

# Mudras - Introduction

Mudras are an important part in Hatha Yoga. Mudras are switches that invoke our internal energy and transmit the same to the specified part/parts of our body. It rejuvenates/ repairs the tissues and keeps us healthy. Mudras can be classified broadly into two groups, Hastha Mudras (Hand Mudras) Kaya Mudras (Body Mudras).

As we all know that the entire universe, including human beings, is made up of Five Mahabhuthas, namely Aakash, Vayu, Agni, Aapah, Prudhvi (Space, Air, Fire, Water and Earth). Each being has a specific ratio of these Mahabhuthas and the being is said to be healthy as long as their equilibrium is maintained in the body. If the equilibrium is disturbed, it results in disease. To cure the disease, we have to restore the equilibrium by manipulating the Pancha Mahabhuthas present in our body. The Five fingers of our hands represent the Five Mahabhuthas. They are Thumb-Agni, Index finger-Vayu, Middle finger – Askash, Ring finger- Earth and little finger – apah.

By performing Mudras, we can keep good health, both physical and mental, and remove disease from our body. Before performing Mudras, one should practice Nadi Sodhana Pranayama to cleanse the Nadis of toxins and plaque. The Nadis are the carriers of energy and circulate the same in our system.

-Ramachandra Raju Kalidindi