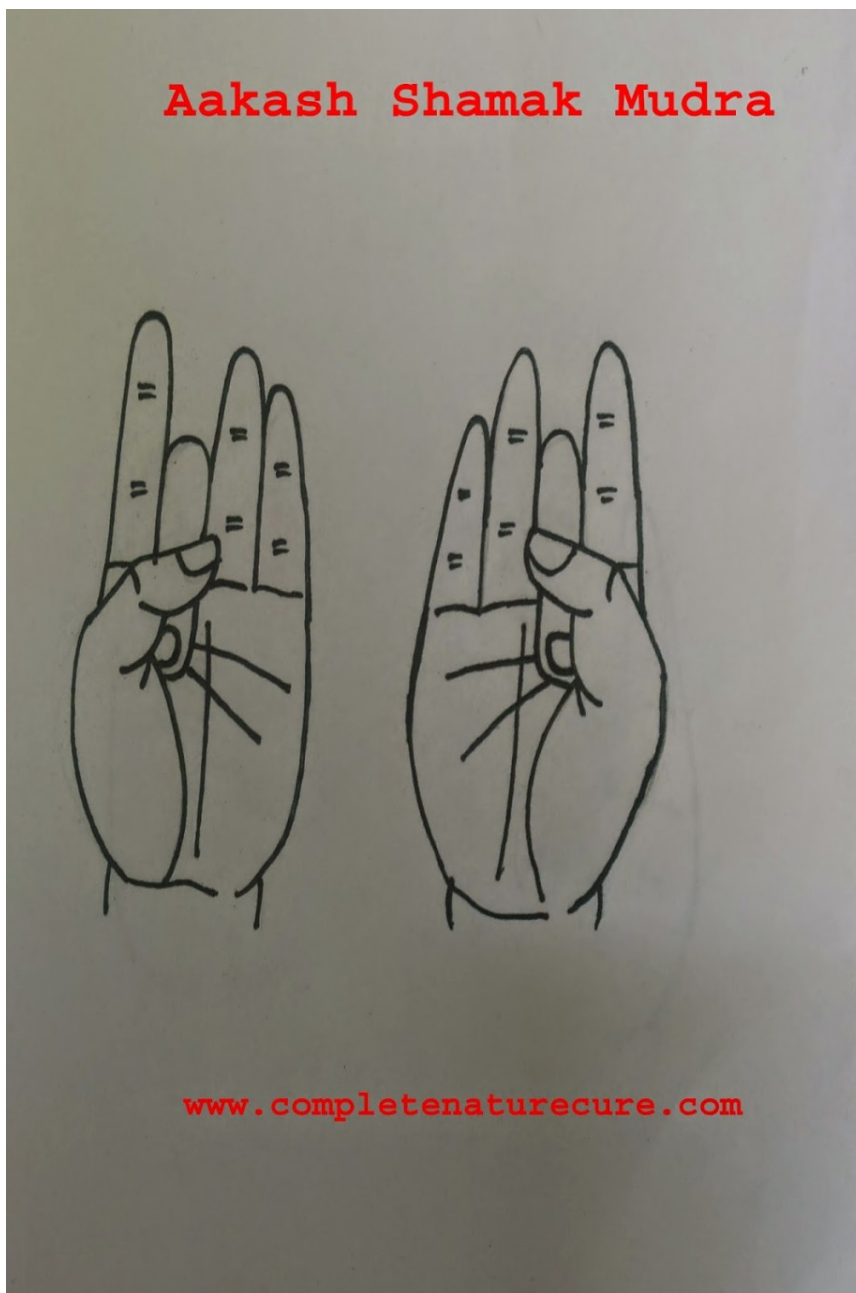


Shoonya Mudra:

The other name of Shoonya mudra is Aakash-shamak mudra.

How to do Shoonya Mudra:

Placing the tip of the middle finger at the bottom or base of thumb finger will form shoonya mudra.



How Shoonya Mudra works:

Shoonya mudra is useful to decrease the space element within the body.

This mudrā is used in Ayurveda treatments of disorders (enlisted below) caused by an abnormal increase of space within the body. The element space is associated with ears.

Therefore, Aakash-shaamak mudrā helps certain ear disorders. In fact, it is an almost fail proof remedy for ear pain.

The decreased internal space restricts the rest of the four bodily elements i.e, Vayu(air), Agni(fire), Jal(water) and Prithvi(Earth). Therefore, Aakash-shaamak mudra can be beneficially combined with Vaayu-shamaak, Agni-shamak, Prithvi-shammak and jal-shammak mudras.

Space(Aakash) is the main component of Vata Prakriti. Shoonya mudra is very useful to treat Vata dosha.

Benefits of Shoonya mudrā:

Shoonya mudrā has various health benefits. This mudrā is very much useful to heal the feeling of emptiness or numbness in the body or body parts like the head, the chest, the abdomen, Ear ailments like pain, tinnitus(noises), vertigo and acquired deafness.

This mudra is used in the Ayurveda treatments of all the diseases that caused due to an excess of Vata.

This mudrā can be performed any time or in any position. It is preferable that early morning hours and when you are meditating practice this mudra to get quick results.

Prithvi Mudra

Prithvi Mudra is also known as Prithvi-vardhak Mudra.

How to do Prithvi mudrā:

Joining the tips of the ring finger and thumb finger will form the Prithvi Mudra.



How Prithvi Mudra works:

This mudrā is very effective to increase the earth element and decrease fire element in the body.

Earth is the major component of bones, cartilage, moleskin, hair, nails, flesh, muscles, tendons, internal organs, etc. practice of Prithvi mudrā strengthens these tissues. Prithvi mudra reduces body temperature and strengthens your body.

Healing properties and benefits of Prithvi mudrā:

Prithvi mudrā has the healing power to heal following illness.

Prithvi mudra is useful to heal chronic fatigue.

This mudra will help you to overcome debility, convalescence, endurance or lack of stamina, loss of weight.

Prithvi mudra is also beneficial in the treatment of emaciation, inexplicable, osteoporosis, fracture, degeneration of articular cartilage, weakness, atrophied muscles.

Other diseases that can be healed by practicing Prithvi mudra are myopathies, paresis, paralysis, poliomyelitis, dry cracked, burning, mature skin, brittle nails, hair loss, premature graying of hair, burning in eyes, acidity, burning sensation of urinating, burning in anus, burning in hands, feet and head. Aphthous, ulcers in the mouth and stomach. Inflammatory diseases, jaundice, Fever, Hyperthyroidism.

Duration for Prithvi mudrā:

Thirty minutes of practice is enough to get best results, and you can do it any time or in any place, but the morning hour or when you are in meditation is the best choice to get best results. To get the result at a quick pace, please practice it regularly. Keeping a healthy diet plan is also beneficial.

Precaution for Prithvi mudra:

If you are a Kapha dosha person, then do it in moderation only.

Surya Mudra

The other names of Surya mudra are Prithvi-shamak mudra and Agni mudra.

How to do Surya Mudra:

Place the tip of the ring finger at the bottom of the thumb finger and apply little pressure will form Surya Mudra.



How Surya Mudra works:

Surya mudrā or Prithivi shaamak mudra helps to increase fire element in the body and decreases earth element in the body. Fire element plays an important role in keeping the body temperature.

Fire element is related to vision improving fire in the body clears vision problems.

Agni is the main component of pita Prakriti. The practice of Prithivi mudrā helps to increase pita humor in the body. If you want to overcome pita deficiency Surya mudrā is the best solution.

Surya mudrā or Prithvi-shaamak mudrā helps to decrease earth element in the body person with obesity or to have more fat is very beneficial.

Earth element is the main component of Kapha humor. Surya mudrā is very useful to overcome Kapha dosha.

Health benefits of Surya mudrā or Prithvi-shaamak mudrā:

Surya mudrā is very useful to increase body temperature. Coldness of skin, body, limbs, hands and feet, cold, shivering, inactivity of thyroid glands, obesity and overweight, loss of appetite, indigestion, constipation and other digestive problems, no sweating or less sweating of body and vision or eye problems can be overcome through this mudra.

Regular practice of 30 minutes is enough to get good results; you can do it any time or any position. Early hour of morning or when you are in meditation is the best choice to get the best result.

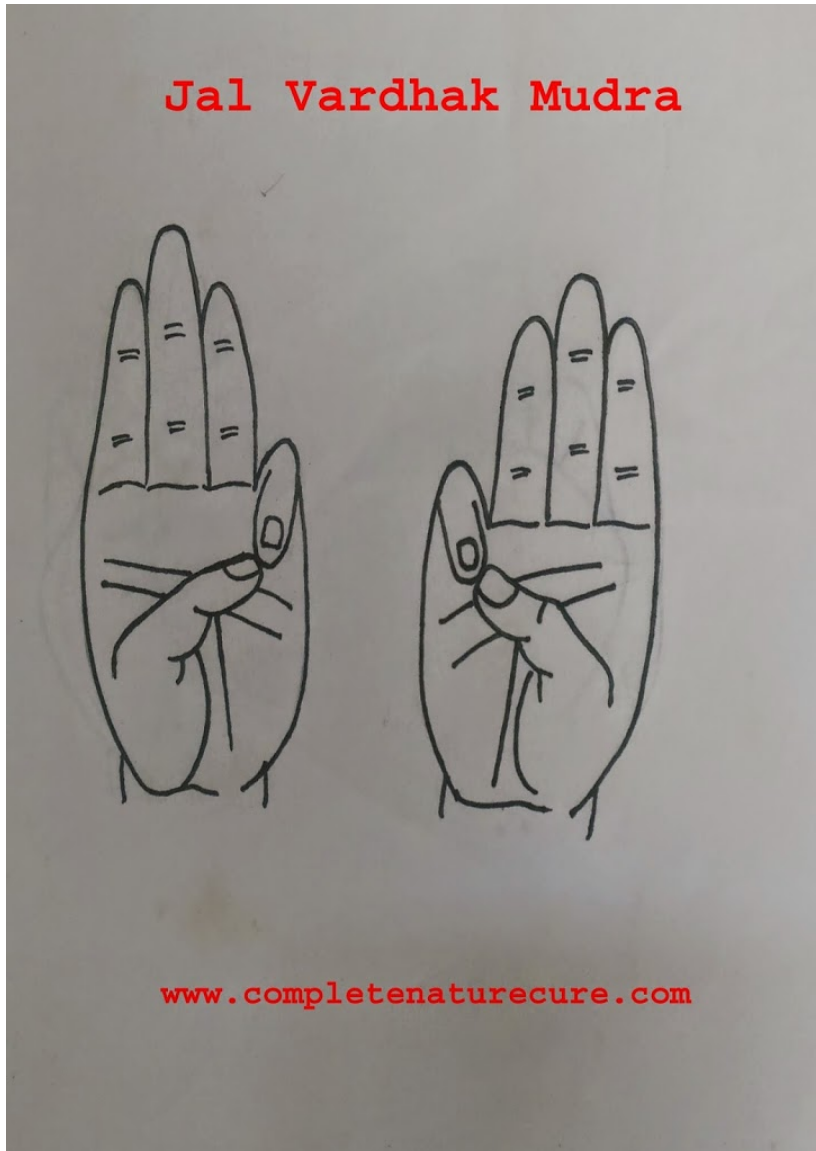
Precautions: If you are a Pitta Prakriti person then you should practice this mudra in moderation only.

Varun Mudra

Varun Mudra is also known as Jal-vardhak mudra.

How to do Varun mudrā:

Joining the tips of the little finger and thumb finger will form Varun Mudra.



How Varun Mudra Works:

Varun mudrā helps to increase water element in the body. Our body has 75 percent water. Water plays a major role in every activity of our health system. Water is present in protoplasm of cells, extracellular fluid, lymph, blood, tears, saliva, mucus, digestive juices, enzymes, hormones, semen, cerebrospinal fluid, etc. Any slight decrease in the percentage of water would result to many disturbances like dehydration. Practising Varun mudrā helps to increase water element in the body and restore the balance in the system.

The element of water has a major role in taste and tongue. Jal-vardhak mudrā is very useful to treat the disorders related to the tongue, taste, senses, dryness of the mouth.

Jal is the main part of Pitta and Kapha Prakriti. If you are a Pitta or Kapha Prakriti person then you should practice this mudrā moderately, this mudrā increases Pitta and Kapha dosha. If you are a Vata dosha person then practicing this mudrā will be greatly beneficial to prevent illness.

Benefits of Varun mudrā and its healing properties:

Varun mudrā increases water element it helps to overcome dryness of eyes and mouth, throat, and intestines.

Jal-vardhak mudrā is very useful to heal indigestion and constipation.

Varun Mudra is very effective to prevent dryness of skin and moisture skin in the winter.

Degeneration of joint cartilage, osteoarthritis dry eczema and psoriasis can be healed through Varun mudrā.

Varun mudrā is very effective in the treatment of cramps, dehydration, deficiency of hormones, Scanty urination, and scanty menses.

Loss of taste or tongue disorders can easily overcome through Varun mudrā.

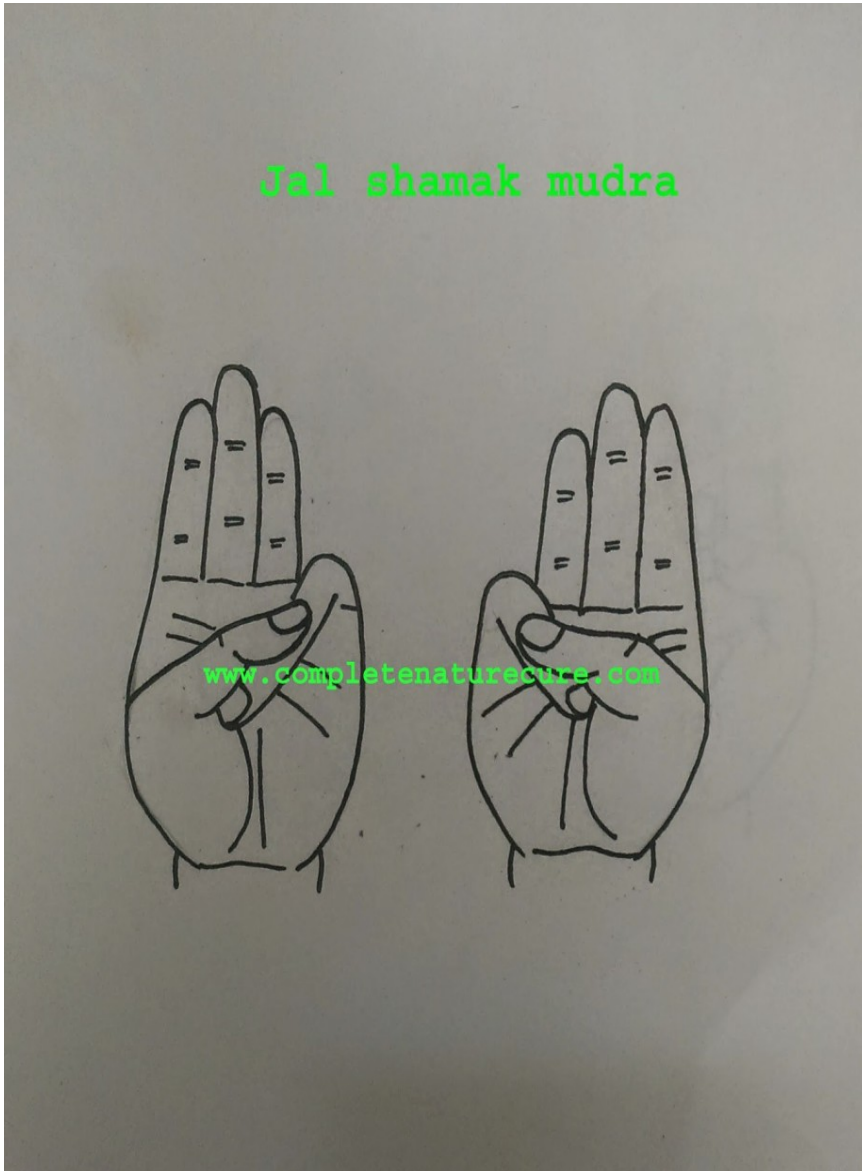
All the diseases caused due to an excess of vata dosha can be healed by practicing Varun mudrā.

30 minutes of regular practice is enough to get the benefits of Varun mudrā or jal-vardhak mudrā. You can do this mudra at any time or in any place, but early hours of the morning or in meditation is preferable.

If you are a Pitta or Kapha Prakriti person, then practice this mudrā moderate only.

Jal-shamak Mudra

Jal-shamak mudrā is very effective to reduce water element in the body. Water is the major part of Kapha and Pitta Prakriti, jal-shaamak mudra is useful to decrease Kapha dosha and pitta dosha.



How to do Jal-shamak Mudra:

placing the tip of the little finger on the base of thumb finger and applying little pressure is enough to form the jal-shaamak mudra.

How Jal-shamak Mudra works:

This mudrā decreases Jal element in the body. Water is the main component of Kapha and pitta, practice of jal-shaamak mudrā reduces the effects of these doshas.

Benefits of Jal-shaamak mudrā and its healing properties:

Jal-shaamak mudra is very useful to overcome Oedema.

This mudrā helps to heal ascites and dropsy.

Jal-shaamak mudrā is very effective in reducing excessive salivation.

Jal-shaamak mudrā is beneficial in the treatment of watery eyes.

Jal-shaamak mudrā prevents running nose.

Jal-shaamak mudrā is very effective in the treatment of Hyperacidity, diarrhea, pleural effusion, an excess of hormones.

This mudrā helps to heal excessive effusion of joint.

Jal-shaamak mudrā is helpful to reduce excessive menses(menorrhagia)

Jal mudra is useful to prevent hydrocele, hydrocephalus, hydronephrosis, cold and clammy body, hands/feet.

All the diseases cause due to deficiency of vatta.

30 minutes of regular practice is enough to get best results; you can do this mudrā any time or in any position. The practice of this mudrā in morning hours or meditation will give quick and best results.

Precautions: If you are a kapha deficient person then you should practice this mudra in moderation only.

Vaayan Mudra:

Vaayan mudrā is very useful to increase Vata humor. Due to this quality this mudrā also called as vaata-kaarak mudrā.

How to do vaayan mudra:

Just placing the tips of the index finger and middle finger on the tip of the thumb finger.



How Vaayan Mudra works:

Vaayan mudrā is very effective in increasing Vata humor. Vata humor plays an important role in controlling nervous system and various bodily movements. This mudrā empowers nerves system and vital power. This mudra helps to overcome Vata deficiency.

Benefits of vaayan mudrā and its healing properties:

Vaayan mudrā is very useful to overcome nervous exhaustion and the nervous breakdown.

This mudra helps to improve enthusiasm, thoughts and perception.

Vaata-kaarak mudrā helps to overcome lethargy, laziness, debility.

Vaayan mudra is effective to overcome drowsiness and excessive sleep.

Vaayan mudrā is very useful in the treatment of intolerance of heat, sunstroke, excessive thirst, excessive sweating, frequent, profuse urination, loss of appetite, fatness, loose motions, excessive menstrual bleeding, greasy skin and hair.

All the disease caused due to the deficiency in vaata.

30 minutes of practice is enough to get best results of vaayan mudrā. You can do this mudra at any time or in any position. It is preferred to practice it in the early hours of the morning or meditation.

Vata-nashak Mudra

Vata-naashak mudrā is very useful to decrease Vata-dosha.If you are a Vata dosha person, this mudra is for you.

How to do Vata-naashak mudrā

This mudra is very easy to do just placing the tips of index finger and middle finger at the base of thumb finger and applying gentle pressure.



Vatta-naashak mudrā helps to overcome all the painful conditions like a headache, earache, toothache, throat pain, etc.Impact of Vata-naashak mudrā on health:

Vata-naashak mudrā helps to cut Vata-dosha.This mudrā is very helpful for the person of Vata Prakriti.

Benefits of Vata-naashak mudra and its healing properties:

Vata-naashak mudrā is useful to overcome chronic fatigue.

This mudrā helps to overcome the lack of stamina and endurance.

Vata-naashak mudrā is very effective to overcome indecisiveness, impatience, timidity, inexplicable fear.

Vata-naashak mudrā is the best mudrā to overcome sleeplessness.

This mudrā is helpful in the treatments of intolerance of cold weather or the wind, underweight, emaciation, inexplicable weight loss.

This mudra is very useful to decrease numbness in the body parts.

Vata-naashak mudrā is very useful in the treatments of Tremors, shivering, unsteady gait, Parkinson's, giddiness, vertigo, creaking joints, osteoarthritis, cold, dry, cracked skin, nails, hair, irregular, scanty, painful menses, hoarseness of voice, stammering, constipation, flatulence, scanty urination, scanty sweating.

All the diseases caused due to Vata dosha can be healed by Vata-naashak mudrā.

30 minutes of practice is enough to get good results of vata-naashak mudrā. You can practice this mudra at any time or any position. It is preferable that early hours of the morning or in meditation to get best results.

Kapha-nashak Mudra

Kapha-nashak mudra is very useful to decrease Kapha dosha. This mudra also increases pitta humor in the body. Due its effect on pita humor, its also called as pitta-kaarak mudra.

How to do kapha naashak mudrā:

Just placing the tip of the ring finger and little finger in the base of thumb finger is enough to form Kapha nashak mudrā.



Kapha-nashak or pitta-Kaarak Mudra

How Kapha-naashak Mudra works:

Kapha-naashak mudrā decreases Kapha humor and increases pita humor in the body. Pitta plays a major role in the heat and digestion of body. This mudrā is the best mudrā for the person who has a deficiency in pita and excess in Kapha.

Benefits and healing properties of Kapha-naashak mudrā:

This mudrā helps to improve enthusiasm and initiative. Pitta-kaarak mudrā is very effective to overcome the slowness of perception, activities.

This mudra is very excellent to improve self-esteem.

Kapha-naashak mudrā is very effective mudrā to overcome all the health problems of the winter season.

Pitta-kaarak or Kapha naashak mudrā is useful in the treatments of coldness of skin or hair, Oily, greasy skin or hair, absent of scanty perspiration, loss of appetite, indigestion, slow digestion, Thirstlessness, obesity or easy weight gain, hypothyroidism, scanty menses, excessive mucous in the respiratory, digestive tracts causing colds, wet cough, sticky stools, etc

Pitta-kaarak mudrā is very useful in the treatment of vision-related disorders and eye disorders.

All the diseases caused due to an excess of Kapha can be healed by this mudrā.

30 minutes of regular practice is enough to get good results of Kapha-naashak mudrā. You can do this mudra at any time or any place. But in the early hours of the morning or in meditation is very effective.

Pran Mudra

Pran mudra or prana mudra is very useful to increase Kapha humor and decrease pitta humor. Pran mudra can be called Kapha kaarak or pitta naashak mudra.

How to perform Pran mudra:

Joining the tips of the ring finger, little finger and thumb finger will form prana mudra.



Pran Mudra or Kapha-kaarak Mudra

How Pran Mudra Works:

Pran mudra increases Kapha humor, Kapha mudra plays a vital role in vitality, strength, and immunity. Pran Mudra decreases Pitta humor. Pitta humor has a direct impact on bodily temperature.

Benefits and healing properties of Pran mudra :

Pran Mudra is very effective in the treatments chronic fatigue, general debility, low endurance, impaired immunity, mental tension, anger , irritability, jealousy, pride, impatience, persistent sense of time urgency and forgetfulness.

Pran Mudra is very useful to overcome the intolerance of heat, stress, and noise, ailments which get worse in summer, hyperthyroidism, Intolerance of heat, stress and noise; diseases which get worse in summer. Hyperthyroidism (weight –loss despite having good appetite), Inflammatory disorders (diseases ending with ‘itis’), Sleeplessness; light disturbed sleep, High blood pressure, atherosclerosis (hardening and narrowing of arteries), Burning in the mouth, throat, stomach; aphthous ulcers, acidity, ulcerative colitis, Loose, bloody stools, dysentery,

Scanty, burning urination, Excessive, foul-smelling perspiration, Excessive, painful menses, Red-hot joints; Rheumatoid Arthritis; instability of joints, Burning, red, dry eyes; cataract, Dry, red, hot, ageing, skin; skin-rashes; urticaria, leprosy, Dry, sparse, grey hair,

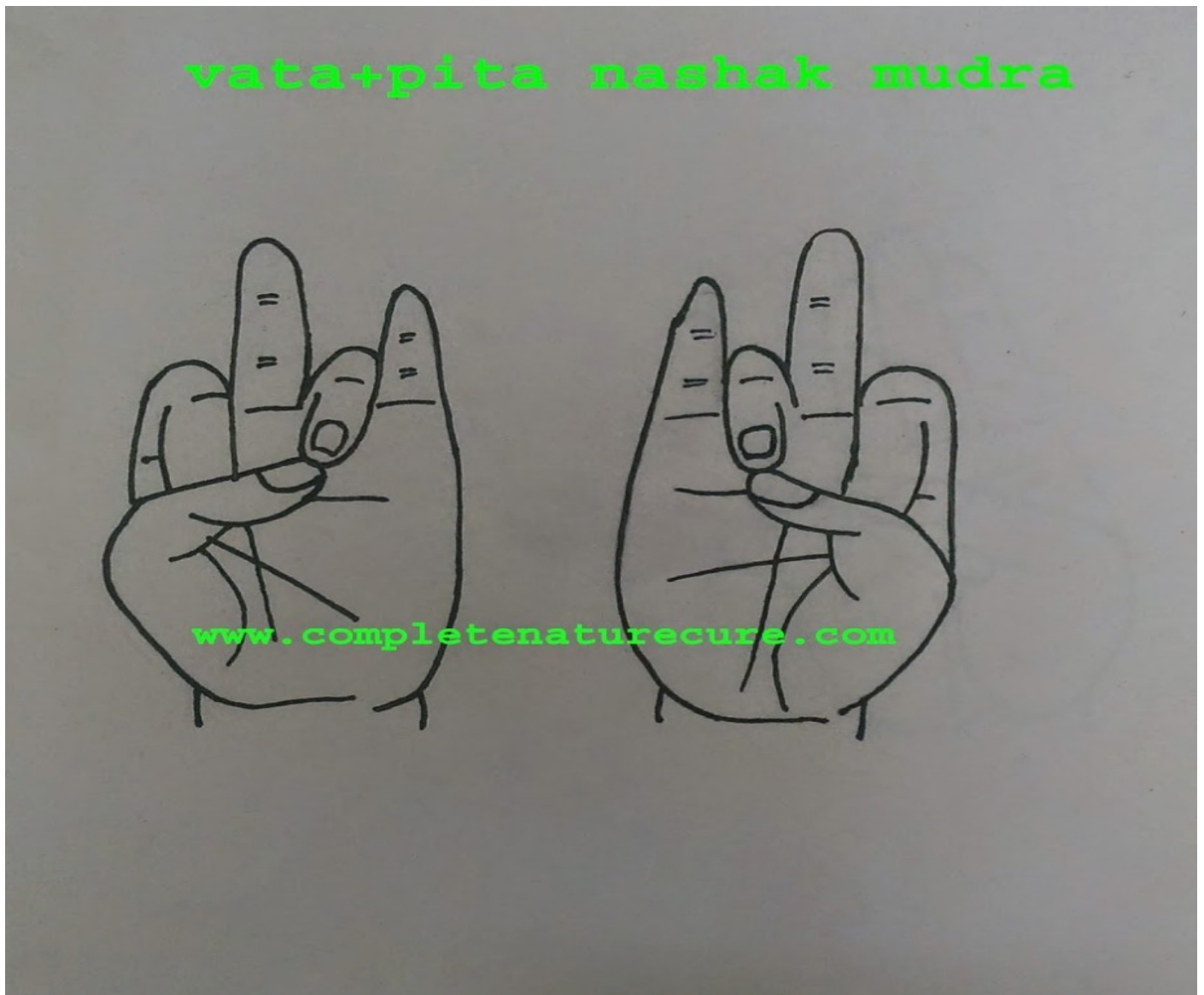
Jaundice, Premature aging,

disorders caused by a deficiency of earth and water elements within the body.

30 minutes of practice is enough to get a good result. You can practice it at any time or any position but in the morning hours is the best time. It is better that if you practice Vaata naashak mudra combined with this mudra.

Vata and Pitta-nashak Mudra

Vatta and pita naashak mudrā is very useful for the persons who are having vatta and pitta dosha jointly. This mudrā has unique qualities to overcome all the ailments of Vata and pitta doshas.



How to do Vata+pitta nashak mudrā:

This mudrā is little critical than basic mudrā, just placing the tip of the index finger on the base of thumb finger and placing the tip of ring finger on the tip of thumb finger is enough to form this mudra.

30 minutes of practice is enough to get good results of this mudra. You can perform this mudra at any time or any position. It is preferable that early hours of the morning or in meditation.

If you are a Kapha Prakriti person, then you should practice this mudra in moderation only.

Vata and Kapha-nashak Mudra

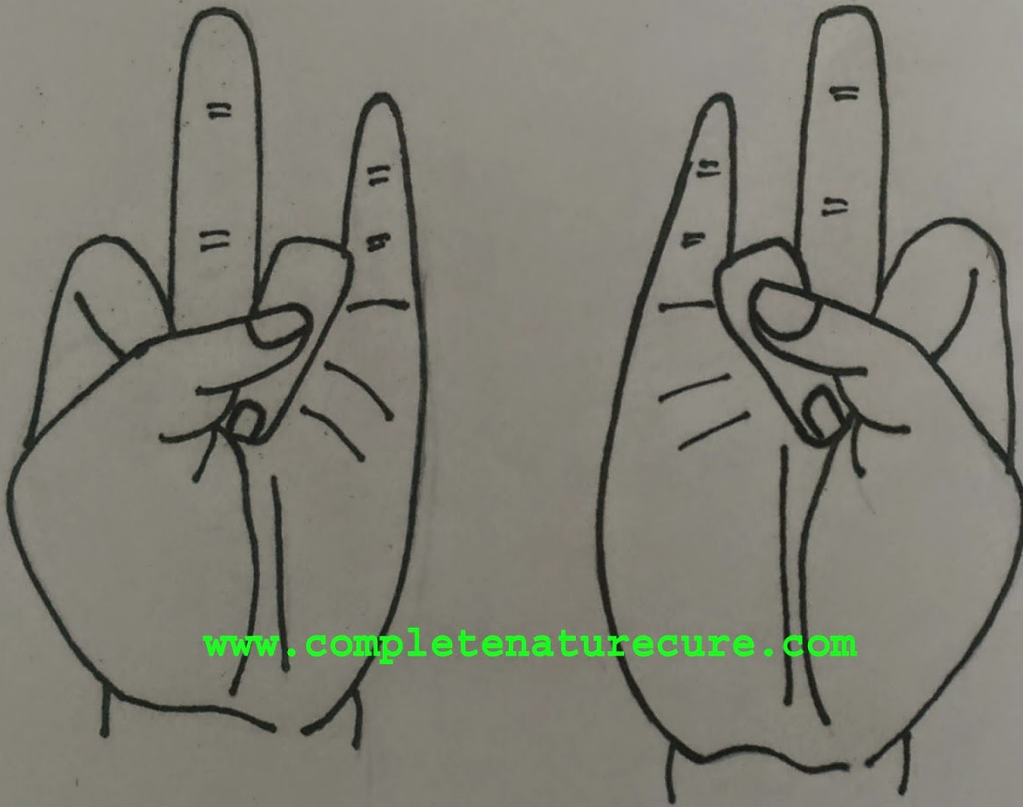
This mudra helps to overcome any ailment of a person having a Vaata+Kapha mix constitution.

How to do Vata and Kapha-nashak Mudra:

This mudra is formed by applying the tips of the index and the ring fingers to the base of the thumb.

Duration: 45 minutes every day, either at one stretch or in three parts (i.e., for 15 minutes, thrice a day).

Vaata + Kapha naashak mudra



Precaution: People with a pronounced Pitta constitution should practice this mudra in moderation if at all.

Surabhi Mudra

Surabhi mudrā is very useful to cut all the bad effects three doshas. Due to its impact on all the three doshas it's also called as tri-dosha naashak mudra. This mudrā has a unique property of balancing all the five elements in the body; this mudrā has directly equal to saaman mudrā. Surabhi means cow, in Indian mythology there is cow kaamadhenu that fulfill all the wishes. This mudrā gives that much help full to maintain good health and this mudrā is called as Kaamadhenu mudrā.

How to do Surabhi mudrā:

This mudra is not that much easy to do like basic mudra. Look at the picture and read the description clearly. This mudra is formed by joining the tip of ring finger of each hand to the tip of little finger of the other and the tip of the index finger of each hand to the tip of middle of the other. This forms a figure that resembles the four udders of a cow.



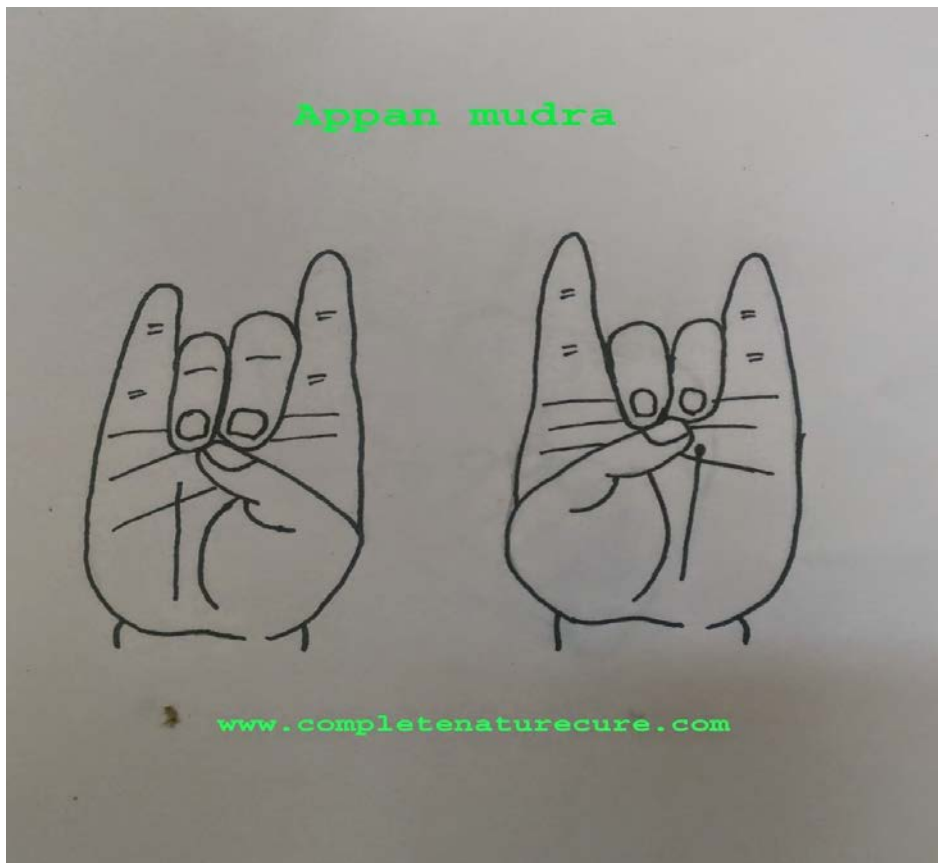
30 minutes of regular practice is enough to get good results of this mudrā. You can do it any time or any position. It is preferable that early hour of morning or in meditation to get the best result. Anyone can do this mudra to lead a disease free life.

Apaan Mudra

Apana mudrā is very useful to detoxify the body and this the best mudrā to energize your system.

How to do Apana mudrā:

This mudrā is very easy to do, just placing the tips of the middle and ring finger with thumb finger.



How Apana Mudra Works:

Apana mudrā is combined form of Prithvi and Aakash mudrā. This mudrā increases Vata and Kapha mudra and decreases pita humor.

Apana mudrā is very effective in treatments of Anuria, Constipation, flatulence and piles.

The is the best mudrā in the treatments of the absence of sweat, delayed delivery of a child and burning in the body or body parts.

This mudra is very helpful in the treatments of all the diseases of deficiency of Vata, and Kapha.

Ailments caused by and excess of element fire and humor Pitta.



Apaan Mudra

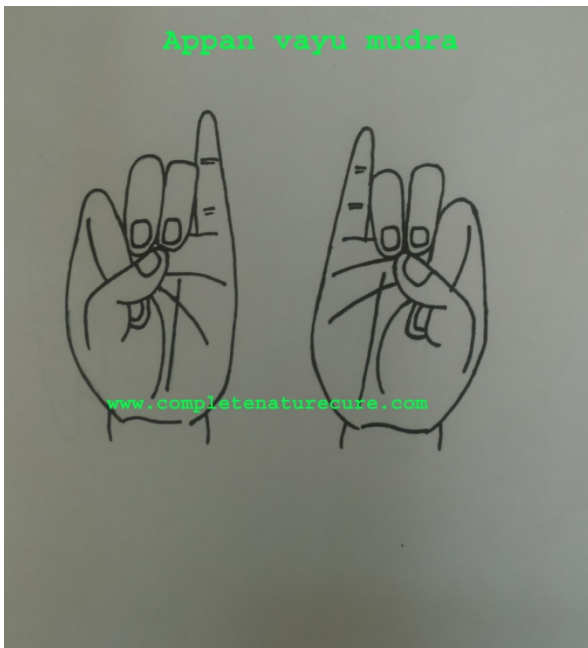
You can practice this mudrā any time or any place but in morning hours is the best. If you are a Vata and Kapha Prakriti, then practice this mudrā in moderation only.

Apaan-Vayu Mudra

Apana-Vayu mudrā is one of the most important mudras in healing mudras. It is also called as mritasanjeevani mudrā; This mudrā can snatch a person away from the clutches of death! Apana Vayu mudrā is very helpful for the people who have suffered from chest pain or a heart attack.

How to do Apana Vayu mudrā:

This mudrā is very easy to do, just joining tip of the thumb finger, middle finger, and ring finger, and placing the tip of the index finger on the base of thumb finger.



How Apana-Vayu Mudra Works:

This mudrā increases earth element and decreases fire and air at a time.

This mudrā is helpful to remove obstructions/blockages and detoxified the body.

This mudrā helps to increase Aakash element in the body. The increase of earth element helps to increase vitality. Sedation of the mind and relaxation of the body/muscles due to a reduction of element Vayu (air).

Benefits and healing properties of Apana Vayu mudrā:

This mudrā is useful to overcome Fast heart beats, palpitations, Angina pectoris.

The practice of this mudrā as soon as heart attack strikes might enable the victim to decrease the damage to the heart muscles.

This mudrā is a pain-killer it can be used to treat, headache, toothache, tummy ache, backache, joint pains, heel pain, etc.

This mudrā is very useful to overcome excessive sweating, obstruction of urine, Ailments caused by a deficiency of element earth.

All the diseases caused due to Vata and Pitta can be overcome through Apana Vayu Mudra.

30 minutes of practice is enough to get the good results of Apana Vayu Mudra. You can do it at any time or any place but in the early morning or the meditation is the best choice to get optimum result.

If you are a Kapha Prakriti, then you should practice this mudrā in moderation only.

Linga Mudra

Linga mudrā is the best mudrā to increase fire element in the body which helps to raise pita humor.

How to do linga mudrā:

This mudrā is very easy to do; linga mudrā is formed by interlocking the palms but keeping the left thumb erect, pointing upwards.



How Linga Mudra Works:

Thumb represents fire element. Linga mudrā helps reinforce fire.

Benefits of linga mudrā:

Linga mudrā exercise is very much beneficial to overcome cold and overweight. This mudrā contributes to burning the extra fat in the body that contributes to weight loss. Linga mudrā for cold, this mudrā increase hotness in the body that helps to relieve cold.

Linga mudrā is very useful in the treatments of Shivering and chills due to intolerance of cold weather or hypothermia.

All the ailments caused due to the accumulation of mucous in the body.

Diseases like sinusitis, wet cough, sticky stools can be overcome through linga mudrā.

Asthma and other respiratory ailments that occur at the change of weather,
Sexual debility in men.

Linga mudrā duration:

This mudrā can be practice only when there is a necessary. Linga mudrā duration is 30 minutes.

If you are suffering from fever or pita Prakriti, then don't do this.

Shanka Mudra

Shanka mudra is very useful to decrease fire element and increase air element in the body.

How to do shanka mudrā:

Clench the left thumb with the fight fingers and place the left fingers on the back of the right palm. Now join the tips of the right thumb and the left index finger.



How Shanka Mudra works:

Shanka mudrā decreases pita humor and increases the Vata and Kapha humor in the body.

Benefits and healing properties of Shanka mudrā:

A feverish feeling in the body is very easily overcome through this mudrā.

Burning in the body or body parts is relieved by practicing shanka mudrā.

Shanka mudra is very useful in the treatment of Allergic disorders, skin rashes, voice and throat problems, flabbiness/weakness and paralysis of muscles.

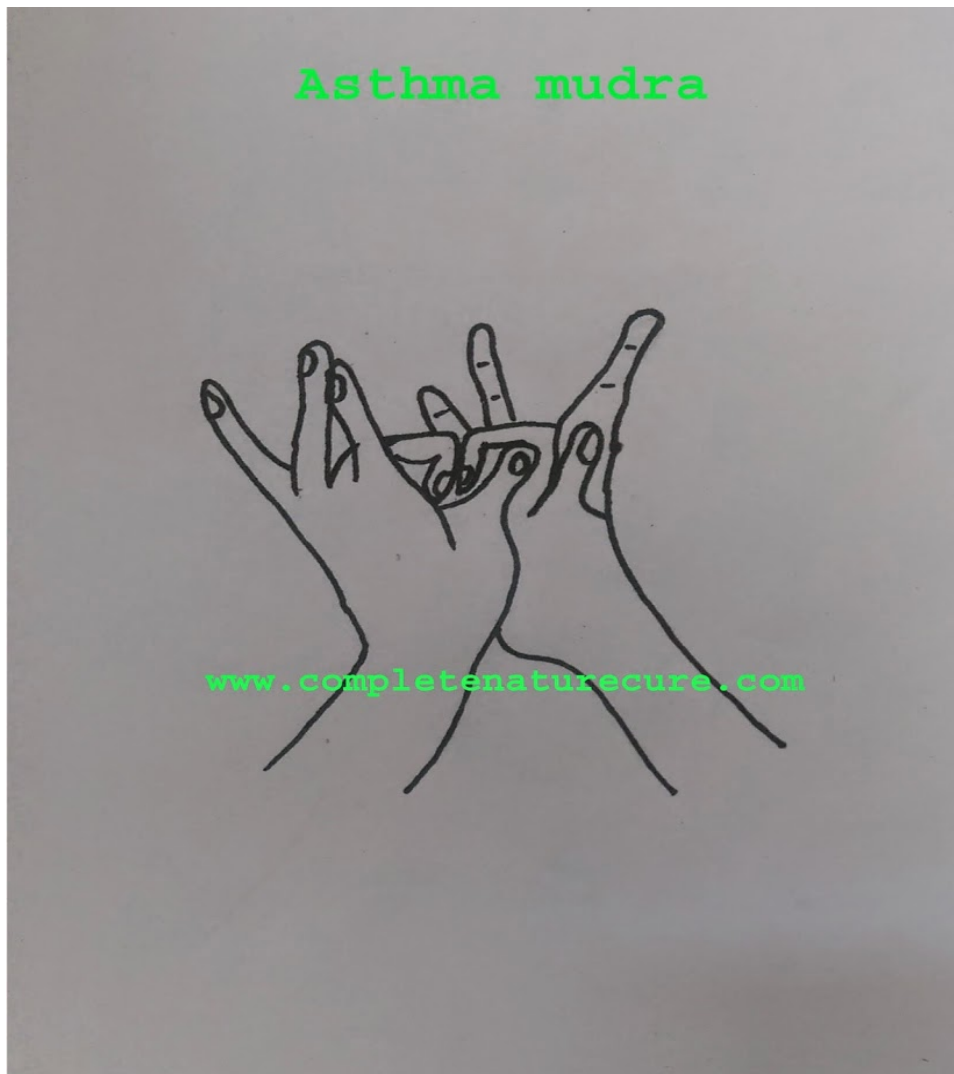
30 minutes of practice is enough to get good result of the shanaka mudrā. You can practice it at any time or in any position. If you are suffering from fever or any other allergy, then you can do this mudra for a longer time to get best results. If you are a Vaata+kapha mix Prakriti then you should practice this mudra in moderation only.

Asthma Mudra

Asthma mudrā is a unique mudrā to relieve an asthmatic attack. Regular practice of this mudra helps to reduce the ill effects asthma.

How to do Asthma mudrā:

This mudrā is very easy to do just pressing together the fingernails of the middle fingers and keeping the other fingers gently extended.



How Asthma Mudra works:

This mudrā is very useful in the treatment and to prevent the attacks of asthma.

When you are feeling a breathlessness situation 15 minutes of practice will be greatly beneficial. Regular practice of ten minutes twice a day will be very useful to prevent future attacks.

Matangi Mudra

Matangi mudrā is very useful to attain inner harmony. Practicing this mudra helps you to achieve peace with your inner self and with the surroundings.

How to do Matangi mudrā:

This mudra is formed by interlocking the hands and keeping the middle fingers straight and touching each other like in the picture.



How Matangi Mudra works:

Matangi mudrā directly affects the hypothalamus.

Benefits and healing properties of Matangi mudrā.

The hypothalamus is the major autonomous part of the nervous system; This mudrā helps to establish a state of balance in the body.

This the best mudrā to relieve tension.

Matangi mudrā is very effective in relieving the pains in the organs of chest and abdomen.

20 minutes of practice is enough to get instant relief from pains and 5 minutes each in the morning and evening to get internal harmony.

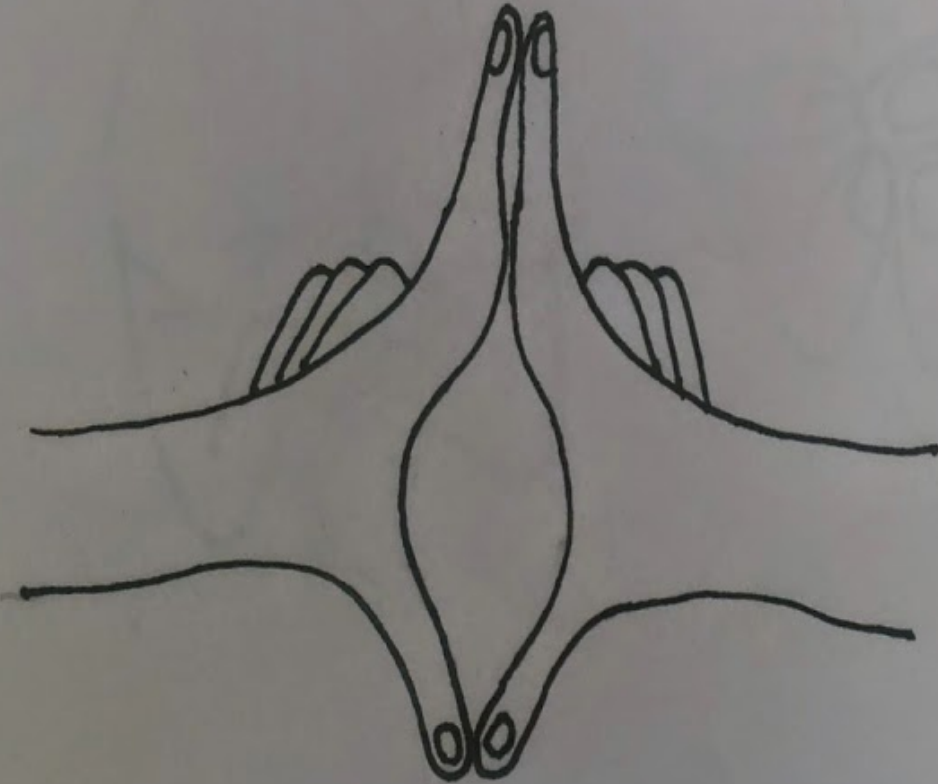
This mudrā can be performed by anyone or anytime.

Uttrabodhi Mudra

Uttarabodhi Mudra is very useful to get enlightenment. This mudra can be used to substitute Abhay-Gyan mudra.

How to do Uttara bodhi mudra: This mudra is easy to do just interlock the hands keeping the index finger straight touching each other and pointing upwards, and the thumbs extended touching each other and pointing downwards.

Uttarabodhi mudra



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How Uttara bodhi mudra works:

Regular practice of this Mudra leads to the realization of self and remove fear. This mudra gives us the knowledge of self and understanding that we should fear nothing except God.

Benefits of Uttarabodhi Mudra:

This mudra is the best mudra to soothe and calm excited nerves before beginning of a daunting task.

This mudra is very useful to improve self-confidence and to overcome examination or stage fright, etc.

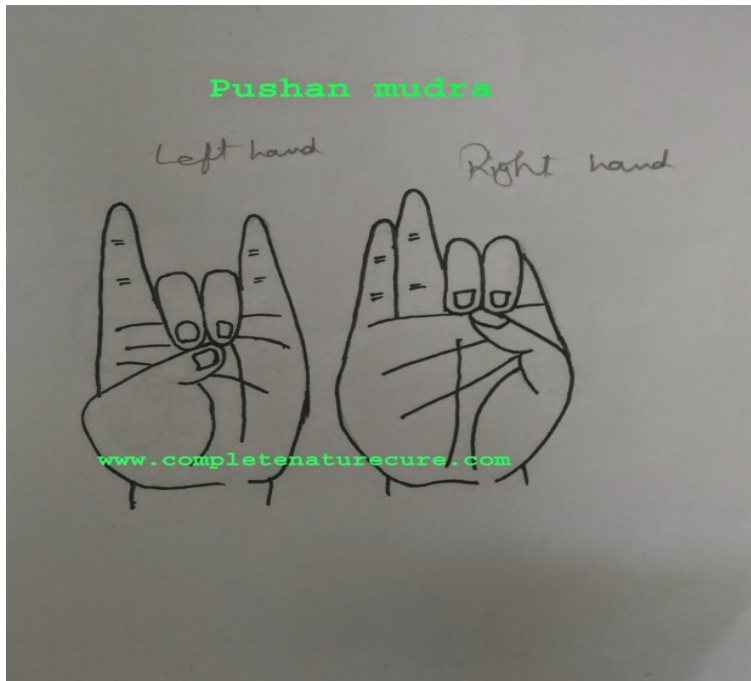
20 minutes of practice is enough to get the result. You can perform this mudra any time or any position or whenever there is a necessity.

Pushan Mudra

Pushan mudrā is very useful to improve energy and nourishment. This mudrā represents to sun the God of warmth.

How to do Pushan mudrā:

This mudrā is a combination mudra. You have to perform it with the little care with the right hand perform vaayan mudra and with the left hand perform Apana mudra.



How Pushan Mudra works:

This mudra increases the primary three elements of earth, air, and space in the body.

Pushan Mudra is very efficient in improving immunity and energy of the body.

Pushan mudrā is the best mudrā to improve your strength, stamina, and endurance.

Pushan mudrā is very useful to detoxify the body; It helps to excretion of metabolic waste products through stools, urine, and waste.

30 minutes of regular practice is enough to get good results, you can do it any time or any place but it is better that you do it in the early hour of morning or in meditation to get the best result.

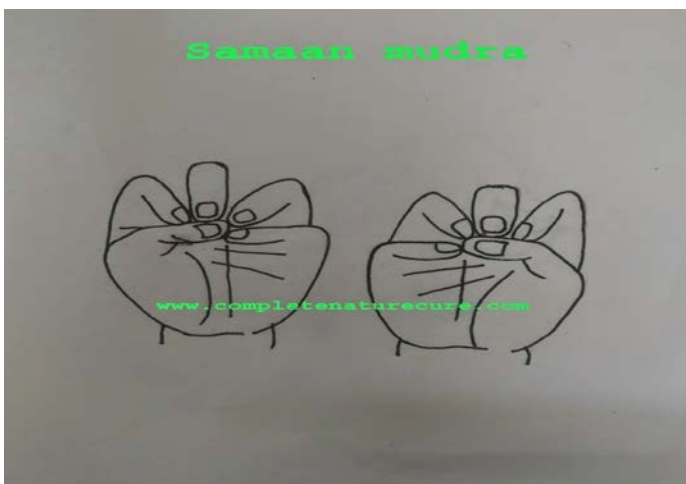
Samaan Mudra

Samaan mudra is very useful to balance all the three doshas Vata, pita, and Kapha. Due its impact on the doshas, it is also called tri-dosha-naashak mudrā. This mudrā has two other names Mukul and Sukri mudra.

This mudrā is the best mudrā which balance all the five elements in the body. This mudrā is very much beneficial for the persons whose all three humors have become deranged. This mudra can be used to overcome any disease. If you want to prevent illness this the best mudra to practice regular basis.

How to do Samaan mudrā:

This mudra is very easy to do, just joining together the tips of the thumb and all four fingers.



30 minutes practice is enough to good results of this mudrā.you can practice it at any time or any position.In the morning hour is the best time.

If you are facing any illness then, while performing this mudra, The fingertips can be directed at the diseased part of the body to get quick results.

Pitta and Kapha Mudra

Pitta and Kapha-naashak mudra

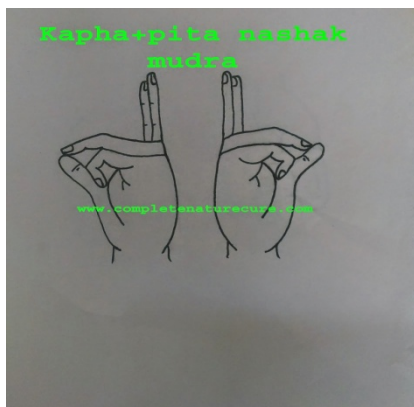
Pitta and Kapha naashak mudra and its healing health benefits

This mudra helps to overcome any ailment of a person having a Pitta and Kapha mix constitution.

How to do Pitta and Kapha nashak mudra:

This mudra is formed by

1. Joining together the tips of the thumb and the ring finger and
2. Applying the tip of the little finger to the base of the thumb.



Duration: 45 minutes every day, either at one stretch or in three parts(i.e for 15 minutes, thrice a day).

Precaution: People with a pronounced Vata constitution should practice this mudra in moderation if at all.

Kundalini Mudra

Good sex is essential for personal well-being and a sexual orgasm with a compatible partner is the closest an earthly act can take us to the inner sanctum of unadulterated joy. The Kundalini Mudra is associated with the sexual force that needs to be awakened. It is about the unification of the masculine and the feminine. Several schools of yoga and even the martial arts have recognized the immense power of the fountain of human sexual energy. It is the receptacle of regeneration and creativity.

Here, both the hands should form a loose fist.

Then, extend the left index finger into the right fist from below and place it on the pad of the right thumb.

The other fingers of the right hand cover the finger from above. It is like a loose and comfortable fleshy glove for the left index finger.

Hold this Mudra as low as possible in front of the abdomen.

Do this Mudra three times a day for fifteen minutes.



Benefits of Kundalini Mudra

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Tantra and Kriya Yoga Mudras

Yoni Mudra

How to do: Adopt Sidhasana pose with both ears closed with the thumbs, both eyes with the index fingers, both nostrils with the middle fingers, and the mouth with the ring and small fingers. Inhale and retain the breath. Repeat om and concentrate on Ajna chakra (between the eyebrows). Perform Mula Bandha and feel that kundalini shakti is ascending the Sushumna and feel that kundalini shakti is ascending the Sushumna, piercing the six chakras. Exhale and release the fingers.



This enables the yoga to enter deep into the heart, for the practice of profound meditation and Japa. It awakens the sleeping kundalini and confers great powers to the body and mind. It bestows mental peace and serenity.

Maha Mudra

How to do: One has first to perform Mula Bandha and press the Kanda(space between anus and the generative organ) by the right heel.Keep the left leg straight. Bend down and hold the big toe of the left foot with both hands. Bring the head down until it touches the knee. This position is also known as Janu-Shira-Asan. In Maha mudra, Janu Shira Asana is associated with the Bandhas and pranayama. Inhale and while retaining the breath performJalandhar Bandha. Then Exhale while performing Uddiyan Bandha (taking the navel forcibly towards the back). Perform the pranayama as long as you can.

The same can be repeated by keeping the right leg straight and by pressing the Kanda with the left heel.

The gaze should stay between the eyebrows(thru-Madhya Drishti). Meditate upon the Ajna Chakra.



Duration: This mudra can be done as long as one can.

Maha Mudra should be followed by Maha Bandha and Maha Vedha.

Benefits: This exercise enables the combined forces of Prana and Apana to pass through Sushumna, which awakens the Kundalini. This Cures Hemorrhoids or piles, gastritis, constipation, consumption and various morbid conditions of the body thereby augmenting digestion and toning up the nervous system.

Maha Vedha Mudra

In Maha Vedha, press the Kanda with the left heel. Perform Mula Bandha. Place the right foot on the left thigh. Then perform Jalandhar Bandha by pressing the chin against the chest. Place both palms on the ground and then balancing the body on the hands raise the buttocks with the left heel pressing against the Kanda, then bring it down on the ground(gently). Perform inhalation of breath at the beginning of the practice and after few times of striking, exhale.



This exercise is a great purifier of the body and the mind. It also awakens Kundalini Shakti and leads to the attainment of Samadhi.

Yoga Mudra

Yoga mudra is one of the very important mudras in mudras. When you practice this mudra, it tones up the nervous system, builds up powerful abdominal muscles and strengthens the pelvic organs. It helps pep up digestion, boosts the appetite and removes constipation. It provides relief in gas troubles, flatulence, and lumbago. It tones up and relaxes the nerves of the head and face. It also strengthens the sex glands.

How to do Yoga mudra:

Sit erect in padmasana. Fold your hands behind your back, holding your left wrist the right hand. Take a deep breath. While exhaling, bend forward slowly keeping your hands on your back. Bring your face downwards until your nose and forehead touch the floor. While inhaling slowly rise back to the upright position.



You can do this mudra as far as you can

Matangi Mudra

How to do: Draw water through the nostrils but throw it out through the mouth. While throwing the water through the mouth, give the mouth a tube-like shape and let the water gush forth forcible.

Benefits: Matangini mudra tones the optical nerves and the brain. It removes a headache, prevents cold, adds luster to the face and leads to peace of mind.

Ashwini Mudra

How to do: For this sit either in Sukhasan or Vajrayana. You may practice this in the lying pose, keeping the legs folded in such a way that the heels touch the buttocks, contract the anus and release it. Repeat many times. Contraction and dilation of the anus remove constipation enable the yogi to master Apana Vayu and helps to unfold Muladhara Chakra or the basal plexus.



Kaki Mudra

How to do: Sit in Sidhasana, draw the tongue out in a tube-like shape and inhale through the tongue. Retain the breath. Draw the tongue in and perform Yoni mudra. Exhale through the left nostril. Again do the same and exhale through the right nostril. Do it several times.



Benefits: This Kaki Mudra cools the body, removes excess of bile, purifies the blood and develops the mystic vision

Shambhavi Mudra

How to do: The practitioner should sit in Padmasana or Sidhasana with eyes steady looking into the void and keeping the mind focused on the heart. One should practice not to wink before this. He has to forget the body and the surroundings and let the mind merge in silence.



Benefits: By doing Shambhavi mudra one has more and more peace come unto him.

Unmani Mudra

This Unmani Mudra can be practiced by only those who have reached a higher state of yoga.

How to do: In this one has to sit in Padmasana or Sidhasana with the eyes half open. Then he has to fix the mind on the space just a few inches from the eyes. Meditate upon the Self that is formless, nameless and Infinite, without any thought in mind and mind in calm meditation.

Benefits: This gives peace of mind and unfolds inner glories of the Spirit through Samadhi.

Warning: Unmani Mudra is a yogic posture that can be practiced by only those who achieved a high state in Yoga.

Viparita Karani Mudra

This Viparita Karani word means Sanskrit inverted. One has to lie down relaxed. Gradually raise both the legs and the hips. Support the waist with hands more or less in Sarvanga Asan pose.

By tis practice, the positions of the Sun and Moon are reversed. Hence, it is called Viparita Karani



It is the opinion of yoga masters that the sun dwells in the navel and moon in Sahasrara. The nectar that flows from the moon is consumed by the fire at the navel. This leads to decay and death. But by the constant practice of this mudra the nectar of the moon is preserved.

Duration recommended is a few minutes to start with but can be gradually increased to two hours or more. After a few weeks the face shines with spiritual luster, wrinkles are removed, eyes become healthier, and digestion becomes keen.

Kubera Mudra

In India Kubera is the god of wealth. Hence, the name of the Mudra is Kubera Mudra or wealth mudrā.

How to do the Kubera Mudra or wealth mudrā:

Kubera Mudra is performed by joining tip of your thumb, index, and middle finger. The other two fingers need to be bent so that they can rest in the middle of your hand. This Mudra should be performed by both the hands.



Benefits of Kubera Mudra or Wealth mudrā:

This mudrā is practiced to increase the confidence level and serenity. One should visualize his goals before doing this mudrā. You can do this mudrā for longer times. There are no time restrictions for Wealth mudrā.



How does this Wealth mudrā work?

The Thumb Finger represents the fire element; Index Finger represents the Air, and Middle finger represents Space. All three elements will join the forces to achieve your desires.

People who want to fulfill their wishes can do this wealth mudrā daily. This mudrā helps in increasing the intent to fulfill your wishes or desires. Do this mudrā when you are looking for anything specific.

One important aspect is that one should do his contribution to achieving his goal or wishes, simply performing this mudrā will not fulfill your desires!! It only gives you the power to do it.

The Mind should be clear and should not be distracted with unnecessary thoughts while doing the wealth mudrā. You should visualize your desires and goals while doing the Kubera Mudra.

Kubera Mudra for Wealth

Those who worship Lord Kubera will get His blessings, He also stabilizes to be with every individual with good strength, better business sufficient inflow of money, education, industrial growth, etc.



Auspicious dates to worship Lord Kubera is between Oct 15th to Nov. 15 (Tamil Month Aiyppasi). Thursday is the most auspicious day with star Pusa. He faces Northern direction. His characteristic symbol is the mongoose, often shown vomiting jewels. In the Buddhist pantheon, he is also known as Jambhala, probably from the jamb Hara (lemon) he carries in his hand. He is always represented corpulent and covered with jewels. His right foot is the pendant and supported by a lotus-flower on which is a conch shell.

Adi Mudra

How to do Adi Mudra

: Adi Mudra is formed by placing the thumbs on the palms and curls the other fingers over the thumbs. Place the 'fists' down on the thighs, with the backs of the hands higher. Slow rhythmic breathing in a 4:3:6:3 ratio (Inhale: 4, keeping the air inside: 3, Exhale: 6, Keeping belly empty without air: 3). Repeat this cycle for seven times.



Duration: 30minutes every day, either at one stretch or in two parts(i.e., for 15 minutes, twice a day)

Benefits of ADI MUDRA

Performing Audi mudra opens the higher lobes of the lungs. Adi Mudra motivates Udana vatu, the prana that Moves upwards in the head region, and outwards to the extremities. In physical terms, it is in charge of the balancing and healing the sense organs. In more subtle terms, it is in Charge of balancing our appreciations. Adi Mudra in Try to maintain awareness of each breath moving into out of the nostrils for two or three minutes.

Advantages of ADI MUDRA:

- Increases the vital capacity of the lungs
- It helps the organs to function actively
- Increases oxygen flows to the throat and head area
- It quiets the nervous system

Chin Mudra

Hold the thumb and index finger together slightly while extending the remaining three fingers. The thumb and index finger need only touch together, without exerting any pressure. Keep the three extended fingers as straight as possible. The hands can then be placed on the thighs, facing upwards. Now, observe the flow of breath and its effect.



Benefits of Chin Mudra

Better retention and concentration power

Improves sleep pattern

Increases energy in the body

Alleviates lower backache

Chinmaya mudra

In this mudra, the thumb and forefinger form a ring, and the three remaining fingers are curled into the palms of the hands. Again, the hands are placed on the thighs with palms facing upwards, and deep comfortable Ujjain breaths are taken. Once more, observe the flow of breath and its effect.



Benefits of Chinmaya Mudra

Improves flow of energy in the body

Stimulates digestion

Brahma Mudra

Here both hands are placed in Adi Mudra, and then with the knuckles of both hands together, the hands facing upward are placed at the navel area, and the flow of breath continued.

In Adi Mudra, the thumb is placed at the base of the small finger, and the remaining fingers curl over the thumb, forming a light fist. The palms are again placed facing upwards on the thighs and the breathing repeated.



Benefits of Adi Mudra

Relaxes the nervous system

Help reduce snoring

Improves the flow of oxygen to the head

Increases capacity of the lungs

Mushti Mudra

Mushti Mudra is useful for the release of pent-up emotions, as a help to digestion and to cure constipation

Mushi is a Sanskrit word meaning closed hand or fist. Our bodies naturally react to negative emotions such as anger, frustration, irritation and constant fear, by causing us to squeeze our fingers into a fist, thereby helping us to get rid of the accumulated negative emotions. Whenever in stress and anger, fold your hands in

the shape of Mushti mudra, you will feel the difference in just five minutes after practicing it.

Squeeze your fingers into a fist. The thumb should be over three fingers (see Image)



It also activates the liver and stomach, aiding digestion and cures constipation. Practice it for ten minutes once you finish the meal. It will improve the digestion.

Ahamkara mudra

How to do Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight. Do this mudra with both hands at a time.



Benefits of ahamkara mudra: this mudra will help you to improve your self-confidence. Ahamkara Mudra helps to remove your fear and timidity.

Shakti-chalini Mudra

How to do: For this sit Sidhasana or Padmasana. Place the palms on the ground. Balancing the body on the palms slowly raise the buttocks and strike them against the ground several times. Then perform Mula Bandha, the exercise to contract anus and to draw it upwards. Inhale through the left nostril. Join the Prana with Apana and let the combined force pass through the Sushumna. Perform Jalandhar Bandha and try to retain breath. While practicing retention,

perform Ashwini Mudra. Then release the Jalandhar Bandha and exhale through the right nostril. The same may be repeated by reversing the nostrils.



Benefits: This bestows a radiant health and long life and awakens the Kundalini Shakti.

Tadana Kriya: Shakti Chalini Mudra is associated with Tadana kriya. One has to strike the Kanda with his foot while seated in Sidhasana.

Gains: This awakens the Kundalini Shakti

Lotus Mudra

Place both hands in front of your chest so that only the edges of your hands and pads of your fingers touch each other: This is the bud of the lotus flower. Now

open your hands, but maintain the contact between the tips of the little fingers and the outer edges of your thumbs. Spread the other fingers Open as wide as possible. After four deep breaths, close both hands back into a bud, place the fingernails

How to do Lotus Mudra:



Of the fingers of both hands on top of each other; now join the backs of the fingers, the backs of the hands, and let your hands hang down Relaxed for a while. In the same way, bring your hands back into the bud And the open flower. Repeat some times.

This mudra belongs to the heart chakra and is the symbol of purity.

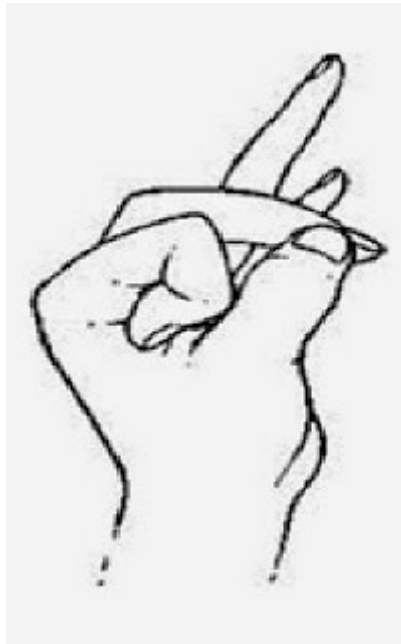
Love lives in the heart, together with goodwill, affection, and communication. We are meant to keep it pure and give it unconditionally, like an open flower that holds its chalice open for the insects. It is their nourishment and gives them warmth on cold nights. In turn, the insects pollinate it and help it fulfill the purpose of its existence. We are connected with our fellow human beings in more or less the same way—in both the good sense and the bad—and dependent upon them. However, the open flower has another message waiting for us. It opens to the sun, the divine principle, an

EXPLORIN G TH E MUDR A CONCEP T

lets itself be given whatever it needs; and it is given in abundance—it receives much more than it "needs." We enjoy blossoming flowers because they bear joy, the divine countenance, within themselves, and exude it to us. Do this mudra when you feel drained, exploited, misunderstood, or lonely. Open yourself to the divine force and receive whatever you need—and much more.

Bhramara Mudra

Bhramara mudra for seasonal Allergies. Bhramara Mudra can be used to cure seasonal allergies like running nose and sneezing.



How to Perform Bhramara Mudra

Place your index finger at the base of your thumb.

Touch the tip of your thumb beside the fingernail of the middle finger

Extend your ring and little fingers

Focus your attention and breathe as deeply, slowly and smoothly as possible

Practice Bhramara mudra for at least 15minutes for three times for better results.

KECHARI MUDRA

"Through the performance of Kechari Mudra, touching the tip of the tongue to the uvula, or "little tongue," (or placing it in the nasal cavity

behind the uvula), that divine life-current draws the prana from the senses into the spine and draws it up through the chakras to Vaishvanara (Universal Spirit), uniting the consciousness with spirit."

Khecarī Mudrā is a yoga practice which is carried out by placing the tongue above the soft palate and into the nasal cavity. In the beginning stages and applicable for most practitioners, the tip of the tongue touches the soft palate as far back as possible without straining or placed in contact with the uvula at the back of the mouth.



Ksepana Mudra

So you got an emotionally charged outburst from your loved one. A strangling bubble inside your stomach while shopping in a cramped mall. Traffic Jam. Pestering calls. Life seems to be unfair at times.

Ksepana Mudra helps you during these unfair moments. Ksepana Mudra helps in releasing negative emotions, pent up energy and toxins from the body. This mudra helps in elimination through skin (sweat), lungs (exhalation) and large intestine. Do it for 2 minutes, hands facing downwards towards earth and see the recharged you.

To do this mudra, you have to clasp your hands with index fingers touching flat on each other. Cross the thumbs and let a hollow form between your palms.



Kaleswara Mudra

Kaleswara mudra is very useful to eliminate the addictive behavior. How to perform kaleswara mudra: Place the finger pads of your middle finger together, touch the first two joints of the index fingers and touch your thumbs. Bend your other fingers inward. Point your thumbs toward your chest and spread elbows to the outside.

This mudra calms the flood of thoughts in the mind. This mudra also helps to change your character traits. Removes addictive behavior.



Kashyapa Mudra

Kashyapa mudra gives balance and protection against negative forces,



Hakini Mudra

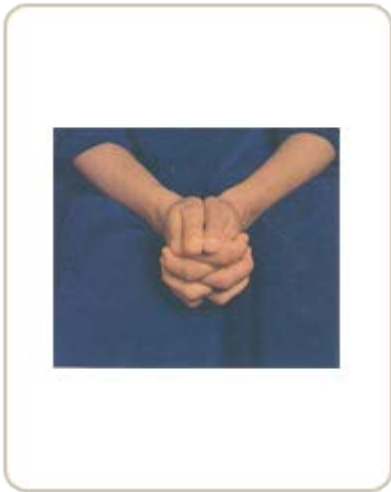
Hakini mudra is very useful mudra for memory and recalls the past things which you forgot. If you are trying to recall the important details in a meeting just join all the fingertips like in the picture. Hakini mudra intensifies the relationship between the left and right hemisphere of the brain and this helps you to remember forgotten details.

For a better result of this mudra sit in sukhasana and perform unmani mudra with this mudra it will open you Ajna Chakra which control remaining five chakras.



Sahaj Shankh mudra

Join both the hands together by interlocking the fingers and pressing the palms together. Keep the thumbs parallel to each other on the index finger.



BENEFITS:

According to yoga shastra this mudra energises 10 nadis and invigorates the whole body. The 10 nadis are; Ida, Pingala, Sushumna, Gandhari,

Hastijivha, Poosha, Yashasvini, Alambhushaa, Kohoo and Shankhini.

This mudra is beneficial for any type of anus muscles problems.

It helps reduce sexual desire.

Chances to conceive can increase.

Reproductive system also is benefited.

Voice, speech, digestion and stomach and intestine problems can be benefited with this mudra and Shankh mudra.

Good for people with piles problem.

Spinal cord becomes straight and becomes flexible.

The shankhini nerve starts functioning upwards and the energy rises upwards providing the holistic health.

It is a holistic health provider. Reduces inflammatory conditions of the skin, body and throat. Boosts vitality.

Different Mudras For Different Diseases

A

Alzheimer's disease: Vaayu-var dhak , Vaata-kaarak

Ataxia(s) : Vaayu-var dhak , Vaata-kaarak

Anxiety :Vaayu-shaamak, Vaata-naashak

Arthritis: Vaayu-shaamak , Vaata-naashak, Prithvi-var dhak

Jal –var dhak , Kapha-Kaarak , Apaana- vaayu

Addison's disease: Vaayu-var dhak , Vaata-kaarak

Atrophy of muscles: Prithvi-var dhak

Anus, burning/fissure in: Prithvi-var dhak

Acidity : Prithvi-var dhak, Kapha-Kaarak, Jal-shaamak

Aphthous ulcers : Prithvi-var dhak, Kapha-Kaarak

Appetite, loss of : Prithvi-shaamak, Pitta-kaarak, Vaata-kaarak

Anaemia: Jal –vardhak , Kapha-Kaarak

Ascites :Pitta-kaarak, Vaata-kaarak, Jal-shaamak

Abdominal pain: Vaata-naashak, Vaayu-shaamak , Apaana- vaayu mudrā ,
Maatangi

Anger : Prithvi-var dhak, Kapha-Kaarak , Vaayu-shaamak.

Athero-sclerosis : Kapha-Kaarak

Ageing, premature : Prithvi-var dhak, Kapha-Kaarak

Acne :Vaayu-var dhak

Anuria :Apaana- vaayu,Jal –vardhak ,Apaana

Angina pectoris :Apaana- vaayu,Aakaash-var dhak

Asthma : Linga mudrā,Asthma mudrā ,Aakaash-var dhak,Prithvi-shaamak

Allergy: Shanka mudrā, Prithvi-var dhak,Kapha-Kaarak

Appendicitis :Apaana- vaayu,Prithvi-var dhak

Atrophy of optic nerve : Vaayu-var dhak ,Prithvi-var dhak

B

Bradycardia: Vaayu-var dhak

Breathlessness :Vaayu-shaamak ,Asthma

Brittle nails : Vaayu-shaamak,Prithvi-var dhak

Blood-pressure, high : Aakaash-var dhak ,Kapha-Kaarak

,Apaana- vaayu ,Vaata-kaarak

Bones, to strengthen : Prithvi-var dhak

Burning, in the body : Prithvi-var dhak ,Kapha-Kaarak,Apaana Shanka

Blood circulation, slows :Kapha-Kaarak ,Jal –vardhak ,Pitta-kaarak ,Vaata-kaarak

Backache :Vaayu-shaamak,Apaan- vaayu ,Vaata-naashak

Bloody stools/urine : Kapha-Kaarak

Blood-pressure,low :Prithvi-var dhak ,Aakaash-shaamak

Bed-wetting : Jal-shaamak

Boils: Prithvi-var dhak ,Kapha-Kaarak ,

Bronchitis :Prithvi-var dhak

Blocked nose :Aakaash-shaamak ,Prithvi-shaamak ,Pitta-kaarak

Biliousness : Prithvi-var dhak ,Kapha-Kaarak ,

Brain to empower :Prithvi-var dhak ,Kapha-Kaarak ,VAAYu-VARDHAK

C

Creativity, lack of : Pitta-kaarak ,VAAYu`-VARDHAK ,Vaata-kaarak

Cerebral palsy: Vaata-kaarak, VAAY-VARDHAK

Cretinism: Vaata-kaarak, VAAY-VARDHAK

Concentration, lack of Vaayu-shaamak, Vaata-naashak mudrā

Convulsions: Vaayu-shaamak, Vaata-naashak mudrā

Chorea: Vaayu-shaamak, Vaata-naashak mudrā, Apaana- Vaayu mudrā

Constipation: Vaayu-shaamak, Vaata-naashak mudrā, Prithvi-shaamak or Surya mudrā, Jal –vardhak or Varun mudrā

Congestion in body : Aakaash-var dhak or Aakash mudrā

Chest-congestion: Aakaash-var dhak or Aakash mudrā

Cartilage, degeneration /tear: Jal –vardhak or Varun mudrā,

Prithvi-var dhak or Prithivi mudrā

Chronic fatigue: Prithvi-var dhak or prithvi mudrā ,

Vaata-naashak mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Pushaan mudrā

Convalescence: Prithvi-var dhak or prithvi mudrā

Coldness of body/skin: Prithvi-shaamak or Surya mudrā, Jal-shaamak mudrā ,
Vaata-naashak mudrā, Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā

Cervical spondylosis: Vaayu-shaamak, Vaata-naashak mudrā, Jal –vardhak or
Varun mudrā, Prithvi-var dhak or prithvi mudrā , Apaana- vaayu mudrā ,Apaana
mudrā

Cold intolerance of: Vaata-naashak mudrā, Linga mudrā , Pitta-kaarak or Kapha-
naashak mudrā, Prithvi-shaamak or Surya mudrā.

Cataract: Prithvi-shaamak or Surya mudrā

Cracked skin/lips/tongue: Vaayu-shaamak, Vaata-naashak mudrā, Jal –vardhak
or Varun mudrā

Cramps of muscles: Jal –vardhak or Varun mudrā, Vaayu-shaamak

Circulation, slow: Pitta-kaarak or Kapha-naashak mudrā, Jal –vardhak or Varun
mudrā, Vaata-kaarak or Vaayan mudrā

Chest pain: Vaata-naashak mudrā, Apaana- vaayu mudrā

Colds: Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Cough, wet: Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Cough, dry: Vaayu-shaamak

Colitis: Kapha-Kaarak or Pitta-naashak mudrā

D

Dullness of mind: VAAYU-VARDHAK , Prithvi-shaamak or Surya mudrā

Drowsiness: VAAYU-VARDHAK , Vaata-kaarak or Vaayan mudrā

Dementia(s): VAAYU-VARDHAK

Degeneration of retina: VAAYU-VARDHAK

Dwarfism: VAAYU-VARDHAK

Diabetes mellitus : VAAYU-VARDHAK , Kapha-Kaarak or Pitta-naashak mudrā ,
Apaan mudrā

Dizziness: Prithvi-shaamak or Surya mudrā , Vaayu-shaamak

Dry skin/hair : Vaayu-shaamak, Apaan mudrā, , Kapha-Kaarak or Pitta-naashak
mudrā, Jal –vardhak or Varun mudrā, Prithvi-vardhak or prithvi mudrā

Dyspnoea : Vaayu-shaamak, Asthma mudrā

Dysurea: Prithvi-vardhak or prithvi mudrā, Apaan- vaayu mudrā

Detoxification: Aakaash-vardhak or Aakash mudrā , Apaan mudrā

Deafness: Prithvi-vardhak or prithvi mudrā, Aakaash-shaamak or shoonya
mudrā

Debility : Prithvi-vardhak or prithvi mudrā, Apaan mudrā,

Degeneration of joint-cartilage: Prithvi-vardhak or prithvi mudrā, Kapha-Kaarak
or Pitta-naashak, Apaan mudrā, Vaata-kaarak or Vaayan mudrā

Dry eyes: Jal –vardhak or Varun mudrā

Dehydration : Jal –vardhak or Varun mudrā

Deficiency of hormones : Jal –vardhak or Varun mudrā

Dropsy: Jal-shaamak mudrā

Diarrhea : Jal-shaamak mudrā , Apaan mudrā, Vaata-kaarak or Vaayan mudrā,
Prithvi-vardhak or prithvi mudrā

Dysentery: , Kapha-Kaarak or Pitta-naashak,

Depression: Prithvi-shaamak or Surya mudrā, VAAYU-VARDHAK

Digestion, weak: Prithvi-shaamak or Surya mudrā, Jal –vardhak or Varun mudrā, Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Duodenal ulcer: Prithvi-vardhak or Prithivi mudrā

Dry mouth throat: Jal –vardhak or Varun mudrā

E

Endocrine disorders: VAAYU-VARDHAK /Vaayu-shaamak or Vaayu mudrā

Effusion in joints: VAAYU-VARDHAK ,Jal-shaamak mudra

Epilepsy: Vaayu-shaamak or Vaayu mudra, Vaata-naashak mudra

E.S.P, to develop: Aakaash-vardhak or Aakash mudrā

Ear disorders (pain): Vaata-naashak mudrā , Aakaash-shaamak or shoonya mudrā

Deafness): Aakaash-shaamak or shoonya mudrā, Prithvi-vardhak or prithvi mudrā

Emaciation(weight-loss): Prithvi-vardhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak, Vaata-naashak mudrā

Excessive salivation/thirst/perspiration/urination: Kapha-Kaarak or Pitta-naashak, Jal-shaamak mudrā

Excessive menses : Jal-shaamak mudrā, Prithvi-vardhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak, Vaata-kaarak or Vaayan mudra,

Enthusiasm. Lack of :Vaata-kaarak or Vaayan mudra, VAAYU-VARDHAK, Pitta-kaarak or Kapha-naashak mudra

Excessive sleep: Vaata-kaarak or Vaayan mudra, VAAYU-VARDHAK, Prithvi-shaamak or Surya mudrā

Eye-ailments, watering; Prithvi-shaamak or Surya mudrā, Pitta-kaarak or Kapha-naashak mudrā

Cataract: Prithvi-shaamak or Surya mudrā, Pitta-kaarak or Kapha-naashak mudrā

Twitching, nystagmus: Vaayu-shaamak or Vaayu mudrā

Glaucoma: Jal-shaamak mudrā

Eczema-dry : Jal –vardhak or Varun mudrā

weeping; Jal-shaamak mudrā

F

Frohlick's syndrome: VAAYU-VARDHAK , Vaata-kaarak or Vaayan mudrā

Facial palsy: VAAYU-VARDHAK

Fear: VAAYU-VARDHAK , Aakaash-vardhak or Aakash

mudrā , Uttarbodhi mudrā , Vaata-naashak mudrā

Fits: Vaayu-shaamak or Vaayu mudrā Vaata-naashak mudrā

Flatulence (gas): Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā ,
Apaan- vaayu mudrā ,Apaan mudrā

Fever: Apaan mudrā, Prithvi-vardhak or prithvi mudrā , Shanka mudrā

Frozen shoulder: Vaayu-shaamak or Vaayu mudrā , Apaan- vaayu mudrā

Fatigue: Vaata-naashak mudrā , Prithvi-vardhak or prithvi mudrā , Kapha-Kaarak
or Pitta-naashak mudrā , Pushaan mudrā

Fracture: Prithvi-vardhak or prithvi mudrā

Feet, cold: Prithvi-shaamak or Surya mudrā , Pitta-kaarak or Kapha-naashak
mudrā , Linga mudrā

Fatness: Vaata-kaarak or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā ,
Prithvi-shaamak or Surya mudrā, Linga mudrā

Forgetfulness: VAAYU-VARDHAK , Prithvi-var dhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Fissure, anal: Prithvi-var dhak or prithvi mudrā

Frigidity: Prithvi-var dhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Flu: Apaan mudrā, Prithvi-var dhak or prithvi mudrā , Shanka mudrā

G

Gastric ulcer : Prithvi-var dhak or prithvi mudrā

Giddiness: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Gout: Vaayu-shaamak or Vaayu mudrā, Apaan- vaayu mudrā

Gas: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā, Apaan- vaayu mudrā, Apaan mudrā

General debility: Prithvi-var dhak or prithvi mudrā, Apaan mudrā, Vaata-kaarak or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Greying of hair: Prithvi-var dhak or Prithvi mudrā

Greasy skin, hair: Vaata-kaarak or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Gall colic: Apaan- vaayu mudrā

Gastritis: Prithvi-var dhak or prithvi mudrā, Apaan mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Glaucoma: Jal-shaamak mudrā

H

Heel-pain: Prithvi-shaamak or Surya mudrā , Apaan- vaayu mudrā, Vaata-naashak mudrā

Heart weak /failure: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā

Heart disease/pain/attack : Vaata-kaarak or Vaayan mudrā , Apaana- vaayu mudrā, Aakaash-vardhak or Aakash mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Hypopituitarism: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Hypoparathyroidism: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA

Hypoadrenalism: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA

Hemiplegia: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA

Hypogonadism : VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA

Hyperthyroidism: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-vardhak or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā

Hiccups: Apaana- vaayu mudrā, Vaayu-shaamak or Vaayu mudrā

High blood pressure: Vaata-kaarak or Vaayan mudrā, Aakaash-vardhak or Aakash mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Apaana- vaayu mudrā

Hair-loss/greying: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-vardhak or prithvi mudrā

Hyperacidity: Jal-shaamak mudrā, Prithvi-vardhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Hydrocele: Jal-shaamak mudrā

Hydrocephalous: Jal-shaamak mudrā

Hydronephrosis: Jal-shaamak mudrā

Heat stroke: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-vardhak or prithvi mudrā

Heat, intolerance: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-var dhak or prithvi mudrā

Head ache: Apaan- vaayu mudrā, Vaata-naashak mudrā , Vaayu-shaamak or Vaayu mudrā

Hoarse voice: Vaata-naashak mudrā , Vaayu-shaamak or Vaayu mudrā

Initiative, lack of: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Irritability: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Indecisiveness: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Impatience: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Vaata-naashak mudrā , Prithvi-var dhak or prithvi mudrā

Intercostals neuralgia: Vaayu-shaamak or Vaayu mudrā

Intuition, to develop: Aakaash-var dhak or Aakash mudrā

Irregular hear-beats: Aakaash-var dhak or Aakash mudrā

Inflammatory diseases: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-var dhak or prithvi mudrā

Intolerance of cold: Pitta-kaarak or Kapha-naashak mudrā , Vaata-naashak mudrā , Prithvi-shaamak or Surya mudrā , Linga mudrā

Indigestion: Prithvi-shaamak or Surya mudrā , Linga mudrā , Pitta-kaarak or Kapha-naashak, Jal –var dhak or Varun mudrā

Intolerance of heat: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA, Vaata-kaarak or Vaayan mudrā, Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-var dhak or prithvi mudrā , Shanka mudrā

Irregular menses: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Immunity, weak: Kapha-Kaarak or Pitta-naashak mudrā , Pushaan mudrā

Intelligence, to develop: VAAYu-VARDHAK OR GYAN/DNYAAN MUDRA

Impotence: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-var dhak or prithvi mudrā , Linga mudrā

Infertility: Kapha-Kaarak or Pitta-naashak mudrā , Jal –vardhak or Varun mudrā, Prithvi-var dhak or prithvi mudrā

Influenza: Prithvi-var dhak or prithvi mudrā , Shanka mudrā, Apa an mudrā

Insomnia: Vaayu-shaamak or Vaayu mudrā , Kapha-Kaarak or Pitta-naashak mudra , Vaata-naashak mudrā , Prithvi-var dhak or prithvi mudrā ,

Itching: Prithvi-var dhak or prithvi mudrā , Shanka mudrā

Infectious diseases: Kapha-Kaarak or Pitta-naashak mudrā , Prithvi-var dhak or prithvi mudrā , Apa an mudrā

J

Joint-pains: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā, Prithvi-var dhak or prithvi mudrā , Apa an- vaayu mudrā , Apa an mudrā , Jal –vardhak or Varun mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Jealous nature: Kapha-Kaarak or Pitta-naashak mudrā

Jaundice: Kapha-Kaarak or Pitta-naashak mudrā

Joy , to induce : VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

K

Kidney ailments: Apa an- vaayu mudrā ,Apa an mudrā Jal-shaamak mudrā

Kapha (mucous) excessive: Pitta-kaarak or Kapha-naashak mudrā

L

Lack of enthusiasm /initiative/creativity: VAAI-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā

Loss of memory: VAAI-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-var dhak or prithvi mudrā

Lethargy: VAAI-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā

Lack of concentration: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Lack of Stamina /endurance: Prithvi-var dhak or prithvi mudrā , Vaata-naashak mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Loss of appetite: Vaata-kaarak or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā, Prithvi-shaamak or Surya mudrā

Loss of taste-sensation: Jal –var dhak or Varun mudrā

Loose motions: VAAI-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā , Prithvi-var dhak or prithvi mudrā , Jal-shaamak mudrā , Apa an mudrā

Liver ailments: Prithvi-shaamak or Surya mudrā , Linga mudrā

Leucorrhoea: Apa an mudrā , Shanka mudrā

Lumbago: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apa an-vaayu mudrā

Laryngitis: Prithvi-var dhak or prithvi mudrā

Leprosy: Kapha-Kaarak or Pitta-naashak mudrā

M

Mind, to empower: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Muscles, to strengthen: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Shanka mudrā

Memory, loss of: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-var dhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Mental retardation: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Multiple sclerosis: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Motor neuron disease: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Myxoedema : VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Jal-shaamak mudra , Prithvi-shaamak or Surya mudrā , Linga mudrā

Myopathies : VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-var dhak or prithvi mudrā

Myesthenia gravis: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Monoplegia : VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA

Mucous, excessive: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Linga mudrā , Pitta-kaarak or Kapha-naashak mudrā

Muscle spasm /cramps/rigidity: Vaayu-shaamak or Vaayu mudrā , Jal –var dhak or Varun mudrā

Milk, deficient: Jal –var dhak or Varun mudrā

Migraine: VAA-Y-VARDHAK OR GYAN/DNYAAN MUDRA , Aakaash-var dhak or Aakash mudrā , Apaana mudrā

Muscle-atrophy: Prithvi-var dhak or prithvi mudrā

Mouth ulcers: Prithvi-var dhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Menstrual problem:

Scanty: Prithvi-shaamak or Surya mudrā , Jal –vardhak or Varun mudrā , Vaata-naashak mudrā

Excessive: Prithvi-var dhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Jal-shaamak mudrā , Vaata-kaarak or Vaayan mudrā

Painful: Kapha-Kaarak or Pitta-naashak mudrā , Vaata-naashak mudrā

Irregular: Kapha-Kaarak or Pitta-naashak mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Mental tension: Kapha-Kaarak or Pitta-naashak mudrā

Menopause: Kapha-Kaarak or Pitta-naashak mudrā , Jal –vardhak or Varun mudrā

N

Nervous(system)disorders : VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā

Neuritis: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-var dhak or prithvi mudrā

Neuropathies: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA

Nystagmus: Vaayu-shaamak or Vaayu mudrā

Numbness in body /hands/feet: Vaayu-shaamak or Vaayu mudrā , Aakaash-shaamak or shoonya mudrā , Vaata-naashak mudrā

Nose/smell disorders: Prithvi-var dhak or prithvi mudrā

Nose, running: Jal-shaamak mudrā

Nose, blocked: Prithvi-shaamak or Surya mudra , Pitta-kaarak or Kapha-naashak mudrā

Nervous exhaustion/breakdown: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA, Vaata-kaarak or Vaayan mudrā

Neck-pain , stiffness : Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā

Nails brittle: Prithvi-var dhak or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā

Nausea: Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā , Apaana mudrā

O

Optic atrophy: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-var dhak or prithvi mudrā

Overactivity of endocrine glands: Vaayu-shaamak or Vaayu mudrā

Osteoporosis/osteomalacia : Prithvi-var dhak or prithvi mudrā

Osteo-Arthrites(O.A): Prithvi-var dhak or prithvi mudrā , Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Apaana- vaayu mudrā , Apaana mudrā , Jal –var dhak or Varun mudrā

Obesity: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-shaamak or Surya mudrā , Vaata-kaarak or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā , Linga mudrā

Oliguria: Vaata-naashak mudrā , Jal –var dhak or Varun mudrā

Oligomenorrhoea : Pitta-kaarak or Kapha-naashak mudrā , Jal –vardhak or Varun mudrā

Oligospermia : Jal –vardhak or Varun mudra

Odema: Prithvi-shaamak or Surya mudrā , Linga mudrā , Jal-shaamak mudrā

Oily skin/hair: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Vaata-kaarak or Vaayan mudrā , Pitta-kaarak or Kapha-naashak mudrā

P

Paresis,Polio : VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA , Prithvi-vardhak or prithvi mudrā

Paralysis,paraplegia : Kapha-Kaarak or Pitta-naashak mudrā

Paralytic squint: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Ptosia: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Prostatitis: Prithvi-vardhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Parkinson's disease: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā , Apaana- vaayu mudrā

Palpitations: Vaayu-shaamak or Vaayu mudrā , Apaana- vaayu mudrā

Premature ageing/graying of hair: Prithvi-vardhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak mudrā , Vaayu-shaamak or Vaayu mudrā, Jal –vardhak or Varun mudrā

Psoriasis: Vaayu-shaamak or Vaayu mudrā , Jal –vardhak or Varun mudrā

Pleurisy/Pleural effusion: Jal-shaamak mudrā

Painful conditions: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā ,
Apaan- vaayu mudrā

Piles: Prithvi-vardhak or prithvi mudrā , Apaan- vaayu mudrā , Apaan mudrā

Pharyngitis(sore throat): Prithvi-vardhak or prithvi mudrā Kapha-Kaarak or
Pitta-naashak mudrā , Shanka mudrā

Pneumonia: Prithvi-vardhak or prithvi mudrā , Kapha-Kaarak or Pitta-naashak
mudrā , Shanka mudrā

Pituitary/pineal disorders: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA

Pitta(bile),excessive : Kapha-Kaarak or Pitta-naashak mudrā

Q

Quadriplegia: Prithvi-vardhak or prithvi mudra , VAAYU-VARDHAK OR
GYAN/DNYAAN MUDRA , Kapha-Kaarak or Pitta-naashak mudrā

S

Syringomyelia: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA, Linga mudrā

Simmond's disease: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Spasticity of muscles: Vaayu-shaamak or Vaayu mudrā , Jal –vardhak or Varun
mudrā

Stress: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudra,

Sleepness: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā ,Prithvi-
vardhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Sciatica: Vaayu-shaamak or Vaayu mudrā

Skin, dry-cracked: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā,
Prithvi-vardhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā,Apaan
mudrā

Mature ,ageing : Prithvi-var dhak or prithvi mudrā

Oily: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA, Vaata-kaarak or Vaayan mudrā, Pitta-kaarak or Kapha-naashak mudrā

Cold : Vaata-naashak mudrā, Pitta-kaarak or Kapha-naashak mudrā, Linga mudrā

Sinusitis: Prithvi-var dhak or prithvi mudrā, Aakaash-var dhak or Aakash mudrā

Skin rashes: Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Stomach, burning in : Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā, Apaana mudrā, Shanka mudrā

Stomach, pain: Vaayu-shaamak or Vaayu mudrā , Vaata-naashak mudrā, Apaana-vaayu mudrā

Shivering: Prithvi-shaamak or Surya mudrā, Vaata-naashak mudrā

Sweating,absent : Prithvi-shaamak or Surya mudrā, Vaata-naashak mudrā, Pitta-kaarak or Kapha-naashak mudrā

Sweating,excessive : Prithvi-var dhak or prithvi mudrā, Jal-shaamak mudrā , Vaata-kaarak or Vaayan mudrā

Scanty, urine: Vaata-naashak mudrā, Jal –var dhak or Varun mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Scanty menses: Prithvi-shaamak or Surya mudrā, Pitta-kaarak or Kapha-naashak mudrā

Vaata-naashak mudrā, Jal –var dhak or Varun mudrā

Scanty semen: Jal –var dhak or Varun mudrā

Saliva excessive: Jal-shaamak mudrā , Kapha-Kaarak or Pitta-naashak mudrā

Sleep excessive: Prithvi-shaamak or Surya mudrā, Vaata-kaarak or Vaayan mudrā , Prithvi-shaamak or Surya mudrā

Sun-stroke: Prithvi-var dhak or prithvi mudrā, Vaata-kaarak or Vaayan mudrā, Shanka mudrā

Stamina, lack of: Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā, : VAAY-VARDHAK OR GYAN/DNYAAN MUDRA, Apaan mudrā, Pushaan mudrā

Stammering : Vaata-naashak mudrā

Sexual debility: 0, Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Shoulder pain/stiffness: Apaan- vaayu mudrā

Swelling : Prithvi-shaamak or Surya mudrā, Jal-shaamak mudrā

Sore throat: Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

T

Tabes dosalis: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Tongue /taste disorders: Jal –var dhak or Varun mudrā

Thyroid, underactive: Prithvi-shaamak or Surya mudrā, Linga mudrā, Pitta-kaarak or Kapha-naashak mudrā, Jal-shaamak mudrā , : VAAY-VARDHAK OR GYAN/DNYAAN MUDRA

Typhoid: Prithvi-var dhak or prithvi mudrā, Shanka mudrā

T.B: Prithvi-var dhak or prithvi mudrā

Tennis elbow: Vaayu-shaamak or Vaayu mudrā, Apaan- vaayu mudrā

Thyroid ,over active : Prithvi-var dhak or prithvi mudrā, Vaayu-shaamak or Vaayu mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Timidity: Prithvi-var dhak or prithvi mudrā, Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Tremors: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā, Vaata-naashak mudrā

Throat –burning/pain: Prithvi-var dhak or prithvi mudrā, Apaana- vaayu mudrā, Shanka mudrā

Toothache: Apaana- vaayu mudrā, Vaata-naashak mudrā

Tonsillitis: Prithvi-var dhak or prithvi mudrā, Apaana mudrā

Trigeminal neuralgia: Vaayu-shaamak or Vaayu mudrā, Apaana- vaayu mudrā

Tinnitus(noises in the ear) : Aakaash-shaamak or shoonya mudrā

Tachycardia (fast heart beats) : Vaayu-shaamak or Vaayu mudrā

U

Urticaria,itching : Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā, Shanka mudrā

Ulcers in mouth /stomach/intestines: Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

Urine,scanty/absent : Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā,Apaana mudrā, Jal –var dhak or Varun mudrā

Profuse frequent: VAAJU-VARDHAK OR GYAN/DNYAAN MUDRA, Vaata-kaarak or Vaayan mudrā, Jal-shaamak mudrā

Burning/painful: Prithvi-var dhak or prithvi mudra, Apaana- vaayu mudrā, Apaana mudrā

Unsteady walk(gait): Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Ulcerative colitis: Prithvi-var dhak or prithvi mudrā, Kapha-Kaarak or Pitta-naashak mudrā

V

Vocal paralysis: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA

Voice lost/feeble: VAAYU-VARDHAK OR GYAN/DNYAAN MUDRA

Voice, hoarse/strained: Vaayu-shaamak or Vaayu mudrā, Prithvi-var dhak or prithvi mudrā

Vertigo: Vaayu-shaamak or Vaayu mudrā, Vaata-naashak mudrā

Vision problems: Prithvi-shaamak or Surya mudrā

Vatta(air)excessive : Vaata-naashak mudrā

Varicose veins: Prithvi-var dhak or prithvi mudrā, Apa an- vaayu mudrā , Apa an mudrā

W

Weakness: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA, Prithvi-var dhak or prithvi mudra, Apa an mudra, Vaata-kaarak or Vaayan mudra, Kapha-Kaarak or Pitta-naashak mudra

Weight-loss (to arrest): Vaayu-shaamak or Vaayu mudrā, Prithvi-var dhak or prithvi mudrā, Vaata-naashak mudrā

Weight, excessive: VAAY-VARDHAK OR GYAN/DNYAAN MUDRA, Prithvi-shaamak or Surya mudrā, Linga mudrā, Pitta-kaarak or Kapha-naashak mudrā

Water retention: Prithvi-shaamak or Surya mudrā, Linga mudrā, Jal-shaamak mudra

Watery eyes: Jal-shaamak mudra, Pitta-kaarak or Kapha-naashak mudra