

Restoration & Regeneration of Health through **MUDRAS**

(Astonishing self help at your Fingertips)

“Yogic Gestures or Mudras create very subtle ripples in your body. You can’t feel them if there is already a storm going on in your body.”



Image Credits:
Daily Mudras

Disclaimer:
It is recommended to always consult your
personal physician for any health issues

There is much more to yoga than meets the eye. While the practice of yoga means asanas and breathing practices to many, there is a lesser-known, subtler, and independent branch of yoga: Yog Tatva Mudra Vigyan, or the science of Yoga Mudras.

Significance of **Yoga Mudras**

Entirely distinct and based on the principle of Ayurveda, yoga mudras are understood as a healing modality. The Sanskrit word mudra is translated as a gesture. A mudra may involve the whole body or could be a simple hand position. Mudras used in combination with yoga breathing exercises enliven the flow of prana in the body, thereby energizing different parts of the body.

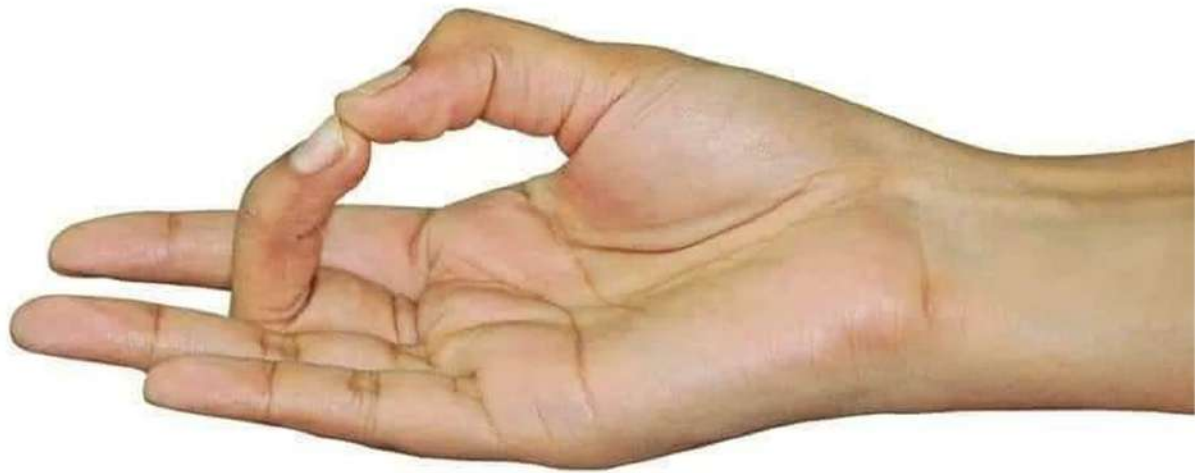
How do **Yoga Mudras** work?

According to Ayurveda, diseases are caused due to an imbalance in the body, which in turn is caused by lack or excess of any of the five elements. Our fingers have the characteristics of these elements, and each of these five elements serves a specific and important function within the body. The fingers are essentially electrical circuits. The use of mudras adjusts the flow of energy – affecting the balance of air, fire, water, earth, ether – and facilitates healing.

Mudras create a subtle connection with the instinctual patterns in the brain and influence the unconscious reflexes in these areas. The internal energy is, in turn, balanced and redirected, affecting change in the sensory organs, glands, veins, and tendons.

Yoga mudras are practiced by sitting cross-legged in Vajrasana or in the Lotus Pose, or even by sitting comfortably on a chair. Ideally, Ujjayi breathing is done when practicing most Mudras. Take at least twelve breaths in each Moga Mudra and closely observe the flow of energy in the body.

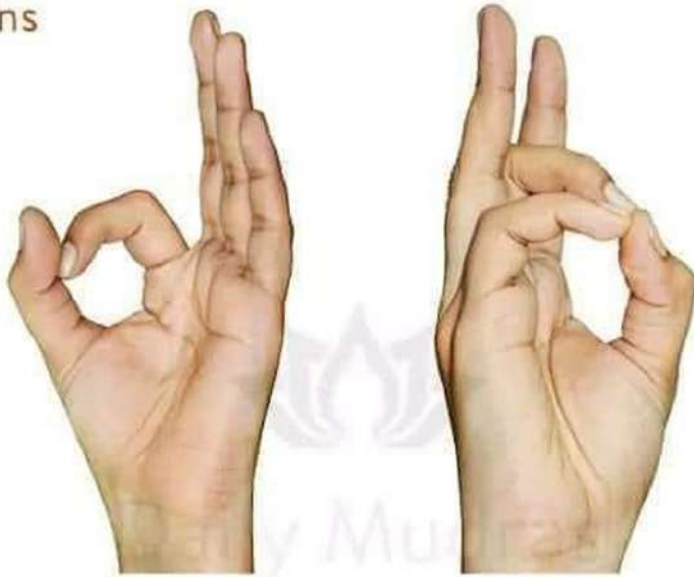
AAKASH MUDRA
— for —
Enlightenment



Daily Mudras

BACK MUDRA

 DAILY
15 Mins



BENEFITS

- Severe back pain can be removed.
- The left hand is applying the Gyan Mudra. Therefore, it improves wisdom and intelligence.



Daily Mudras

BHAIRAVA MUDRA

 DAILY
15 Mins



BENEFITS

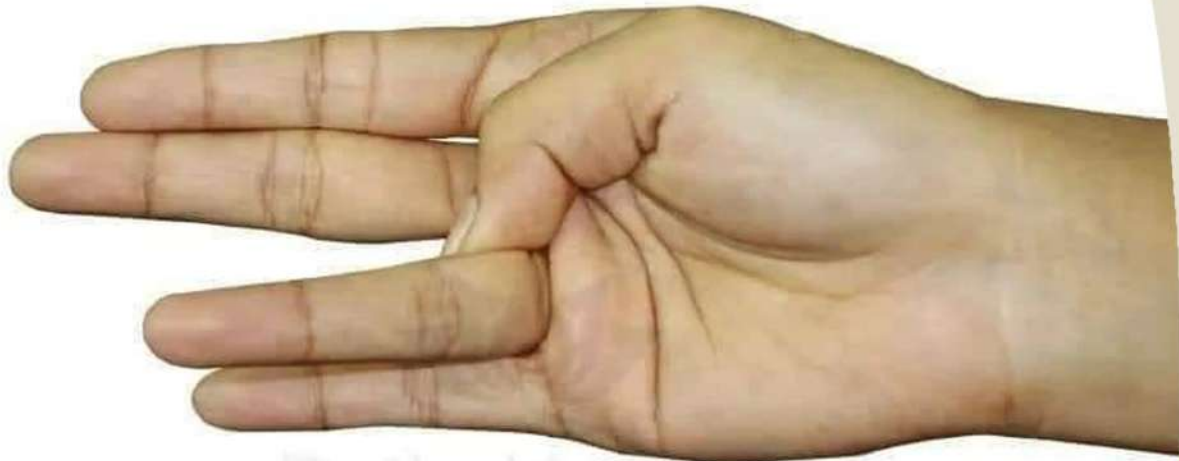
- Balances both parts of hemisphere of the brain.
- It is useful for heart, stomach, liver, duodenum, gallbladder, spleen, pancreas and kidneys.



Daily Mudras

DETOXIFICATION MUDRA

 DAILY
15 Mins



BENEFITS

- Detoxifies and removes all the toxins out of the body.
- Cleanses and purifies you mentally, physically and spiritually.
- Helps to get rid of bad memories, bad habits, dislikes, negativity and fears.


Daily Mudras

DHARMACHAKRA MUDRA

 DAILY
15 Mins



BENEFITS

- Calms the mind.
- Encourages a positive attitude.
- Concentration power will be increased.



Daily Mudras

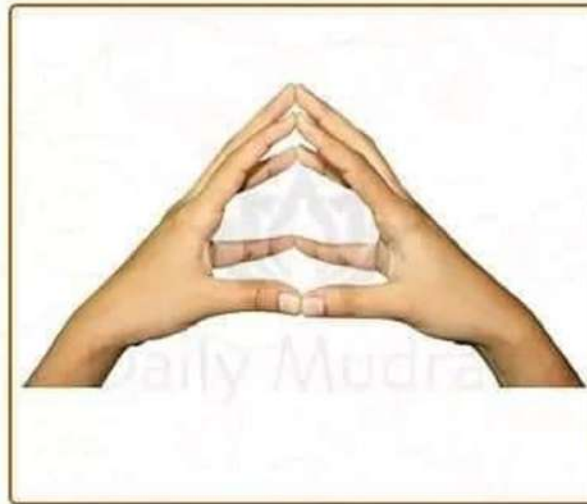
GANESHA MUDRA
— for —
Shoulder pain



Daily Mudras

HAKINI MUDRA

 DAILY
15 Mins



BENEFITS

- Used to sharpen the brain.
- Helps to improve concentration.
- Promotes the cooperation between the right and left hemispheres of the brain.
- Beneficial for children suffering from Autism.



Daily Mudras

KANISHTHA MUDRA

 DAILY
15 Mins

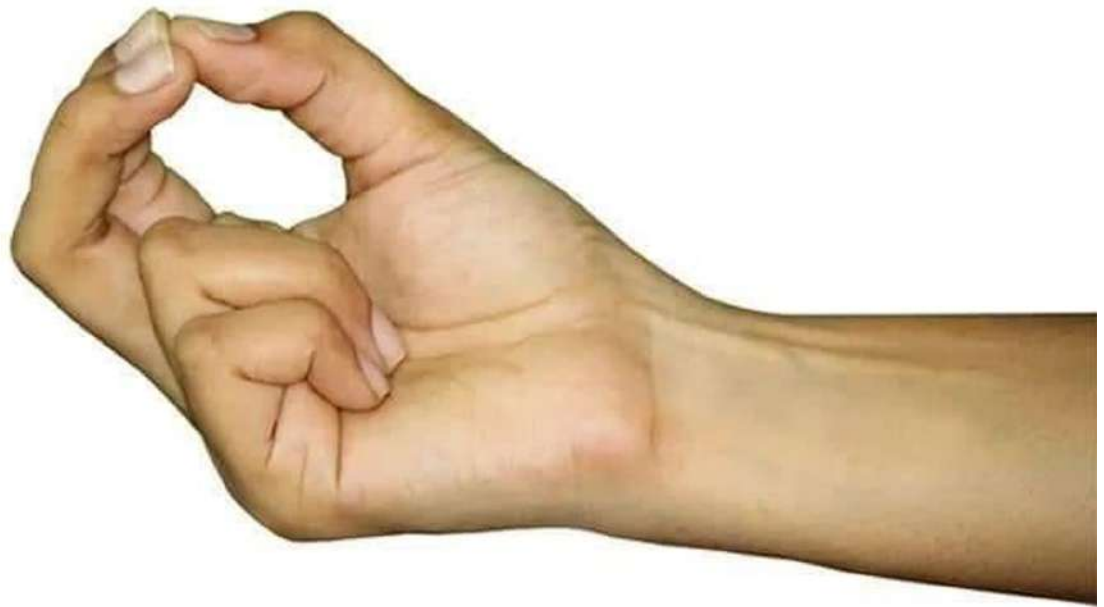


BENEFITS

- Normalizes the high blood pressure.
- It relieves nausea, constipation and indigestion.
- Balances the water content in the body.


Daily Mudras

KUBERA MUDRA
— gives —
Wealth

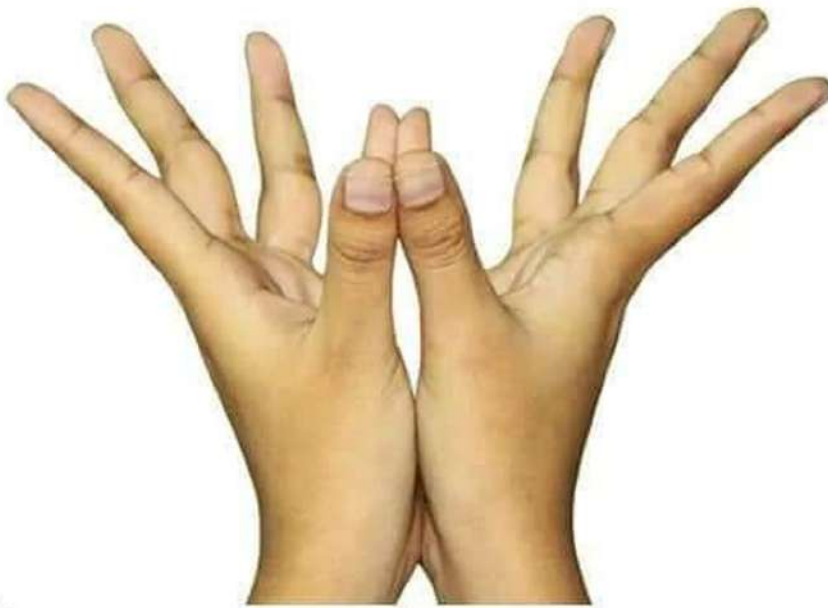


Daily Mudras

LOTUS MUDRA

— for —

Body purification



ALSO FOR :

- RELAXES AND STABILIZES THE MIND.
- TREATS ULCER AND FEVER.
- CREATES A MORE LOVING ATTITUDE.



Daily Mudras

MURTI MUDRA

 DAILY
15 Mins



Daily Mudras

BENEFITS

- Leading to greater relaxation.
- Antidote for a busy mind.



Daily Mudras

NAGA MUDRA

 DAILY
15 Mins



BENEFITS

- Helps to develop physical strength.
- Brings clarity to the mind and makes the mind to be active.
- Helps to relieve from tension.



Daily Mudras

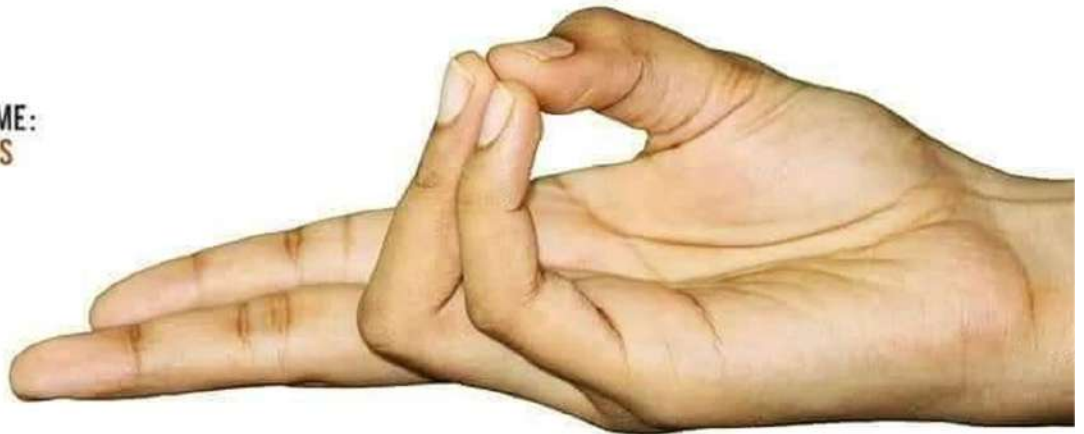
PRANA MUDRA

— for —

Brisk



PRACTICE TIME:
15-45 MINS



ALSO FOR :

- MAKES TO BE FEEL ENERGIZED.
- IMPROVES THE VISION OF EYES.
- STRENGTHEN THE IMMUNE SYSTEM.

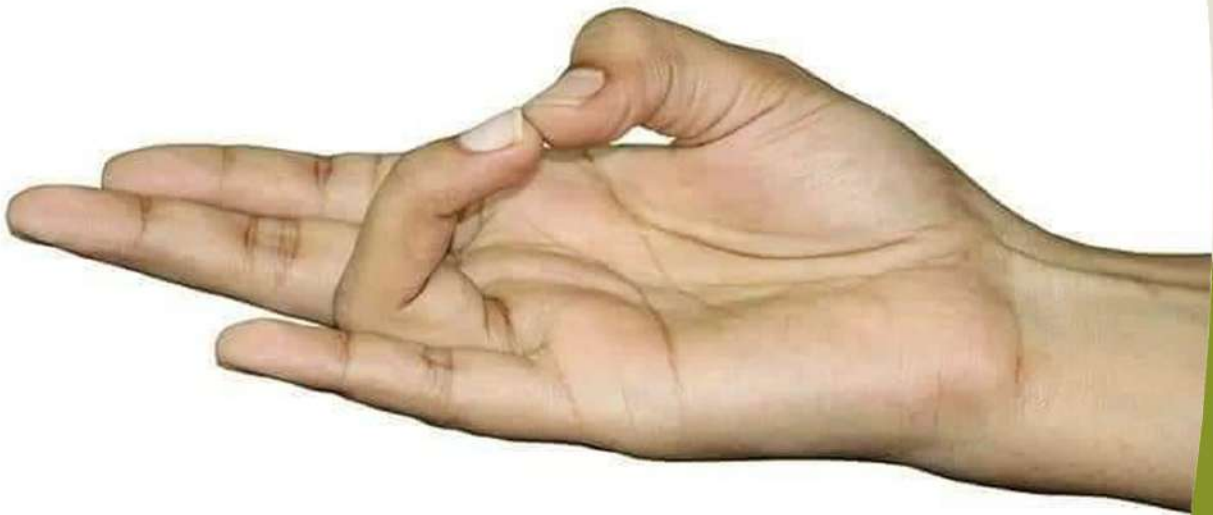


Daily Mudras

PRITHVI MUDRA

— for —

Hairloss

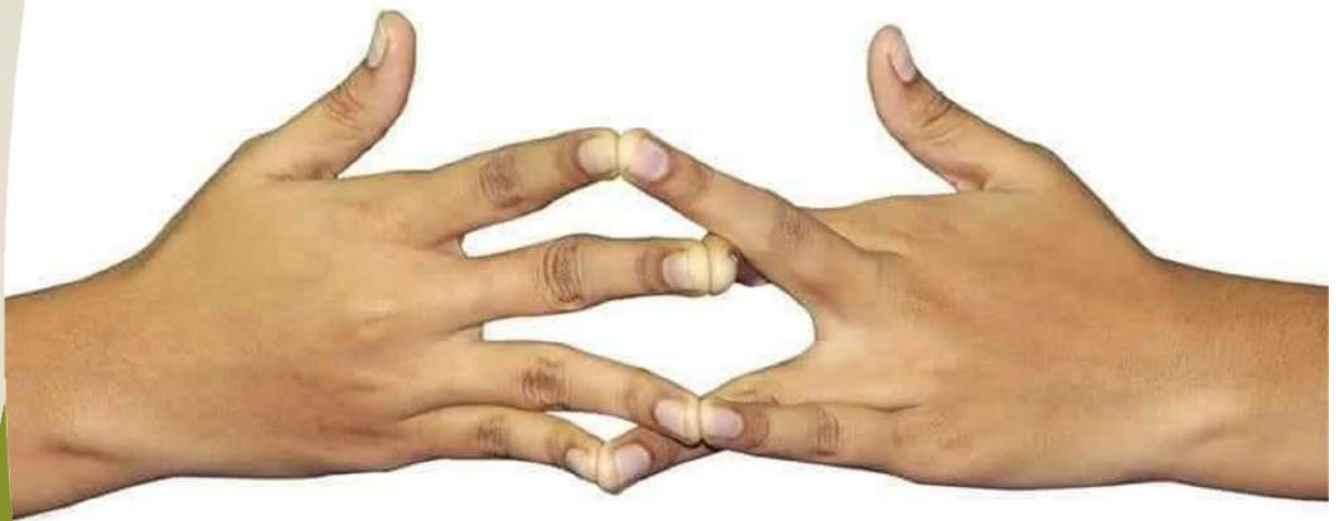


Daily Mudras

SURABHI MUDRA

— for —

Glands



ALSO FOR :

- ALL GLANDS WILL FUNCTION BETTER.
- ACIDITY IS PACIFIED IMMEDIATELY.
- MENOPAUSAL PROBLEMS ARE CURED.



Daily Mudras

ARE YOU DEALING WITH OVERWEIGHT?

Do this to get rid completely

 **DAILY
15 Mins**



SURYA MUDRA

Focus on **fat loss**

Not weight loss



Daily Mudras

VAJRA MUDRA

 DAILY
15 Mins



BENEFITS

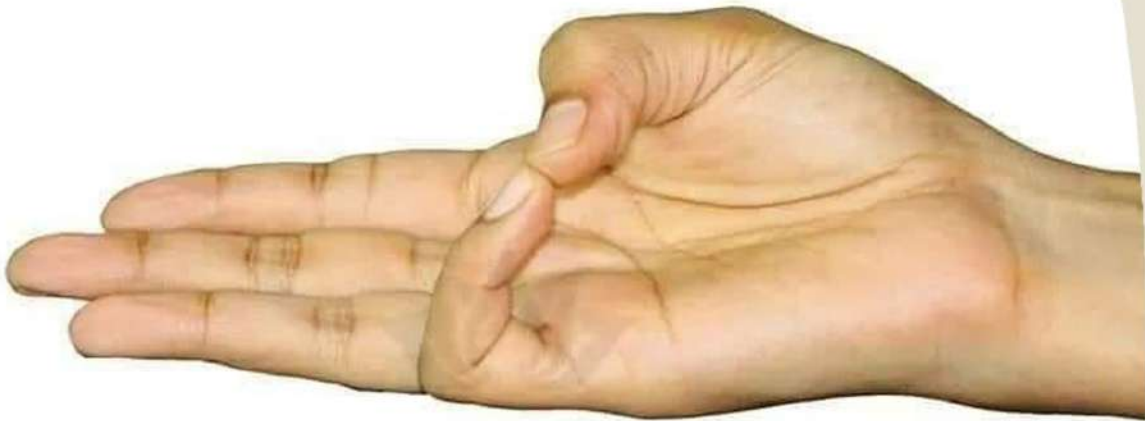
- Stimulates the blood circulation.
- Reduces the restlessness and dizziness caused by low blood pressure.
- Helps to skip stimulants like bibulous, cigarette and tobacco.



Daily Mudras

VARUNA MUDRA

 DAILY
15 Mins



BENEFITS

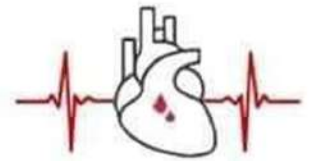
Daily Mudras

- It brings a lustre and glow to the face.
- It can help in preventing appearance of pimples.
- Cures itching.
- Helps in overcoming the dryness of the mouth and heals cracked lips.


Daily Mudras

Vayan Mudra for
Hypertension

 DAILY
15 Mins



World
HYPERTENSION
Day (May 17)



Daily Mudras

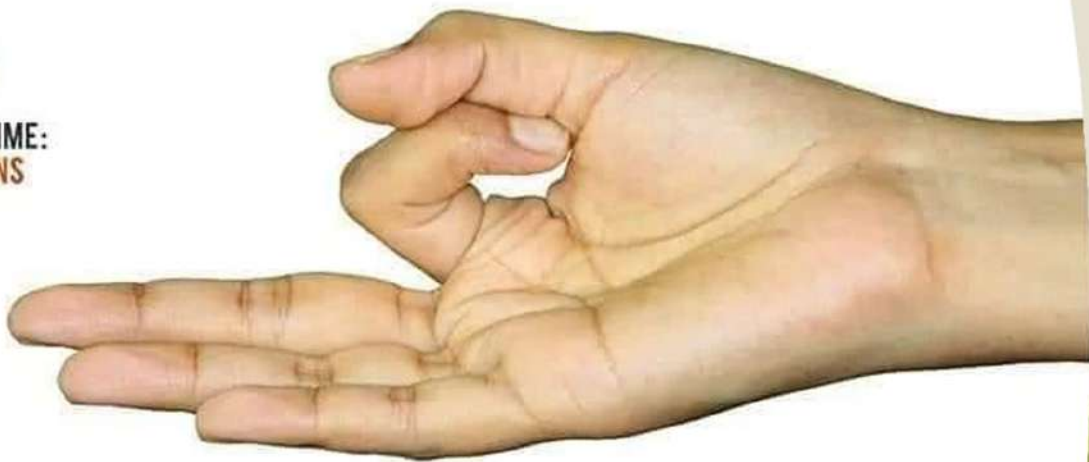
VAYU MUDRA

— for —

Stomach AILMENTS



PRACTICE TIME:
15-45 MINS



ALSO FOR :

- REDUCES ALL DISORDERS IN THE STOMACH.
- HELPFUL TO RELIEF FROM CHEST PAIN.
- REDUCES PAIN IN KNEE, JOINT AND SHOULDER.



Daily Mudras

YONI MUDRA



 DAILY
15 Mins

Daily Mudras

BENEFITS

- Relieves from menstrual pain.
- Menopause problems can be resolved.
- Calms nervous system.
- Awakens the kundalini.



Daily Mudras

For extensive details, please go online and gather further resources.

Compiled by:

