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Review on Mudra and Bandha Theraphy

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Abstract:

Mudra and Bandha therapy is an old effective therapy introduced by our ancient sages.

Yoga mudras are symbolic gestures often practiced with the hands & fingers.

Bandha means locks, joining together or to catch hold, refers to a posture in which certain organs are gripped, contracted and controlled.

Yoga and Ayuurveda explains the human body is constitute of five elements vayu, agni, jala, Prutvi and akasha, balance condition of these elements keeps the person healthy. As Mudra and Bandha have prime role in maintaining health by facilitating the flow of energy from gross body to subtle body & helps to explore at physical, mental and spiritual facet of health. Hence in this article going to discuss about Mudra-Bandha therapy, classifications and benefits.

Keywords: Mudra, Bandha, Yoga theraphy.

Subject to be published under - related to YOGA

Introduction: yoga is an ancient science that deals with various mudra and bandha therapy. Expression of internal feelings through different postures of fingers, palms, hands, feet or body is called as mudra, which are originally described by sage Gherandha in Gheranda Samhita, total of 25 mudras explained. When we hold a certain mudra, it sets the sankalpa to the yoga practice. This in turn helps to steady the mind and focus on the intension and perform the whole sequence of in yoga session. Steading the mind in a yoga session is a prime importance to set the ultimate value of a proper yoga routine.

Definition: ¹Acc to Gheranda Samhita, the gestures which are made for betterment of Physical, Mental and Spiritual level of body is called as mudra

Bandha means bondage or catch hold; these are specific body positions which channelized the energy produced by asana and pranayama into various centers & prevents wastage of energy.

Classification: acc to Gheranda Samhita- 25 mudras ¹

1. Maha mudra
2. Nabho mudra
3. Uddiyana
4. Jalandhara
5. Mula bandha
6. Maha bandha
7. Maha vedha
8. Khecari
9. Viparitakarani
10. Yoni
11. Vajroli
12. Shaktichalini
13. Tadagi
14. Manduki
15. Shambhavi
16. Partivi
17. Ambasi
18. Agneyi
19. Vayavi
20. Akasi
21. Asvini
22. Pasini
23. Kaki
24. Matangini
25. Bhujangini

²Acc to Hatha yoga pradipika- 10 mudras

1. Maha mudra
2. Maha bandha
3. Mahavedha
4. Khechari
5. Uddiyana bandha
6. Mula bandha
7. Jalandhar bandha
8. Viparitakarani bandha
9. Vajroli
10. Saktichalini.

Discussion : Mudra is a Sanskrit term that means "gesture" or "attitude." Psychic, emotional, spiritual, and artistic gestures or attitudes are all examples of mudras.

Mudras were characterised by ancient yogis as energy-flowing postures meant to connect universal or cosmic force with individual pranic force.

Mudras are a set of subtle physical movements that can change one's mood, attitude, or perspective. And which help to increase concentration and alertness. A mudra can be a simple hand position or it can encompass the entire body in a combination with other yogic methods like asana, pranayama and bandha.

Mudras are higher rituals that help to awaken the pranas, chakras, and Kundalini when it practices regularly. These methods also helps to restore the pranic balance within the koshas and allows to reach subtle energy to the upper chakras, through this it helps to reach higher state of consciousness. Each mudra establishes a distinct relationship and has a distinct influence on the body, mind, and prana.

Diseases arise due to an imbalance in any of the five elements ie, air, water, fire, earth, and space. May be produced by a shortage or excess of these elements. Each of these five elements has a specific and crucial job within the body, and our fingers have the qualities of each of them. When a finger representing one of the elements makes contact with the thumb, that element is balanced. As a result, the imbalance-caused sickness is treated. Mudras modify energy flow, changing the equilibrium of air, fire, water, earth, and ether, thus facilitating healing and health restoration.

³Air (Vayu)- Index Finger

Fire (Agni)- Thumb Finger

Water (Jal)- Little Finger

Earth (Prithvi)- Ring Finger

Space (Akash)- Middle Finger

Today, we'll go through some of the most effective mudras for curing ailments.

Conclusion: As per the opinion of experts the various yoga mudras and bhandas should be practiced regularly for good results. There are many types of mudras and bhandas .Each mudra and bandha have specific benefits, practicing of these methods develops concentration of mind and brings connection with the patterns in brain that influences the unconscious reflexes in the different areas helps to balancing of internal energy. It also stimulates the brain, works on nervous system, helps in relieving stress and finally gives peaceful mind.

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