



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

Dr. Kishore Mukhopadhyay

Associate Professor, Department of Physical Education

Union Christian Training College, Berhampore, Murshidabad, West Bengal.

kishore.km2007@gmail.com

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.

I. INTRODUCTION

In this review based article an attempt has been made to discuss with an outline of definitions of yoga, searching on the professed desires, aims and goals. This in itself will fast make apparent the multi-faceted and multi-dimensional nature of yoga and reveal it as an approach towards a couple of particular path or set of practices. The researcher will then cross on to have a look at the records and evolution of yogic philosophy and practice, focusing mainly on 4 key works-**Vedas, Upanishads, Bhagavad Gita** and the **Yoga Sutras**. Ultimately I am able to investigate the basics of the yoga technique as a spiritual, philosophical and non secular machine.

Yoga is normally explained as union: union among the confined self (jiva) and the cosmic self (atman). This definition indicates that there is a aspect of separation between those aspects of self and supreme self. But, Indian perception states that the self is a continuous cosmic consciousness and the aim of yoga isn't always certainly to unite one with something, as one is already united. As a substitute, yoga is to make one realise one's identification with the extra self, to make one understand and have interaction with one's existing inner nature. Consequently yoga is visible as union from the factor of view of identification, wherein a person may sense separated from higher self, however at that better stage of attention there's no separation or any differentiation among the man or woman self and cosmic awareness (1).



It is handiest everyone to focus that may difficult to realise the problem and limit one in understanding this identification. Yoga deals with the realisation that this union already exists. Yoga can be visible as both the approach or route, and the endpoint that leads one to this realisation. Yoga attempts to disengage the ego that complements the feel of detachment from one's environment. As soon as the ego is transcended, a person can understand his or real, inner nature. (2)

When the inner consciousness is nicely-established, one is higher able to find order of their outside surroundings too. Sports which promote flow do no longer require any distinguishing, mediation or negotiation among inner and outside values; a scenario that promotes mental waft is a social system with no deviance (3).

The human brain craves an ordered attention; a decrease in mental chaos consequences in a decreased state of "combat or flight" and extended relaxation reaction. Understood physiologically, a thoughts this is ordered with fewer stimuli effects in physiological relaxation responses together with digestion, muscle relaxation, decreased cortisol production, and extra. In evaluation a harassed mind that perceives an excessive amount of stimulation suffers from problems together with lack of ability to sleep, moodiness, and even reduced mind size and feature. The findings of the recent research based evidence suggests that the mind suffers tremendous measurable losses via shrinkage of the pre-frontal cortex (which regulates concentration, choice-making, and social interplay), deterioration of the hippocampus (accountable for getting to know, memories, and strain management), and uncontrolled synaptic connections among neurons (4).

II. BANDHA

A bandha (sanskrit: बंध) is a kriyā in hatha yoga, it is a type of internal mudra described as a "frame lock".(5-6)

Bandha literally means bond, fetter, or "catching hold of".(7)

Maha bandha ("the high-quality lock") combines all the different three bandhas, namely :(8)

- ***Mula bandha*** is a contraction of the perineum
- ***Uddiyana bandha***, is a contraction of the abdomen into the rib cage
- ***Jalandhara bandha*** is tucking the chin near the chest

In ashtanga vinyasa yoga, these three bandhas are taken into consideration to be major key concepts of yoga exercise (9). Basically, bandhas are engaged to benefit manage and lock our power – prana, or life pressure – the way of tackling. The locks are employed to attain manipulate of your power system, to control the strength of our inner the parts of your body. The root (mula or base) and throat (jalandhara) bandhas' works for lock the upper part of our body and decrease malalignment of the vertebral column. Jalandhara bandha temporarily block prana to move upward. Mula bandha locks the downward movement of energy and pulls it toward the navel region. (10).

The bandhas are used to stimulate prana and chakras. Given that this calls for a deep information of the astral frame and proper frame manage is important earlier than you begin using them. With the perfect aim, this serves to development at the yogic route. Training the bandhas need to be achieved with warning, as misconceptions on the bandhas may be misleading to novices. Constantly start practicing with the steering of a skilled instructor 'bandha' in sanskrit literally means 'lock'. As there are 4 styles of locks we say in plural 'bandhas'. There are six sphincters in our digestive machine. A sphincter is a ring of muscle surrounding and helping defend or close a gap. 3 of those six sphincters may be shrunk which make bandhas or the locks possible.

1. Anal sphincter is used to create mula bandha
2. Sphincter of oddi used to create uddiyana bandha
3. Top esophageal sphincter is useful to create jalandhara bandha

When all three sphincters are closed, we create the fourth lock i.e. maha bandha or greater lock. So there are 3 character bandhas and when all three are performed collectively, they form the fourth bandha or maha bandha. Final these sphincters create physical and lively locks within the frame. Those energy locks are known as bandhas. These locks are essential components for getting full benefit of pranayama.



Breathing is the essential feature of prana, which comprises of inhalation and exhalation. Thereby, giving power to all physical and mental needs. The only accurate manner to govern prana is oxygen, the vital force. Pranayama can literally be translated the growth of lifestyles force. This can be practice in a managed way with the right intentions and as per the direction of a skilled trainer.

We frequently called 'pranayama' is actually as a respiratory exercises. There is a difference between sporting breathing exercises and pranayama to greater extend. pranayama is superior and it comprises of "Purak on inhalation", "Kumbhak or retention" and "rechek or exhalation"., and rechak includes the use of inner and external retentions (antar and bahaya kumbhaka) and the yogic locks, bandhas (11).

A **bandha** (Sanskrit: बन्ध) is a kriyā in Hatha Yoga, is a kind of internal mudra known as a "body lock".(5-6) **Bandha** literally means bond, fetter, or "catching hold of".(7)

Maha Bandha ("the great lock") combines all the three bandhas, as follows: (8)

- **Mula Bandha**, i.e.contraction of the perineum,
- **Uddiyana bandha**, i.e contraction of the abdomen into the rib cage,
- **Jalandhara Bandha**, i.e tucking the chin close to the chest.

In Ashtanga Vinyasa Yoga, these three Bandhas are considered to be one of the three key principles of yoga exercise (9).

III. PRANAS AND ENERGY CENTER

People say prana is energy and all energies are not alike. There is energy in food and battery is different in nature. One cannot replace one with other. Prana means essential life force or vital energy, which is necessary for our existence activities. The question arise what are existence activities? How do you recognize an alive individual? The answer is, breathe, move, talk etc of an individual? So those activities are called lifestyles sports. The electrical energy or the force we need to do those activities is referred to as prana or vital flow of energy. There are five pranas in human body, depending upon the position of the human body they are termed as 5 different nomenclatures or panchoprana.

1. **Apana** – the air present in the lower abdomen..
2. **Samana** – the air present in the upper abdomen.
3. **Prana** – the air present in the thorax.
4. **Vyana** – the air present throughout the body.
5. **Udana** – the air present for upper frame actions like talking, thinking, eye movement, and so forth.

By using applying bandhas we improve the functioning of these pranas inside the body. Bandhas temporarily halt the flowing of blood and air, so when released there is an increased flow of fresh blood and air. This flushes away the free radicals and dead cells and activates the organs to strengthen and rejuvenate cardio- pulmonary function. Engaging the bandhas also strengthens concentration, controlled breath and a clear, calm and peaceful mind. It helps to regulate our internal organs and systems.

In case of female, it is prohibited not to engage Mula bandha during menstruation (the first two to three days) (10). When prana flows nicely, it optimizes the regeneration, and recovery of the physical body. Electricity manipulation inside the body becomes feasible simplest by means of the flow of prana (life power). Bandhas are extraordinarily useful for the brain centers, the nadis (channels via which prana flows) and the chakras (electricity centres). They purify, cvlear the blockages and harmonize and stability the self (11).

IV. BREATH IN BANDHAS

Breath is very critical a part of bandha exercise. Respiration sports before bandha lets in the prana to glide at some point of the body. Prana can be managed by proper breathing patterns i.e., inhaling and exhaling breaths. Prana governs the electricity in all of the physical and intellectual activities. Even as practicing bandha, breathing exercise (protecting the breath) helps to complete the lock. Bandhas in conjunction with pranayama give super beneficial effects. Bandha

consists of two different actions such as *Antar Kumbhaka* (inhalation retention) and *Bahya Kumbhaka* (exhalation retention). Without retention or holding of breath, no bandha can be performed (12), respiration and bandha are two sides of a coin.

4.1 Types of Bandhas

Commonly, we pay attention approximately best four kinds of yoga bandhas however, there are six varieties of bandhas in hatha yoga, *2 minor, 3 major & 1 maha bandha*.

A. Minor Bandhas those are completed with the aid of locking our hand & feet place.

1. **Hasta Bandha** – hand locks this bandha locks the prana in the hand and palms. Except, this bandha awakens the strength channels up the arm. Hasta bandha associated with “hand lock”. This bandha locks the prana inside the hand and palms.
2. **Pada Bandha** – It is also known as toes lock, the word pada actually means foot. Pada bandha locks the power in our feet and activates the arches of the toes. This lock binds us with the earth’s strength and allows to channelizing the prana on the feet. It supports the activation and working capacity of joints in the legs and pelvic region.

B. Major Bandhas: These are accomplished with the aid of locking muscle mass near to pelvis, stomach & throat respectively These major bandhas are shown in the figure-1.

1. **Mula Bandha** : The term moola bandha actually means ‘root lock’. This bandha locks the power inside the pelvic vicinity of the frame. This lock includes the contraction of perineal muscular tissues to lock the electricity inside the pelvic vicinity. Mula bandha is located at the perineum which is the location between the anus and the genitals. Root lock helps the muscular tissues at the base of the hip. Practicing of root lock strengthens and tones the muscle tissue that maintains the proper functioning of our inner organs.
2. **Uddiyana Bandha:** uddiyana bandha is an abdomen lifting lock that locks the prana inside the abdomen location. On this bandha, we draw our navel component (stomach) in and upward. Uddiyana bandha is placed in the core of the stomach. To engage uddiyana we exhale all of the air out and the usage of a sucking motion without breathing in we suck our bellies in and up into the decrease rib cage.
3. **Jalandhara Bandha:** jalandhar bandha is likewise referred to as ‘chin lock’ or ‘throat lock’. This bandha locks the prana inside the throat vicinity. Jalandhara bandha is placed on the throat. Inside the simplest preparation, in root lock we tuck our chins to our chest. Retaining this lock clears the energy around my throat and is able to feel it stimulate the lymphatic gadget at some point of the chin and ears.(16).

C. Maha Bandha: This body lock is a composition of all three important bandhas and accomplished altogether, referred to as maha bandha. When we integrate 3 important bandhas, we form maha bandha. In maha bandha, one performs jalandhara, uddiyana and jalandhara bandha together to get most advantages of these bandhas.

4.2 Benefits of Bandhas

- Turns on all the organs of the vicinity, where bandha is implemented.
- The concept of this yogic art effects into the activation and involvement of muscle fibers in regions of the body in which there are knots and rigidity. This technique of muscular stimulation facilitates in firming the sagging beneath skin tissues, and lifts the drooping physical systems against the pressure of gravity (13).
- Bandhas able to control and strengthens our emotions.
- Keeps the spine wholesome and effective.
- Strengthens the autonomic nervous system (14) and parasympathetic anxious gadget (15)



- Facilitates in the process of kundalini awakening
- Stimulates mooladhara (root), manipura (coronary heart), and vishuddhi (throat) chakra.
- It helps to purify the body and mind.
- Yoga exercise helps within the proper functioning of thyroid, pancreas, and comparable different important glandular system of the body. Jalandhara bandha, for example, balances the thyroid gland and thereby benefitting the digestion, increase, and weight management issues (16 & 17).

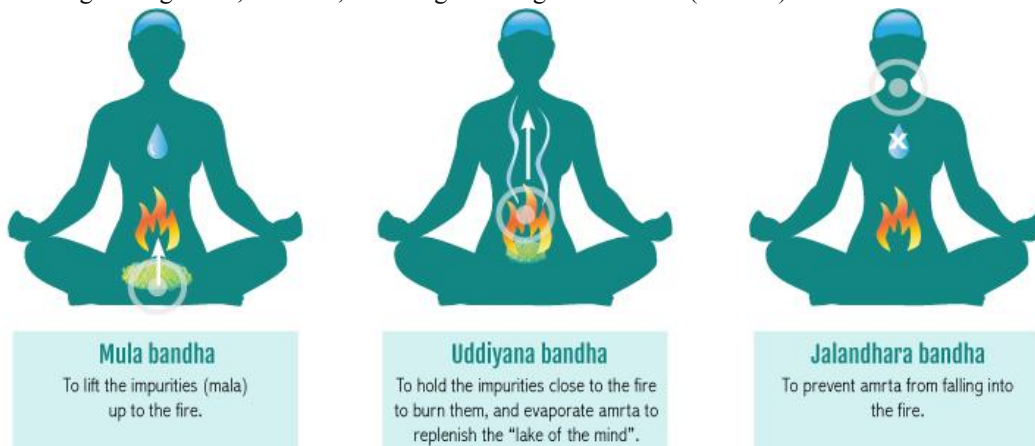


Figure 1: Different types of Bandah (18)

V. MUDRA

A mudrā (mu:'dry; "seal", "mark", or "action") is a symbolic or ritual gesture practiced by the hands, often used in spiritual purpose of Hinduism and Buddhism. It is in the spiritual gesture that one can found and find the Buddha (in yoga and spiritual practices of Religious Indian and traditions such as Dharma and Taoism mudras have been used for thousands of years to assist in meditation and/or healing.

Most mudras are performed with the upper extremities and often in combination with movements of the wrists, elbows, and shoulders; some involve the entire body. Hundreds of mudras are used in the ceremonies, dance, and sculpture and painting iconography (i.e. representations of Buddha). Mudra is a yogic hand gesture that guides the energy flow to specific areas of the brain.

In yoga, the mudrās are used to apply to the touch applied to the conjunction by pranayama (yogic breathing exercises), and are given freely while confined in the Padmasana, Sukhasana or Vajrasa. Mudras act to stimulates various areas in body frame allowed by breathing and sensitize the flow of pranic energy for the improvement of our body and mind. Specific hand gesture acts as "locks" to guide energy flows and reflexes activity of the brain. (19). Mudra is a positive action that guides the power of flow of energy to specific areas of the brain. There are many Mudras designed to bring various benefits. They include conjunction and breathing to increse flow of vital energy in body. Internal energy is supplied and regenerated, opening up nerves influence in sensory organs, tendons and glands (20). The brain has two halves, or cerebral hemispheres, each has its own specific function. The right side is concerned with intuition, holistic meditation, spatial orientation, artistic expression, body images, and so on. The left side is related to analytical and logical thinking. They are linked by a bundle of nerve fibers called the 'corpus callosum'. In most people, the function of these hemispheres is not harmonious, coherent and synchronous, as indicated by electroencephalographic studies. This is because of mental, emotional processes. Inharmonious function of these hemispheres results in decreased intelligence, understanding, perception, intuitive ability and so on. Mudras help us to synthesize the two sides of our brain by acting directly on the nervous system. Mudras are the means to gain access to switches that confer conscious control over all our body functions.

Meditation mudras are said to stimulate the flow of prana (in life force or energy) throughout this body, to help the focusing of mind on the simple touch of our hands to intensify the power of our practice. According to Ayurveda – considered to be the world’s oldest holistic healing system and often described as yoga’s ‘sister science’. In the view of Ayurveda, disease is the result of an imbalance in our body’s five key elements these are space, air, fire, water and earth. Each of these has played a specific role within the body and represented by the five fingers, as follows:

- The thumb – the symbol of fire
- The forefinger – the symbol of wind
- The middle finger – the symbol of ether (or space)
- The ring finger – the symbol of earth
- The little finger – the symbol of water

The fingers essentially act as electrical circuits and the use of mudras adjust the flow of energy which remodeling the various elements and accelerates healing.

5.1 Types of Mudra

In yoga, Madras are used conjunction with pranayama (yogic breathing exercises), generally while seated in Padmasana, Ardhasiddhasana, Sukhasana or Vajrasrase pose to stimulate different parts of the body and mind, and to affect the flow of prana in the body. It is believed that specific mudras have specific effects on the body, and are thus used for healing purposes.(21) Research studies describe the change in energy fields in persons practicing mudras for long periods of time. (22). Mudras are widely used in three categories:

- (a) **Dance** (to expresses the emotions through bodily gestures).
- (b) **Circumstances** (to perform certain worships) ,and
- (c) **Hatha Yoga** (the stimulation of body and mind).

After Gheranda Samhita, there are **25** Mudras, with Hatha Pradipika offering **10** of them.

A. Types of Mudras

- **Hasta** (hand) mudras used primarily for meditation purpose, but can also be incorporated in asana and pranayama as well as in daily life activities. Hasta mudras redirect the prana traveling through the fingers back into the body.
- **Mana** (head) mudras used for the sense organs of the eyes, ears, nose, tongue and lips. These mudras can practiced as meditation exercises and require intense concentration to engage for even short span of time. Mana mudras are inner concentration centric and induce higher states of consciousness.
- **Contraction** mudras involve the engagement of subtle skeletal muscles, mostly in the area of the pelvis. These mudras concentrate the prana in the body and help to sensitize the energy channels (nadis) for the awakening of kundalini.
- **Kaya** (postural) mudras are similar to asana, but it can be performed in combine with the other types of simple mudras with pranayama and concentration. These are the most complicated mudras and require higher amounts of concentration and focus to hold. Kaya mudras invigorate the prana in the body and direct the prana into specific chakras (energy centers). (23-24)

8 Yoga Mudras

- Gyan Mudra.
- Vayu Mudra.
- Prana Mudra.
- Shunya Mudra.
- Apan Mudra.
- Surya Mudra.



- Varun mudra.
- Linga Mudra.

1. Gyan Mudra:

Gyan Mudra is a powerful mudra (or hand position) it brings peace, calm, and spiritual progress. It is related with the planet Jupiter and able to develop the spiritual qualities, Gyan Mudra is the most popular mudra and it is related with various health benefits (25).



Figure 2: Gyan Mudra (25).

In Gyan mudra, the elements combination of air and fire here we bring a fingertip and connects with the thumb as shown in the figure -2.. The results of Gyan mudra practice is peace and focus on the combination beneficial effects of the air and fire. The air element is responsible for the proper functioning of the nervous system and control the feelings of our emotions and thoughts. Gyan mudra help for the development of airway (Vaayu), known as Vaayu Vardhak Mudra. It increases the spiritual activities and also elevates memory. The role of the fire element in Gyan mudra is to stabilize the unbalance movements of air (or our thoughts). Actually, it is helpful to balancing our thought process while maintaining the adequacy of creative thinking. Ultimately, this combination of fire and air elements able to create a positive effete on our mind, leading to better concentration and power..

Procedure:

- Sit in a comfortable and meditative posture like Padmasana, Sukhasana, or sit on a chair keeping the spine straight.
- Place hands on the knees, open your palm facing upward and stretch your finger smoothly.
- Fold your index finger towards the thumb, joining both fingertips forming a uniform circle.
- Keep the other three fingers stretch and erect.
- Close your eyes and concentrate on breathing and keep focusing to the third eye chakra (figure-2).

Benefit:

- Gyan mudra develops the ability to understand, remember, and think creatively by enabling the spirit element (26)
- Helps to increase a sense of security and belonging, balance the chakra of the roots.
- The muscular system stimulates when we hold our fingers in this mudra. Gyan mudra ensures proper body movement, breathing and digestion.
- Apart with treatment, Gyan mudra helps to accelerate the healing process of diabetes mellitus, Alzheimer's, and a condition such as malfunctioning of the nervous system.
- Helps to get rid of drug addiction.



- Gyan mudra is very beneficial for people with Vata dosa. Air deficiency occurs in the body when the oxygen level decreases; Gyan mudra balances it by increasing the oxygen level of the body.
- Sometimes conditions such as hypertension and excessive water retention occur due to hormonal changes. Gyan mudra stimulates the Pineal gland that controls the endocrine glands to maintain the water balance of the body and reduces the chances of high blood pressure.

2. Vayu Mudra

Vayu Mudra, is helpful to balance of air (panchatatva) in the body. It brings calm and quietness to the body. The name Vayu Mudra came from the Sanskrit, which means "air," and mudra denotes as "gesture." Physical body is comprised of the 49 Vayus of which 5 are vital and 5 are subsidiary. All Vayus have their own specific function. Vayu mudra guides the flow of prana to balance the air element of our body. Imbalance of air is one of the major concerns of illness of our body. It is believed that without the availability of fresh and pure air in our body, it remains sick. This mudra taken into consideration of the air element in the human body and it will regulate and reducing the movement of air inside the human body which make us healthy (27).

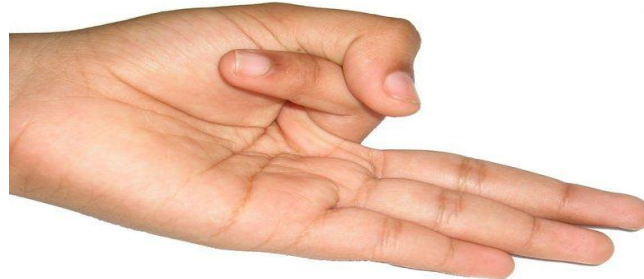


Figure 3: Vayu Mudra (25)

Procedure:

- This mudra must be practiced with comfortable and relaxed way. Begin with placing the tip of the index finger at the base of your thumb (Figure-3). Gently pressurizes the thumb upon your index finger. This leads to amount of suppression of element air by element fire.

Benefit:

The benefit of practicing vayu mudra is many folded which is discussed as follows (27),

- Regular practicing of Vayu mudra is recommended to calm a stressed nervous system and soothe the mind.
- It is believed to soothe the pain associated with rheumatism, sciatica or gout, Tremors, and Vertigo.
- It is thought to reduce Parkinson's disease.
- Vayu mudra is also helpful for pain management.
- It relaxes the muscles as well as overcharged endocrine glands.
- When practiced regularly, it will increase memory power and sharpens the brain.
- It will relieve psychological disorders like Hysteria, anger, and depression.

3. Prana Mudra

Prana Mudra is used during yoga and meditation to transmit the flow of vital energy called prana. Also known as 'Prana Shakti Mudra', Prana Mudra is specially used to sensitize the dormant energies in the astral body and able to balancing the earth, water and fire elements in the physical body. Prana Mudra can be used as a powerful pickup as it increases energy and helps to reduce powerful obstacles. This impression activates the basal (source) cycle from which the body's three main energy channels such as Ida, Pingala and Sushumna nadi activated.



In yoga and Ayurveda, deficiency or imbalance of flow of energy is considered to be the root cause of illness and disease, so it is very important to stay healthy through proper and appropriate flow of energy. Therapeutically, Prana Mudra can be used for the purpose of healing. The prana mudra also stimulates the pranic air, one of the five subdivisions of pancha vayu. Oxygen is mainly active in the head and chest areas and is responsible for sensory perception and respiration (28).

Process:

- Sit in a comfortable and meditative posture like Padmasana, Sukhasana, keeping the spine straight.
- Extend arms upward and bring in touch the fingertip of the thumb with ring and pinky fingers Figure-4).
- The index and middle fingers extended straight (29).



Figure 4: Pran Mudra (25)

Benefit:

The benefit of practicing pran mudra is many folded which is discussed as follows (29-30),

- Reduce fatigue
- Build confidence
- Improve circulation
- Reducing the effects of vitamin deficiency
- Prevention of insomnia
- Increase immunity to a greater extend
- Stabilizing body and mind
- Improve vision
- Reduces insomnia:
- Premature aging
- Hypertension and Arthritis

4. Shunya Mudra

Mudra also helps to balance tri-dosha. The word "Shunya" means empty (nothing) and it is helpful in reducing body fat. Other names for Shunya Mudra:

- Shoonya Mudra
- Aakash-Shaamak Mudra

Shunya mudra is a simple yoga practice that balances the space element (akasha) of our body.



In this mudra, the middle finger tip is inserted below the thumb, and the thumb is gently pressed the middle finger downward. The remaining three fingers stretch out nicely outward. The name of this mudra comes from the Sanskrit shunya, which means "emptiness," or "opening" and mudra, meaning "action" or "token." Shunya can also point to the sky. As such, shunya mudra can be translated as "heaven mudra."

Shunya Mudra's Impact on Health:

Shunya Mudra is used for problems caused by abnormal expansion of the internal body of our ear. Therefore, Aakash-Shaamak Mudra helps treat many ear disorders. It is used for the remedy of failure to reduce ear pain. The reduced internal space restricts the usual flow of energy to other four elements, namely, Vayu (wind), Agni (fire), Jal (water) and Prithvi (Earth). Therefore, it can be positively associated with Vayu Mudra, Prithvi Mudra, Surya Mudra and Jal-Shammak Mudras. The space (Aakash) is associated with a major part of Vata Prakriti. The practice of Shunya Mudra is useful in treating Vata Dosha (31).

Procedure:

Shunya Mudra is made by placing the tip of the middle finger below the thumb and applying a little pressure (Figure-5). The middle finger represents the space in the body by making this Mudra one can able to balance the space (Aakash) element in the body.



Figure 5: Shunya Mudra (25)

Benefits of the Shunya Mudra practice:

This Mudra is very helpful in treating the following conditions.

- Feeling dizzy or numb in body or body parts such as head, chest and abdomen.
- For treating ear infections such as pain, tinnitus (sounds), vertigo and hearing loss.
- This important Mudra is used in Ayurvedic treatment for all diseases caused by Vata overdose.
- This Mudra is known to be beneficial for balance tri-dosha.

5. Apan Mudra

Apan Mudra is a Sanskrit word meaning "touching the hand," and one of the most important mudras to bring your body and mind back into balance through it. Apana mudra or "prana mudra," is a grinding mudra. In yogic terms, this mudra is related with apana vayu, which is concern with low energy flow. It is related to the process of eliminating waste or toxins and for women - controlling of menstrual cycle.

In Ayurveda, each finger represents an element, and in this mudra, our thumb (representing the object of fire) is joined with our ring finger (representing the earth) and the middle finger (representing the ether) together. Combining our two middle fingers with a thumb (fire) brings us strength and stamina.

This mudra helps us to balance the earth with the space objects within us. There are also planets related to the fingers, for example, our index finger represents the planet Jupiter, which is associated with spiritual and mental growth, abundance and prosperity (32).



Apana mudra helps us calm of our internal spirits (vata imbalance), relieve stress and improve our process of digestion. The Apana mudra is closely related to the abdominal organs and the extracellular system, above the navel region, where the solar plexus chakra is located. The solar plexus chakra is the seat of our power, where we make decisions and how we defend ourselves. Using this mudra will allow us to gain more prana or vital force.

It plays an important role in human health as it regulates the excretory system. The health and well-being of a person depends entirely on the immediate removal of debris before it becomes hazardous to us.

Procedure:

- Sit comfortably on the floor in sukhasana or padmasana.
- Stretch your arms out and let them rest on your thighs, palms up.
- Touch the thumb with the middle and ring finger tips.
- The index finger and the little finger are stretched out in upward direction.
- Practice the same figure gesture with both hands (figure-6).
- You can close your eyes.

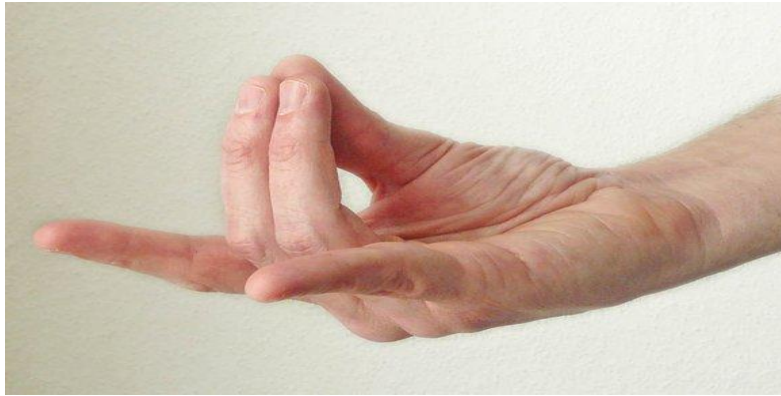


Figure 6: Apan Mudra (25)

Benefits of Apana Mudra:

The following are the effects of practicing apan mudra (32-33)

- Apana mudra is one of the best mudras for digestion and meditation.
- Remove mental blockage, in other words "mental constipation."
- It's one of the most important mudras in removal of negative the emotions, negative thoughts
- The best part about this mudra is that it reduces menstrual cramps and allows you to feel more confident and secure.
- Better digestion can make one take better decisions, strengthen your health and prevent disease.
- Apan mudra also promotes inner peace and harmony.
- Apan mudra is a power mudra, so it provides the necessary energy to gallbladders and liver by removing waste.
- It also helps to improve our vision and make the healing process easier.
- Apan mudra also improves dental health,
- Promotes good sleeping habits.

6. Surya Mudra

Surya Mudra is one of the most famous hast (hand) gesture. It helps to balance the heat within the body. It helps to reduce global warming by increasing your body's metabolism, which in turn leads to weight loss, helps with obesity, improves vision, and reduces constipation, constipation, general cold and other metabolic related problems.



Other names for Surya Mudra:

- Agni Mudra
- Agni-Vardhak Mudra (agni meaning "fire")
- Prithvi Shamak Mudra (prithvi meaning "earth").

Surya Mudra for weight loss:

Surya Mudra is one of the best Mudra for weight loss by lowering the nutrient in the body. . The practice of this Mudra reduces the element of Prithivi and increases the Fire element in the body. The fire element is central to Pitta Prakriti . The practice of this Mudra helps to elevate Pita in the body because, in most cases, Pitta is weighted. Today stress levels increase simultaneously with the increase of obesity, increased digestion, and high cholesterol level (34-37).

Procedure of Surya Mudra:

- Sit in a comfortable yogasana. One can sit in a lotus position, even you can perform Surya Mudra by standing erect.
- Fold the ring fingers of both hands in such a way that the tips of the finger touch the base of your thumb and your thumb presses over the second phalanx (ring finger) (Figure-7).
- After aligning the body with the hand comfortably, hold your hands over the kneecap.
- While pressing down on the ring fingers, make sure the other fingers are slightly stretched.
- Close your eyes.



Figure 7: Surya Mudra (25)

Benefits of Surya Mudra:

Surya Mudra can be practiced by anyone, regardless of age and level of yoga practice. As this mudra works and stimulates body heat there are many benefits that are equally available. This is described below (38).

1. Energy and Energy: The sun's element is related to the body's heat-producing energy. The thumb represents the element of fire and rests on the ring finger representing the element of the earth. And this practice increases the heat (sun) in the body and gives more space for energy that can be misaligned.
2. Weight loss: Increased body temperature is a good way to lose weight. So with the practice of Surya Mudra it is believed that it can help with obesity if this practice is done for about 15-20 minutes daily but with a gap of 3 hours send any food.
3. Body Temperature: The practice of Surya Mudra when performed in winter with Surya Namaskar Sun Salutation can help to maintain body temperature and reduce shivering due to cold and low temperatures. It is also helpful if students are suffering of hypohydrosis.



4. Metabolism: It helps to increase the metabolism rate and increased energy supply to the body to help absorb food. Thus, promote the immune system.
5. Digestion: It is helpful to maintain digestion by reducing constipation, acidity, and indigestion.
6. Depression: With the increase of body temperature, it releases all the antioxidants, thus reducing the levels of stress in the body and able to keep frustration away.

7. Varun Mudra

Varun mudra is a recovery practice yoga that stabilizes the water content within the body. The word varun represent water and Varun mudra is referred to lock mental readability. It enables to spark off the saliva glands and thru the simple flow, many inner and outside conditions may be remedied. It is a favorite mudra for everybody to stay a smooth and healthy way of life.

Definition: Varun mudra (mudra of water and also known as jala mudra) is a hand gesture practiced by the use of the thumb and little finger. Representing the element water which is the little finger, this exercise balances the water element within our body. Due to its capability to increase the water content material within the body, Varun mudra is also known as jal vardhak mudra.

Meaning: in Sanskrit 'varun' = 'rain'. Rain is also comes from water, and the practice of this hand gesture (hasta mudra) is to recognition at the water (rain) detail inside our body frame.

It is practiced as part of meditation, pranayama, or therapeutic yoga purposes also. When you consider that 70% of our bodies are products of water, this mudra brings several healing blessings and relieves our bodies of various illnesses such as psoriasis (dry itchy pores and skin patches), dry eczema, anemia, regulate menstrual cycles, and hormonal troubles, etc. That is mainly useful for individuals who are suffering from immoderate Vata dosha, wherein the character deals with dry skin, tissues, joints, throat, hair, and dehydration in trendy. Jala mudra or Varuna mudra facilitates for the rehydration of our inner tissues.

In step with acupressure therapy, the little finger of the left-hand controls the left part of the frame, and the little finger of the right hand controls the right side of the frame. The right and left elements of the body become healthy and powerful by way of the stress of each. Pressing the little fingertip with the thumb tip on this pose balances strength. (39-40).

Procedure of Varun Mudra:

- To begin with, take a seat in any at ease seating posture and region the fingers with palm pointing upwards and spine erect.
- Meditation postures like padmasana, siddhasana, swastikasana, vajrasana, etc. are ideal for practice of this mudra.
- Keep your small finger upword and faucet the top of the small finger to the top of the thumb.
- The rest of the 3 fingers have to be maintaining extended and straight (Figure- 8).
- Getting rid of all kinds of negative thoughts and focus the mind most effectively on om.



Figure 8: Varun Mudra (25)

**Benefits of Varun Mudra:**

1. Balancing the body's water content material
2. Activating fluid circulation inside the body
3. Retaining the body moisturizing
4. Making the skin glow
5. Clears acne
6. Clears scar marks
7. Reduces wrinkles
8. Reduces cholesterol
9. Reduces belly ulcers
10. Cleans the kidney and boosts urination
11. It is helpful to reduce stiffness, lubricating joints if suffering from arthritis (39-40).

8. Linga Mudra

Linga Mudra, works by concentrating warm within the body. Linga mudra is called because it increases body temperature by focusing on the object of fire inside the body with the help of typical hand gesture. Linga is a Sanskrit word, which means phallus. Linga mudra is called because it warms our body by focusing on the object of fire element inside the body. This mudra is also called the Upright or erect mudra, here the erected thumb represents the power of the male and the bending palm of the hand represents femininity (41-42)

The main practice of Linga Mudra is to focus on the Muladhara Chakra or anal wheel. This mudra also helpful to reduce anxiety and stress building up the body's energy. The practice of Shiva Linga Mudra brings additional benefits when practice with Joni Mudra simultaneously.

Linga Mudra's Finger Interlocking method allows to combine and interact with the elements of air, space and earth, and allows air and fire elements sensitize. When we do this mudra, it increases the connection between the elements of the air and the fire and the air always helps to spread the fire. Fire component increases your body temperature and represents life force. It also stimulates energy necessary for your body and mind. Linga mudra has an inspiring bile density that will ensure, Kapha's energy is controlled. Excessive strength of Kapha can cause problems such as depression, weakness; asthma and weight gain (41-42).

Procedure of Linga Mudra:

1. The Linga Mudra can be performed with both standing or seating posture.
2. Put both hands in front of your body and clasp them so that the fingers are interlocked
3. Make it sure that the left thumb is pointing vertically upward direction while the other fingers are encircle it with the thumb and index finger of the right hand (Figure-9).
4. Hold this posture with normal inhalation and exhalation.

**Figure 9:** Linga Mudra (25)

DOI: 10.48175/IJARSCT-2124

**Benefits of Linga Mudra:**

1. It makes personality cool and attractive.
2. It is very helpful to avoid winter.
3. By doing this, one get relief from the cold.
4. The use of this mudra corrects irregularities related to menstrual flow.
5. Nausea, chills, sinusitis, asthma and low blood pressure are all eliminated.
6. The blocked navel returns to its original position.
7. This Mudra strengthens the respiratory system.
8. This mudra eliminates the problem of mucus and cough.
9. Eliminates chest pain.
10. This Mudra also helps to lose weight.

VI. CONCLUSION

Traditionally, bandhas are considered as a part of the mudras, and are given orally from teacher to student. Bandha is heavily embedded in mudra techniques and pranayama. Their act of locking however found important for sensitize the flow of vital energy and vigor.

Focusing and mental integration allows many hidden and unused cycles of the brain to reach our consciousness. Psychological problems such as unconscious neurosis and complex repetitive actions lose their ability to affect our lives. We therefore release the negative energy stored as emotional problems in the brain and mind and replace it with good habits, skills to develop and maintain health. With practice mudras the above processes occur simultaneously because the physical, mental and mental aspects are all interconnected. The result is perfect, at the same time subtle but powerful. It has a wonderful effect on the knowledge you have to experience in order to understand it. Again, it can be emphasize that in order to properly understand the mudras one has to practice it a little bit and under the guidance. In this way one will learn to integrate your diffused thoughts and actions so that life can be a good flow of energy and understanding. Your whole being can be a mudra, an act of inner life, reflecting your outer life. So Madras is a practical and simultaneous way to change your life. The present article discussed the various aspect of practicing bandha and mudras for the betterments of health and wellbeing.

REFERENCES

- [1]. Mascaró, J. 1962. The Bhagavad Gita, Penguin Books, London p.22.4:3
- [2]. Mascaró, J. 1962. The Bhagavad Gita, Penguin Books, London p.31. 6:3
- [3]. Csikszentmihalyi, M. (2008). Flow: The Psychology of Optimal Experience. New York, NY:HarperCollins Publishers.
- [4]. Murgia, M. (2015) How stress affects your brain [Video file]. Retrieved from <http://ed.ted.com/lessons/how-stress-affects-your-brain-madhumita-murgia>
- [5]. Mallinson, James; Singleton, Mark (2017). Roots of Yoga. Penguin Books. pp. 230–231, 237–242. ISBN 978-0-241-25304-5. OCLC 928480104.
- [6]. Sanskrit text and English translation of the Pancharam edition at sacred-texts.com(archive.org) pp. 95-127, <https://www.sacred-texts.com/hin/hyp/index.htm>
- [7]. Monier-Williams, Monier (1964). A Sanskrit-English Dictionary: Etymologically and Philologically Arranged with special reference to cognate Indo-European languages. Digitized and Searchable. Oxford University Press (Print) and University of Cologne (Digitized). ISBN 978-8-12150-200-9.
- [8]. 8. Maheshwarananda, Paramhans Swami (2000). "Maha Bandha". Yoga in daily Life - The System. Ibero Verlag - European University Press. p. 429. ISBN 3-85052-000-5.



- [9]. 9. "Ashtanga Yoga Shala NYC - On Pranayama, Bandha and Drishti". Ashtangayogashala.net. Archived from the original on 26 November 2018. Retrieved 26 November 2018.
- [10]. <https://www.ekhartyoga.com/articles/practice/the-four-main-bandhas>.
- [11]. <https://www.arhantayoga.org/blog/the-four-bandhas/>
- [12]. <https://www.fitsri.com/yoga/bandhas#easy-footnote-bottom-1-3326>
- [13]. What is the endocrine system https://en.wikipedia.org/wiki/Endocrine_system
- [14]. 14. What is autonomic nervous system https://en.wikipedia.org/wiki/Autonomic_nervous_system
- [15]. what is parasympathetic nervous system https://www.sciencedaily.com/terms/parasympathetic_nervous_system.htm
- [16]. <https://yogaforager.com/blog/post/2018/1/24/an-introduction-to-bandhas-the-inner-body-locks-in-our-yoga-practice>
- [17]. <https://www.rishikulyogshala.org/how-bandhas-play-a-significant-role-in-the-practice-of-yoga/>
- [18]. <https://www.yogauonline.com/yogau-wellness-blog/yoga-practice-tips-mula-bandha-what-it-and-whether-or-not-you-need-it>
- [19]. <http://www.korsiyoga.com/korsi-blog/2015/6/10/what-exactly-are-mudras-and-why-use-them-in-yoga-practice>
- [20]. <https://www.ekhartyoga.com/articles/practice/an-introduction-to-mudras>
- [21]. Sunitha S, Chandra Prakash Sharma. "Mudra Therapy and Its Classification" (PDF). International Journal of Health Sciences and Research.
- [22]. Kumar, Kotikalapudi Shiva; Srinivasan, TM; Ilavarasu, Judu; Mondal, Biplob; Nagendra, HR (2018). "Classification of Electrophotonic Images of Yogic Practice of Mudra through Neural Networks". International Journal of Yoga. 11 (2): 152–156.
- [23]. <https://www.yogabasics.com/learn/mudras/>
- [24]. <https://www.bookyogateachertraining.com/news/yoga-mudra-and-all-its-benefits>
- [25]. <https://blog.spiritvoyage.com/what-is-gyan-mudra/>
- [26]. Air Element: Too Much or Too Little <https://www.liveabout.com/air-element-too-much-too-little-206670>.
- [27]. <https://7pranayama.com/vayu-mudra-steps-to-do-vayu-mudra-benefits/>
- [28]. <https://www.yogapedia.com/definition/8488/prana-mudra>
- [29]. <https://www.yogajournal.com/poses/prana-mudra/>
- [30]. <https://www.tummee.com/yoga-poses/prana-mudra>
- [31]. <https://www.facebook.com/381190052374472/posts/shunya-mudra-for-ear-problems-tinnitus-vertigo-the-word-shunya-means-empty-nothin/950238095469662>.
- [32]. <https://eoivienna.gov.in/?pdf8901?000>
- [33]. <https://www.yogapedia.com/definition/6867/apana-mudra>
- [34]. <https://www.fitsri.com/yoga-mudras/surya-mudra>
- [35]. <https://www.tummee.com/yoga-poses/surya-mudra/benefits>
- [36]. <https://www.yogapedia.com/definition/6869/surya-mudra>
- [37]. <https://www.facebook.com/381190052374472/posts/surya-mudra-best-for-weight-loss-surya-mudra-is-one-of-the-most-popular-among-has/400759973750813/>
- [38]. <https://www.tummee.com/yoga-poses/surya-mudra>
- [39]. <https://www.hindimeaning.com/2018/05/varun-mudra-steps-posture-and-benefits.html>
- [40]. <https://www.tummee.com/yoga-poses/varuna-mudra>.
- [41]. <https://www.tummee.com/yoga-poses/shiva-linga-mudra>
- [42]. <https://nexoye.com/linga-mudra/>
- [43]. <https://theshiviyoga.com/linga-mudra-benefits-steps-and-precautions/>