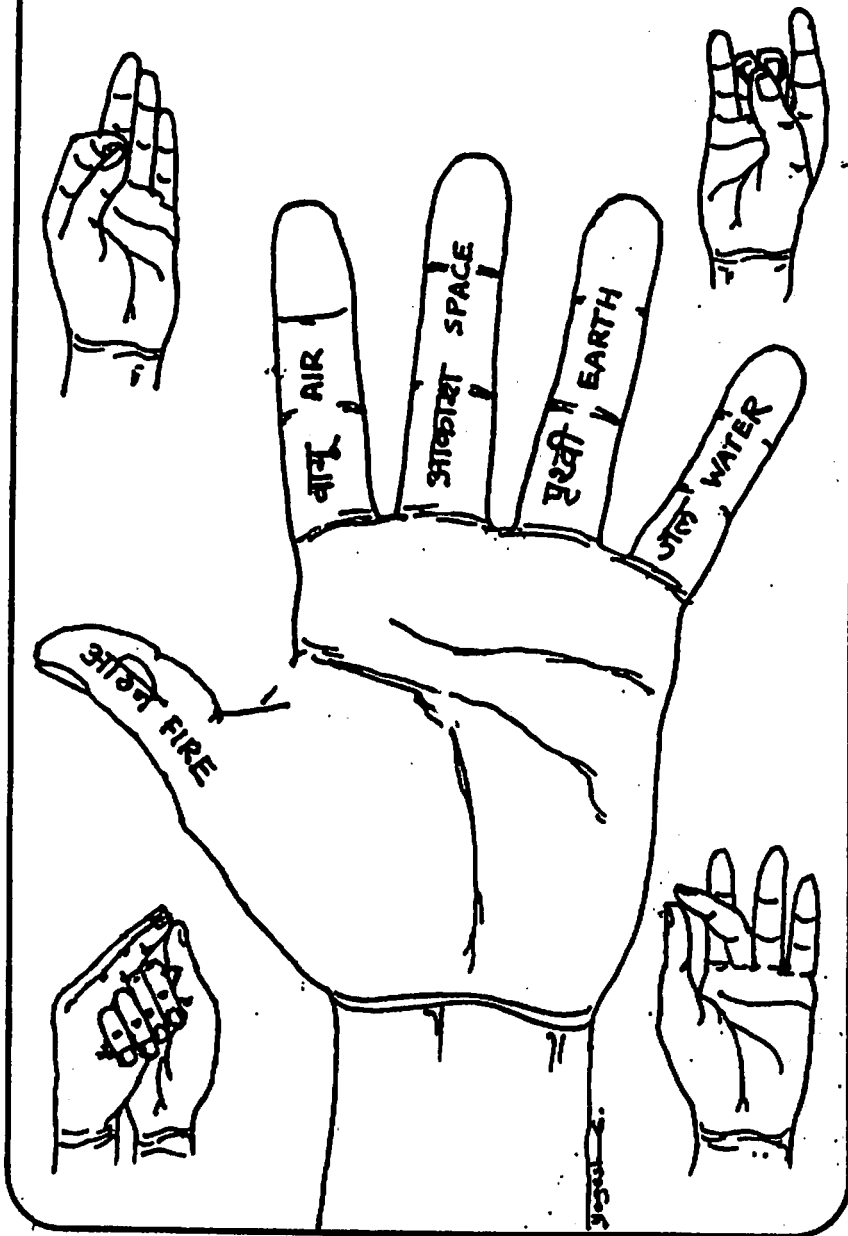


Mudra Vigyan



We can live for 200 years
with the help of nature...

... Without taking any medicine

1. Only human being 'hoards', thus he became selfish.
2. Only human being eats more than his requirement, thus he became diseased.
3. Only human being sleeps in excess, thus he became lazy.
4. Only human being is dependant on others since birth, thus he became a slave.
5. It is human being who, in search of minor happiness, suffers major sorrows.
6. It is human being who became intensely tensed in the process of finding peace.
7. It is human being who, in the process of attaining love, became cruel.
8. It is human being who got more frustrated as he could not be satisfied.

DR. SURESH CHAVAN

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SATARA. PIN-415 003.
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About the Author

Dr. Balwant S. Chavan



The author is a renowned Yoga Therapist, MD (M.A.) Colombo, N.D., Hindi Visharad, Rashtrabhasha Pundit, Accupressurist, Chromotherapist, Reiki Sadhak, Bhavatit Dhyan and Siddhi Sadhak, Founder Trustee of Vaidic Vishwa - Vashi, Navi Mumbai, Founder President - Shabnam Arogya Dham.

He has been treating patients successfully through Yoga, Mudra Vigyan, Accupressure, Magnetotherapy etc since more than two decades.

Shabnam Arogya Dham, the government registered Educational Trust, conducts certificate courses for 'Arogya Chikitsak'. In which subjects like Yogsadhana, Nature Cure, Magnetotherapy, Accupressure, Mudra Vigyan, Chromotherapy, Arogya Dhyan and Ayurveda are taught. Certificates are also given at the end of the course after proper written, oral and practical examination.

The author, Dr Balwant S. Chavan, considers himself a humble but effective part of the crusade of 'Health for the Whole World' announced by the World Health Organisation.

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Tel. 2782 1349.

*YASHODHARA ADSUL -
NANDA ADSUL.
TEL. 2412 6787.*

In the view of the Publisher

Dear readers,

We are glad to bring this book to you. This book contains the Science of the Mudras, which is ofcourse scientifically tested and proved.

Mudra Vigyan is the technique of various combinations of finger positions due to which one can stay healthy.

Today man has to face a lot of problems and difficulties in life. But just simple mudras, which can be done very easily, anywhere and any time of the day, can keep him away or cure from various diseases.

'Shabnam Arogya Dham' is not just a Trust or a crusade, it is in fact, the need of the hour. Thus after this, we wish to continue the tradition with many more books in the field of health following this one.

Your reaction/comments on this book are welcome.

Yours,
Yogesh B. Chavan

Published by:
Shabnam Arogya Dham
'Sainath Sadan', RH-1, M-61,
Sector -7, Vashi,
Navi Mumbai - 400 703.
Tel. 2782 1349.

Mudra - Therapy

The human body can be compared to miniature form of the universe. It represents the universe and just like the universe it is made up of the fusion of five elements viz - Fire, Air, Earth, Water and Space. The science of mudra is based on the principle that the root cause of disease is the imbalance and improper co-ordination between these elements and the proper balance between these elements is the secret of good health.

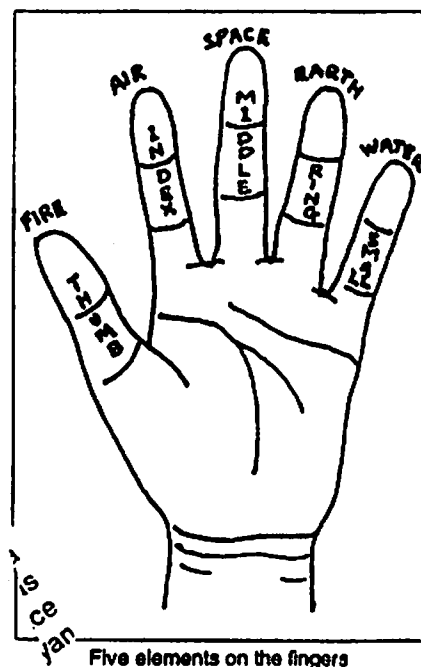
An accumulation of numerous mysteries, our body is self-dependant for proper health.

Human body is an accumulation of numerous mysteries. The Creator has made it completely self-dependant. Our body has the power of remaining immune to diseases, as well as curing them. The human brain is even more efficient than the most modern computers, which can be guessed from the fact that even a research of thousands of years could not

yet reveal all the mysteries of the brain. Not only the brain, the eyes and the hands, the feet are also not less than a wonder.

According to the Science of Mudra, the secret of good health lies in the hands, fingers and Mudras which can be performed with the help of fingers.

Human being is the best creation of Nature and hands are very important organs of the human being. A particular kind of energy or Electro-Magnetic waves or the electricity of the body (aura), is continuously emitted from our hands. In touch therapy, rubbing our palms on each other, to generate heat, combined with Touch, along with the power of mind, various parts of our body can be beautified and moulded in an ideal shape and it also has a myste-



rious ability to cure all diseases. Accupressure Therapy is based on the fact, that the key to our health lies in our hands, or in the various points of the palms of our hands. Our hands work as our body's Health Control Department.

Human body is made up of five basic elements - Earth, Water, Fire, Air and Space and the five fingers of our hands represents these five basic elements, each one related to one particular element. Modern Science agrees that different kinds of electro-magnetic wave : are transmitted from our five different fingertips. Ancient sages, rishis discovered Mudra Vigyan. According to them these are the points to be pressed for treatment in our palms. By touching of hands to each other or folding fingers in a particular way, or pressing some points of hands, we can cure any disturbance in these five elements with the help of our fingers, we can keep the five elements in proper proportion, any disturbance in them (excess or scarcity) can be rebalanced, so that our body becomes healthy.

Different fingers represents different elements.

Finger's name	the element it represents
Thumb	Fire or Sun
Index Finger	Air or Wind
Middle Finger	Sky or Space
Ring Finger	Earth
Small finger	Water.

How are the Mudras to be performed?

By touching or by pressing our fingers on each other in a particular fashion we can perform different Mudras. Thus by keeping our fingers in a particular position, imbalance in the five elements can be cured. Regular study of mudra brings balance of five elements in our body and makes us healthy.

Like the Universe, human body is also made up of basic elements. Body's health depends on proper balance of the five basic elements in our body. Medicines and Mudra Vigyan, both help us in maintaining that balance. Mudras are like remote control buttons of the Chetna or electricity of our body. Their proper study helps us not only to control the five basic elements but also cure many diseases and remain healthy.

Mudra Vigyan is a part of Yoga. Acharya Keshav Deo (Vivekananada Ashram Patpadganj, Delhi) has studied Mudra Vigyan thoroughly and has discovered Mudra Vigyan as the key to our health. He studied this science with a new outlook. We are thankful to him for co-ordinating Mudra Vigyan with our science. He says "If a human body is a machine, then mudras are controlling switches of this machine. With the help of these control switches, we can create particular kind of energy waves in our body, when needed. By creating these waves, the five elements get their proper balance, which helps man in his physical, mental and spiritual progress.

MUDRAS FOR HEALTH

- | | |
|------------------|------------------------|
| 1. Gyan Mudra | 8. Jalodarnshak Mudra |
| 2. Vayu Mudra | 9. Pran Mudra |
| 3. Akash Mudra | 10. Apan Mudra |
| 4. Shunya Mudra | 11. Apan Vayu Mudra |
| 5. Prithvi Mudra | 12. Linga Mudra |
| 6. Surya Mudra | 13. Shankh Mudra |
| 7. Varun Mudra | 14. Sahaj Shankh Mudra |
| | 15. Dhyana Mudra |

Common rules to be followed while doing the mudras:

1. The mudras mentioned above are very important in maintaining health. Men women, children, old people, anybody can perform these mudras at any time. There are no strict rules of posture or direction to be faced etc.

We can perform them any time anywhere, while travelling, while watching T.V., doing any work, while walking, sitting etc.

2. Mudras are to be performed with both the hands. Benefits can also be obtained by doing mudras with one hand, like the Gyan Mudra. The left part of the body is benefitted by performing mudras by the right hand and vice-versa.

3. We should perform mudras with ease and light pressure on fingers. If remaining fingers are to be kept straight, they should also be kept straight with ease. Touching of fingers to each other is very important in mudras. Remaining fingers may be kept in any comfortable position.

4. Time limit - Any mudra should be practised on both the hands for atleast 45 minutes every day. A desirable change in the body elements can be seen only after 45 minutes. Thus this minimum duration of 45 minutes, daily, is especially essential for a *Sadhak*.

Beginners should start practising with ten minutes in the beginning, extending upto one hour at the most.

Simple way to learn mudra is to practise mudra for 15 minutes in the morning and for 15 minutes in the evening regularly. If someone finds it difficult to remain in a single mudra for 45 minutes then he should try the above mentioned way. This practice also gives favourable results, though it may take more time than usual. One can remain disease free, if he practices mudrabhyas sincerely with faith. Diseased can be cured and the healthy can keep still better health.

If you are suffering from any disease, you can practise the mudra related to that disease, a patient should practice the corresponding mudra for 45 to 50 minutes, but according to patients needs or capacity, one can increase

or decrease the time limit. Chronical diseases may take more time to get cured, but any mudra performed even for 1 second, can help to create vibrations in the important Yogic chakras and in the remotest muscle centres of our body, which prove beneficial.

Mudras like Shunya mudra or Vayu mudra are to be performed only till the curing of the disease. When the disease is cured then one should not practice these mudras for a long time, as it may be harmful. Mudras like Pran mudra, Gyan mudra, Apan mudra, Prithvi mudra can be practised for as much time as one wishes to.

5. Effect of Mudra - Mudras like Shunya mudra and Apan mudra show their effect immediately, while some mudras need considerable practise to show their effects. Gyan, Apan, Prithvi and Pran mudra are of such type that more you practice them, more better results can be obtained. Diseased or healthy, any one can practice Pran mudra at his own wish and can get better results. If a person is healthy and wants to maintain his health, then he should atleast practice Pran mudra or Gyan mudra for some time every day.

6. Mudras can be practised along with other treatment - Mudra Therapy never hinders doctor's treatment given to diseased. It in fact helps the diseased person to get cured quickly. Mudra therapy can also be practised along with other medicinal treatment and still it shows good results. Practising mudra, works out to give favourable results even if you do not conceptually believe in the method.

By practising mudras, it is possible to carry out minute changes in our body, which are practically impossible for our present science because the minute pulse centres and the switch-board of the Bio-Electricity is in our two palms, which gets affected by pressing our hands. For example, in case of a sudden heart-attack, if a person does not have effective medicine then the person should immediately perform Apan Vayu mudra with both the hands, which shows quick effects. It works like the Allopathic tablet 'Sorbitol'. In a few seconds the gas in our body which gives pressure on our heart is released and the victim can be saved from death even before the arrival of

Method of performing the Mudras

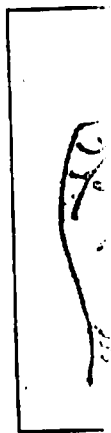
1. GYAN MUDRA

॥ ओम् धीमते बुद्धीमते वीरमते स्वाहा ओम् ॥

Formation of the mudra – Simply touch the tip of the thumb with the index finger. Pressing is not necessary. Remaining fingers can be kept straight with ease.

Speciality 1) It is the most important mudra. It affects the muscles and the brain with good results. **2)** We can do this mudra in any asan or condition.

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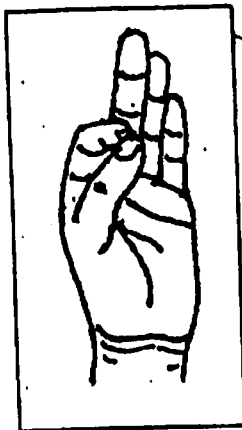
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It is considered as best, when performed while meditating in Padmasan. We can do it with both our hands, while working, walking, sitting, lying, travelling any where any time and in any condition. 3) We can practice it for as long as possible. There is no time limit for this mudra. 4) Regular practice of this mudra removes the defects of life line and Budh line and under developed Shukra point from palmistry point of view.

Benefits – This mudra helps in increasing brain power and removes the

ill effects caused due to mental tension. Regular practice of Gyan mudra cures all the mental disorders and diseases like madness, hysteria, crackness, anger, laziness, depression. Mind becomes quiet and spiritual joy reflects on our face.

This mudra is remarkable to be free from problems of anger, excitement and mental tensions. Self experience – “Once I was very upset with the behaviour of a bus driver. I experienced severe headache because of my anger and so I could not utter a word. I practised Gyan mudra immediately and within five minutes I experienced a magical change in myself. Anger and headache vanished as if nothing had happened. After practising the mudra just for a couple of minutes



Gyan Mudra

the feeling of anger and my temper had started cooling down.

To control our anger, Shant mudra is useful. First bring all five fingers together, touch the root of your nose with the middle finger, let the fingers also touch the nose. Put light pressure. Sit steady. One will experience peace immediately and the anger is calmed down.

Gyan mudra helps in mental concentration. We can feel the beating of pulse, when we touch the index finger with the thumb. If we concentrate on this, our mind stops wandering and we can attain a very high state of concentration.

Gyan mudra is a boost for students. It helps to increase the memory and sharpens intelligence. Unnecessary snapping of fingers, swaying of legs or other such wrong habits of the limbs here and there without any reason has an adverse effect on our brain and muscles. Our energy is wasted. Memory power is reduced. Acharya Keshave Deo writes, “Some students were very intelligent and sharp, those who could remember a lesson after just one reading. They were purposely taught to use their hands in the wrong way. As a result their I.Q. level came down. Level of intelligence, memory and mental efficiency was found to be low than before. When they practised Gyan mudra regularly their brain power returned to normal.

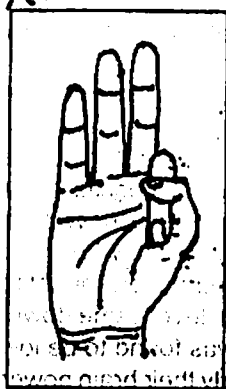
If mentally retarded children are given the practice of this mudra, some change in their mental power can be seen. Thumb is the centre of intelligence. The part of thumb we press in this mudra by the index finger are the centres of Pituitary and Pineal Endocrine glands. The pressure on these centres activate the two glands situated in our brain. Mal functioning of Pituitary glands may result in making children angry. Children who do mischief, talk lies, like to steal can improve a lot with a prolonged practice of the Gyan mudra. Child becomes free from bad habits and a thorough change can be observed in his behaviour.

Gyan mudra not only makes our memory powerful and sharpens our brain but helps us in getting 'Divya Drishti'. Regular practice of Gyan mudra helps a Sadhak in opening the Gyan Netra or Shiv Netra for him. Development of the sixth sense is possible by this. With the help of Divya Chakshu, after it is opened, the Sadhak can see any happenings of the past, present or the future and he can understand the happenings in other persons mind.

Sleeplessness can be cured by the regular practice of Gyan mudra. Mental tensions, working pressure etc. results badly on the health of our brain and we suffer from sleeplessness. Gyan mudra work like a sleeping pill or 'Yogic Tranquiliser' in such cases. If it is proven that practice of Gyan mudra cures the chronic problem of sleeplessness within 3 days. Acharya Kesahv Deo says, "Many patients were suffering from sleeplessness for years together. They had to take numerous sleeping pills with hardly any favourable results. Practice of Gyan mudra gave them wonderful results. They experienced natural sleep and there was no need to take sleeping pills any more. If only Gyan mudra does not help to cure sleeplessness completely then a combination of Gyan mudra with Pran mudra is advisable.

2. Vayu Mudra

॥ ओम् वै वज्रहस्ताभ्यां नमः ॥



Vayu Mudra

Formation of Mudra- Keep the index finger on the base of the thumb at the mound of the venus and press with the thumb. **Speciality-1)** The practice of this mudra decreases the level of the wind or air element in our body, which ultimately helps to cure diseases due to Imbalance in the wind element. **2) Time Limit-** In acute cases 45 minutes of practice gives benefit in 12 to 24 hours. Chronic diseases of (Vat) gas need practice of this mudra for 15 to 45 minutes, daily. Results show slowly but surely. It cures diseases like Rheumatism, Arthritis, Gout, Parinson's disease, but it should be practiced only till the diseases gets cured. **3) For better and early**

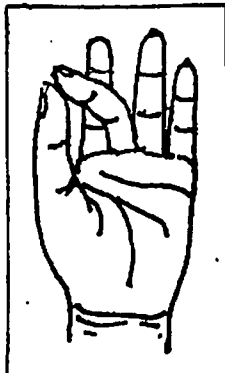
results, practice Pran mudra along with Vayu mudra for some time. Even otherwise Pran mudra helps to increase 'Chetna' which is beneficial in all other diseases. 4) Paining ears can be cured by Shunya mudra in a few minutes and now by Vayu mudra as it is not caused by the imbalance of the wind element. 5) Pain in the stomach gets relieved not by Vayu mudra but by practice of Apan mudra and Uttanpadasan for 1 to 2 minutes daily. Uttanpadasan is also beneficial in diseases like Hernia and the naval remains at its proper place. If the naval is not in its proper place, regular practice of Uttanpadasan brings it in its proper place and disorders which are even out of Allopathy's range, get cured. 6) Some times lack of self-confidence also results in body pain, which is cured by Pran mudra and not by Vayu mudra. 7) This mudra helps in getting rid of defects in the Saturn mound and the Saturn line, according to palmistry.

Benefits- 1) It cures Rheumatism, Arthritis, Gout, Parkinson's disease, Paralysis etc. without any medicine. Patients suffering from these ailments should practice this mudra for a maximum time. 2) This mudra is very useful for problems like palsy of face, stiff neck or cervical spondylitis. When one performs the Vayu mudra, bandh of the *Vat nadi*, situated at the centre of the wrist, is attained. When aching neck is due to excess gas, then while performing Vayu mudra, if you turn your wrist from right to left, there is a specific '*khat khat*' like sound in the *Vat Nadi*. This sound can be removed by giving slight pressure with the thumb on the *Vat nadi* and twisting the wrist a couple of times. When this indicative sound vanishes, even the neckache is automatically cured. If the stiffness or pain is on the left side of the neck, then the left wrist should be rotated, similarly the right wrist, when the pain is on the right side. Both the wrist are to be rotated alternately, if the pain is all over the neck. Rotation of wrists in Vayu mudra also is useful in curing facial palsy. 3) Vayu mudra is specially useful in curing knee pain.

3. Akash Mudra

। ओम् लं ललितादेवीभ्यां नमः ।

Formation of Mudra – The tip of the middle finger is to be touched to the tip of the thumb in this mudra. Remaining fingers are to be kept straight but at ease.



Akash Mudra

Speciality – 1) Practice of this mudra increases Akash or Space element in our body. So the diseases caused by the deficiency of this element can be cured within a few day's practice. 2) Middle finger is specially related to our heart, so this mudra is beneficial to our heart. Thus the middle finger is mostly used while chanting of beads.

Chanting of beads – If chanting of beads is for worldly pleasures like for wealth or peace and

happiness in family life or desire for a son, then the chanting is done with the thumb and middle finger. (Those who want moksha, they use their ring finger and thumb. If a person wants to end enmity or suffering then he uses index finger). When we are chanting beads the Mala should be in the right hand thumb and touching our heart. While chanting beads our nails should not touch the beads and should not pass the Meru or the Centre bead, otherwise we do not get desired results. Mala should be clean with 108 beads and beautiful meru or centre bead. If auspicious or good desires are to fulfilled, then use white mala, to get rid of suffering use red mala. Like Mala, there is a specific way of touching the feet of the elders. We should cross our hands and touch the feet of the person to whom we want to show respect, may be our Guru, so that our right hand touches his right foot and the left hand touches his left foot. When one touches the feet in this manner then the negative and positive current of electricity coming from his body (the guru's) prove beneficial to the student.

3) **Time Limits-** This mudra is to be practiced when needed only or a limited time.

4) According to palmistry diseases related to Shani Griha (Saturn) can be cured when Shani (Saturn) is passive in his horoscope.

4. Shunya Mudra । ओम् द्वां द्वाबासिनीभ्यां नमः ।

Formation of mudra- Keep the middle finger at the top of venus and press with the thumb.

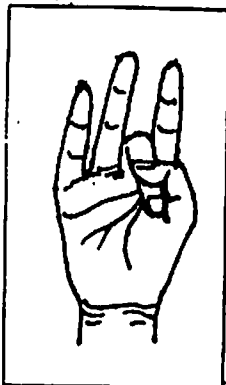
Speciality-1. If there is any increament in sky or space element in our body, this mudra helps to decrease it and maintain balance. **2. Time**

limit- This mudra can be practised till the disease is cured. Pain in ears stops in a few minutes after practising this mudra. Deaf or a person weak in hearing, or a person suffering from pain in ears, should do this mudra daily for 40 to 60 minutes continuously.

3. If Shunya mudra fails to show positive effect in curing ear diseases, then Akash mudra helps in such cases.

Benefits- Shunya mudra is useful in diseases of ears in particular. When pain in ears starts, practice this mudra immediately, one feel some relief in 4 to 5 minutes and the pain totally vanishes within some time. **2.** Shunya mudra is a cure for deafness.

Deaf person or persons weak in hearing should practice Shunya mudra regularly, increasing the time of the mudra gradually. Daily practice of shunya mudra just for 5 minutes also helps but a bit slowly. The shunya mudra can be practised with other medicines of doctors and practice of

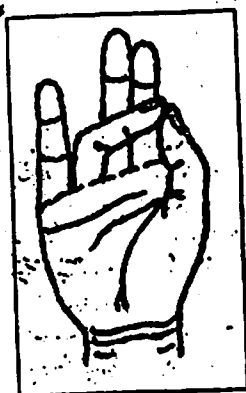


Shunya Mudra

45 minutes of Shunya mudra cures the disease quickly. Dumb people also get benefit from this mudra. (The mudra is not effective if the person is dumb or deaf by birth.)

5. Prithvi Mudra

। ओम् पं पद्मावतीभ्यां नमः ।



Prithvi Mudra

Formation of mudra-When the tips of the ring finger and the thumb come together, this mudra is formed.

Speciality- 1) This mudra helps to maintain the balance of the Prithvi element in our body and removes all kinds of physical weakness. 2) Ring finger is an important finger, like the thumb special electric current passes through it. According to Yoga there is a two-petalled lotus on our forehead. If we touch this lotus with ring finger and thumb and apply kumkum, any person, male or female can focus his or her invisible powers on some other person and increase that person's power too.

3) **Time Limit-** You can sit in any asana and

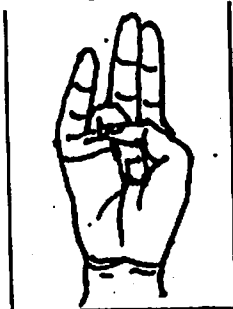
practice this mudra for as long as you desire.

Benefit-1) This mudra helps weak person to gain weight proportionate to his requirement, thus one who wants to gain weight should do this mudra.

2) It increases the lustre of our skin and makes it glow. 3) The mudra increases the 'Chetna' in our body. Regular practice of this mudra makes one happy, content and enthusiastic. Also the body becomes healthy in all respects. 4) This mudra makes the mind generous, thus changes the narrow mind, broader. 5) The mudra is like a true friend, it helps a *Sadhak* to progress on his spiritual path.

। ओम् उं उमादेवीभ्यां नमः ।

6. Surya Mudra



Surya Mudra

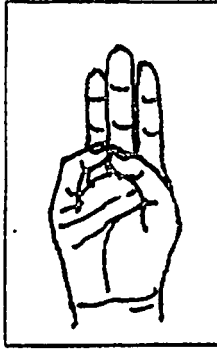
Formation of mudra- Bend the ring finger and press the tip on the base of your thumb, slightly press with the thumb.

Speciality - 1. It is advisable to do the Surya mudra with both the hands, sitting in Padmasan, which helps to reduce weight. While practicing this mudra, the particular center of thyroid glands gets pressure, which according to Accupressure Therapy, is activated to reduce weight, thus the benefit. **Time limit-** the Surya Mudra should be practised for about 5 to 15 minutes regularly,

both in the morning and in the evening.

Benefits-1. It helps in reducing fat in the body. 2. It also helps in reducing mental tension.

7. Varun Mudra



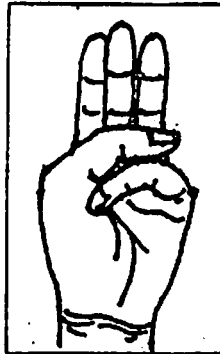
Varun Mudra

। ओम् पां पावतीभ्यां नमः ।

Formation of Mudra - Put the tips of the thumb and the little finger together, it makes the Varun Mudra. **Speciality - 1)** Regular practice of this mudra helps to cure diseases caused by the deficiency of water element. **2) Time Limit** - It can be practised when needed.

Benefits- Regular practice of this mudra removes dryness of our body and restores moisture. Deficiency of water element in the body may result in impurities of the blood. This mudra removes such defects. It also helps in other disorders like gastroenteritis and cramps or pain due to cramps.

8. Jalodarnashak Mudra



Jalodarnashak Mudra

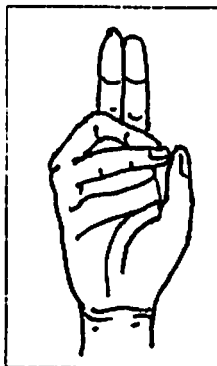
। ओम् शं शुलघाटीभ्यां नमः ।

Formation of Mudra - Bend the little finger and touch the tip of it at the base of the thumb and press it with the thumb. The remaining three fingers stay straight, at ease.

Speciality -1. Jalodarnashak mudra helps in decreasing water element in our body, when water element is in excess in our body it causes some disorders, which can be cured by the practice of this mudra. **2. Time limit** - Try the mudra till the disease is cured completely.

Benefits- It benefits in diseases caused due to excess water and can be done along with other medicinal treatment.

9. Pran Mudra



Pran Mudra

। ओम् गुं गुह्येश्वरीभ्यां नमः ।

Formation of mudra - Bend the little and ring fingers so that their tips touch the tip (front edge) of the thumb. Remaining two fingers will remain straight at ease. **Speciality - 1.** Pran mudra is the most important mudra. Human body is a station of mysteries. After penance, study, (Atma sadhana) of many years, sages, rishis have made important discoveries. Acharya Kesahav Deo describes this mudra saying, "When you press the button of Pran mudra, the dynamo of life energy starts working vigorously. As the electricity of life energy charges the battery of our body, the patient experiences 'chetna' gradually within

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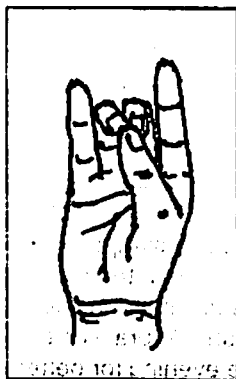
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himself". Practice of Pran mudra strengthens a very weak person physically and mentally, so much that he never gets diseases and retains vitality. Low level of vitality, is what makes a body weak and gets diseases very quickly. 2. In palmistry, the ring finger is of surya or the sun which is the centre of vitamins and vitality. the little finger of Budh which represents teenage and youthful strength. So when fingers of Sun and Budha come together with thumb which is of fire element, this mudra becomes very important. Practice of Pran mudra cures defects of life line & Budha line and Shukra moment starts developing. 3. Ring finger represents prithvi element, the little finger represents water element, the thumb represents fire element when these three fingers or these three elements combine together in this mudra, the vitality of the body, circulation of the blood improves, removing any kind of blocks in blood vessels. It increases life force and cures nervousness and fatigue. 4. **Time Limit** - Any one can practice the Pran mudra at any time, in any conditions. To increase vitality, Pran mudra should be done maximum.

Benefits - Pran mudra increases vitality and immunity of the body against diseases. 2. Vitamin deficiency can be cured with its practice. 3. Weak muscles get strength. 4. It rejuvenates a tired person. 5. It helps to increase the power of eyes. Defects or diseases of eyes can also be cured by practice of Pran mudra. One who desires to have healthy eyes should also do Pran mudra for atleast 5 minutes regularly. 6. In sleeplessness, practice it with Gyan mudra, and in diabetes practice it with Apan mudra. 7. **Experience** - Acharya Keshav Deo experienced that during Sadhana or during long periods without food and water, if a person experiences weakness then he should practice Pran mudra. The pangs of hunger and thirst vanish.

। ओम् भूः भुवः स्वः । ओम् तत्सवितुर्वरेण्यं ।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥ ओम् ।

10. Apan Mudra



Apan Mudra

Formation of mudra - Tips of middle finger and ring finger should touch the tip of thumb. Remaining fingers, namely, little finger and index finger remain straight at ease.

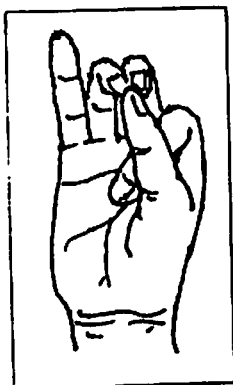
Speciality - 1. From the heart point of view this mudra plays a very important role because it regularises excretory system and thus helps in keeping our body clean. Yoga helps in physical cleanliness. Besides that, when a *Sadhak* wants to reach the highest level or degree in Yoga, his body needs finest clean condition. This is possible only when sadhak tries Apan mudra after Hativoga. 2. Mixing of Pran and Apan in equal proportions while doing Sadhana, itself is a type of Yoga. In other words, we can say

coming together of Pran and Apan is essential for spiritual progress in Yoga. Regular and continuous practice of Apan mudra balances the Pran and Apan Vayu in our body. 2. Time Limit - There is no particular time limit for this mudra. The more you practice it, the more it will benefit you.

Benefits - 1. Apan mudra helps to clean our body by disposing of waste like excreta, urine and sweat with ease. Apan mudra not only cleans the body but also initiates pious thoughts in our mind. 2. If a person does not get perspiration, then it is not a good sign for health. It may cause diseases. 3. Apan mudra particularly affects the working of our kidneys. If urine is blocked, apan mudra works immediately. If urine is blocked for days together and medicines, injections do not show favourable results, then practice of this mudra for 45 minutes, daily, cures the disease without any medicine. If urine blockage problem is recent then this mudra benefits the patient immediately and surprising favourable results are achieved (except in prostrate problems). 4. Apan mudra helps in the problems of gas in stomach, as this mudra controls the Apan vayu. 5. In case of constipation and piles this mudra should be practised minimum 45 minutes regularly. 6. Apan mudra helps in maintaining health of teeth. 7. To control diabetes, Apan mudra is useful and also side by side removes diseases of mouth, nose, ears and eyes naturally.

॥ ओम् सं सर्वमंगलाय नमः ॥

11. Apan Vayu Mudra



Apan Vayu Mudra

Formation of mudra - Index finger touches the base of the thumb, and the tip of the thumb touches the tip of the middle finger and ring finger. The little finger remains straight at ease.

Speciality - 1. Apan Vayu mudra specially benefits the heart. So this mudra is called as the "Hriday Mudra", or "Mrit Sanjeevani" mudra. 2. This mudra shows its effects instantly. It works as speedy as an injection to stop heart attack. 3. Apan Vayu mudra is a combination of two mudras, Apan mudra and Vayu mudra. As they are practised together, their combined effect cures the disease at once. Gas in stomach or in body is removed by the practice of this mudra. 4. Time Limit - If you have any symptoms of

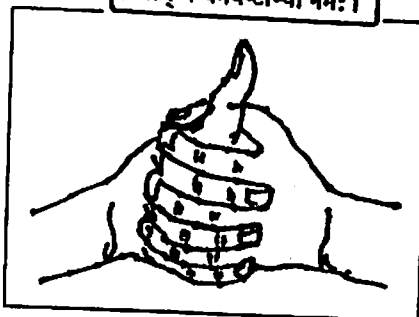
heart attack, try the Apan Vayu mudra immediately. If needed, the mudra can be practised many times in a day. Heart patients, people suffering from high BP, people who have experienced a heart attack, should practice the mudra 15 minutes in the morning and 15 minutes in the evening for better results. 6. If Vayu mudra does not completely help in curing gas problems of the stomach, hence practice of Apan Vayu mudra solves the problems.

Benefits - 1. Apan Vayu mudra is a boon to heart patients. In case of a severe heart attack, practice of this mudra gives relief just like an effective injection or a tablet of 'Sorbitol' and the patient is saved from the jaws of death. A regular practice of Apan Vayu mudra, later, gives strength to the heart. Apart from the practice of this mudra, it is essential for the heart patient to take some precautionary measures, especially, it is essential to keep the stomach away from disorders. This can be done by reducing the quantity of fatty and oily (fried) substances in our diet and including green vegetables and fruits in a larger quantity because in majority of cases heart trouble is caused due to the upward pressure created by the gas, in stomach disorders.

According to Acharya Keshav Deo, this mudra has been practised by thousands of heart patients. It proved to be more effective than a miraculous injection which gives quick relief during severest of heart attacks. This mudra should be practised when one experiences slight pain in the chest accompanied by restlessness and pressure on chest area. This mudra will show its effect even before the arrival of medical aid. 2. Even in case of headache, this mudra has proved beneficial. Since this mudra relieves headache temporarily after which clearance of stomach disorders, change of diet, rest and medical aid should be arranged to get permanent relief. Many kinds of headache, eg. headaches caused due to sleeplessness, mental tensions, over straining, blood clots etc. are cured after taking adequate rest. 3. This mudra not only relieves gastric troubles but also regulates bowel movements. Apan Vayu mudra is also beneficial in the newly occurred (recent) gastric diseases, whereas for the long persisting gastric problems, Vayu mudra is more effective. 4. In cases of weak heart or palpitation of heart (increased heart beats) this mudra does a lot of benefit.

Experience - A patient suffering from palpitation of heart told me, that before climbing a staircase, he practices this mudra for 5-10 minutes, by which climbing becomes easier for him and his breathlessness reduces.

। ओम् यं यमघटायाम् नमः ।



Linga Mudra

12. Linga Mudra

Formation of Mudra - This mudra can be made by entangling the fingers among themselves and keeping either of the thumbs erect.

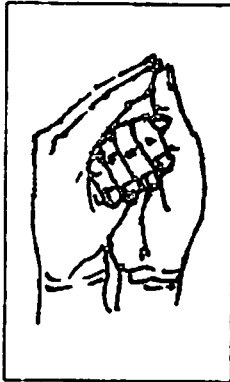
Speciality - 1. Practice of this mudra increases heat in our body, so it is beneficial to practice this mudra in winter. Practice of this mudra should be accompanied by a healthy diet of fruit juices, milk, ghee and a lot of

water. 2. Time limit - This mudra can be practiced any time of the day but as only as when required. As this generates considerable heat in the body, this mudra should not be done as per our own wish, for longer time.

Benefits - 1. In case of severe cold, Linga mudra gives immediate relief. You may also sweat, even in winter, by prolonged practice of this mudra. 2. As it creates heat in the body it destroys cough and gives relief to other diseases like cold-cough or chronic cold. **Experience -** 20 years old problem was cleared by the practice of this mudra. 3. It strengthens lungs and cures cough initiated by cold and fever, bronchial attacks and health problems caused by change in seasons. People suffering from cold, should try the mudra in winter because it creates heat in our body. This heat not only clears cough but burns excess accumulated fats from our body and thus helps to reduce the weight.

। ओम् लं ललितादेवीभ्यां नमः ।

13. Shankha Mudra



Shankha Mudra

Formation of the mudra - Left thumb should be held in the right fist and left index finger should touch right thumb. This forms the Shankh Mudra.

Three remaining fingers of left hand, together should give light pressure on fingers of the closed fist of the right hand. This mudra should be alternately done, switching the right and the left hands.

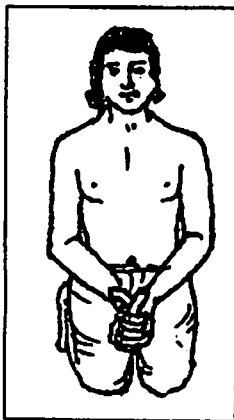
Speciality - 1. In this mudra the thumb presses the palm and the three fingers of closed inside fist press mound of shukra. Ultimately the pressure comes on the centres of Navel and Thyroid glands (according to Accupressure therapy). Thus diseases connected or related to the navel and thyroid glands can be cured by this mudra. 2. This mudra is used for prayers

also. 3. Time limit - It can be practised for a long time. **Benefits -** 1. Long practice of shankha mudra cures any vocal defects. It benefits thyroid glands and throat; helping to make your voice sweet and enhances its quality. 2. Shankh mudra specially affects the nabhi chakra and benefits 72,000 blood vessels and also the muscular system. 3. It benefits the digestive system. As digestion is improved, diet is also improved. Diseases of abdomen and intestines can be cured by the practice of this mudra.

14. Sahaj Shankha Mudra

। ओम् यं यमघट्याभ्यां नमः ।

Formation of the mudra - This is another kind of Sankha mudra. Fingers of both the hands are entangled with each other, both palms are pressed on each other and both the thumbs raised touching each other straight. This forms the Sahaj Shankh Mudra.



Sahaj Shankha Mudra

Speciality - Practice it in Vajrasana or sukhasana for 5 to 10 minutes. Practising it with Pranayam and Moolbandh gives double benefit.

2. Mool bandha - this action of pulling the anal muscles upwards, inside is called as the Mool bandha, breathing stops momentarily and body starts shivering. According to Yoga during the process of passing out excreta, when we need to control or stop, then the *Shankini Nadi* is to be pulled in upward direction. During passing the urine, pulling of *Kuhu Nadi* controls or stops the process of urinating. Regular practice of Mool bandh benefits the anus muscles and the sex glands. Diseases like Piles get cured. Practice of Moolbandha increases one immunity to diseases.

According to Yoga therapy, with regular study of the Moolbandha even an old man can become young again. 2. Manipur chakra and nerves of stomach are situated in both the palms. Therefore, pressing the palms together, has a special effect on the Manipur shakti Kendra, which is situated in the softer portion below the thumb. It stimulates the heart and the Nabhi chakra and thereby improves the blood circulation.

Benefits - 1. The practice of this Mudra corrects vocal defects such as stammering or stuttering. Specially, singers can considerably improve the tone of their voice if they practice this mudra. 3. Nabhi-chakra (navel) is closely related to this Mudra and hence regular practice can help us to keep good health - both mentally as well as physically. 4. It also improves digestion. Practice of Vajrasana can help in early digestion of food and give relief from gastric troubles.

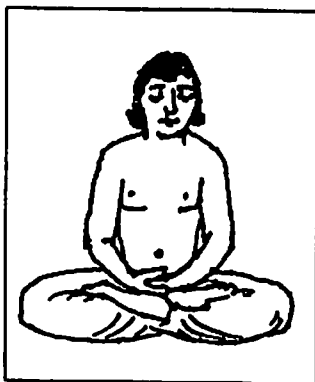
॥ ओम् षुणिः सूर्य आदित्य ओम् ॥

15. Dhyan Mudra

Formation of mudra - this mudra is formed by sitting in Padmasana and keeping right palm lightly on the left palm.

Head, neck and the back should be kept erect. Eyes and lips should be closed, but at ease, concentrate on any of your favourite diety and slowly come to a stage where the mind is totally free of thoughts.

Speciality - In Asthanga Yog, (i.e., Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi), during practice of Dhyan, this mudra proves to be specially beneficial. 2. Sahaj Dhyan Mudra - any body who cannot



Dhyan Mudra

perform the Padmasan, should do this mudra either in Sukhasan, swastikasan or normal squatting position. A normal person can perform the Sahaj Dhyana mudra for a longer duration of time and extract benefits of dhyana mudra. 3. Dhyana Yog Mudra - While performing Dhyana mudra and keeping the right palm on the left palm, if the tips of the two thumbs are kept touching each other then this forms the Dhyana Yog mudra. Extensive practice of this mudra creates a powerful aura around the face of a person and has an impressive effect on everybody who comes in contact with that person. 4. In dhyana mudra, after keeping the palms on each other, if Gyan mudra is performed then a combined benefit of both mudras is attained, along with benefits of Padmasan. 5. Time Limit - Depending on the ability to hold Padmasana, normal person should practice this mudra for a minimum of 20 minutes, gradually increasing to a period of 1 hour, whereas, as far as a *Sadhak* is concerned, there is no time limit to perform this mudra. In case of inability to perform Dhyana mudra, Sahaj Dhyana Mudra should be done to get the benefits.

Benefits - 1. Dhyana Mudra gives mental relief and makes the muscles stronger. 2. Wandering of mind stops and one can concentrate properly, thus initiating clean and pious thoughts in the mind. 3. Practice of Dhyana mudra helps a *Sadhak* attain great heights in concentration. This mudra is also useful in self realisation.



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2.	V
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Sr. No	Mudra	Thumb +/-	Time Limit	Benefits	On page
1.	Gyan mudra	Thumb (+) Fore finger	No time limit	Tonic for muscles and brain. Good for relieving mental tension. Cures madness, hysteria, anger and depression. Increases memory. Cures insomnia and sleeplessness.	4
2.	Vayu mudra	Thumb (-) Fore finger	Practice only till disease lasts	Decreases the level of the air element in the body. Cures pain in the knees. Good for rheumatism, gout, arthritis, paralysis, stiff neck or spondulitis, facial palsy and Parkinson's disease.	6
3.	Akash mudra	Thumb (+) middle finger	When needed only	Increases Akash or space element in the body. Diseases of the heart and bones can be cured.	7
4.	Shunya mudra	Thumb(-) middle finger	Till disease is cured	Cures ear aches and deafness. Deafness by birth can not be cured. Dumb persons also benefit provided the defect is not by birth.	8
5.	Prithvi mudra	Thumb (+) ring finger	No time limit practice in any asana	Helps weak persons to gain weight according to their needs. Gives the skin a healthy glow. Gives good health, contentment an enthusiasm. Helps sadhak to progress on spiritual path.	9
6.	Surya mudra	Thumb (-) ring finger	5 to 15 minutes daily	Activates thyroid gland. Reduces weight. Reduces fats and mental tension.	9
7.	Varun mudra	Thumb (+) small finger	As and when needed	Removes dryness in the body and restores moistures thereby purifying the blood. Cures gastric diseases, cramps and pain due to cramps.	10
8.	Jalodamashak mudra	Thumb (-) small finger	Till disease is cured	Decreases water element in the body. Can be done with other alternative system of medicine.	10

Sr. No.	Mudra	Thumb +/-	Time Limit	Benefits	On page
9	Apan mudra	Thumb (+) middle & ring finger	More the practice more the benefits	Cures diabetes. Regularises excretory system and keeps body free from toxins. Initiates pious thoughts in the mind. Good for efficient working of the kidneys.	11
10	Pran mudra	Thumb (+) ring and small finger	No time limit. Can be done anywhere anytime.	Dynamo of life. Charges the body with energy. Increases vitality so much that one becomes immune to diseases. Cures eye problems and mental weakness.	10
11	Shankha mudra	See procedure	No time limit	Cures diseases related to the thyroid & navel. Long practice cures vocal defects. Benefits digestive system and cures diseases of abdomen and intestines.	14
12	Sahaj shankha mudra	See procedure	In vajrasan or sukhasan 5 to 10 minutes.	Good for piles. Corrects vocal defects such as stammering or stuttering. Improves voice of singers. Practice of vajrasan along with this mudra helps to digest food quickly and gives relief from gastric troubles.	15
13	Apan Vayu mudra	Thumb(-) forefinger + middle & ring finger	10-15 minutes twice daily for heart patients.	Excellent for heart problems. Works as first aid during an heart attack. Cures gastric diseases of recent standing. (For long standing gastric diseases use Vayu mudra. Good for headaches and high BP.	12
14	Linga mudra	See procedure	As and when required	Increases heat in the body. Cures severe cold and cough. For bronchial attacks. Burns excess fats, reduces weight.	13
15	Dhyan mudra	See procedure	No time limit. Min. time 20 minutes	Gives mental relief. Stops the mind from wandering and increases concentration to a remarkable degree. Helps person to realise himself.	15

NOTE : (+) Indicates finger tip touches the tip of the thumb.
 (-) Indicates finger tip touches the root of the thumb.

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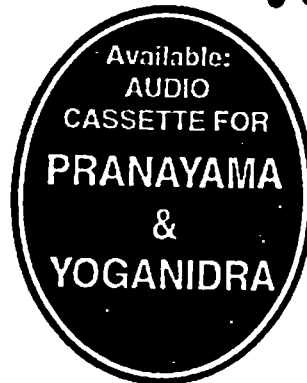
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