

A Deep Survey on Sole and Essence of Hand Mudra(s)

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Abstract: Hand Mudra Sanskrit term this represents a seal. It's should be the positions that are used to motivate our body organs and nerves to create new energy. We can cure few disease with help our finger in the form of Mudras. The World is include and made up of five important elements. They are Land, Water, Fire, Air, and Sky. In this our body is also one of the part which made up of these five elements. Our health is relying on these five elements if they are in the sustainable state. Benefits of Mudras are Improve memory power, Cure Join pains, Ear pain and improve listening capability, Blood purification, Dilute Cholesterol.

Index Terms – Regression, Anova

I. INTRODUCTION

Mudra is a Sanskrit term meaning seal and they have a deep connection with the brain. Each finger is represents a elements. Baby finger represents →Water, Ring finger indicates →Land, Middle finger represents →Sky, Index finger represents →Air, Thumb represents →Fire. The motivation of instruction is to introduce pictorial representation and approaches to handle the mudras in different forms.

1.1. Dhyana Mudra:

Dhyana Mudra is most commonly used and observed in Buddhism. Dhyana Mudra has to be done by the two hands are placed on the lap, right hand on left with fingers fully stretched palms facing upwards(thumbs are placed against the palms). It is the symbol of concentration and of the attainment of spiritual perfection.



Figure 1. Dhyana Mudra

1.2. Gyan Mudra (or) Chin Mudra:

Chin Mudras is improve breathing problems, improve blood circulation and lungs get more oxygen helps to done by touching the tips of the thumb and the index together, forming a round and seated like a meditation posture.



Figure 2. Gyan Mudra

1.3. Vayu Mudra

Vayu Mudra, the tip of the index is touched to the base of the thumb and the thumb comes over the finger with a slight pressure of the thumb being exerted. Rest of the fingers remain straight. It helps to relieve from in neck pain and spinal pain.



Figure 3. Vayu Mudra

1.4. Linga Mudra

The Linga Mudra is so called because it increases body heat by focusing on the element of fire inside the body. Bring both hands in front of your body and clasp them so that the fingers are intertwined. Ensure that the left thumb is pointing vertically upwards and encircle it with the thumb and index finger of the right hand.



Figure 4. Linga Mudra

1.5. Varuna Mudra

It's very use full mudra. Varuna Mudra is made by touching the tips of the thumb and the baby finger. The benefits are it improves skin softness also to helps skin diseases.



Figure 5. Varuna Mudra

1.6. Surya Mudra

Surya Mudra is performed by touching the tip of the ring finger to the base of the thumb and exerting pressure on the finger with the thumb. It helps balances the body, reduces body weight and obesity. It helps to reduces hypertension and cholesterol. It is beneficial in diabetes and liver defects.



Figure 6. Surya Mudra

1.7. Prana Mudra

Prana Mudra the tips of the thumb, ring finger and the Middle finger are touched together rest of the finger should be upwards. It gives energy, health. Beneficial in diseases of the eye and improves eyesight, raises body resistance to disease.



Figure 6. Surya Mudra

1.8. Ganesha Mudra

The Ganesha mudra is linked with the heart. While practice, releasing the muscles of the chest release block in the lungs. Bring both hands in front of your chest with your elbows. Form a claw by bending the four fingers of your left hand with the four fingers of your right hand.



Figure 8. Ganesha Mudra

1.9. Rudra Mudra:

The Rudra mudra is a very powerful mudra. Rudra is another name for Lord Shiva. Place the tips of thumb, ring and index fingers together extend all other fingers in relaxed way.



Figure 9. Rudra Mudra

1.10. Surabhi Mudra (or) Kamadhenu Mudra:

Kamadhenu is a Sanskrit word which means mother of cows. It is a very effective and powerful mudra. It helps peace in mind and improve concentration. Improve the functioning of the digestive system.



Figure 10. Surabhi Mudra

II. Materials and Methods:

The study was conducted on 100 healthy male and female subjects aged between 25-40 years who attended two months of yoga training.

(a). Do you feel the change of state before mudra and after mudra

Table 1: Do you feel the difference after exercise the Hand Mudras

| S. No | Statements | No of Response |
|--------------|-------------------|----------------|
| 1 | Strongly Agree | 41 |
| 2 | Agree | 31 |
| 3 | Neutral | 24 |
| 4 | Disagree | 4 |
| 5 | Strongly Disagree | 0 |
| Total | | 100 |

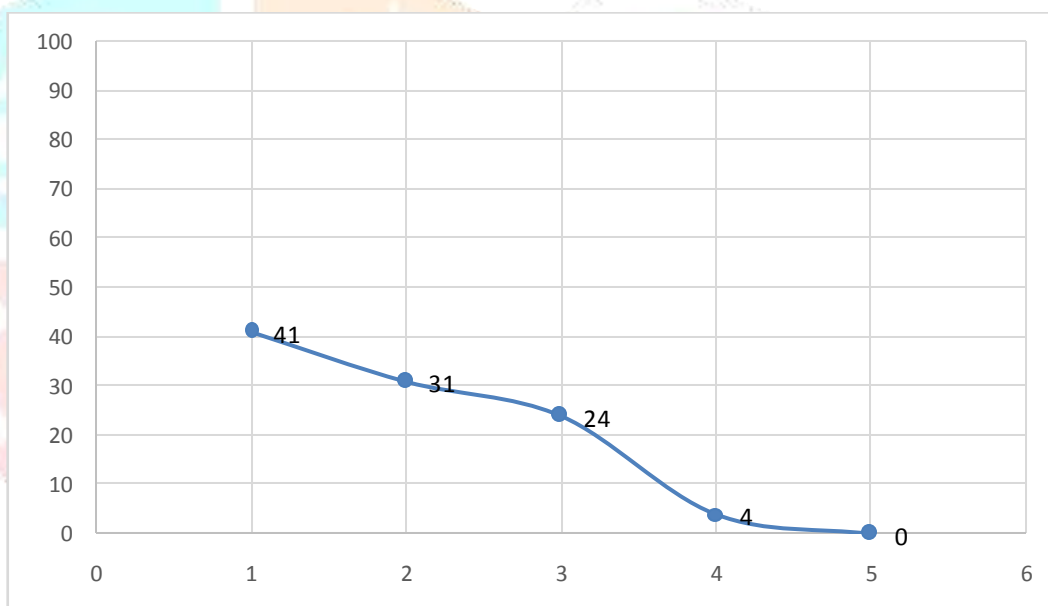


Figure 11: Do you feel the difference after exercise the Hand Mudras

In view of the feel the difference after exercise the Hand Mudras above table shows that (41%) of people strongly agree, (31%) of the people are agree, (24%) peoples neither are natural, (4%) peoples are Disagree.

Table 1. Through put of Mudras

| S. No | Statements | No of Response in Male | Total Sample | No of Response in Female | Total Sample |
|-------|--|------------------------|--------------|--------------------------|--------------|
| 1 | Are you benefited with Mudras | 68 | 73 | 24 | 27 |
| 2 | Does Mudras Helps to Improve health | 66 | 73 | 20 | 27 |
| 3 | Do you believe the Mudras Associated with your body organs | 27 | 73 | 15 | 27 |
| 4 | Does it give any specific changes in any of part in the body | 45 | 73 | 20 | 27 |
| 5 | Does it improve in your thinking ability | 35 | 73 | 18 | 27 |

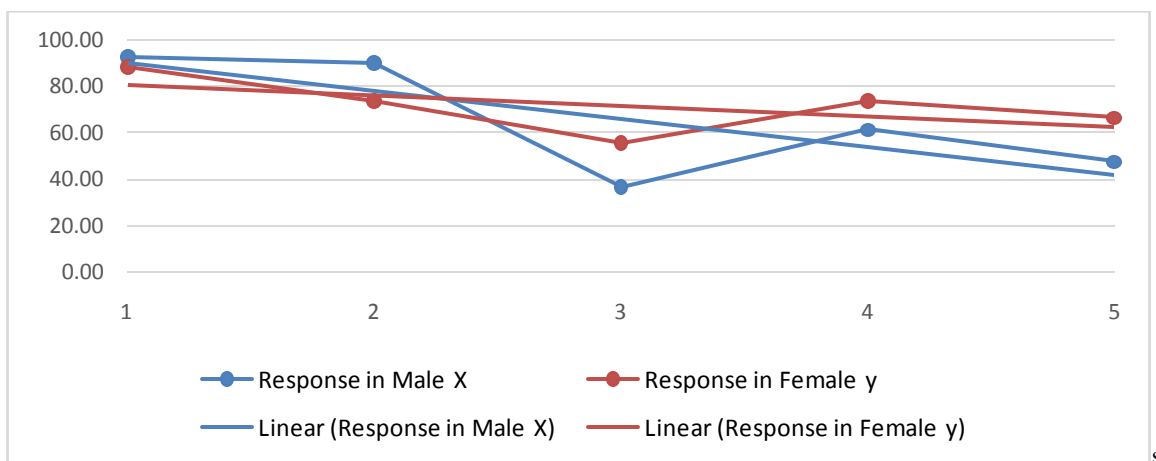


Figure 12: Through put of Mudras

Table 2. Regression for mudras

| Statements | Response in Male X | Response in Female Y | XY | X ² | Y ² |
|--|--------------------|----------------------|------------------|--------------------|-------------------|
| Are you benefited with with Mudras | 75 | 24 | 1800 | 5625 | 576 |
| Does Mudras Helps to Improve health | 68 | 20 | 1360 | 4624 | 400 |
| Do you believe the Mudras Associated with your body organs | 27 | 15 | 405 | 729 | 225 |
| Does it give any specific changes in any of part in the body | 45 | 20 | 900 | 2025 | 400 |
| Does it improve in your thinking ability | 35 | 18 | 630 | 1225 | 324 |
| Σ | $\Sigma x=250$ | $\Sigma y=97$ | $\Sigma xy=5095$ | $\Sigma x^2=14228$ | $\Sigma y^2=1925$ |

Table 3. Regression Statistics

| Regression Statistics | |
|-----------------------|-------------|
| Multiple R | 0.804025771 |
| R Square | 0.646457441 |
| Adjusted R Square | 0.469686161 |
| Standard Error | 1.720732092 |
| Observations | 4 |

Table 4. Anova

| ANOVA | | | | | |
|------------|----|----------|----------|----------|----------------|
| | df | SS | MS | F | Significance F |
| Regression | 1 | 10.82816 | 10.82816 | 3.657028 | 0.195974 |
| Residual | 2 | 5.921838 | 2.960919 | | |
| Total | 3 | 16.75 | | | |

Table 5. Results

| | Coefficients | Standard Error | t Stat | P-value | Lower 95% | Upper 95% | Lower 95.0% | Upper 95.0% |
|-----------|--------------|----------------|----------|----------|-----------|-----------|-------------|-------------|
| Intercept | 13.57116451 | 2.593526 | 5.232709 | 0.034635 | 2.412124 | 24.73021 | 2.412124 | 24.73021 |
| 75 | 0.106944811 | 0.055924 | 1.912336 | 0.195974 | -0.13368 | 0.347565 | -0.13368 | 0.347565 |

IV. FINDINGS

The finding of the test of the hypothesis confirmations that major segment should be favor to the mudras. From the collected response few things found. (i). the no of person can be benefited with Mudras are up to the above mark. (ii). the health improvement while practicing the mudras are also high ratio. (iii). the aspect of any specific changes in any of part in the body gets moderate level of feedback. (iv). as a matter of improve in your thinking ability get lower precedence when compare with other parameters.

V. CONCLUSION

The gives many wonderful health and mind related benefits to the human like improve breathing problems, improve blood circulation, get more oxygen, reduce neck pain, helps to rectify spinal related problem, improve digestive system reduces body weight and obesity. It helps to reduces hypertension. As a note of conclude it the very good solution of many physical and mental health related problems.

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