



6

BE HEALTHY NATURALLY WITH MUDRAS, YOGASANA & PRANAYAMA

*("A Lot of People have questioned how yoga and their own spiritual beliefs can come together. Yoga actually pre-dates religion."
– Christy Turlington)*





Almost all are nowadays aware of the benefits of Mudras, Yoga-Pranayama and Mudras for fitness and prevention of diseases. A very simple and general routine to maintain good health is given here based on important Mudras, Yogasanas and Pranayama.

Human body; like nature consists of five elements that are Fire, Air, Space, (Ether) Earth and Water. Health depends on the proper balance of these five elements. Five fingers of our hands represent these five basic elements. While doing pranayam, by folding and holding the fingers in a proper manner, the posture formed, can produce definite and specific effect on the body. While practicing mudras three things are essential. Asan, Pranayam and Dhyam, Asan or the sitting postures recommended for mudras are padmasana or Sukhasana. Exceptions to the sitting postures may be permitted only in cases the person can sit on a chair or lie down on a bed. In such case the effects would be reduced and it will take longer time to achieve results Pranayam means the span of life. The breathing should be deep and systematic. It helps the body to absorb maximum oxygen. It should be performed by both hands and should be practiced for 45 minutes regularly.

1. **Gyan Mudra :-** (Meditation pose) simply touch the thumb with the fore finger (Tarjani) keeping the other fingers reasonably straight. This mudra strengthens the whole nervous system, increases the brain power, mental concentration, memory and cures the problem of sleeplessness, tension, anger etc. its regular practice will remove all the problems of brain. 
2. **Aakash Mudra :-** Touch the tip of the middle finger with the tip of thumb; keeping other fingers reasonably straight – By its regular practice the weakness of bones will be removed. This mudra is very effective in heart – problems, very help full in lock – jaw and many diseases. 
3. **Prithvi Mudra :-** (Earth) Touch the tip of the ring finger (Anamika) with the tip of the thumb. It cures weakness of the body and the mind. It increases life force (chetna) and gives new vigour to an ailing person. It also gives peace of mind. 
4. **Varun Mudra :-** By touching the tips of small fingers and thumb together forms Varun mudra. It cures impurities in blood, skin problems and makes the skin smooth & soft. It helps in removing excess heat of the body and is also effective in removing excess thirst. It cures skin diseases and provides protection to wrinkling skin. 
5. **Vayu Mudra :-** Fold the fore finger (Tarjani) such that the tip touches the root of the thumb. Now fold the thumb over the folded forefinger so that fore finger does not lose contact with the root of the thumb. Keep other fingers straight. This mudra controls wind in the stomach and the body. It helps to get rid of wind (Vayu) based ailments such as Paralysis, aches & Pain due to wind, Tremors etc. 
6. **Shunya Mudra :-** Fold the middle finger so that the tip touches the base of the thumb 

and press it with the thumb. This mudra is very beneficial for those who are hard of hearing. It helps in curing earache, deafness, vertigo etc. This mudra can increase hearing power if regularly practiced over a period of time.

7. **Surya Mudra :-** Bend the ring finger so that the tip touches the root of the thumb. 
Now fold the thumb over the front part of ring finger, so that the tip of the finger does not lose contact with the root of thumb, Regular practice of this mudra helps in reducing accumulated fat. By reduced weight one is relieved from tension. It also helps in reducing increased cholesterol in the body.
8. **Jalodar Mudra :-** Fold the small finger (Kanishka) in such a way that it touches the root of the thumb then press the small finger with the thumb in such a way that the small finger does not lose contact with the root of the thumb. Keep other fingers straight. It is very beneficial for Jalodar disease. This should be practiced till the disease is cured. 
9. **Pran Mudra :-** (Life energy) Touch the small finger and the ring finger so their tips touch the tip (front edge) of the thumb, keep other fingers straight. Regular practice of this mudra enhances the life force and strengthens the immune system of the body. It helps in increasing the eye sight. The deficiency of vitamins is compensated by this mudra. 
10. **Apan Mudra :-** Touch the tips of the ring finger (Anamika) and the middle finger (Mudhyama) with the tip of the thumb. Keep other fingers straight. This mudra purifies the body and helps in removing all foreign as well as unwanted fluid from the body. Regular practice of this mudra will help in indigestion & Piles. For diabetic regular practice will help in curing problems of mouth, nose, eyes, ears etc. in natural way. 

11. **Ling (Shiv) Mudra** :- Join both the palms and inter lock the fingers, keep the thumb of the left hand vertically straight and encircle it with the fore finger and the thumb of the right hand. It increases the resistance power of the body against cold. It produces heat in the body and is excellent for eliminating cold. 
12. **Shankh Mudra** :- Enclose the left thumb in the palm of the right hand. Now with the tips of all fingers of the left hand touch the tip of the right hand thumb. This mudra is very effective in removing speech defects like stuttering and stammering. It improves digestive system. By regular practice it produces attractiveness in voice. 
13. **Dhyan Mudra** :- Simply keep right hand palm on left hand palm. Remember to keep your neck, hand and back bone straight. Eyes and mouth will be shut in normal way. This mudra helps in getting peace of mind and helps to concentrate in the prayers of God. 
14. **Mahapran Vayu Mudra (Life Span Enhancer)** :- Bend the index fingers over thumbs and touch the tip of index finger on the 'V' formed by thumb and index finger and press it with thumb. This increases breadth length to maximum and reduces the breathing frequency by 15% approximately. In other words it can increase the life by 15% for the period this mudra is practiced. This is very useful in suffocation and asthmatic condition; hence it is called mahapran vayumudra. It is highly effective as first-aid. If the V formed with big toe's and first toe's of both legs is pressed simultaneously in emergency of breathing problem, it would be very beneficial. 

Yogasana



Shalabh Asana
(Locust)



Sarpa Asana
(Snake)



Nauka Asana
(Boat)



Hal Asana
(Plough)



Paschimottam Asana



Pawanmukta Asana



Dhanur Asana
(Bow)



Chakra Asana

Yogasana & Pranayama



*Meru Dand Asana
(Spinal Twist)*



Meru Dand Asana



Cycling



*Shav Asana
(Corpse)*



Vajra Asana



Neha Dubey

*Pranayama/Lahsun
Pranayama*