

I'm not a robot



energy of each element is presented in our bodies. Thumb Fire Index Finger Air Middle Finger Space Ring Finger Earth Little Finger Water Each finger has 3 parts: lower, middle, and upper phalanges. The lower phalanges decrease the presence of the corresponding element in your body; the upper one increases, and the middle one balances the energies. Thus mudras help regulate the levels of energy and cure and rejuvenate the body systems. Often mudras are performed with specific pranayama for a more profound effect. In some yoga traditions, like Kundalini yoga, mudras are combined with mantra chanting and prayers. How Many Mudras Are There? Mudras have been vividly mentioned in Hindu and Buddhist scriptures. According to the scriptures a total number of 399 mudras are mentioned. They can be classified by the level of difficulty: some are available for beginners, while others require specific preparation to do them. Mudras can be combined in a set or practiced along with asana and pranayama. Sometimes mudras are divided into 5 categories: Yogic:25 mudras to be included in a daily yoga practice Spiritual:helps achieve spiritual goals, bring focus and concentration. For example,Gyan Mudra. Curative:are used to treat health issues. For instance, Apana mudra. Religious:are used in ceremonies and religious happenings. Customary:used for self-oriented purposes (Pranayam mudra). Below are five basic mudras that beginners can use. They are: Chin Mudra Here the thumb and the index finger are sealed at the tips while the palm and the remaining three fingers are stretched forward. The hands are rested on the thigh. This mudra is performed at the time of meditation and while practicing pranayama such as Nadi Shuddhi, Bhastrika, Ujjayi, etc. Mudras are also performed during some of the kriyas such as Kapalbhati. Chin Mudra is believed to increase energy flow in the body, thereby enhancing the power of concentration. Chinmaya Mudra For this mudra, the tip of the thumb and the index finger are sealed together to form a ring. The rest of the fingers are also folded inwards. The hands are rested on the thigh with the palm facing upwards. This mudra is performed to aid digestion. Adi Mudra The thumb is folded to touch the base of the little finger and the remaining four fingers are folded to cover the thumb to make a loose fist. The palms face upwards as the hands are rested on the thigh.This mudra helps to soothe the nerves, increases oxygen flow throughout the body, enhances lung capacity, and also helps to get rid of snoring. Brahma Mudra Bring your palms to Adi Mudra. Join both your hands together so that the knuckles join together. Place your joined fists under your navel.Performed while practicing Pranayama, Brahma Mudra is believed to detoxify the body and mind while increasing the energy flow within the body. How Long to Hold Mudras? According to the ancient books on Yoga and the norms handed down by the early practitioners and masters of Yoga, the duration for holding each mudra has been prescribed. The optimal duration of mura practice is 15-20 minutes (some sources suggest that 24 minutes is the best time frame). In mudra practice, you should keep your back and spine straight. Keep this pose as long as you hold the chosen mudra. So for a beginner 15 minutes may seem too long, as the back muscles are not ready and legs are stiff. So, you may get in a situation when your back is slowly rounding, and knees begin to ache, and you finish your mudra practice in a shriveled pose. This is not a good idea, as the round back wont allow energy to flow through the spinal channel. To fix this, start mudra practice with 3-5 minutes and increase to 15-20 minutes. With time, you'll be able to stay in stillness for more extended periods with no pain. What Are Mudras Used For? Mudra might look very easy on the face of it. But when you perform them, you will realize that after all, it is not so easy to keep your fingers sealed together in a particular way for a long time. It helps you to realize the limitations of your body and mind. Experienced practitioners advise not to give up. Just like you dont give up on a complex asana, you need to work on retaining a particular mudra for an extended duration or as it is required while performing an asana, pranayama, or kriya. Mudras help to accentuate the benefits of the other Yogic activities. It helps to imbibe positivity in our bodies and minds. It facilitates a better energy flow and oxygen circulation in every part of our body that helps our organs heal, revive and rejuvenate, thus performing to their optimum capacities. When to Do Mudras? Mudras are primarily practiced while performing other activities of yoga that include asanas, pranayamas, and bandhas. Specific mudras are practiced while performing certain rituals and pranic healing. The recommended time for mudra practice is early morning: 4-6 AM. Why Yoga Breathing Is Important? Before doing the practice, gurus offer to clean your body and wash your hands. Do Mudras Have Side Effects? The answer is Yes. Mudras have side effects if done too early in your practice. Thats why its essential to have an experienced instructor or guru who can guide you. Among the side effects can be: dizziness bloating delusion increase of heart rate sweating shaking and more. If you come across some of the above, please stop performing mudra right away. Instead, take several breaths, ground your body on the mat (put palms and soles on the floor, open your eyes, and concentrate on the surrounding space). Be attentive to your body signals and ask for help if necessary. To Sum Up The above information is only a short resume of an exciting journey that you can have with mudra practice. There is much more to discover within your body. We know many things, and much more we cant understand only with our brain. Some things we can only experience. So, why not start doing some mudra practice and get your own vision of it today? You may have seen people touching their fingers during a meditation class and wonder what were they doing. Most likely, they were doing mudras or hand gestures.Mudras are hand gestures to create joy. Mudras are tools to balance your energetic field by redirecting the prana energy in your body. There are hundreds of mudras for health and wellbeing. You can use mudras in combination with a particular kind of breathing. You can use them together with mantras, asanas and bandhas.Mudras are physical gestures made with the hands and fingers but can also involve the face and the body. Lets have a look at mudras in more detail.Mudras are physical gestures made with the hands and fingers.According to Swami Satyananda Saraswati, mudras are psychic, emotional, devotional, and aesthetic gestures.The word mudra comes from Sanskrit, meaning gesture, mark, or seal. Mud means delight, pleasure, joy, and dra means to create. Hence, mudras are gestures to create joy.Mudras are very ancient. The earliest records about mudras are from the 1st and 2nd centuries. There are records of mudras in paintings of the Ajanta caves and monuments of the Ellora caves in India.Mudras are found in the Book of Chants (Mantra Shastra), The Book of Worship and Prayers (Upasana Shastra), and The Book of Classical Dances (Nriya Shastra).There are different types of mudras. The most common mudras are hand (Hasta) mudras. But there are also body mudras (Kaya) and consciousness mudras (Citta).You can use a mudra in a hand position or practice mudras involving your whole body. When you use a mudra involving your whole body, you can combine it with asana, pranayama, bandha, and visualization techniques.Mudras are not specific to yoga. Mudras have been in use for centuries. They have been used by different religions, cultures, and traditions.You can find mudras in Indian dance, spiritual practices, and iconography. Mudras are found in different cultures of Hinduism and Buddhism in India, Tibet, China, and Japan. Some texts, as Hatha Yoga Pradipika, consider mudras to be a branch of yoga.You have probably wonder why some people move their fingers while meditating. Its quite likely that they are using mudras during their meditation.When we meditate or chant mantras, our bodies produce energy and vibrations. Some of this energy is lost and goes out of the body. Mudras help to keep this energy in the body.Mudras act like an electrical circuit that helps the energy circulate throughout the body rather than losing it. So, when the fingers touch each other, the energy flows through them and circulates throughout the body.The theory behind mudras is that the fingers are the Nadis endings (channels of energy throughout the body). So, by keeping the fingers in specific positions in a mudra, an electromagnetic current is created. This electromagnetic field brings balance to the whole body.Each finger connects to one of the five elements: Air, Water, Fire, Earth, and Ether. So, when we made mudras, each finger connects with one or more of those elements.Thumb -fire (Agni)Index finger air (Vayu)Middle finger ether (Akash)Ring finger earth (Pritivi)Little finger water (Jal)If there is an imbalance in one or more of these elements, the immune system gets disrupted, and you can present some diseases. By touching the fingers, balance is brought back into the body.A mudra works by creating a specific electrical circuit. A mudra will have a corresponding effect in the body, mind, and prana. The aim of a mudra is to help you snap out of instinctive habitual patterns.The theory behind how mudras work explains that theres a concentration of free electrons around each fingertip. When theres a connection fingertip-fingertip or fingertip-palm, the pranas energy is redirected back into the body and up to the brain.Mudras send signals to specific areas of the brain. Mudras work by creating patterns that influence veins, tendons, glands, and sensory organs to balance your health.Practising mudras can help you get rid of habitual patterns and heal your physical and mental body. This is because mudras affect some areas of the brain where instinctive habit patterns are stored.In general, mudras can be done in combination with asana, mantra, and pranayama.Mudras are usually done as part of meditation and pranayama practice. But you can also make mudras while chanting and even during some yoga postures. You can do them at any time during the day.In general, spiritual practices are best to be done with an empty stomach or after one hour and a half after meals. You only need to find a few minutes to sit down in a quiet place without distractions.Set a clear intention and find the right mudra.You can use mudras to balance the energy in your body. Once this energy is balanced, you will experience more joy, better health, and calmness. Mudras are tools to help you achieve an intention. Mudras send energy to the brain to balance your better health. Its common to use mudras for better health. Mudras are linked to Ayurveda, an Indian healing science.Each mudra will ask you to place your hands in a particular position. Putting your fingers together or in your body. Depending on your intention, the mudra will work in a certain way.You can practice mudras anywhere.You can use mudras for pretty much any ailments. For example, for headaches, fertility problems, pain, fever, insomnia, skin problems, hair loss, among others. You can also use mudras for self-confidence, positive thinking, bliss, and clarity of thought.Find a mudra that suits your intention. Learn what the mudra does and how it should be performed. Each mudra has specific instructions on how it should be practised.Practice your mudra with an empty stomach or an hour and a half after meals.Ensure you have a comfortable sitting position with your back straight. You can sit cross-legged or on a chair, depending on your flexibility.Use both hands together to create a loop and close the energy in your body.Choose a breathing technique or pranayama to use to go with the mudra/meditation practice.Remember to apply enough and firm pressure to each fingertip while performing the mudra.Practice your mudra every day.If you are practising mudras to heal your body, stop practising that particular mudra once you achieve results.If you struggle to practice mudras for long periods, start with a few minutes, and build up your practice to the recommended amount of time to obtain the most benefit from the mudra. There are 5 types of mudras:Hasta mudras are mudras made with the hands. Hasta mudras are used in meditation. You can use hasta mudras to redirect the prana emitted by your hands back into your body.Mana mudras are mudras involving the head. They are called head mudras because they involve different parts of the face. They utilise the eyes, ears, nose, tongue, and lips. These head mudras are important in Kundalini yoga and many meditation techniques.Kaya mudras or postural mudras are a combination of physical postures with breathing and concentration.Bandha mudras or lock mudras combine mudra and bandha. Bandha mudras charge the system with prana and prepare it for kundalini awakening.Adhara mudras are perineal mudras. They redirect prana from the lower centres of the body to the brain.There are hundreds of mudras. The Bharatanatyam has 200 mudras, the Mohiniattam have 250 mudras and Tantric has 108 mudras. You can choose the mudras you need according to your intention.There are mudras specific to some practices, such as in the case of tantra and kundalini yoga.So, if you have a particular health problem, look for that particular mudra to help you.There are 3 mudras that can help you:Mahasirs mudraThe thumb, index and middle fingertips touch each other. Fold the ring finger and touches the base of your thumb. Keep the little finger straight. You can do it with one hand or both hands.This mudra is specifically for releasing tension and headaches.Practice for 10-15 minutes per day.Surya mudraFold the ring finger and gently press your thumb over the ring finger. Keep the remaining fingers straight. Do it with one hand or both hands. Place the hands onto your knees or thigh.This mudra increases the fire in the body. Decreases headache and tension. It affects the thyroid glands and increases metabolism. Hence, it can help with weight loss.This mudra is recommended for 15-45 minutes per day. You can split the time and do it 3 times a day for 15 minutes.Apana Vayu mudraTouch the base of your thumb with your index finger. Then touch the tip of your middle and ring finger with the tip of your thumb finger. Keep your little finger straight. Practice with one hand or both hands.This mudra combines two mudras Apana and Vayu. It is for heart health. Reduces pain. It can also be used for headaches, toothache, stomachache, backache, joint pain, and heel pain.Practice this mudra for 15-45 minutes a dayMudras are an ancient mystical science that can help you balance the energy flow in your body. You can use mudras as tools to bring balance in your energetic field by re-directing the prana.The instructions for each mudra are specific. Its important you follow those instructions and do your mudra often and ideally at the same time every day.You can use mudras in combination with other yoga practices. It is common to use mudras during meditation. Kundalini yoga uses mudras during meditation, chanting of mantras combined with some asanas and bandhas.Through the practice of meditation, mantra chanting, asana, and bandha, there is the intention of balancing the energy flow in your body. These practices can bring many benefits, better health, reduce stress, influence positive thinking, reduce pain, boost the immune system, among many other ailments. The benefits of mudras are due to the balancing of the energy flow in your body.Mudras are used to ease the bothersome of ailments. Mudras balance the energy flow in your body. Once the energy in your body is balanced, the disease will no longer be there. It will take time, discipline and commitment in your mudra practice to get the benefits.As with other spiritual practices, practising mudras is best done on an empty stomach or at least an hour and a half after a meal. If your belly is processing the food, you will struggle to concentrate.Mudras have specific times for their practice. Some mudras are done for 5 minutes while others for 45 minutes. The time depends on each mudra.Some mudras can be done with one hand, and others are best to do with two hands. Learn moreMudras are symbolic hand and body gestures used in yoga, meditation, and classical dance to direct energy flow, enhance concentration, and promote healing. Below is the complete list of 108 mudras, categorized based on their usage and significance.I. Hasta Mudras (Hand Mudras) 54 MudrasThese are symbolic hand gestures used in yoga, meditation, and classical dance.1. Yoga Mudras (Used in Meditation & Healing) 28 MudrasGyan Mudra (Knowledge Mudra)Prithvi Mudra (Earth Mudra)Varuna Mudra (Water Mudra)Vayu Mudra (Air Mudra)Agni Mudra (Fire Mudra)Shunya Mudra (Emptiness Mudra)Prana Mudra (Life Mudra)Apana Mudra (Digestion Mudra)Apana Vayu Mudra (Heart Mudra)Surya Mudra (Sun Mudra)Linga Mudra (Heat Mudra)Dhyana Mudra (Meditation Mudra)Hridaya Mudra (Heart Gesture)Ashwini Mudra (Horse Gesture)Kshehari Mudra (Tongue Lock)Nasikagra Mudra (Nose-tip Gazing)Bhairava Mudra (Power Mudra)Bhairavi Mudra (Shakti Mudra)Hakini Mudra (Concentration Mudra)Matangi Mudra (Intuition Mudra)Kubera Mudra (Wealth Mudra)Shakti Mudra (Energy Mudra)Yoni Mudra (Womb Gesture)Ksepana Mudra (Letting Go Mudra)Rudra Mudra (Transformational Mudra)Merudanda Mudra (Spinal Energy Mudra)Shankh Mudra (Conch Gesture)Gandua Mudra (Eagle Gesture)2. Classical Dance Mudras (Bharatanatyam & Kathak) 26 MudrasPataka (Flag)Tripataka (Three Parts of a Flag)Ardhapataka (Half Flag)Kartarimukha (Scissors)Mayura (Peacock)Arala (Curved)Shukantunda (Parrots Beak)Mushthi (Fist)Shikhara (Peak)Kapitha (Holding Flowers)Katakamukha (Opening a Bracelet)Suchi (Needle)Chandrakala (Crescent Moon)Padmakosha (Lotus Bud)Sarpa Shirsha (Serpents Hood)Mrigashirsha (Deers Head)Simhamukha (Lions Face)Kangula (Birds Beak)Alarpadma (Fully Bloomed Lotus)Chatura (Square)Bhramara (Bee)Hamsasya (Swans Beak)Hamsapaksha (Swans Wing)Sandamsha (Crab)Mukula (Flower Bud)Tamrachuda (Roosters Comb)II. Kaya Mudras (Body Mudras) 30 MudrasThese mudras involve hand, body, and eye movements.Anjali Mudra (Salutation)Namaskara Mudra (Prayer)Vira Mudra (Warrior Gesture)Parashu Mudra (Axe Gesture)Matsya Mudra (Fish Gesture)Kukkut Mudra (Rooster Gesture)Parvathi Mudra (Goddess Gesture)Mandala Mudra (Circle Gesture)Ankusha Mudra (Control Gesture)Trishula Mudra (Trident Gesture)Kurma Mudra (Tortoise Gesture)Mrityunjaya Mudra (Victory Over Death)Maha Mudra (Supreme Mudra)Simha Mudra (Lion Gesture)Maha Bandha Mudra (Great Lock)Udiyana Mudra (Abdominal Lock)Mulabandha Mudra (Root Lock)Jalandhara Bandha (Throat Lock)Nabho Mudra (Tongue Gesture)Kaki Mudra (Crow Gesture)Vajroli Mudra (Thunderbolt Gesture)Amaroli Mudra (Immortality Gesture)Salajoli Mudra (Simple Purification)Bhujangini Mudra (Serpent Gesture)Manduka Mudra (Frog Gesture)Kala Mudra (Time Gesture)Yoga Mudra (Union Gesture)Shakti Chalana Mudra (Energy Circulation)Guru Mudra (Master Gesture)Tara Mudra (Protection Gesture)III. Tantra Mudras 24 MudrasUsed in spiritual practices to channel energy during Tantric rituals.Kali Mudra (Black Goddess Gesture)Shiva Mudra (Transformation Gesture)Shakti Mudra (Power Gesture)Tara Mudra (Cosmic Energy)Durga Mudra (Strenght Gesture)Kundalini Mudra (Awakening Gesture)Rudra Mudra (Fierce Gesture)Matangi Mudra (Tantric Goddess)Bhairava Mudra (Fearless Gesture)Bhairavi Mudra (Divine Feminine)...These 108 mudras are used across different spiritual and healing traditions to enhance energy flow, mental clarity, physical health, and divine connection. Whether in yoga, Tantra, dance, or meditation, each mudra has a specific function and benefit.

How many mudras are there in hinduism. How many mudras are there in odissi. How many mudras are there in bharatanatyam dance. How many mudras are there in kathak dance. How many mudras are there in total. How many mudras are there in buddhism. How many mudras are there in dance. How many mudras are there in meditation. How many mudras are there in hatha yoga pradipika. How many mudras are there in bharatanatyam. How many mudras are there in classical dance. How many mudras are there in kuchipudi. How many mudras are there in kathak. How many mudras are there in odissi dance. How many mudras are there in kathakali.