

## MUDRA THERAPY AS A 'GARBHINI PARICHARYA' TO MAINTAIN HEALTH DURING COMPLICATED PREGNANCY RELATED BED REST

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### ABSTRACT

Mudra therapy is an ancient therapy. Mudra is a gesture that may involve the whole body or be a simple hand position. Mudras are thought to have healing properties and to have an effect to energy flow of body. The purpose of this study is to maintain physical and mental health without effortless physical activity such as 'Mudras' in some complicated prenatal period where bed rest is advised. During pregnancy related bed rest research has described how the pregnant woman may have changes in her circadian rhythm, mental and physical status. Mudra aid in person to achieve better physical, mental and spiritual status in very easy and effortless manner.

**KEYWORDS:-** Mudra, Hasta mudra, Gesture, Ritual, Pregnancy

complications, Bed rest.

### INTRODUCTION

Prenatal complications are now ongoing health problem. Most females are experiencing complicated pregnancies and their bad effects on circadian rhythm. In some prenatal complications such as Preeclampsia, eclampsia, incompetent cervix, Vaginal bleeding, premature labor, placenta previa, placenta abruption, placenta accreta, poor fetal development, gestational diabetes, history of pregnancy loss, still birth, etc, pregnant women suggested to have bed rest. In such condition the mental and physical status of women gets hampered very badly. Such patients suffer from various problems such as Depression,

Constipation, Pressure sore, weak bones, excess weight gain, stress due to self blame, overthinking and concern about job loss or finance, feeling of dependency, etc.

There is much to be explored and understand about lasting effect of bed rest and its ultimate hazardous effect on mind and body. As bed rest means complete or partial inability to do any physical activity, a patient can do nothing actively to maintain her mental as well as physical health. So in such condition Mudra therapy can better manage such pregnancy bed rest complications.

Mudras are the expression of our inner feeling. In Tantra shastra Mudra is defined as the one which gives happiness. Mudras are part of Yoga and it is also called as Yoga Mudra. Mudras done using hands are called Hasta Mudra. Mudras are a combination of subtle physical movements which alter mood, attitude and perception, and which deepen awareness and concentration. Mudras are higher practices which lead to awakening of the pranas, chakras and kundalini, and which can bestow major siddhis, psychic powers, on the advanced practitioner. Mudras can be performed while standing, sitting, walking, praying, studying, reading, lying down also hence it is easily doable.

## **DISCUSSION**

The yoga mudras can be categorized into approximately five groups, which are described as follows.

### **Hasta (Hand mudras)**

The hand mudras are meditative mudras can be done with the help of fingers only. These are easiest and can be done by anyone at any time. They redirect the prana emitted by the hands back into the body.

### **Mana (Head mudras)**

These practices form an integral part of kundalini yoga and many are meditation techniques in their own right. They utilize the eyes, ears, nose, tongue and lips.

### **Kaya (Postural mudras)**

These practices utilize physical postures combined with breathing and concentration.

### **Bandha (Lock mudras)**

These practices combine mudra and bandha. They charge the system with prana and prepare it for kundalini awakening.

### **Adhara (Perineal mudras)**

These techniques redirect prana from the lower centres to the brain. Mudras concerned with sublimating sexual energy are in this group.

Here, Only Hasta mudras will be discussed as they involves hand movements only and can be done while bed rest also.

### **Science behind hasta mudra**

According to Ayurveda, human body is made up of five elements: Agni (fire), Vayu (Air), Aakash (space), Pruthvi (Earth) and Jal (water). Under healthy conditions, our body has an optimum balance of all these elements. However, imbalance in any one of them affects the body in a negative way. This ultimately leads to illnesses. When specific mudras are performed, any imbalance in the above stated five elements is restored and the person recovers.

These 5 elements are well represented by the fingers of our hands as below

Five fingers represent five elements

- Thumb - Fire
- Index finger - Air
- Middle finger - Space (ether)
- Ring finger - Earth
- Little (pinky) finger - Water

The Hasta mudras are hand gesture yoga exercises that aim to bring back the elemental balance by guiding the flow of life energy within the body. Depending upon the elements to be balanced. When the tip of the thumb joins the tip of the other fingers, respective tatvas get balanced in the body. When the tip of the thumb joins the base of the other fingers, respective tatvas get increased in the body. When the tip of the fingers brought to the base of the thumb, respective tatvas get reduced in the body. This particular science is there in Hasta Mudra. Hasta mudras can be done by anyone.

### **Mudra**

#### **Gyana mudra**

**Method:** Join Tips of the thumb and Index finger This can be done any time and any place.

This Mudra energizes pituitary and pineal glands.

**Benefits:** Improves concentration, memory, decision making ability. Reduces laziness. This

is good for people getting frequent head ache and sleeplessness. If its practiced regularly, it will cure psychological disorders like Depression, Anger, Anxiety, Histeria.



### Vayu mudra

**Method:** Join Bend the index finger to the base of the thumb and place the thumb over it. Keep other fingers erect. This reduces the vayu tatva in the body.

**Benefits:** This is particularly beneficial for people with vata dosha – like, arthritis, gas problem, body ache, bulged stomach. This also improves the concentration and beneficial before the meditation. This mudra harmonises all 5 upa-pranas: Naga (belching), Kurma (blinking), Krikala (sneezing), Devadatta (yawning), Danajaya (preserving the body for a while after death).



### Prana mudra

**Method:** Join Tip of the thumb with ring and little fingers and keep other fingers erect.

**Benefits:** This mudra vitalises and invigorates the whole body. Improves the eye sight. Improves the healing power in the body. Good for people with leg pain, legs going to sleep and leg muscle pull.

**Akash mudra**

**Method:** Join: Tips of the thumb and Middle finger

**Benefits:** Balances the space inside the body. Strengthens the heart muscles. Strengthens the bones. Improves hearing. In meditation, Japa Mala rests on this finger and this strengthens the heart muscles.

**Varuna mudra**

**Method:** Join Tips of the thumb and little finger

**Benefits:** Balances the water content in the body and improves the blood circulation. Particularly good for people with dry skin, dry cough, burning eyes and skin diseases. If we bring thumb and little fingers together, unconscious people get consciousness immediately.



### **Prithvi mudra**

**Method:** Join: Tips of the thumb and Ring finger

In our body, muscles, bones, hair, veins and skin are made of Earth element.

Sabda (sound), Rupa (form), Rasa (Taste), Ganda (smell), Sparsha (touch) are from the earth element. This mudra harmonises all the jnanedriyas (organs of knowledge). This mudra helps in proper blood circulation.

**Benefits:** Body weight becomes proportional to height. Mind becomes calm and peaceful. Removes the letharginess. Excretion becomes normal.



### **Vyana mudra**

**Method:** Join: Tips of the thumb with index and middle fingers.

**Benefits:** This is a very good exercise to control the blood pressure, improve the blood circulation and reduce the fatigue and insomnia.



### Anjali mudra

**Method:** Join Bring 2 palms together.

**Benefits:** 5 tatvas –earth, water, fire, air and space gets harmonised in the body. Strength in the body increases. Peace, Harmony and politeness increases. This mudra cures head ache.



### Abhaya mudra

**Method:** The right hand is held upright, and the palm is facing outwards.

**Benefits:** Abhaya mudra is symbolic of safety, protection, peace, and reassurance, and can be called upon during challenging times.



### Samana mudra

**Method:** Bring the tips of all finger to touch the tip of the thumb.

**Benefits:** Balances the metabolism, improves liver function, balances the doshas, helps with hypertension, strengthen the internal body.

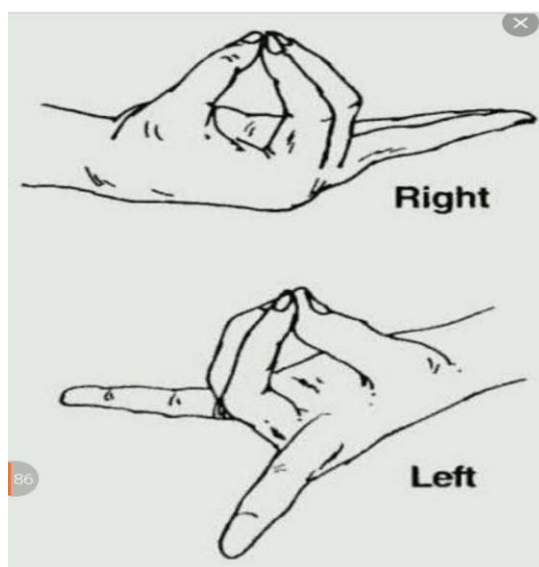


### Pushana mudra

**Method:** Right Hand- Join: Tips of the thumb with index and middle fingers. That is do Vyan Mudra.

Left Hand- Join: Tip of the thumb with middle and ring fingers. This called as Apana mudra.

**Benefits:** Improves digestion, cures nausea and vomiting, flatulence, constipation, acidity during pregnancy, increases Oxygen capacity in body, boosts memory and concentration, enhances the neural activity, thereby benefiting the brain.



### Important things to know about the mudras

- Anyone and anytime Hasta mudras can be done.



- As far as possible, the hands should face upwards while doing the mudras.
- Doing the mudras on both hands is more beneficial.
- Mudras can be done for few seconds, 10 minutes, half an hour or 50 minutes. If done for 50 minutes. Desired results will come.
- While doing the mudras, only the tip of the fingers are used. Pressing the fingers not needed. Other fingers should be straight.
- If the Prana mudra, Anjali mudra, Gyana mudra and Prithvi mudra and Samana mudra done every day for 5-15 minutes, one's health improves significantly.
- Mudras not only improves the physical health but also improves the mental health by reducing the anger, increasing the peace and releasing one from the addictions.

## CONCLUSION

On the basis of above mentioned information mudra therapy can be practiced anytime, at any place in any position. It can be done for 40 to 50 minute or just for five minutes as well. There is no side effect in this. This can be done while one is on the medication also. Also on the basis of various researches done previously on mudra practice during pregnancy, we can definitely say that it has great effect on mother and child health. Hence mudra practice is the easiest, safest and effortless method to maintain physical, mental as well as spiritual health during pregnancy related bed rest.

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