

HEALING

15 BASIC YOGA MUDRAS

POWER

AND THEIR HUGE BENEFITS

IN HANDS

BY

MEDICTIPS

Yoga Mudras

What is Yoga
Mudra Asana ?

Why Should you
Practice it ?

WHAT, HOW, WHY ?



NUMEROUS HEALTH BENEFITS EXPLAINED

Do You Know?

MUDRA IN SANSKRIT MEANS “A POSTURE” OR “A SEAL”

BY HOLDING A CERTAIN MUDRA POSTURE, THE ENERGIES INSIDE OUR BODY TEND TO MOVE IN A PARTICULAR WAY

IT CAN IMPROVE CONCENTRATION POWER, MENTAL ABILITY AND EMOTIONAL BALANCE MULTIFOLDS

MUDRAS HOLD THE POWER TO HEAL MANY HUMAN BODY AILMENTS AS WELL.

Wanna know More?

THE FINGER TIPS OF EVERY LIVING BEING HAVE MANY CONCENTRATED NERVE ROOT ENDINGS WHICH ARE FREE ENERGY DISCHARGE POINTS. SCIENCE ALSO CONFIRMS THAT AROUND EVERY TIP THERE IS A CONCENTRATION OF FREE ELECTRONS.

IT IS BELIEVED THAT MUDRAS AWAKEN THE COSMIC ENERGY AND HELP UNITE THE ATMA (SOUL) WITH THE PARAMATAMA (THE COSMIC SOUL).

LIKE ANY YOGA, MUDRAS MUST BE PRACTICED SINCERELY AND AFTER GAINING FULL KNOWLEDGE OF THEM.

MUDRAS

Guide 101

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Yoga Poses & Asanas

Numerous Health benefits of various Yoga poses
Asanas. Find out more about yoga and its benefits.

[CLICK HERE](#)



“MUDRAS” ARE THE MAGIC IN OUR HANDS, OF WHICH MANY OF US ARE UNKNOWN.

This is the blessing which gifts you with physical and mental fitness. It has the power of making us feel calm and composed as well as protecting us from various diseases.

Our Body holds lots of energy,
Positive as well as negative energy.

PROBLEM :- HOW TO GIVE PROPER DIRECTION TO THIS ENERGY SO THAT WE CAN UTILIZE THE MAXIMUM OUT OF IT?

These mudras are the solution to these questions. It is a proper science that teaches us how to direct energy in our body in a proper way and direction. If followed with proper guidelines, you can achieve what you cannot even imagine in life. It helps to improve concentration power, mental ability to deal with pressure and critical situations, helps in improving decision making power, which I suppose is one of the most important thing in giving direction to our future life.

1

Mudra Yoga Gyaan Introduction

Understand More

**MUDRA VIGYAN - A SCIENCE
BASED ON THE PRINCIPLES OF
THE INDIAN MEDICAL SCIENCE
(AYURVEDA).**

**IT LAYS DOWN THREE FACTORS
PRIMARILY RESPONSIBLE FOR THE
BODY'S ILLS:-**

**VATA (WIND), PITTA (BILE) AND
KAPHA (PHLEGM)**

**THE HEALING POWER IN
YOUR HANDS**

Hasta Mudras

HAND POSTURES TO CONTROL
ENERGY IN YOUR BODY

WHAT, HOW, WHY ?



WE WILL ANSWER ALL YOUR
QUESTIONS

A

What do you mean by ?

Hasta Mudras are hand gestures that assist in guiding energy flow to particular parts of your brain.

Mudras come in different types, and each type has different benefits—but this depends on what you especially need.

Mudras are combined with breathing in order to increase Prana flow in your body.



THERE ARE

399

**YOGA MUDRAS THAT YOU
CAN PRACTICE**

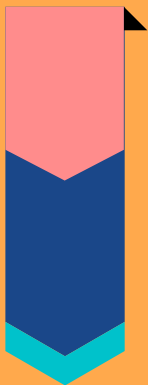
But the knowledge of these

**16 POWERFULL
MUDRAS**

is enough to deal with
most of the common
health issues !!

B

Why Should You Do Mudras?



According to Ayurveda, your body consists of an inbuilt energy circuit. The pressure points of this circuit are present throughout your palms and fingers. Performing certain gestures or mudras can stimulate these points.

The five elements or Pancha Bhoota are responsible for your overall human being. Imbalance in any of these elements can result in disorder or dysfunction in your body. Now, Yoga Tattva Mudra Vijnana links the five elements with your five fingers. Mudras involve the use of fingers to adjust the flow of the energy and thus balance these elements. There are many mudras which help in keeping these energy flow in control and in level to ensure good health and fitness.

A mudra is an arrangement of the hands. A hand is known to imitate one of the most crucial energy centers of the body. It is said that the hand directly affects the activities in the brain.

When executed accurately, each mudra yields a lot of positive results in your mental and physical health.

They also generate various qualities such as fearlessness, power, charity and peace in the practitioner.

Each mudra is known to have its unique health benefits. Different hand gestures are performed to yield different results.

THE SOUND OF

"OM"

CHANTING "OM" HAS
MANY BENEFITS

Called the First Sound of the Universe

THE WORD OM IS SO MUCH POWERFUL THAT THIS SINGLE
WORD CAN PRODUCE POWERFUL AND POSITIVE
VIBRATIONS WHICH ALLOWS YOU TO FEEL THE WHOLE
UNIVERSE

Chanting "Om" or "Aum" is
a sacred practice that
helps our mind and body
to energize.

How Do You Pronounce "OM"?

When pronounced correctly, it sounds more like "AUM" and consists of four syllables: A, U, M, and the silent syllable.

The first syllable is A, pronounced as a prolonged "awe." The sound starts at the back of your throat and you stretch it out. You will start feeling your solar plexus and chest vibrating.

The second syllable is U, pronounced as a prolonged "oo," with the sound gradually rolling forward along your upper palate. You'll feel your throat vibrate.

The third syllable is M, pronounced as a prolonged "mmmm" with your front teeth gently touching. You will now start to feel the top of your mouth vibrate.

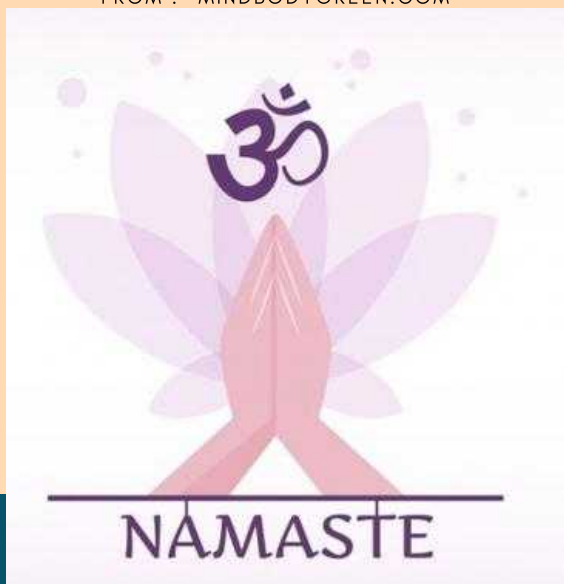
The last syllable is the deep silence of the Infinite. As intelligence rises from the deep silence, you have to merge your chant from the M to the deep silence.

The act of chanting also relax the body, slow down the nervous system, and calm the mind.

Why do we chant "OM"?

Everything around us is pulsating and vibrating—nothing is really standing still. The sound Om, when chanted, vibrates at the frequency of 432 Hz, which is the same vibrational frequency found throughout everything in nature. As such, AUM is the basic sound of the universe, so by chanting it, we are symbolically and physically acknowledging our connection to nature and all other living beings.

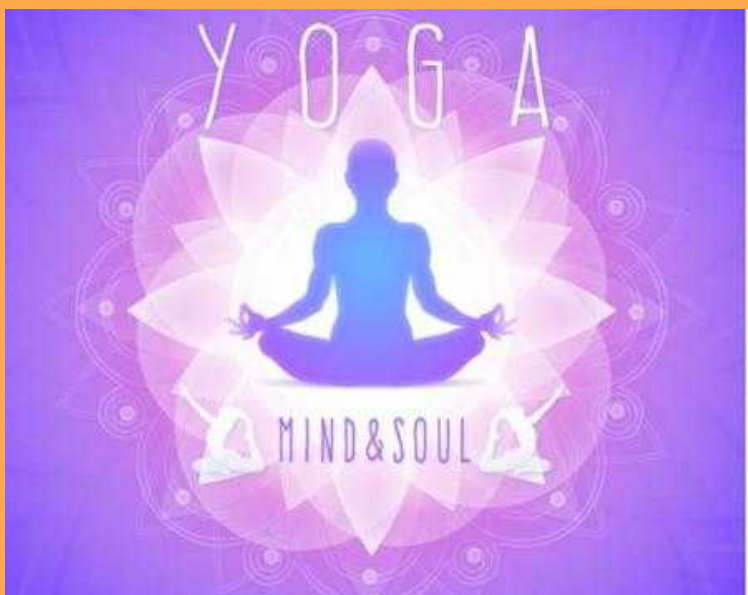
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C

How To Do Mudras ?

Sit in a comfortable place and convenient posture. You may sit in Vajrasana (diamond pose), Padmasana (lotus pose), or Sukhasana (the relaxed pose). If you cannot sit on the floor, you may use a chair or bed.



ONCE YOU ARE SEATED, CLOSE YOUR EYES, KEEP YOUR SPINE STRAIGHT, AND BREATHE IN A RHYTHMIC PATTERN. SLOWLY KEEP YOUR HANDS ON THE THIGH FACING UPWARDS.

Sukhasana



Vajrasana



Padmasana



2

Different Types of Mudras

Basic Mudra Postures

UNDERSTAND THE VARIOUS
YOGA MUDRAS AND HOW TO
DO THEM EFFECTIVELY



A BRIEF LIST OF

5+11 Powerful Mudras

BASIC ELEMENTS MUDRA

Agni Mudra

Jal Mudra

Prithvi Mudra

Aakash Mudra

Vayu Mudra

**It is believed that five elements
are present in your body, and their
balance can be maintained
through your fingers.**

Apan Vayu Mudra

Brahma Mudra

Ganesh Mudra

Gyan Mudra

Kubera Mudra

Prasanna Mudra

Prana Mudra

Rudra Mudra

Shankh Mudra

Shunya Mudra

Shiv Linga Mudra

Any Mudra Should be practiced 20-25 minutes a day which can be segregated across time slots of 10 or 5 minutes each.

THERE ARE

5

MAJOR ELEMENTS IN THE HUMAN BODY

They are responsible for the different energy levels in body

SCIENTIFIC LOOK



THE WHOLE COSMOS IS PRESENT IN OUR HANDS. AMAZED! YES IT'S TRUE. THE WHOLE UNIVERSE IS MADE UP OF FIVE ELEMENTS, NAMELY: AIR, WATER, SKY, EARTH AND FIRE. THE FIVE FINGERS IN OUR HANDS SYMBOLIZE THESE FIVE ELEMENTS:

THE THUMB SYMBOLIZES FIRE

THE INDEX FINGER SYMBOLIZES AIR

THE MIDDLE FINGER SYMBOLIZES SKY / SPACE

THE RING FINGER SYMBOLIZES EARTH

THE LITTLE FINGER SYMBOLIZES WATER

Agni Mudra

This particular mudra or yoga posture deals with the fire element of the body and is very good for weight loss

HOW TO DO AGNI MUDRA

Method: fold your ring finger and press it with your thumb. Put the ring finger such that its tip touches the root of your thumb. Keep the other three fingers extended.

Apply moderate pressure on your ring finger using your thumb. The more you press, the more your fire increases. Try not to overdo.



You should not be practicing this mudra for more time than what is suggested. Otherwise it may lead to undue heating of the body which may result in pimples or acne.

BENEFITS OF AGNI MUDRA

- Helpful for those who want to lose weight
- Used to treat common cold and relief from constipation problem
- Helpful in curing diabetes and liver disorders
- Helps in relaxing your mind, reducing the stress and depression
- Helps you in keeping your body warm
- Helps in improving your eyesight and vision

Wanna know More?

Click Here- [Everything About Agni Mudra](#)

also known as
The Surya Mudra

Stabilize Fire element of Body

Jal Mudra

This particular mudra or yoga posture deals with the water element of the body.

It Increases the water element in the body so that you can deal with the problems happening due to the lack of water element like skin drying, dehydration, deficiency of blood, cramps, tongue disorders, diarrhea etc.

HOW TO DO JAL MUDRA

Method: Touch the tip of Little finger to the tip of thumb. Keep the remaining three fingers straight.

Should be practiced 20-25 minutes a day which can be segregated across time slots of 10 or 5 minute



BENEFITS OF JAL MUDRA

- Removes dryness of digestive tract (mouth, throat and intestines)
- Cures indigestion and constipation
- Helps in curing diarrhoea, gastroenteritis
- Helps you look good with glowing skin and youthful face
- Jal Mudra purifies blood and is helpful in blood related diseases

Jal Mudra is also known by the name jal vardhak mudra.

Wanna know More?

Click Here- [Everything About Jal Mudra](#)



also known as
The Varun Mudra

Stabilize Water element of Body

Prithvi Mudra

Prithvi mudra is known as “Gesture of the Earth.”

According to Ayurveda, the earth element takes up the majority part of your body. So, this element plays an essential role in our mental and physical health.

Practicing Prithvi mudra can cure imbalance caused between Earth and fire elements, such as hair fall, nasal disorders, weight loss, dullness, fatigue, and skin disorders.

HOW TO DO PRITHVI MUDRA

Method: Touch the tip of ring finger to the tip of thumb. Keep the remaining three fingers straight.

Don't press the thumb and finger against each other too hard. Don't forcefully extend your other fingers; just stretch them comfortably.



BENEFITS OF PRITHVI MUDRA

Aids in gaining weight. Boosts the strength of your body.

Maintains the health of cartilage, hair, skin, nails, muscles, flesh, and internal organs

Improves Immunity, Stamina and Endurance

Boost health and glow of your skin and regeneration of hair

Wanna know More?

Click Here- [About Prithvi Mudra](#)



Prithvi-Vardhak Mudra
&
Agni-Shamak Mudra

Balancing the Prithvi element.

Aakash Mudra

Akash mudra cultivates peace of mind. The hand gesture in most of the Buddha's statues is that of Akash Mudra.

An increase in the space elements can promote openness and make you broad-minded. It also aids in transforming your negative thoughts, such as anger and selfishness, into positive feelings of selfless behavior and love.

HOW TO DO AKASH MUDRA

Method: Touch the tip of middle finger to the tip of thumb. Keep the remaining three fingers straight.

Do not put much pressure while placing fingers against each other. If you have Vata or wind imbalance, you should practice it with patience.



BENEFITS OF AAKASH MUDRA

Improves hearing power and manages migraines problem

Enhances alertness and intuitive power

Enhances heart health and helps keeping blood pressure in control

Improves calcium levels in your body and Detoxifies your body

Relieves locked jaw that may be caused by excessive yawning

Wanna know More?

Click Here- [About Aakash Mudra](#)



also known as

Shuni Mudra

Balancing the Space element.

Vayu Mudra

Vayu Mudra is the solution for all your gastric problems.

Considering that almost 80% of the body's aches and pains are due to wind, the practice of this Mudra is a must if you are looking for natural solution to this

HOW TO DO VAYU MUDRA

Method: Turn your index finger to touch the bottom of your thumb. Apply a little pressure of the thumb upon this finger. Keep the remaining three fingers straight.

Should be practiced 20-25 minutes a day which can be segregated across time slots of 10 or 5 minute



Many experienced doctors say "Stop practicing it when you start feeling that the problem is overcome".

BENEFITS OF VAYU MUDRA

- Gives great relief in gastric trouble and helpful in constipation too.
- relaxes tense or spastic muscles
- Helps in the joint pain if the pain is due to gastric problem.
- Increases concentrating power too
- Cures ulcer and abdominal pain

Wanna know More?

Click Here- [About Vayu Mudra](#)



Balancing the Air element.

THERE ARE 10

**TYPES OF VAYUS (WINDS) THAT
CIRCULATE THROUGH THE NERVES OF
THE HUMAN BODY AND CAN BE
CONTROLLED WITH MUDRAS.**

**There are MUKHYA VAYUS (Main Winds) &
UPVAYUS (Secondary winds)**

THE RULES TO KEEP THESE VAYUS IN GOOD ORDER
ARE CALLED PANCHMUKHI PRANOPASANA OR THE
FIVE FACETED WORSHIP OF THE LIFE FORCES

MUKHYA VAYUS (MAIN WINDS)

PRAN VAYU:- MOUTH; CENTRAL NOSE;
CENTRAL NABHI; HEART

APAN VAYU :- RECTUM; REGENERATIVE
ORGANS; KNEES; LOINS; STOMACH; WAIST;
NAVEL AND CALVES

VYAN VAYU :- EYES; EARS; SHOULDERS;
ANKLES; THROAT

UDAN VAYU :- HANDS AND FEET

SAMAN VAYU :- ASSISTS OTHER VAYUS

UPVAYUS (SECONDARY WINDS)

NAG VAYU

KURM VAYU

KRIKER VAYU

KRIKAL OR DEVADUTTA VAYU

DHANANJAYA VAYU

**THESE WINDS CIRCULATE IN PLACES
LIKE THE SKIN AND BONES ETC.**

Apan Vayu Mudra

If you are experiencing chest pain or high pressure in the chest, Doing Apan Vayu Mudra at this time can reduce risk of life. That's why it is also called "Mrit Sanjivani Mudra".

HOW TO DO APAN VAYU MUDRA

Method: First folding the index finger of your hand and then pressing it to the base of the thumb. Now touch the finger tips of the middle finger and the ring finger together with the tip of the thumb while keeping the little finger straight.



Folding the index finger reduces air element. Touching the finger tips of thumb, middle finger and ring finger, we tend to increase the fire, space and earth element. Fire increases heat which helps in removing the impurities, increasing the space give more oxygen supply to heart and increasing the earth element we increases the muscle power of heart.

BENEFITS OF APAN VAYU MUDRA

Helps in the stimulation of the circulatory system.

Helps in calming down your body nervous system.

Helps in relieving digestive problems like acidity, gastric issues.

Beneficial for people who are suffering from pain in knees

Helps in curing insomnia as well.

Wanna know More?

Click Here- [About Apan Vayu Mudra](#)



Brahma Mudra

Brahma mudra is beneficial for your mental and physical well-being.

HOW TO DO BRAHMA MUDRA

Method: Fold your thumb inwards and touch the base of your little finger. Now slowly cover the thumb with your fingers forming a fist. Do it with both your hands and then bring the fists towards each other such that the knuckles touch each other facing one another. Rest your hands near the belly and stay in the position for 10-12 minutes a day.



It is also executed in a way to strengthen your neck

People with Kapha in their system should not perform prolonged durations of this mudra.

Perform this mudra freely in a flowing manner. Do not put pressure on your fists, hand, or neck.

BENEFITS OF BRAHMA MUDRA

Strengthens the nervous system and digestive systems.

Can calm a stress nervous system

Known to relieve stress, anxiety, and depression by removing all the negative energies.

removes toxins from the body and makes the lungs healthier

Wanna know More?

Click Here- [About Brahma Mudra](#)

Chant "Om" as you exhale to enhance the tranquility and meditation.

Ganesh Mudra

Ganesha Mudra is believed to be associated with elements of fire in the body leading to improvement in digestion.

HOW TO DO GANESH MUDRA

Method: Bend your elbows out to either side and take your left palm in front of your chest, the palm facing away from you, such that your thumb is pointing downward.



With your right thumb pointing upward, place your right hand in front of your left hand, palm facing toward your chest. Now bend your fingers, to hook them with one another. Your fingers should be in a claw position.

Inhale deeply, and exhale slowly while trying to pull your arms apart, while your fingers are still hooked.

Do not clench your fingers too hard, to prevent any injury.

It is important to keep your mind at peace and instill positivity within yourself to get the best results.

Ensure that you are sitting upright.

BENEFITS OF GANESH MUDRA

Relieves Stress & Tension

Energizes your body and boost confidence.

Extremely useful for cardiac muscles, chest muscles and arms

Relieves stress from Shoulders and Chest

Wanna know More?

Click Here- [About Ganesh Mudra](#)



Helps in cholesterol, depression, weakness of heart

Gyan Mudra

Gyan mudra is also known as "The mudra of Knowledge" or "Knowledge Mudra"

The additional names of the Gyan mudra include Vayu-Vardhak mudra and Dhyana mudra.

HOW TO DO GYAN MUDRA

Fold your index finger and tap the tip of it to the tip of your thumb. Execute it with both your hands.

The other fingers should be straight.

The thumb represents planet Mars and the index finger represents the planet Jupiter which is a symbol of wisdom and devotion according to astrology.



The combination of these two elements increases the air element further increasing the effect of Jupiter.

A person facing gastric issues or food indigestion might face some ill effects.

BENEFITS OF GYAN MUDRA

Gyan mudra helps increase concentration.

The immunity of the body increases.

Gyan mudra is known to reduce stress, anger, and anxiety instantly.

Is known to cure "Pita dosha" and "Kapha dosh"

Used as a remedy for depression

Wanna know More?

Click Here- [About Gyan Mudra](#)

also known as

Chin Mudra

Chin means consciousness according to Sanskrit

Kubera Mudra

HOW TO DO KUBERA MUDRA

Method: Touch the tip of middle finger and Index finger to the tip of thumb. Gently press them against each other. Fold your little finger and ring finger to the center of the palm.



The thumb is known to have the characteristics of the planet Mars that are confidence, courage, and strength. The index finger representing the planet Jupiter provides qualities like luck, wisdom, leadership, spirituality, and riches. The third finger used in this yoga mudra is the middle finger that represents Saturn and grants qualities like humility, and calmness. When such strong planets representing fingers unite, a lot of energy produces. This energy is channelized into the person practicing the mudra.

BENEFITS OF KUBERA MUDRA

Helps to regain lost focus and concentration

Known to keep a check on the blood pressure.

Kubera mudra is known to shower luck, wealth, and wisdom on the people who practice it regularly.

Balance the right and left nostrils, therefore, preventing infections like sinus.

Wanna know More?

Click Here- [About Kubera Mudra](#)



Prasanna Mudra

This mudra is beneficial for your hair
It involves rubbing fingernails against each other with some force.

HOW TO DO PRASANNA MUDRA

Method: form a half fist (curling your finger inwards, towards the chest). The thumb should be outward. Next, your fingers' nails should touch each other and palms against each other. Now, with swift up and down movements, rub your nails against each other. Just rub your fingernails and not thumb.



Do not use thumbs while doing this exercise
Carry out this mudra on an empty stomach or three hours after a meal

Prasanna Mudra is also known as the Hairdo Posture
According to reflexology, nerves present in the nail are associated with your hair follicles in the scalp.

BENEFITS OF PRASANNA MUDRA

Treating hair problems, such as premature graying, hair fall and dry hair.

Treats insomnia and nourishes the brain.

Strengthens your hair follicles.

Makes your hair dense, thick, and glowing

Wanna know More?

Click Here- [About Prasanna Mudra](#)



also known as
Balayam yoga

Mudra is Beneficial for your hair.

Prana Mudra

Pran mudra also known as the vital energy posture.

Helps to increase the Pran Shakti or the "Life force".

Benefits of Pran mudra are limitless

HOW TO DO PRANA MUDRA

Method: Touch the tip of Ring finger and Small finger to the tip of Thumb and keep the remaining two fingers comfortably straight.



There are 10 vayu available in body and pran vayu is an important vayu among them. It stimulates the root chakra that creates the heat and vibration. It awakens & energizes the body.

BENEFITS OF PRANA MUDRA

Helps in the stimulation of the circulatory system.

People suffering from diabetes should do it along with gyan mudra

Improves blood flow in our body and removes any blockages.

Practicing it with gyan mudra, solves the problem of sleeplessness.

Increases our immunity power and concentration power.

Wanna know More?

Click Here- [About Prana Mudra](#)

also known as

THE ENERGY POSTURE

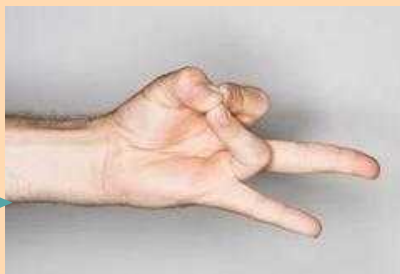
The Ultimate Source of Vital Energy

Rudra Mudra

Achieves self-confidence and will power
Improves concentration level
Prevents eating disorder and bad food addictions
Said to increase your living life span

HOW TO DO RUDRA MUDRA

Method: Rudra Mudra involves the use of the ring, index, and thumb finger. You have to touch the tip of the ring finger, index finger with the tip of the thumb finger. Extend the other two fingers as much as possible.



It activates your energy in Manipura Chakra, which is the centre of one's digestive system.

The contact of thumb finger with other two fingers regulates the flow of energy and encourages the root of chakra in this Yoga Mudra.

BENEFITS OF RUDRA MUDRA

Improve blood circulation and cure your low blood pressure.
Protects from stomach problems
Reduces Dullness and relieves dizziness
Helps to reduce extra fat in the body
Improves Eyesight and Appetite

Wanna know More?

Click Here- [About Rudra Mudra](#)



"The gesture of strength"

It augments the fire element in our body

Shankh Mudra

The Shankh Mudra mimics the Shankh which is the shell or conch. Therefore, this yoga mudras is also referred to as the Sahaj Shankh Mudra or the Seashell Mudra.

HOW TO DO SHANKH MUDRA

Method: Take your left thumb. Using all the four fingers of your right hand, encircle it. Ensure that your right thumb is free.

Take your right thumb tip. Touch it with the middle finger of your left hand. Do not force your fingers to each other. Let the fingers gently rest. Once you do this ensure that your hands look like a shankh or a conch.



BENEFITS OF SHANKH MUDRA

It helps to purify 72000 nerves of the body.

It aids in increasing the height of children.

Can Help to get rid of stammering problem.

It helps to improve the quality of voice by toning the throat up

Helps to get rid of various throat problems such as thyroid, sore throat, and tonsillitis amongst others.

Helps to reduce obesity.

Wanna know More?

Click Here- [About Shankh Mudra](#)

also known as

'Conch Shell Gesture'

Shunya Mudra

Shunya Mudra decreases the space element and thus is also known as Akash (space) Shamak (decreases) Mudra.

HOW TO DO SHUNYA MUDRA

Method: Curl your middle finger so that they touch the ball or base of your thumb. Now gently press your finger against the thumb.

Try and keep the rest of your fingers as extended as possible.



Do not perform this Mudra if you are feeling weak.

Discontinue after getting a cure from a particular ailment. Its excessive practice can reduce the space element in your body.

BENEFITS OF SHUNYA MUDRA

Aids in managing deafness of ears and other ear disorders. It is a popular yoga practice for tinnitus..

Helps in managing heart and throat disorders.

improves your blood circulation and thus cures numbness.

Helps people with tri-dosha.

Manages travel sickness and vertigo

Wanna know More?

Click Here- [About Shunya Mudra](#)



also known as

The Gesture of Emptiness.

Shiv Linga Mudra

Are you feeling bloody cold this winter? Then, Shiv Linga Mudra is the cure for you!

HOW TO DO SHIV LINGA MUDRA

Method: Tie fingers of both hands in a criss-cross manner and keep thumb (either of left or of right hand) perfectly straight.



While doing this mudra, one should take lots of liquid content like fruit juice or drinking normal water.

If one is suffering from ulcers or acidity, then he should not do this mudra.

Once the problem is solved, one should stop doing this mudra.

BENEFITS OF SHIV LINGA MUDRA

Linga Mudra generates heat in the body. It is excellent when the body is cold

Helps in problems of colds, catarrh and coughs. It cures cough generated problems like asthma, pneumonia, tuberculosis etc.

Shiv Linga also removes the excess fat from body and makes one look slim and fit.

Wanna know More?

Click Here- [About Shiv Linga Mudra](#)

also known as
Upright Mudra

Strengthens prana & relieves stress

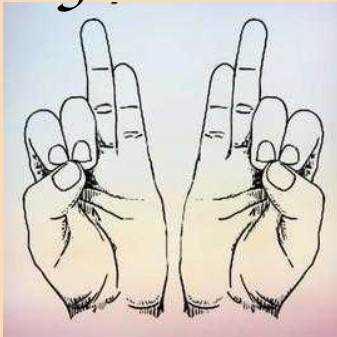
Other Lesser Known Mudras

Kapha Nashak
Mudra



Matangi
Mudra

Vaayan Mudra



Shakti Mudra



Adi Mudra



Yoni Mudra



3 Meditation

Meditation, Yoga, Subconscious Mind & Healing

**ACHIEVE SUCCESS WITH
SUBCONSCIOUS MIND**



Subconscious Mind?



Composing 90% of your total brain, your subconscious mind is your faithful, unquestioning, and loyal servant.

This subconscious state is the state which according to Hindu Mythology is the point of contact of human with God. And anything is possible in that particular state. According to science, it is seen that for a normal human only 10% of brain is accessible and rest 90% we can't access. In our subconscious state, we have access to the rest of 90% as well. And sometimes a link is built between conscious and subconscious mind for a very minute time frame and that's how Déjà vu takes place.

You might have experienced this, the day you don't get to sleep well, you don't seem to like anything the other day. This is because our brain has the habit to go to that subconscious state to rejuvenate body, and if that is not done, we feel restless.

THE GARDENER AND THE GARDEN

Put another way, think of your conscious mind as a “gardener”, and the subconscious mind as the “garden”.

Whatever your conscious gardener plants is exactly what will grow in the subconscious garden.

To Know more about it click below

SUBCONSCIOUS - KNOW EVERYTHING

Train Your Subconscious Mind

Meditation - Focus

Yoga is all about self-healing while Meditation is all about acquiring the state where you connect with your inner soul. Meditation is an art that helps you understand the power of silence and breathing.

Meditation is focusing. That is the reason we are often asked to 'focus' on our breathe if we are meditating.

When you try to focus you are bound to evade all other distractions by controlling your mind first, then only you are able to concentrate and reach a state when the only thing you are thinking is the thing that you are focusing upon.

So start exploring yourself. Find out something that you would love to focus upon. This can be anything.

This has been scientifically proven that meditation could actually cure severe diseases and disorders in the human body.

Introspect and find out what you love to do, that can be anything from doodling, dancing, painting, jogging or even playing a video game. Remember, all you need to do is focus & half the job is done. Innovate your own unique method of meditation.

LEARN MORE AT BELOW LINK:-
Meditation, Yoga and More

Program



Your Subconscious Mind

For Success

5. VISUALIZE YOUR SUCCESS

The most critical step in conditioning your subconscious mind for achieving success is to first visualize what you want to achieve in life.

Subconscious Training Exercise

#1: Create your vision of a successful life

Invest 5-10 minutes right now. Step away from your computer or mobile device screen to think about what you envision your future to look like.

Write down what you are seeing (writing things down is a key subconscious conditioning tool which I'll reveal more about later).

What is your vision and what are you doing to make it happen for you?

4. DAILY TASK: WRITE YOUR GOALS

The simple act of writing down your goals provides a powerful visual reminder of the things you must do to achieve your mission. Writing out your goals also programs your subconscious mind to begin taking action to achieve the goals you've crystallized on paper.

Subconscious Training Exercise

#2: Write down your 10 goals you must achieve.

Remember to start with "I" and use the present tense so your subconscious mind will fully understand these commands and begin taking action immediately.

Repeat this exercise first thing every morning or right before going to sleep. In a few weeks, you'll be amazed at the progress you've made!

Program Next Steps

3. USE DAILY AFFIRMATIONS TO STAY ON YOUR SUCCESS PATH

Affirmations are short, positive statements that describe a desired situation. Just like writing down your 10 goals every day, affirmations are conditioning your subconscious mind to take the necessary actions to achieving your goals and ultimately your vision of success.

Subconscious Training Exercise

#3: Write 5 positive affirmations you can begin using today to program your subconscious mind into taking positive action

2. CALM YOUR MIND WITH MEDITATION

Even meditating for 2 minutes while you're alone in the office restroom will have a beneficial health effect.

Subconscious Training Exercise

#4: Practice meditation for at least 5 minutes every day

These 5 minutes (thinking about nothing but breathing) every day may get you focused on your day at hand and set the stage for your subconscious to direct you in taking actions and achieving goals.

1. EXERCISE TO CLEAR YOUR MIND

You will boost endorphins (chemicals produced in your brain that make you feel good) while clearing your mind to help you make better decisions.

Subconscious Training Exercise

#5: Dedicate yourself to at least 30 minutes of daily physical activity

You have countless options to choose from for physical activity to help get your blood pumping and your mind focused and clear of all the gummy mental sludge that prevents your brain from running at optimal levels.

To Know in Detail Click Below
[Subconscious Mind and Success](#)

The Monkey



Banana Trick

We all know about Buddhist monks who reside in inhuman conditions on mountains and survive extreme weather fluctuations. No matter the temperature, these monks can manage in simple cloths.

HOW DO YOU THINK THEY DO THAT?

This is the result of years of meditation and focus. They are able to control their mind and thus their sensory organs. This doesn't mean that they can not feel cold, but through meditation they have learnt to suppress the sensation by focusing their mind towards prayers and chants.

Monkey is a very mischievous animal and can not be still for long. If you have to control a monkey you have to give it a bait i.e. a banana. Now the monkey will be busy with the banana.

Consider your mind as a monkey (never at peace). Even when you sleep it is working and keeps on feeding itself the facts, memories, plans, information and anything. You can not just ask it to stop as you can't in case of a monkey, its the nature of your brain. but You can control the behavior of brain.

use this technique to your own benefit i.e. by giving it the banana. So now you have the logical explanation that why almost all the yoga trainers start with the sentence such as "Close your eyes and focus on your breathe"

Basically they want you to tame your mind by giving it your breathe to focus upon. For your mind your inhalations and exhalations act as a banana. Give it a different banana if it gets bored. Repeat the drill over and again till you have full control of your monkey.

So, next time you want to meditate, just find a banana from your surrounding and give it to your mind to concentrate. The results will be both astonishing and encouraging.



Let me give you an example that I do daily. I listen to music while I am jogging/running in gym. You might have heard that listening to music while working out improves performance.

WHAT IS THE REASON?

I provide my brain with what it needs, music to keep it calm and sooth. This way I have reached a point where now I am able to run continuously for up to 2.5 hours (this I did just to test my limits, usually I prefer to run only for 45 minutes). I managed to run continuously for 2 hours because my brain had what it needs. Similarly you can do whatever you wish to by giving your brain its proper feeding, the matter is to find what your brain needs.

This is not it, there are several benefits or I shall say the magics that you could do if you could master meditation.

Visit

Wanna know More?
[Medictips.com](https://www.Medictips.com)

Many of us don't even breathe in the correct way. Isn't that shocking? But yes, that is the truth. We breathe so fast that we forget to contain that oxygen in our body for long enough to utilize it properly.

Many people breathe through mouth while sleeping which is really wrong and leads to many health problems.

DID YOU KNOW:-

Your wrong breathing pattern is making you unhealthy and degrading your body functions in many different ways. It is screwing up your sleep, digestion and mood. It is posing a problem for your heart, nervous system and brain activity as well.

Learn More About "Art of Breathing"

BREATHING
SCIENCE



4

Hasta Mudras for Health Problems

Solutions in Postures

VARIOUS YOGA MUDRAS
SOLUTIONS TO PROBLEMS



6 Easy Yoga Mudras

WEIGHT LOSS

Surya (Agni) Mudra

Shiv Linga Mudra

Kapha-Nashak Mudra

Vaayan Mudra

Gyan Mudra

Prana Mudra



7 Powerful Hand Mudra

HEALING HEALTH

Gyan Mudra for Healing Power

Healing Mudra Vayu

Prithvi Mudra for Healing

Agni Mudra

Jal Mudra (Varuna Mudra)

Shunya Mudra

Prana Healing



3 Best Hand Mudra **BOOST IMMUNITY**

Gyan Mudra
Prithvi Mudra
Prana Mudra



5 Effective Hand Mudra

DIABETES

Shiv Linga Mudra
Gyan Mudra
Apan Vayu Mudra
Prana Mudra
Agni Mudra



5 FAQ's

Answers to
your
Questions



How long does it take for Mudras to work?



Mudras usually start showing the effect in 4 weeks when done consistently. If you're going through some chronic diseases, it might take a little longer, around 6 to 7 weeks.

Mudra's working efficiency depends on your practice consistency and the current physical condition.

Should I Just Eat Before Yoga/Mudra ?



You should eat one hour prior to yoga/mudra as it might not be comfortable during yoga. Still, if you prefer to eat, a small portion of snacks may not be harmful. You should check before yoga that what suits your body and whatnot. Eating in a lesser amount is always good. If you have opted for rigorous yoga then you must totally avoid. You should also avoid being empty stomach as that may also cause discomfort to you and lack of concentration for the mind.

Is Meditation Necessary to Do Yoga?



A 5 minutes meditation may not harm and instead give you peace of mind. Meditation will help you keep your mind at peace and calm, you will be fresh and your mind will work and concentrate sharply. But it is not strictly necessary.

Which Mudra is most powerful?



All mudras have their own benefits associated with them. All are equally powerful for what they are practiced for. The Dhyana mudra is also called the meditation mudra. The Gyan, Chin, and Dhyana are by far the best-known hand positions for meditation.

Which Mudra is Good for Sleep?

Shakti mudra

Lift your ring and pinkie fingers, steeping them against each other, and breathe while holding this position for several minutes. This Shakti mudra helps with chronic insomnia, especially if practiced daily.



Can we do Mudras During Periods ?

There is no harm in practicing yoga mudras during periods. In fact, some mudra (Apana mudra) helps to regularize the menstrual cycle.

As per the yogic literature, there are two movements of energy within our body, upward movement is refereed as Prana energy & downward is Apana energy. The very simple logic behind practicing mudras during Periods is that it's downward flow of energy (Apana movement). By the practice of mudra, periods pain can be eased by regularizing Apana movement.



Can we do Mudra While Watching TV?

Mudras can be practised anytime, anywhere, while sitting, standing, walking, travelling, watching TV, listening to music or even while sleeping. While sitting place the palms on the thighs.



Can we do mudras after eating?

It can be practiced any time after or before eating. There is not any hard and fast rule to practice Mudra. You can do practice even when you are talking, walking or lying on the bed. So there is not any side effect for doing any mudra.



How long should I hold a Mudras posture?



While you practicing any specific mudra, hold the mudra position for at least 12 breath counts & bring complete focus on breathing. Mudra's working efficiency increases with 'time to hold' it. Practice a mudra for a couple of minutes initially and later on expand time up to 15-20 minutes.

How to Enhance the Effects of Mudra Yoga ?



While performing mudras, placing the hands on the things/knees creates another pranic circuit that stimulates the gupta nadi - hidden channels in the thighs and helps stimulate the energies at mooladhara chakra. This results in increasing energy within the body

Chanting of mantras (e.g Om, Gayatri, Om Namah shivaya) with mudras yields greater effect.

Which Mudra is best for Anxiety?



Apan Vayu Mudra is a gesture that can be used to calm the body, regulate the heart, including heart conditions and panic attacks, and helps provide space for greater internal awareness and stillness.

Do mudras actually work?



Yes they Work Wonders if practiced consistently. Though mudras are often referred to hand gestures, every yogic posture is also a form of mudra. This is just what happens at the physical level. When paired they can be even more effective, but this should not discourage a practitioner from doing mudras without any physical augmentation.

What are General Mudra Guidelines ?



BALANCE, DECREASE, INCREASE AND EMPOWERMENT

Touching the tip of the finger and thumb balances the element represented by the finger.

Touching the finger tip at the base of the thumb decreases the element.

Touching the thumb tip to the base of the finger increases the element.

Touching the tips of fingers of both the hands increases the power of the 5 elements. Hence memory is sharpened.

Can Mudra Yoga show quick effects ?



Some mudras show their effects immediately - e.g Shoonya mudra cures vertigo within a few seconds. Similarly, Apan vayu mudra gives instant relief during a heart attack. In case of chronic diseases mudras like vayu, soorya and jalodar nashaka can show their effect within eight to fifteen days.

What should i know before practicing any mudra?



When a problem is resolved, the specific therapeutic mudras are to be discontinued. This applies to the following mudras - vayu, shoonya, soorya, jalodar nashaka mudra and linga mudra. Linga mudra, should not be performed more than 15 minutes at a time as it generates a lot of heat within the body.

Prana, Apana, Prithvi and Jnana mudra can be practised for an unlimited time. Other mudras must be practiced till the illness persis.

For general well being, six mudras are to be practised everyday for ten minutes each, they are - Jnana, Prithvi, Apana, Prana, ShoonyaVayu and Dhyana.

Whenever possible perform the mudras with both the hands. Perform mudra with one hand when there is problem in the opposite side.

A light contact between the tips of the thumbs and the fingers is sufficient. One need not apply pressure.



CONCLUSION

THE LOVE FOR FITNESS & HEALTH

IN SIMPLE WORDS

Yoga Mudra Asana are easy source of healthy life and fitness. You can choose to begin with mudras that are easy to do and after getting the benefits, you can work on other yoga mudras for more health benefits.

MedicTips will help you get the best fitness info directly to your mail or desktop. Just subscribe to our news letter and keep visiting medictips.com for new health and fitness knowledge.

just breathe

How many of you actually breathe like filling up your lungs completely. "Take a deep breathe", is what we always listen when we are in a mediation class or yoga class. And there is a reason why they say so in a mediation class. They want you to experience the power of breathing first. When you take a deep breathe, you feel more energetic and powerful. This is because you are now breathing more oxygen and your body is able to function properly with sufficient amount of oxygen available.

Take it this way, consider your body as a machine which requires fuel to work properly. Oxygen and food is the fuel for body. Now our body is very adaptive with situations. So when your body does not get sufficient fuel, it minimizes its function so that whatever is available can be used for the continuous process which are more important like giving oxygen to your heart and brain.

This way your body stops those functions which are not of high priority. This affects you in the long run and thus degrades your body. Your skin becomes dull and your body stops growing. You feel more irritated and shallow from inside.

"Art of Breathing"

Let's focus more on the ways that ensures, you breathe in the correct way.

BREATHE ONLY THROUGH NOSE

Very awkward statement this is but yes some people have a wrong habit of breathing in and out through mouth. People usually start inhaling air in and out through mouth when they are very tired like while doing gym time, doing some hard physical activity like running may be. This should be avoided for most of the time.

TAKE DEEP BREATHE (BREATHE WITH THE DIAPHRAGM)

Let the air go deep in your lungs and all the way in your body. Diaphragm and other breathing muscles are part of your breathing process, so let the air move into it.

BREATHE INTO LUNGS NOT STOMACH

Practice "anulom vilom" yoga asana and "pranayama yoga" asana for breathing exercise.

STAY RELAXED AND CALM ALWAYS

Your breathing speed defines your mood, feelings and physical situation. Always have a relaxed breathing. This helps in keeping your mind calm and focused. The more the breathing muscles will be relaxed, the lesser will be the stress level in your body.

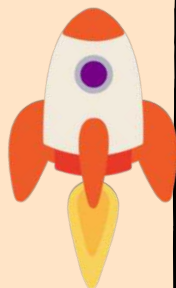
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