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# Importance of *Mudras* in *Stree Swasthya*

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## ABSTRACT

Ayurveda is the science of life. The purpose of Ayurveda is to procure a good health to accomplish *Chaturvidha Purusharthas* - *Dharma, Artha, Kama* and *Moksha*. Attainment of *Moksha* is the ultimate aim of Ayurveda. For the well being of society, so many things have been explained in our classics like *Charyatrayas, Traya Upasthambhas, Yoga*, naturopathy etc. Whereas *Yoga* is a science of right living and it works when integrated in our daily life. As a part of *Yoga* practicing *Mudra* provides physical, mental and spiritual benefits. *Stri* is compared to mother Earth as both have the quality of forbearance and procreation and *Swasthya* means health. A woman procreates and nurtures a family, in turn a society, thereby she perpetuates this universe. Hence health of a family/society/universe revolves around a woman, her health is vital to sustain the same. Women face 3 important phases in life i.e; menstruation, pregnancy - delivery and menopause. During these phases she may come across psychological disturbances like anxiety, depression etc. For that here are some *Mudra* techniques to get rid of all the anxiety disorders which in turn helps to maintain the *Stree Swasthya* and thereby health of family, society and universe.

**Key words:** *Mudra, Stri, Swasthya.*

## INTRODUCTION

*Mudra* means gesture, attitude, delight or pleasure. *Mudras* deepen awareness and concentration. A *Mudra* may involve the whole body in a combination of *asana, Pranayama, Bandha* and visualization techniques or it may be a simple hand position can be described as psychic, emotional, devotional and aesthetic gestures or attitudes. Each *Mudra* sets up a different link and has a correspondingly different effect on body, mind and *Prana*. The attitudes and postures adopted during *Mudra* practices establish a direct link between *Annamaya Kosha, Manomaya Kosha* and

and *Pranamaya Kosha* and balances all the *Koshas* and thereby helps to attain good health.

## Classification of *Mudras*

<b>Hasta Mudra</b>	<i>Jnana, Chin, Yoni, Bhairava</i> and <i>Hridaya Mudra</i>
<b>Mana Mudra</b>	<i>Shambhavi, Nasikagra, Kechari, Kaki, Bhujangini, Bhoochari, Akashi, Shanmukhi</i> and <i>Unmani Mudra</i>
<b>Kaya Mudra</b>	<i>Vipareetakarani, Pashinee, Prana, Yoga, Manduki</i> and <i>Tadagi Mudra</i>
<b>Bandha Mudra</b>	<i>Maha, Maha Bheda</i> and <i>Maha Vedha Mudra</i>
<b>Adhara Mudra</b>	<i>Ashwini</i> and <i>Vajroli/Sahajoli Mudra</i>

*Stri* - means to collect. Just as the mother earth receives or collects rainwater. *Stri* receives or collects sperm following which the seed sown germinates; resulting in the formation of embryo. *Stri* is compared to mother earth as both have the quality of forbearance and procreation.

*Swasthya* means health and *Swastha* means healthy. According to WHO Health is defined as -"A state of

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complete physical, mental and social well-being and not merely the absence of disease or infirmity".

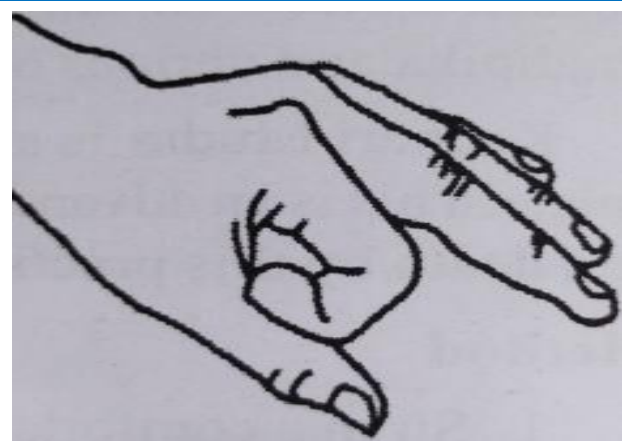
## MATERIALS AND METHODS

1. **Jnana Mudra** - Sit in meditation posture. Fold the index fingers so that they touch the inside root of the thumbs. Straighten the other three fingers of each hand so that they are relaxed and slightly apart. Place the hands on the knees with the palms facing down. Relax the hands and arms. Duration is upto 30 minutes.
2. **Yoni Mudra** - Sit in meditation posture. Place the palms of the hands together with the fingers and thumbs straight and pointing away from the body. Keeping the pads of the index fingers together, turn the little, ring and middle fingers inwards so that the backs of the fingers are touching. Interlock the little, ring and middle fingers. Bring the thumbs towards the body and join the pads of the fingers together to form the base of a yoni or womb shape. Duration is upto 30 minutes.
3. **Hridaya Mudra** - Sit in meditative asana. Place the tips of the index fingers at the root of the thumbs, as in *Jnana Mudra* and join the tips of the middle and ring fingers to the tips of thumbs. The little finger remains straight. Place the hands on the knees with the palms facing upward. Close the eyes and relax the whole body, keeping it motionless. Duration upto 30 minutes.
4. **Shambhavi Mudra** - Sit in meditative asana and perform *Jnana Mudra*. Close eyes, relax whole body. Later, slowly open the eyes and look ahead at a fixed point, keeping the head and the whole body absolutely still. Look upward and inward, focusing the eyes at the eyebrow centre. The head should not move. Duration is to start with 5 rounds and gradually increase to 10 rounds over a period of months.
5. **Nasikagra Drishti Mudra** - Sit in meditative posture. Keep the gaze straight and breathe normally. Relax the shoulder and place the palms on knees. Slowly move your eyes and try to look at the tip of the nose. Keep the gaze there for few

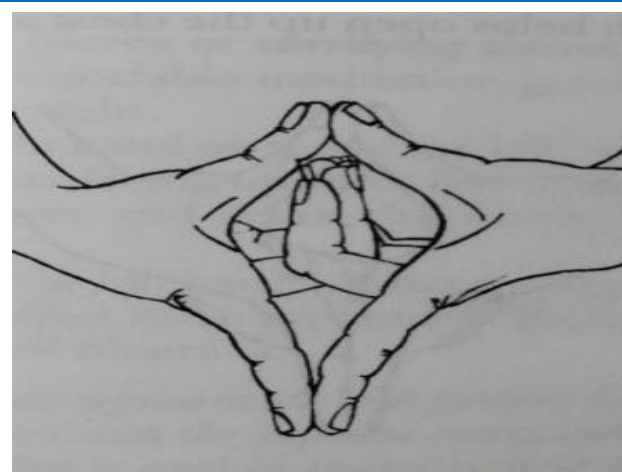
seconds to start with. Hold the breath to get more concentration. Release the eyes when you feel pain or discomfort. Duration is 5 minutes.

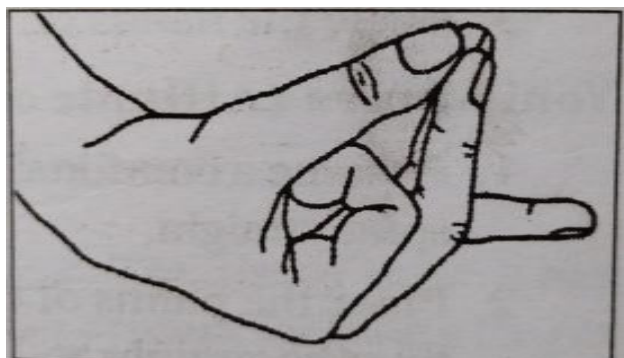
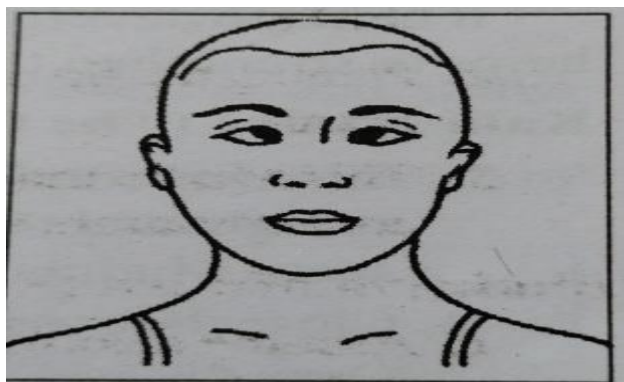
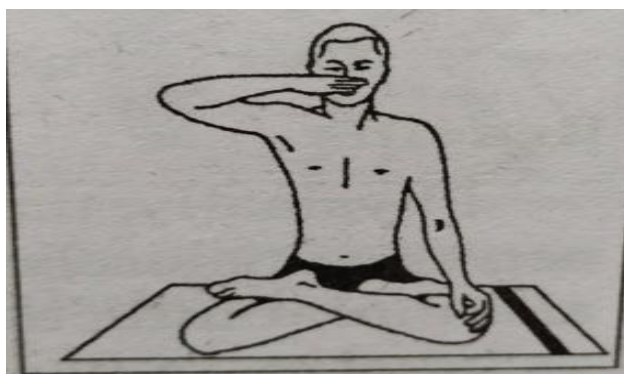
6. **Bhoochari Mudra** - Sit in meditation posture and left hand in *Jnana Mudra*. Close the eyes and relax whole body. Open the eyes and raise right hand in front of the face. The elbow should point to the side of the body. Hold the hand horizontally, palm down with all the fingers together. Side of the thumb should be in contact with top of the upper lip. Focus the eyes on the tip of the little finger and gaze at it intently for a minute or so without blinking or flickering the eyes. Try to maintain continuous awareness of the fingertip. After a minute remove the hand but continue to gaze into nothingness at the place where the little finger was in front of the face. Try not to blink. Duration is 5-10 minutes.

**Jnana Mudra**



**Yoni Mudra**



**Hridaya Mudra****Shambhavi Mudra****Nasikagra Drishti Mudra****Bhoochari Mudra****Benefits of Mudras**

1. **Jnana Mudra** - the tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively. Daily practice of *Jnana Mudra* cure all psychological disorders like mental, hysteria, anger and depression.
2. **Yoni Mudra** - makes the body and mind more stable in meditation and develops greater concentration, awareness and internal physical relaxation.
3. **Hridaya Mudra** - the heart is the centre of emotion. *Hridaya Mudra* helps to release pent-up emotion and unburden the heart. It may be practiced during emotional conflict and crisis.
4. **Shambhavi Mudra** - strengthens eye muscles and releases accumulated tension in this area. Mentally it calms the mind, removing emotional stress and anger.
5. **Nasikagra Drishti Mudra** - is an excellent technique for calming anger and disturbed states of mind.
6. **Bhoochari Mudra** - tranquilizes and introverts the mind and is particularly beneficial for calming anger and stress.

**CONCLUSION**

With this we all have to understand that "woman's welfare is welfare of humanity". The wealth of nation and the health of the future generation depend upon her physical and mental status. All women will pass through changing physiological functions and emotional states throughout their life and Yoga stand as a supportive measure in balancing health. Yoga therapy balances the nervous and endocrine systems which directly influences all the other systems of the body. Practicing *Mudras* as a part of Yoga will help woman in all conditions and circumstances of her daily life and helps to attain the balance state between body and mind.

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