

Hasta Mudras

- ❖ Hasta mudras are based on the principle that our body is made up of 5 elements namely fire, air, space, earth and water and which are represented by our fingers in the order starting from thumb.
- ❖ Hasta mudras should be done for at least 10/15 minutes at a time, to be repeated for 3/4 times during a day for good results.

You can practice by sitting, standing or lying on bed whenever and wherever you have time.

1. Gyan Mudra (Mudra of Knowledge):



Method:

Thumb & index finger should touch each other with the other three fingers stretched out.

Benefits:

Improves concentration, helps to increase memory and prevents insomnia.

Anger can be controlled and reduces depression.

2. Prithvi Mudra (Mudra of Earth):



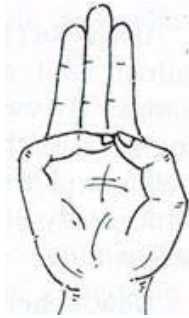
Method:

Thumb & the ring finger should touch each other with the other three fingers stretched out.

Benefits:

Equilibrium is set between body & mind.

3. Varuna Mudra (Mudra of Water):



Method:

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Benefits:

It retains clarity in blood by balancing water content in the body

4. Vayu Mudra (Mudra of Air):



Method:

Bend the index finger on the base of the thumb & hold it by thumb keeping the other three fingers straight.

Benefits:

It provides relief in Rheumatism, Arthritis, Gout, Parkinson's disease, Facial Paralysis, Paralysis.

5. Shunya Mudra (Mudra of Emptiness):



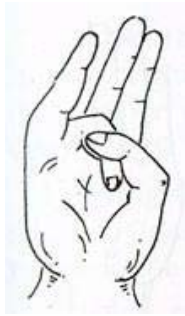
Method:

Bend the middle finger and press it with thumb.

Benefits:

It relieves an earache and useful for the deaf and mentally challenged, but not for inborn ones.

6. Surya Mudra (Mudra of Sun):



Method:

Bend the ring finger & hold with thumb.

Benefits:

To create body heat, improve digestion, reduce fats.

7. Prana Mudra (Mudra of Life):



Method:

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

Benefits:

It improves immunity, improves the power of eyes and reduces eye related diseases and removes fatigue.

8. Apana Mudra (Mudra of Digestion):



Method:

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Benefits:

It regulates diabetes, cures constipation and piles and helps in excreting the normal waste regularly

9. Apana Vayu Mudra (Mudra of Heart):



Method:

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Benefits:

It strengthens the heart and regularizes palpitation, regulates excretory system and redeems gastric trouble.

10. Linga Mudra (Mudra of Heat):



Method:

Fingers of both palms should lock each other barring left thumb which should be left perpendicular.

Benefits:

Improves immunity, creates heat, burns body fat, provides relief in cold.