

REVIEW ARTICLE

Benefits and Mode of Action of Various *Hasta Mudra*

Dhiman Sonia^{1*}, Chaudhary Vijay², Jagota Ankush³

¹PG Scholar, Department of Swasthavritta, R.G.G.P.G Ayu. College and Hospital, Kangra, Himachal Pradesh, India.

²Principal Cum Dean, R.G.G.P.G Ayu. College and Hospital, Kangra, Himachal Pradesh, India.

³Lecturer, Department of Swasthavritta, R.G.G.P.G Ayu. College and Hospital, Kangra, Himachal Pradesh, India.

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ABSTRACT

Introduction: In this modern era, our lifestyle is changed and become sedentary. Lack of physical exercise, faulty dietary habits, increased stress, and environment changes lead to many diseases. Everybody is fed up by taking so many medicines. Hence, people are showing interest in drugless therapies. Practicing *Hasta mudra* is totally drugless and cost less.

Aim: The aim of this article is to describe the preventive and curative benefits of Various *Hasta Mudra* and to explain the mode of action of Various *Hasta Mudra*.

Materials and Methods: Various benefits and modes of action of *Hasta Mudra* have been explained on the basis of classical texts and literature.

Results: With regular practice of *Hasta mudra*, various diseases can be prevented and cured.

Discussion: *Mudra* should be performed for at least 45 min in a day.

Conclusion: *Hasta Mudra* is helpful in *Mudhra* therapy can control stress, depression, anxiety, fear and promotion of mental health and happiness prevention and cure of many diseases.

1. INTRODUCTION

1.1. Background

The word *mudra* is a Sanskrit word which has the meaning “gesture” or “attitude.” *Mudra* can be described as emotional, psychic, devotional, and esthetic gestures or attitudes. *Mudra* are attitudes of energy flow, which help in linking person’s *pranic* force with universal or cosmic force.^[1] The literal meaning of *mudra* is the expression of internal feelings by way of different postures of fingers, palms, hands feet, and or body. This is an integral part of *yoga* and a scientific knowledge of spirituality and physical well. There are different types of *Mudra*, but in this article, we are discussing only about *Hasta Mudra*. By doing *Hasta mudra*, subtle hand and finger movements make important connections in the nervous system and stimulate specific energy pathways. In *Hatha Yoga*, there are 10 *mudra* which are mentioned as *Jaramarananashaka*.^[2] In *Gheranda Samhita*, there are 25 *Mudra* and according to it, various eye and body positions (*Asana*) and Locks (*Bandha*) are also included

in *Mudra*.^[3] In *Shiva Samhita*, it is mentioned that just by practicing *mudra*, the *Yogi* is freed from all diseases.^[4]

1.2. Significance

In this article, we will discuss about how practicing *Hasta Mudra* can be helpful in preventing and curing various diseases. It is a drug-less therapy and no money is required for it.

1.3. Review of Literature

Classical *Yogic* textbooks such as *Hatha yoga Pradeepika*, *Gheranda Samhita*, *Shiva Samhita*, and other *Yogic* textbooks such as *Asana Pranayama* and *Mudra Bandha and Mudras Yoga* in your hands were reviewed to analyze the benefits and mode of action of various *Hasta Mudra* and other research articles related to *mudra* were reviewed.

2. MATERIALS AND METHODS

2.1. Principle of *Mudra*

According to *Ayurveda*, All materials and non-materials substances are made up of *panchamahabhoota*. *Ayurveda* emphasizes that

Corresponding Author:

Sonia Dhiman,
PG Scholar, Department of Swasthavritta, R.G.G.P.G. Ayu. College and Hospital, Kangra, Himachal Pradesh, India.
Email: dhimansonia1997@gmail.com

whatever is present in the universe is also present in the individual body.^[5] Hence, human body is also made up of five basic elements (*Panchamahabhoota*), that is, *Aakash* (space), *Vayu* (Air), *Agni* (Fire), *Jala* (Water), and *Prithvi* (Earth). Under healthy conditions, our body has an optimum balance of all these five basic elements. Imbalance in any of them leads to illness. By performing a specific *Mudra*, any imbalance in these five basic elements is restored and the person recovers.^[6]

2.2. Representation of Pancha Mahabhuta on Fingers

- Thumb-*Agni*
- Index-*Vayu*
- Middle-*Aakash*
- Ring-*Prithvi*
- Little-*Jala*

2.3. Gyan Mudra or Vayu vardhak mudra

2.3.1. Procedure

Touch the tip of the thumb with index finger and other fingers are straight.

2.3.2. Effects

- It is the best mudra to sharpen your memory and increase concentration power.
- It stimulates pineal gland, pituitary gland and balances the nervous system.

2.4. Vayu mudra or Vayu shamak mudra

2.4.1. Procedure

Fold index finger and touch it in the base of thumb and press it with the thumb.

2.4.2. Effects

- It is effective in reducing restlessness and anxiety.
- It also helps in reducing the pain.

2.5. Prana Vayu Mudra

It is also called mudra of vitality.

2.5.1. Procedure

Touch the tip of the thumb with ring finger and little finger.

2.5.2. Effects

- It is effective in CNS disorders, respiratory disorders, and *Vata viagra*.
- It helps in making the body and mind stable and improves body strength.

2.6. Apana Vayu Mudra/Hridaya Mudra

It is also called as *Mritsanjeevani Mudra* because it has the ability to snatch back a person from the diseases like Heart attack.

2.6.1. Procedure

Touch the tip of thumb with middle finger and ring finger and fold the index finger and touch it in the base of thumb.

2.6.2. Effects

- It is useful in Cardiac failure as a first-aid remedy.
- Treats Artery's shrinking and blockage, that is, in arteriosclerosis. This mudra helps in the detoxification of the body.

- Reduces Anxiety and Nervousness.
- It helps in providing stability.
- Hridaya* mudra helps to release pent-up emotion and unburden the heart.^[7]

2.7. Vyana Vayu Mudra

2.7.1. Procedure

Touch the tip of the thumb with index finger and middle finger.

2.7.2. Effects

- Vyana vayu* mudra improves *prana* flow and blood circulation.
- It reduces sluggishness and dullness of the mind and body.
- It also improves mood and reduces drowsiness.
- It speeds up recovery from fatigue and debility after an illness.
- It is good for heart health and helps in improving blood circulation.

2.8. Samana Vayu Mudra

2.8.1. Procedure

Join the tip of the thumb with the tip of all four fingers.

2.8.2. Effects

- It helps in reducing acidity, flatulence, and other minor digestive issues.
- It strengthens liver function, improves metabolism, and increases appetite.

2.9. Udana Vayu Mudra

It promotes the upward flow of *prana* (energy) to the throat.

2.9.1. Procedure

Join the tip of the thumb with the tips of index, middle, and ring finger.

2.9.2. Effects

- It helps in repairing the imbalances in the thyroid and parathyroid glands.
- It regulates blood flow to the brain which can help to access creativity, and improves speech and communication.
- Improves the functioning of the respiratory system.

2.10. Shunya Mudra

It is also known as the "Mudra of Emptiness."

2.10.1. Procedure

Bend middle finger and bring it down to touch the base of the thumb and gently press middle finger down with the help of thumb.

2.10.2. Effects

- It is beneficial in reducing motion sickness, vertigo, tingling, and numbness in any part of body.
- It helps in improving diseases related to ear and hormonal imbalances.
- It helps in reducing mental stress and slows down the onset of dementia.

2.11. Surya Mudra

2.11.1. Procedure

Bend the ring finger in such a way that the tip of finger touch the base of the thumb and thumb pressing the top of the second phalynx (of the ring finger).

2.11.2. Effects

- This is effective in weight loss (It cuts off body's excessive fat by lowering earth element, another reason is that it boosts metabolism which in turn burns more calories at rest or during activity).
- This mudra removes extra cholesterol accumulated in the blood vessels and hence reduces the risk of heart attacks and indirectly helps in curing diabetes also.
- As *Surya mudra* increases body temperature, thus it provides relief from the problems caused by cold weather such as dry skin, sore throat, painful joints, and flu.
- This helps in improving vision (because this works on *Alochaka Agni* or *Pitta*, which is related to vision and perception).

2.12. Linga Mudra

2.12.1. Procedure

Interlock the fingers of both hands together and then upright the left thumb.

2.12.2. Effects

The main benefit of *Linga Mudra* is its ability to generate heat within your body. The heat generation can help your body fight many infections, common cold, mucous production, and general lung disorders.

2.13. Girivar Mudra

2.13.1. Procedure

Raise the little finger up and straight while folding the rest of the three fingers and pressing them with the thumb.

2.13.2. Effects

- This helps in relieving urine retention and helps in improving other urinary problems.
- This helps in curing urinary tract infection.
- This helps in the purification of the body.

2.14. Meao Mudra

2.14.1. Procedure

Fold the middle and ring fingers toward the center of the palm. Press the palm with these fingertips.

2.14.2. Effects

This is practiced to maintain an optimum blood pressure.

2.15. Prithvi Mudra

2.15.1. Procedure

Touch the tip of thumb with tip of ring finger.

2.15.2. Effects

- This helps to improve body strength.
- This helps in making the body and mind more stable and concentrated.
- This is helpful for weight gain.
- This mudra heals cuts and wounds, dry skin, fracture in bones, and brittle nails.^[8]

2.16. Varun Mudra

2.16.1. Procedure

Touch the tip of thumb with the tip of little finger.

2.16.2. Effects

- This is helpful in improving skin problems.
- Balances water element.

2.17. Jal Shamak Mudra

2.17.1. Procedure

Bend little finger and touch the tip in the base of thumb and press it with the thumb.

2.17.2. Effects

- It is beneficial in excessive sweating, excessive watering from eyes.
- This mudra is beneficial in Ascites.

2.18. Akash Mudra

2.18.1. Procedure

Touch the tip of thumb and middle finger.

2.18.2. Effects

- It relieves the condition of migraine and reduces sinusitis pain.
- It helps in curing Calcium deficiency.

3. DISCUSSION

3.1. Method to Perform Mudra

At the beginning of *Mudra*, exhale vigorously many times and then breathe deeply and slowly. Form your hands and place the fingers according to mudra. The pressure of the fingers should be very light and fine and your hands should be relaxed. The flexibility of hands has a direct relationship with the flexibility of the body. Hence, firstly, it is very important to make your body flexible by regular practice of *Yoga Asana*.^[9]

3.2. Mode of Action of Various Mudra

- When we touch the tip of thumb with the tip of any finger. Then, energy flows in the circuit and that element (*Mahabhoot*) will increase in the body until the balance of that element in the body will not take place.
- When we bend any finger and touch the tip in the base of thumb and the direction of energy is toward the earth and that *Mahabhuta* (element) will decrease in the body until balance of that element in the body not occur.

3.2.1. Gyan Mudra

In this *Mudra*, *Vayu* element in the body is increasing. That will help in balancing nervous system. The thumb is symbolic of cosmic (divine) and the index finger is symbolic of individual (human) consciousness. This mudra fulfills the ultimate goal of Yoga, that is, oneness of human consciousness with cosmic consciousness.^[10]

3.2.2. Vayu shamak Mudra

In this *Mudra*, *Vayu* element is decreasing in the body which helps in reducing all type of pain and anxiety which occurs due to increasing *Vata* in the body.

3.2.3. Akash Mudra

It helps in increasing *Akash* (Space) element in the body which helps in opening channels due to this energy flow is regulated. This helps in detoxification of the body. This mudra brings lightness in the body. Blood pressure is also kept in control because it helps in removing any blockages in blood veins.

3.2.4. *Shunya Mudra*

This mudra helps in reducing *Akash* (Space) element in the body.

3.2.5. *Pranavyu Mudra*

It is the combination of *Prithvi* and *Jala mudra*. Both *mudra*'s combined power provide stability in the mind and also bodily strength. *Prithvi* and *Jala* are having *Guru* and *Snigdha* property which are opposite to *Vata*, which helps in pacifying *Vata* disorders.

3.2.6. *Hridya Mudra*

It is the combination of three *mudra*, that is, *Aakash mudra*, *Prithvi mudra*, and *Vayu Shamak mudra*. This mudra has combined effects of all three mudra. This mudra helps in detoxification of the body (by *Aakash mudra*), provides stability (by *Prithvi mudra*), and helps in reducing anxiety and irritation (by *Vayu shamak mudra*).

3.2.7. *Vyana Vayu Mudra*

It is the combination of *Gyan Mudra* and *Aakash Mudra*. *Vyana vayu mudra* improves *prana* flow and blood circulation because *Aakash mudra* helps in detoxification of the body and open channels. It reduces sluggishness and dullness of the mind and body because the *Vata* element is increasing in the body due to *gyaan mudra*.

3.2.8. *Smana Vayu Mudra*

This mudra helps in balancing all the five basic elements.

Kuldeep Singh (2015) indicated that the hand and finger positions of *mudra* or hand gestures make important connections in the nervous system and stimulate specific energy pathways. It is also said that *mudra* increase energy and blood circulation to different parts of the brain, to important nerve junctions and glands. Early *yogi* mapped out the hand areas and their associated reflexes which relate to the different areas of the body and brain.^[6]

Mudhra therapy can control stress, depression, anxiety, fear, and promotion of mental health and happiness.

The *yogic hasta mudra* was found to be effective in normalizing high blood pressure in a novel way. This *mudra* is helpful in emergency situations where medical help is not available immediately. It can also reduce further medical deterioration of patient's clinical condition the photographical presentation of various mudras are given below on the last page of manuscripts.

4. CONCLUSION

The various types of *Yogic Hasta mudra* can be practiced anytime at anyplace-in the bus, train, car, office, or at home. It is suggested by experts that the *yoga mudras* should be practiced for 45 min in a day for good results. It can also be practiced for 10–15 min at a time as well. However, only one *Mudra* should be practiced at a time according to the situation. Thus, the above mentioned *mudra* applied tension to the nerves or the neural which form the psycho-neural circuits and it helps in balancing the five basic elements. It is said that we get disease only when there is imbalance in these five basic elements. Hence, balancing of these five basic elements is very necessary to remain healthy.

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6. AUTHORS' CONTRIBUTIONS

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8. ETHICAL APPROVALS

The study not require ethical approval as it is a case study.

9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE

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Representation of Pancha mahabhuta on Fingers



Samana Vayu Mudra



Prana vayu Mudra



Udana Vayu Mudra



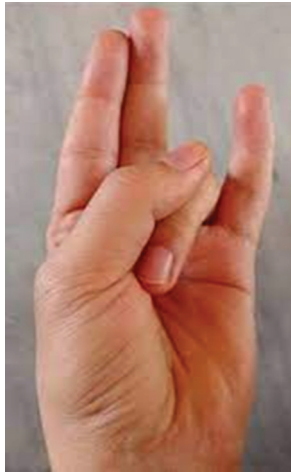
Apana Vayu Mudra/Hridaya Mudra



Shunya Mudra



Vyana Vayu Mudra



Surya Mudra



Meao Mudra



Linga Mudra



Prithvi Mudra



Varun Mudra



Girivar Mudra



Akash Mudra