

Role of Mudra in Modern Life

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Abstract – Modern life is creating stress and we all react the same way. We experience the adverse effects of stress in our body, our pulse pressure is increased and we feel the tension in our muscles. The causes of stress in modern life emerge from the many obligations we have to handle every day to the modern way of negative thinking. Human beings are made up of three components—body, mind and soul corresponding these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. All mudras are not practised as a routine. It is important for a practitioner to understand the purpose behind the practise of mudras. Proper guidance from a guru for the specific purpose either of yoga meditation or yoga asana is imperative. The practice should progress slowly and steadily.

Some mudras can be practised before or after other yoga asanas or Pranayama. It appears that mudras were practised by ancient yogis to hear the internal sounds and to experience the most important energy of life force, the Kundalini. Mudras are not as simple as they appear. No theory can explain their intricacies. The mudras specified here may sound different as there is no definitive method followed by all schools, and can be practised by Hatha Yoga practitioners. It is important to teach these mudras as a part of Kundalini.

Modern life is creating stress and we all react the same way. We experience the adverse effects of stress in our body, our pulse pressure is increased and we feel the tension in our muscles. The causes of stress in modern life emerge from the many obligations we have to handle every day to the modern way of negative thinking.

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Yoga gives us relief from countless ailments at the physical level. The practice of the postures (Asans) strengthens the body and creates a feeling of wellbeing. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others.

The practice of breathing techniques (pranayama) calms the mind. In the realm of the spiritual yoga brings awareness and the ability to be still. Through meditation inner peace is experienced. Thus, yoga is a practical philosophy involving every aspect of a person's being. It teaches the evolution of the individual by the development of self-discipline and self-awareness. Anyone irrespective of age, health circumstances of life and religion can practise yoga. Yoga helps to discipline our sense of power with the power of our own.

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Mudra' means a seal or lock that closes the body apertures for a while. It is believed that prana flows in the body through various channels and energy points. Mudras help in diverting prana constantly back to the brain, otherwise it will flow into the atmosphere through the openings of the body and fingertips.

HERE WE HAVE FEW MUDRAS FOR OUR DAILY LIFE:

1. Nabho Mudra or the sky mudra involves the tongue touching the upper palate and is similar to Kechari mudra. In Sanskrit, the word 'nabha' indicates sky and mudra means a gesture. Nabho mudra is mentioned in Gheranda Samhita and is practiced by meditators from various

traditions. Nabho mudra is an easy form of Kechari Mudra and can be easily practised by anyone.

The power of Yoga A. Nabho Mudra

- Sit in a comfortable asana.
- Curl the tongue upward towards the palate of the mouth.
- The tongue should remain steady without movement.
- The lips are to be closed so that air does not enter into the mouth.
- Keep the eyes open and the gaze fixed to a point. Keep the thoughts steady and focus on the point of gaze all the time.
- Breathing has to be normal.
- Hold in this position for 2 minutes and release the tongue to rest. Repeat this mudra 5 times.
- Saliva gathered during this mudra has to be gently swallowed.

BENEFITS: This mudra causes the thymus gland to release beneficial hormones that release stress from the body. Also try these mudras to beat stress.

2. Kaki Mudra

Yoga traditionally focuses on inner beauty, but this very powerful yoga practice helps to enhance your complexion.

Ancient Yogic text mentions this exercise known as Kaki to increase strength of the muscles in your face. Why wouldn't you want to try it? No scalpel, down time, pain or magic creams...it sounds like a slam dunk. You can enhance your outer beauty naturally. Traditionally this routine was meant to be kept as a sacred yogi secret, but the secret is out. Learn how to practice Kaki Mudra and reap all the benefits.

- Sit in a comfortable asana.
- Inhale and exhale 5 times.
- Form an Uddiyana Bandha and a Jalandhara Bandha
- Point the mouth like you are trying to drink water from a straw.

- Keep the tongue inside the mouth stable and settled.
- Suck air into the mouth with pointed lips and swallow it, pushing the air into the area of the navel.
- Hold the breath for 10 seconds or till you are comfortable.
- The abdomen should not feel bloated.
- Lift the head up gently.
- Maintain a Samadrishti or close your eyes when you practise this mudra.
- Do not practise for more than 5 rounds.

BENEFITS: This mudra benefits the facial muscles, affects the thyroid and parathyroid glands and keeps the skin healthy and glowing.

Benefits of Kaki Mudra

- Tones the face
- Strengthens the nasal passage
- Strengthens the respiratory system
- Refreshes and rejuvenates the skin
- Reduces skin blemishes
- Increases facial lustre
- Affects the thyroid and parathyroid
- Cleanses the 5th Chakra

3. Mula Bandha Mudra

The name can be translated from Sanskrit as the *root lock*, since mula (or moola) means 'root', and bandha – 'lock'. This is an external meaning. The internal or deeper meaning is that mula or the root is the source of energy for our body, and through the practice of this bandha we can gain a certain amount of control over this energy. The benefit of such control is the substantial decrease or even total elimination of bodily ailments along with the increase of the vital energy. This is the subtle meaning of mula bandha.

- First of all you need to take a suitable pose or asana.
- It can be the lotus pose (padmasana) the perfection pose (siddhasana or siddha yoni

asana), or mulabandhasana (which is considered to be more difficult).

- In these poses the pelvic floor experiences pressure from the heels, which enhances the performance of the root lock, because it is the pelvic floor muscles that involved in mula bandha.
- Place your hands over the knees
- Close your eyes and relax.
- Focus your mind on your breathing but do not interfere with it – just contemplate for a minute
- Then move your attention to the pelvic floor region.
- If you find it difficult to feel the muscles of the pelvic floor, try to contract them rhythmically few times, but without much strain.

BENEFITS: Mula Bandha takes place in the centre of the body.

- The regular and proper practice of mula bandha bestows many benefits on physical, mental and spiritual level
- It helps to maintain celibacy or *Brahmacharya* by sublimating the sexual energy, transferring it to the higher chakras
- It tones the uro-genital and excretory systems, as well as the intestinal peristalsis. Asthma, bronchitis and arthritis can also be effectively addressed by this bandha.
- It builds up core strength and establishes focus and concentration for higher spiritual practices.

4. Matangi Mudra

Mudras are asserted to have various advantages when done all the time. Some of which incorporate physical healing, profound illumination, and in addition enthusiastic clearing of hassles, negative behavior patterns, nervousness, passionate squares, and apprehension among others. There are various mudras. More than we can blanket in this article. In any case, here are a couple of fundamental ones that you can begin with to start to increase an essential understanding of this practice.

Fasten your fingers, raise and touch your center fingers against one another. Keep the position of your hands in a close sun based plexus. Begin breathing up to stomach and watch your sun oriented

plexus and breathing at a same time. You can polish this mudra as required for 4 to 5 minutes.

BENEFITS OF MATANGI MUDRA

Matangi mudra fortifies the digestive organs. Stomach, Spleen, Liver, Pancreas, Gall Bladder and Kidneys are profited. Anxiety and energy fades. You feel quiet and made like an illustrious ruler. Cross hands to the sun based plexus (stomach territory), raised both center fingers and help them one on the other. It runs thoughtfulness regarding taking in the sunlight based plexus or stomach range.

5. Kechari Mudra

Khecarī Mudrā (Sanskrit, is a yoga practice which is carried out by placing the tongue above the soft palate and into the nasal cavity. In the beginning stages and applicable for most practitioners, the tip of the tongue touches the soft palate as far back as possible without straining or placed in contact with the uvula at the back of the mouth. Variant spellings include Khechari Mudra, Kecharimudra, and Kechari

- The tongue is pulled everyday till the tongue is able to touch the tip of the nose.
- Every week, the nerve below the tongue has to be cut further and pulled till it can be stretched into the nose.
- The tongue will then be swallowed and moved towards the throat till it reaches a point which is commonly known as second tongue.
- When the tongue touches this point, a juice is produced in the gland which yogis believe can conquer hunger and thirst.

BENEFITS: This mudra provides the body with youthful energy.

IMPORTANT POINT FOR DOING MUDRAS

All mudras are not practised as a routine. It is important for a practitioner to understand the purpose behind the practise of mudras. Proper guidance from a guru for the specific purpose either of yoga meditation or yoga asana is imperative. The practice should progress slowly and steadily.

Some mudras can be practised before or after other yoga asanas or Pranayama. It appears that mudras were practised by ancient yogis to hear the internal sounds and to experience the most important energy of life force, the Kundalini.

Mudras are not as simple as they appear. No theory can explain their intricacies. The mudras specified

here may sound different as there is no definitive method followed by all schools, and can be practised by Hatha Yoga practitioners. It is important to teach these mudras as a part of Kundalini.

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