



# BANDHA (Inner Lock)-MUDRA (Hand Gesture): Essences of Optimizing Health

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**Abstract: Background:** Bandha and Mudras are found in ancient Indian literature to stimulate internal energy. The simplest know a few things approximately our subtle body, our soul. The act of bandhas stimulates the prana and chakras. Madra is a technique to stimulate the nervous system and glands to minimize the dysfunction of the mind and the mysterious powers of man; kundalini (the inner core energy) can rise to carry our consciousness to the cosmic sense.

**Purpose of the Study:** To know our internal environment and the possible ways to control the internal vital energy. Through bandhas and practicing mudras one can able to get disease-free optimal health. The present article critically discussed the various aspects of bandhas and mudras and their benefit on human health and disease.

**Findings:** Yogic practices help to better the functioning of the thyroid, pancreas, and comparable different important glandular systems to your body. Jalandhara bandha, for example, balances the thyroid gland and thereby benefitting digestion, increase, and weight management issues. Focusing and mental integration allows many hidden and unused cycles of the brain to reach our consciousness. Various psychological problems as for example, unconscious neurosis and complex repetitive actions lose their ability to affect our lives. Madras is a practical and simultaneous way to change your life.

**Conclusion:** Traditionally, bandhas are classified as a part of the mudras, and are given orally from guru to student. Hatha Yoga Pradipika works with bandhas and mudras together. Bandha is heavily embedded in the mudra techniques and pranayama.

**Keyword:** Bandha (Inner locks) , Mudra (Hand Gesture) and Health.

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