

Treatment by Hast Mudra (Hand gestures)

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The Hast Mudras (hand gestures) have healing qualities. They start acting immediately when formed. The Mudra affects the opposite part of the body. To be effective each Mudra should be done for at least three minutes. Sit in a lotus posture (Padmasan) or in an comfortable position with your spine straight like a rod (Sukhasan). The fingers not being used in a particular Mudra should always be kept **straight**. Avoid alcohol, tobacco, or betel leaves; only light food should be taken.

Gyan Mudra (knowledge)



Procedure: Touch the tip of your thumb with the tip of your index finger. Keep remaining fingers straight up

Benefits: It increases memory, intelligence and concentration in studies. Strengthens the nerve system, relieves migraines, headache and insomnia. Helps in overpowering anger and developing spiritualism.

Pran Mudra



Procedure : The tips of the ring finger and little finger should be slightly pressed against the tip of the thumb.

Benefits : This Mudra is extremely beneficial when performed during fasting. **When done simultaneously with Gyan Mudra, it nearly cures every part of the body.** This Mudra is especially good for the eyes.

Vayu Mudra

Procedure : With thumb on the first joint of the index finger, press it lightly and keep all other fingers straight.

Benefits : It helps to cure gastritis, joint pains, cervical and Parkinson's disease

However, if desired results are not achieved, this Mudra should be performed with **Pran Mudra** (above).



Aakash Mudra

Procedure : Join and press the tip of the third finger with a tip of the thumb. Keep remaining three fingers straight.

Benefits : It helps in curing all the diseases of the ear, bones and the heart. This mudra should never be done while walking and eating. Over doing it is also prohibited.



Shoonya Mudra



Procedure : Press the Middle finger to the root of the Thumb simultaneously as shown below.

Benefits : Helps strengthening the Gums, cures diseases of Throat, Thyroid, and Ears.

Prithivi Mudra

Procedure : Touch the tip of the Pinkie finger with the tip of the Thumb. Press slightly.

Benefits : Fills the body with Enthusiasm and the Life Energy! Also increases Weight and build a healthy stout body. Helps in vitamin deficiency of the body and digestive problems.



Surya Mudra



Procedure: The ring finger should be pressed against the root of the thumb, Simultaneously the thumb pressing the finger as shown. Keep other fingers straight.

Benefits: The body gets balanced, slim and trim accompanied by weight loss. It helps in diabetics and liver problems. Increases body strength and decrease the blood cholesterol.

This Mudra is not advised for weak or unhealthy people. Even healthy people should not over do it in summers as it increases body heat.

Varun Mudra

Procedure : The tip of the Middle finger should be slightly pressed against the tip of the Thumb while keeping all the other fingers straights.

Benefits : Removes the roughness of the skin making it tender and shining. It removes diseases of the blood, skin and balances the water element of the body. Also removes pimples,. Persons with excessive cough or colds should not perform this Mudra for long durations.



Apan Mudra



Procedure : The tip of the second and the third fingers should be slightly pressed against the inner part of the tip of the thumb as shown. The other two fingers should be kept straight.

Benefits : It cures the nerve system, constipation, fissures, diabetics, kidney problems, teeth decay and urine and urinary track. It is beneficial for the stomach and the heart problems. Excessive performing of this Mudra brings sweat and excessive urine which helps in controlling high blood pressure.

Apan Vayu Mudra

Procedure : The tip of the Index finger should be pressed slightly against the root of the Thumb. The Second, and Third finger should touch the inner tip of the thumb.

Benefits : If performed daily it strengthens the heart and removes the gastric formation in the stomach. This Mudra is very helpful immediately after a heart attack. It helps in controlling migraines, high blood pressure and asthmatic problems.



Ling Mudra



Procedure : Form a fist like figure by criss-crossing all the fingers while keeping the thumb of the left hand straight.

Benefits : Increases body heat and gets rid of coughs, cold, sinusitis, paralysis and low blood pressure. Take sufficient liquids (water, fruit juice, milk). Do not perform this Mudra for too long if not needed.