

Mudra Therapy

Introduction of Mudras

Mudra literally means 'gesture'. Mudra expresses and channelizes cosmic energy within the mind and body



- The body is made up of 5 elements – Earth, Water, Fire, Air and Space.
- When these 5 elements are not in balance we get various physical and psychological ailments.

<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

- The energy from the body radiates out mainly through the tip of the nose, lips, finger tips and toes.
- When the thumb gets in contact with the other fingers, energy is directed back to vitalize various parts of our body.
- This is called as circuit bypass..

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<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Introduction of Mudras

Mudra literally means 'gesture'. Mudra expresses and channelizes cosmic energy within the mind and body



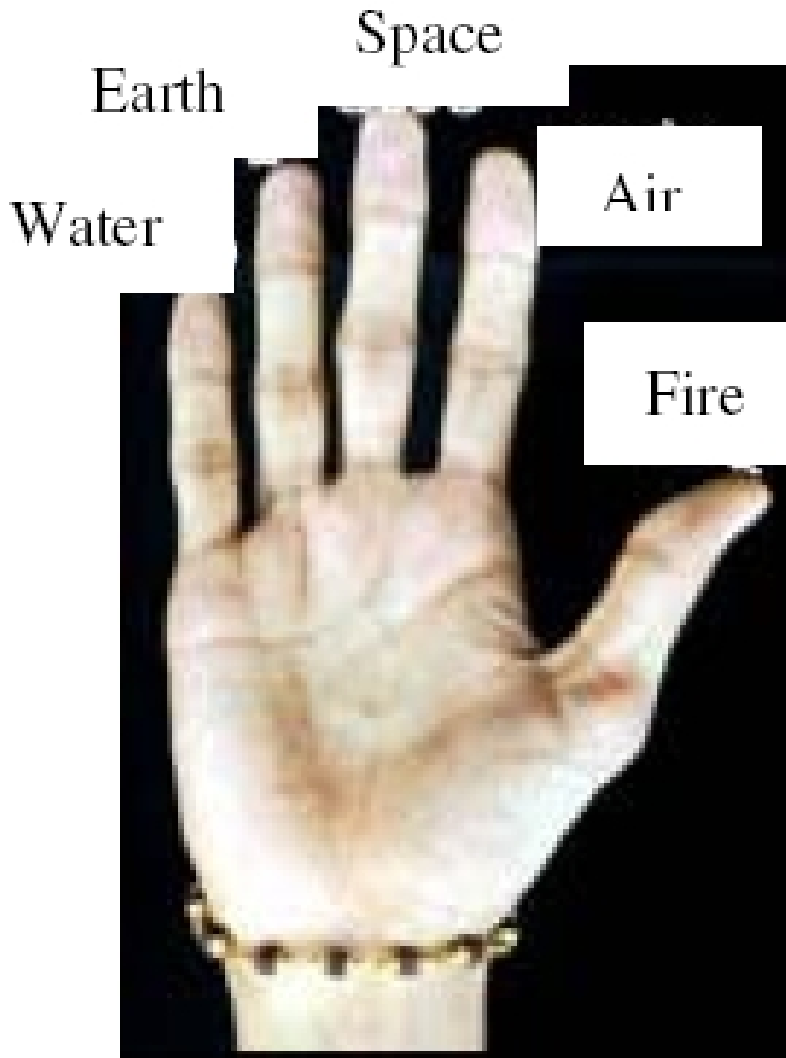
<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

- In our Puranas, we see our Gods and Goddesses expressed in different Mudras.
- Mudras are the expression of our inner feeling.

Mudras that are part of Yogic Postures are called Yogic Mudra.

Mudras done using hands are called Hasta Mudra.

Introduction of Mudras



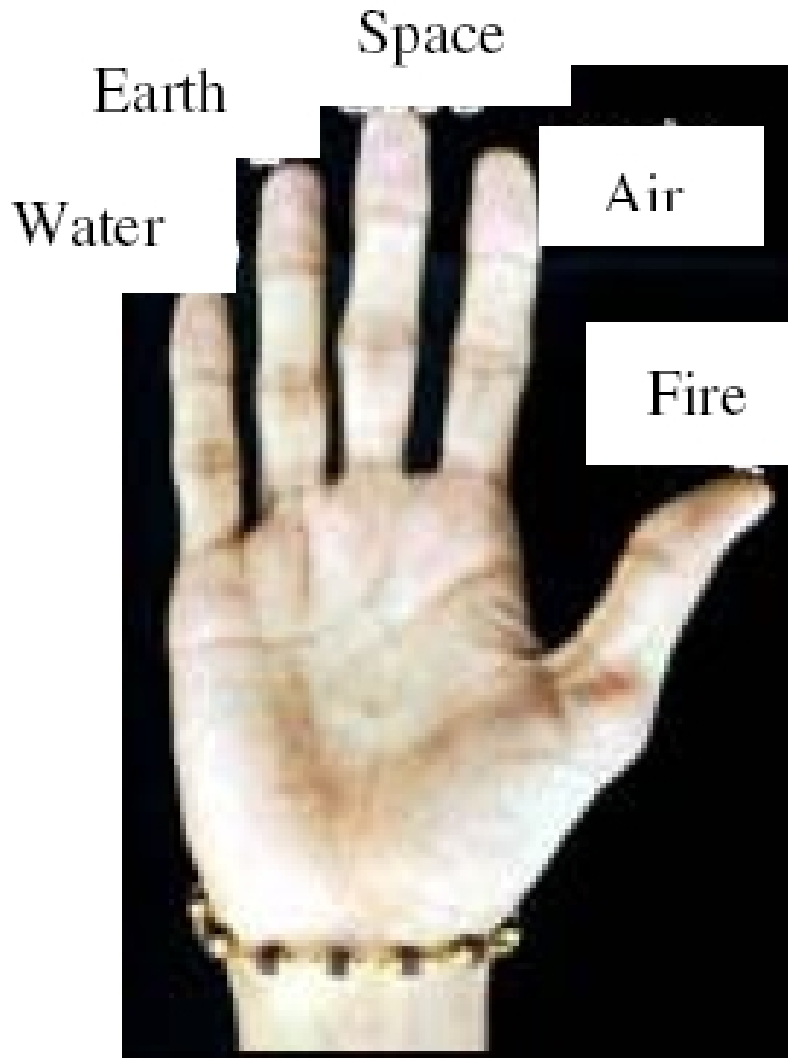
*Mudras done using hands
are called Hasta Mudra*

*The 5 fingers represent
5 elements (tatvas)*



*Thumb: Fire
Index Finger: Air
Middle finger: Space
Ring Finger: Earth
Small finger: Water*

Introduction of Mudras



*Mudras done using hands
are called Hasta Mudra*

- Fire element is the important one
- When fire element goes weak, various ailments come to the body
- Death sets in when the fire element dies.

*Joining the fire element (thumb) with
other elements (other fingers)
vitalizes the other elements also.*

Important Things About Mudras



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>



<http://www.yogsadhna.com/healingmudra.asp>

1. When the tip of the thumb joins the tip of the other fingers, respective tatvas get balanced in the body.
2. When the tip of the thumb joins the base of the other fingers, respective tatvas get increased in the body.
3. When the tip of the fingers brought to the base of the thumb, respective tatvas get reduced in the body.
4. Hasta mudras can be done by anyone.

Important Things About Mudras



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

5. As far as possible, the hands should face upwards while doing the mudras.

6. Doing the mudras on both hands is more beneficial. When mudra is done with right hand, it affects the left part of the body and vice versa.

7. Mudras can be done for few seconds, 10 minutes, half an hour or 50 minutes. If done for 50 minutes, desired results will come.

8. While doing the mudras, only the tip of the fingers are used. Pressing the tip of fingers is not needed. Other fingers should be straight.

Important Things About Mudras



<http://www.crystallotus.com/Mudras/images/PRAN%20MUDRA.jpg>



<http://www.eclecticenergies.com/mudras/mudra.php?num=4>



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>



<http://www.yogsadhna.com/healingmudra.asp>

9. There is no side effect in this. This can be done while one is on medication also.

10. If the Prana mudra, Apana mudra, Gyan mudra and Pritvi mudra are done every day for 5-15 minutes, one's health improves significantly.

11. 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.

12. Chikitsa mudra should be stopped after one's health improves.

Functional Factors in Mudra Therapy



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

BELIEF - Have faith. It is a complimentary therapy and can be used side by side with any therapy.

MIND - Before starting take a few deep breaths, till the breathing is rhythmic and the mind is relaxed.

DHYAN (Meditation) - Increases the efficacy of Mudras.

BODY - Keep the body relaxed and at ease.

Functional Factors in Mudra Therapy



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POSTURE

- Unless specified, mudra should be practiced with both hands.
- Unless specified, do not use pressure between the touching fingers
- Keep unused fingers reasonably straight but not rigid; as far as possible do not move the fingers or arms while practicing mudras
- Unless specified mudras can be done sitting or while lying down or walking

Functional Factors in Mudra Therapy



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

TIME

- The best time for the Sadhana is in the morning
- With certain exceptions like for digestive disorders, mudras should not be practiced for half to one hour after the meals
- Unless specifically mentioned otherwise, mudras can be safely practiced in 15/20 minutes sittings 2/3 times a day or single sittings of 30 / 45 minutes.

Gyan Mudra



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Gyan Mudra



<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

Method

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

Specialty

As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Time duration:

There is no time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

Gyan Mudra



Benefits:

- Increases memory power and sharpens the brain
- Enhances concentration and prevents Insomnia
- If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression

<http://www.eclecticenergies.com/mudras/mudra.php?num=1>

Vayu Mudra



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<http://www.yogsadhna.com/healingmudra.asp>

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Vayu Mudra

Method

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.

Specialty

It prevents all the diseases that occur due to the imbalance of the air.

Time Duration

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.



<http://www.yogsadhna.com/healingmudra.asp>

Vayu Mudra

Benefits

- It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine
- It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck
- It corrects the disorder of gas in the stomach



<http://www.yogsadhna.com/healingmudra.asp>

Akash Mudra



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<http://healing.about.com/od/east/ig/Mudra-Gallery/Akash.htm>

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Akash Mudra

Method

Join the tip of your middle finger with the tip of thumb of both hands, press little and keep rest of the fingers straight. Now, keep your hands near the knee with palms facing upwards. Sit in this position for five to ten minutes.



<http://healing.about.com/od/east/ig/Mudra-Gallery/Akash.htm>

Benefits:

- It generates energy & excitement.
- Gives strength to bones.
- Reduces toothache.
- Helpful in heart diseases.
- Reduces ear pain.
- Removes annoyance

Shoonya Mudra



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<http://www.yogsadhna.com/healingmudra.asp>

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Shoonya Mudra



<http://www.yogsadhna.com/healingmudra.asp>

Method

Keep the middle finger at the mount of Venus and press it with thumb.

Specialty

It reduces the dullness in our body.

Time Duration

One can practice it for 40 to 60 minutes daily until cured from the disease.

Benefits

- It relieves an earache within 4 or 5 minutes
- It is useful for the deaf and mentally challenged, but not for inborn ones.

Prithvi Mudra



Prithvi Mudra

Method

Tip of the ring finger touching the tip of the thumb, with the other three fingers stretched out.

Specialty

It reduces all physical weaknesses.

Time Duration

One can practice it for 40 to 60 minutes daily until necessary.

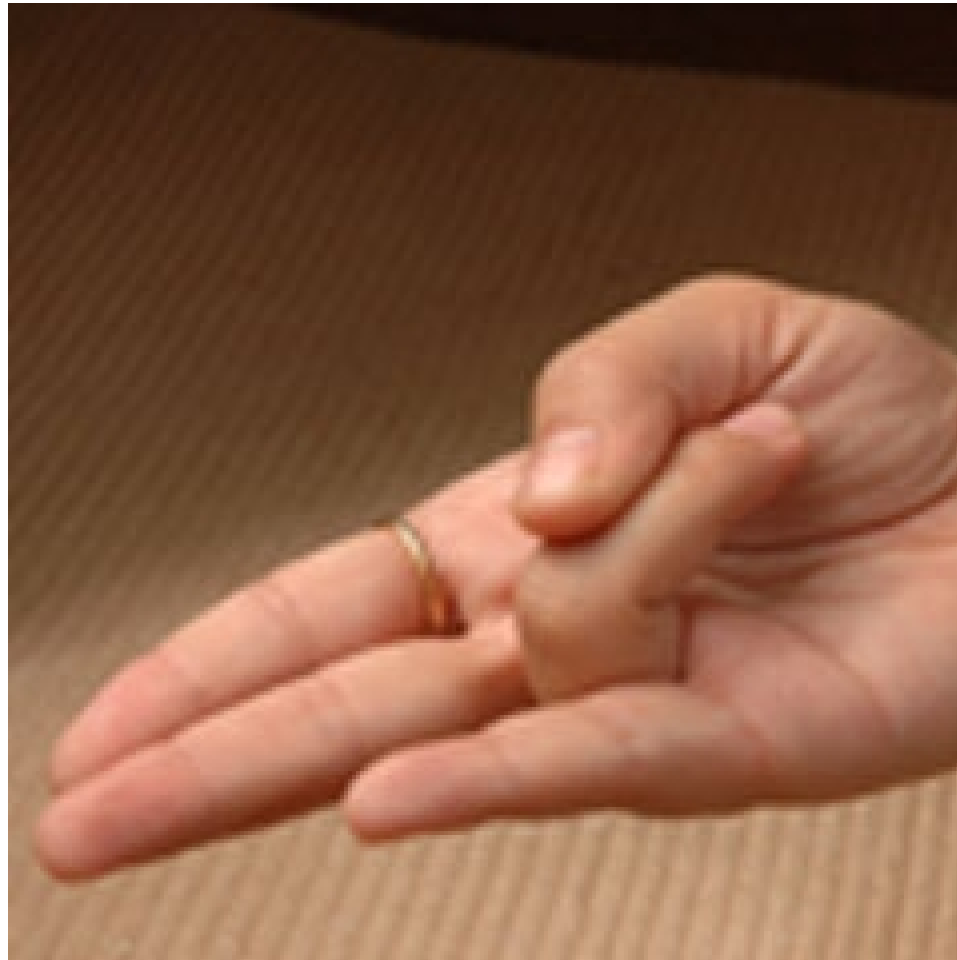
Benefits

- It helps to increase the weight for weak people
- It improves the complexion of skin and makes the skin to glow
- It makes the body active by keeping it healthy



<http://www.yogsadhna.com/healingmudra.asp>

Surya Mudra



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Surya Mudra

Method

Bend the ring finger, touch the root of the thumb with it and press the finger with the thumb.

Specialty

It sharpens the center in thyroid gland.

Time Duration

Practice it daily twice for 5 to 15 minutes.

Benefits

- It reduces cholesterol in body and helps in reducing weight
- It reduces anxiety
- It corrects indigestion problems



<http://www.yogsadhna.com/healingmudra.asp>

Varun Mudra



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Varun Mudra



<http://www.yogsadhna.com/healingmudra.asp>

Method

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Specialty

It balances the water content and prevents all diseases which come due to lack of water.

Time Duration

One can practice it for 40 to 60 minutes daily until necessary.

Varun Mudra

Benefits

- It retains clarity in blood by balancing water content in the body
- Prevents the pains of Gastroenteritis and Muscle Shrinkage



<http://www.yogsadhna.com/healingmudra.asp>

Jalodar Nashak Mudra



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<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

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Jalodar Nashak Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Jal means water. Udar means (stomach) and Nashak means to end. The little finger signifies water element. Jalodhar Nashak Mudra controls the excess of water element in the stomach.

Method

The tip of the little finger is placed at the base of the thumb and the thumb is placed on the back of the little finger gently.

Effect

Jalodar Nashak Mudra reduces the excess water element in the body, suitably affecting the water metabolism. It can thus overcome water logging within the body.

Jalodar Nashak Mudra

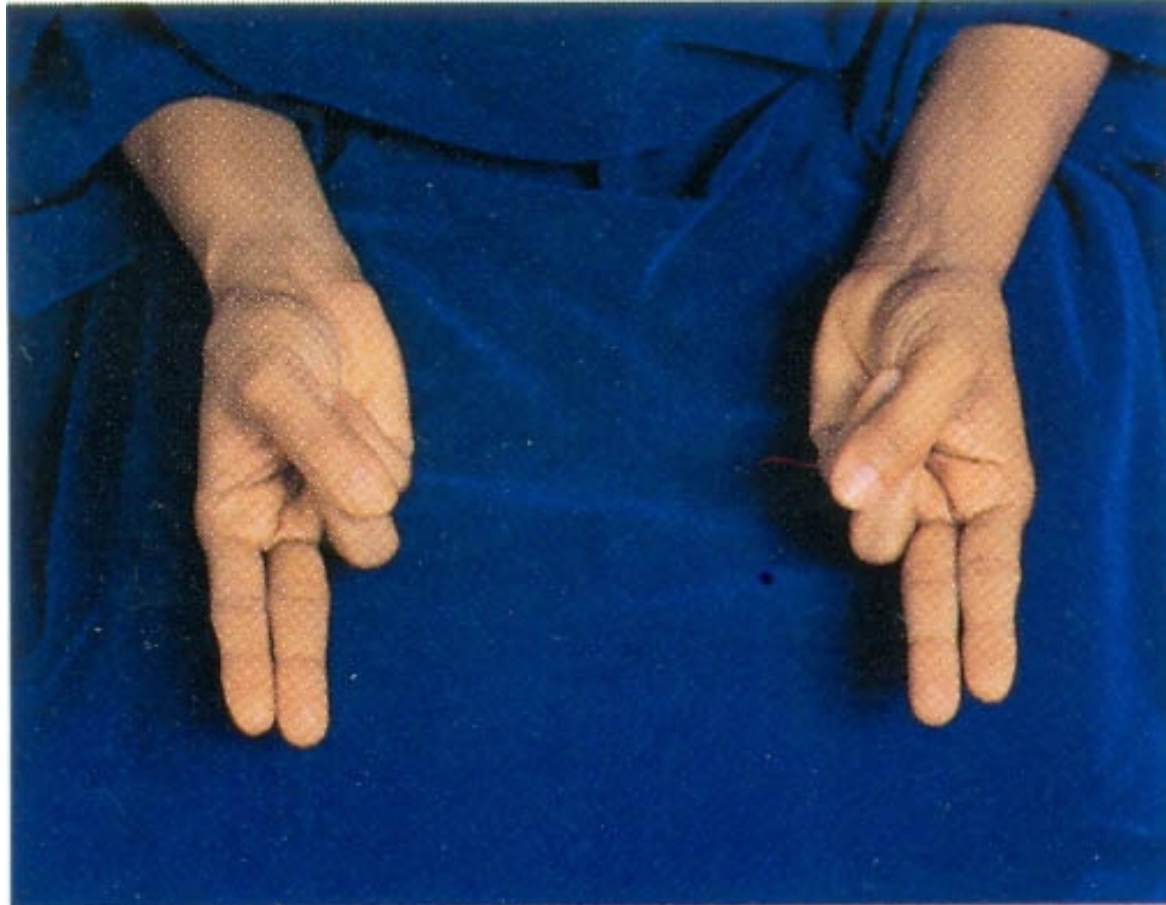


<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Benefits

- Jalodar is a Sanskrit term of the disease - Dropsy. The disease is caused due to excess of water content in the stomach. This Mudra is named after the curing of the disease – Jalodar
- This Mudra can cure Elephantitis; Swelling in any part of the body like face, hands, and legs can be cured with this Mudra
- This Mudra cures excessive salivation, watery eyes, running nose, hyperacidity, diarrhoea (loose motion)
- Pleurisy, effusion in a joint is cured
- Excessive menses is balanced
- Excessive urination is cured.

Kidney Mudra



Kidney Mudra

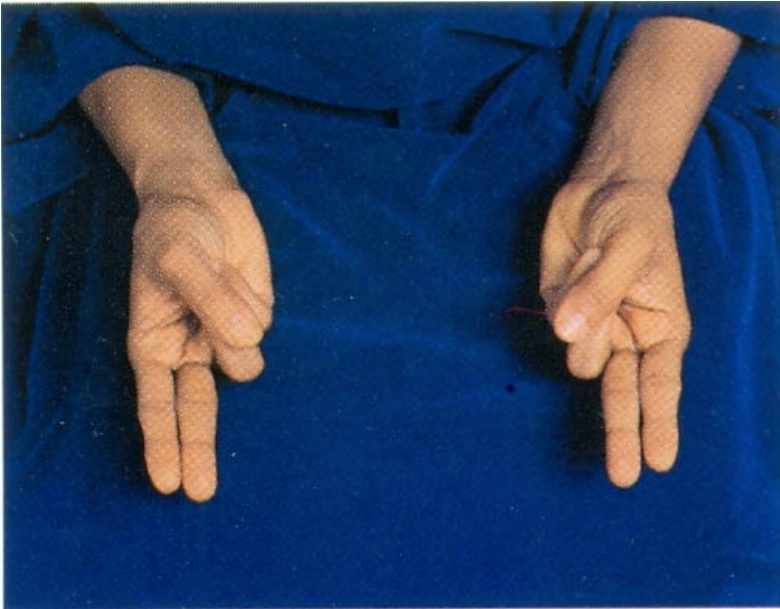
This Mudra cures kidney disorders. This has the same qualities like Jalodar Nashak Mudra.

Method

The little finger and the ring finger tips are to be placed at the base of the thumb and thumb should be placed over the two fingers.

Benefits

- The problem of running nose is cured
- Throat pain is pacified immediately
- Problem of Phelgam in the throat and the lungs is cured
- Helps in curing kidney problems
- Helps in curing Dropsy



N. P. Sanghvi, "Mudra Vigyan – Edition 7", Pradeep Sanghvi: Mumbai, 2007

Pran Mudra



Pran Mudra



Method

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

Specialty

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Time Duration

No specific time duration. One can practice it any time.

<http://www.crystallotus.com/Mudras/images/PRAN%20MUDRA.jpg>

http://health.indianetzone.com/yoga/1/pran_mudra_linga_mudra.htm

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<http://www.indiastudychannel.com/resources/94906-Benifits-Mudras.aspx>

Pran Mudra



Benefits:

- It improves immunity
- Improves the power of eyes and reduces eye related diseases
- It removes the vitamin deficiency and fatigue

<http://www.crystallotus.com/Mudras/images/PRAN%20MUDRA.jpg>

http://health.indianetzone.com/yoga/1/pran_mudra_linga_mudra.htm

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<http://www.indiastudychannel.com/resources/94906-Benifits-Mudras.aspx>

Vyan Mudra



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<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

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Vyan Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

The current of air - Vyan Vayu, in the veins is said to be the circulator of blood in the body. When this air current starts moving very fast in the lungs, arteries and veins the disease is called the high blood pressure. Performing Vyan Mudra 2-3 times a day for 50 minutes each followed by Pran Mudra for 15 minutes helps in regulating blood pressure.

Method

The tips of index finger and middle fingers to be joined with the tip of the thumb.

Vyan Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Effect

The speed of the air circulation of Vyan Vayu is regulated.

Benefits

- Blood pressure either high or low is regulated and balanced.
- Lack of initiative, enthusiasm, slowness of thoughts and perception is corrected with this Mudra.
- Drowsiness, excessive sleep is overcome.
- Intolerance to heat, sunstroke can be averted.
- Excessive sweating, thirst, urination, loose motions and menorrhagia can be overcome.

Apan Mudra



Apan Mudra



<http://www.eclecticenergies.com/mudras/mudra.php?num=4>

Method

With each hand: Place the tip of thumb, middle finger, and ring finger together-extend the other 2 fingers straight upward. When needed, do it for 5 to 45 minutes or use three times a day for 15 minutes as a course of treatment.

Specialty

It plays an important role in our health as it regulates the excretory system.

Apan Mudra



<http://www.eclecticenergies.com/mudras/mudra.php?num=4>

Benefits:

- Mainly effective areas are strengthening & cleaning parts of the body.
- Besides this, other effective areas are knee, thigh.
- Purifies the entire body, removes toxemia from the body.
- Regularizes the urine flow & perspiration, if it is less or irregular.
- Cures vomiting .
- For healthy teeth use this mudra along with Akash mudra.
- For eyes, nose, ears & mouth related problems, use this mudra along with pran mudra
- Cures menstruation related problems, burning sensation of hand, heart, leg & urine.

Apan-Vayu Mudra



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http://health.indianetzone.com/yoga/1/apan_vayu_mudra_back_mudra.htm

Apan-Vayu Mudra



Method

with each hand: Bend your index finger and let its tip touch the ball of your thumb. At the same time, the tips of the middle and ring fingers touch the tip of your thumb. Extend your little finger. Use as needed, until you feel the effect, or practice three times a day for 15 minutes as a course of treatment. This finger position can have a first-aid function when you use it at the first sign.

http://health.indianetzone.com/yoga/1/apan_vayu_mudra_back_mudra.htm

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http://www.panjokutch.com/Health/mudra/apan-vayu_1.htm

Apan-Vayu Mudra



Benefits:

- It is like a medicine for Blood pressure.
- Removes more perspiration of legs & hands.
- Removes useless things from our body.
- Effective on toothache.
- Cures gas trouble.
- Relieves headache.
- Balance body temperature.
- Helpful to cure acidity

http://health.indianetzone.com/yoga/1/apan_vayu_mudra_back_mudra.htm

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http://www.panjokutch.com/Health/mudra/apan-vayu_1.htm

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Meao Mudra



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<http://www.wiziq.com/tutorial/32832-Mudra-Vignan>

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Meao Mudra



<http://www.wiziq.com/tutorial/32832-Mudra-Vignan>

This Mudra is very effective in regulating Blood Pressure - high or low. In either case, a regular practice of this Mudra will regulate and bring the Blood Pressure back to normal.

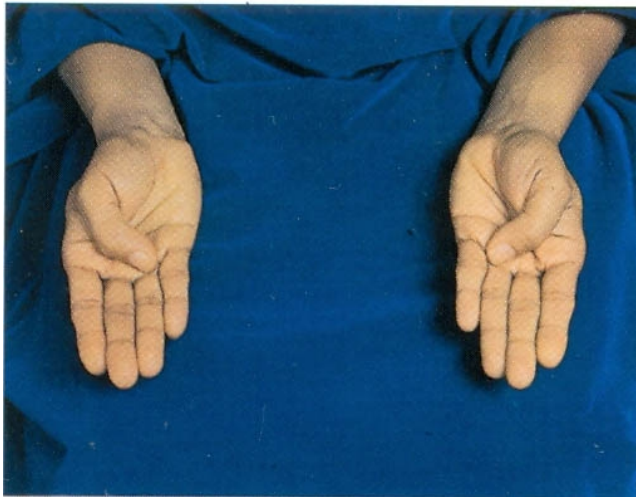
Aditya Mudra



Aditya Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>



N. P. Sanghvi, "Mudra Vigyan – Edition 7", Pradeep Sanghvi: Mumbai, 2007

Method

Place the tip of the thumb at the base of the ring finger.

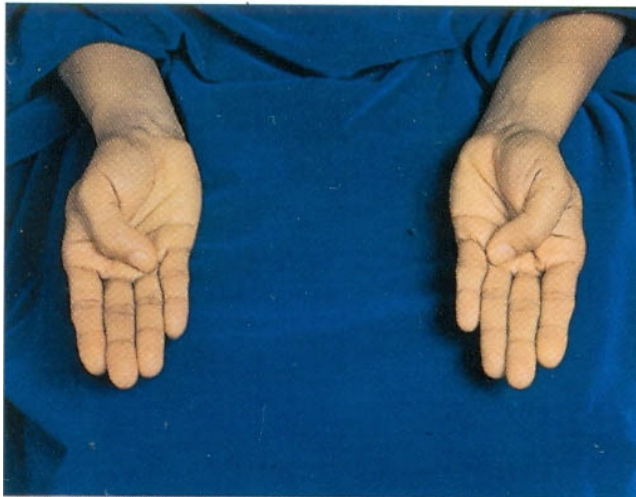
Effect

This finger represents Prithvi and the Thumb represents Agni. When the Agni touches at the base to the ring finger there is a growth of Prithvi element and also growth of Agni. Therefore there will be weight gain with improvement stamina.

Aditya Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>



N. P. Sanghvi, "Mudra Vigyan – Edition 7", Pradeep Sanghvi: Mumbai, 2007

Benefits

- One can gain weight by a regular practice of 50 minutes followed by Prana Mudra. There will be remarkable weight gain.
- Problem of sneezing continuously in the morning can be cured with the practice of this mudra.
- Yawning and sneezing during meditation can be prevented by practicing this mudra.

Shankh Mudra



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<http://www.yogsadhna.com/healingmudra.asp>

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Shankh Mudra

Method

Keep the thumb of the right hand at the center of the palm of the left hand and make a fist of the left hand around it. Then join the thumb of the left hand with the remaining fingers of the right hand at the tips. Thus it forms the shape of a conch or “shankh”.

Time Duration

This Mudra can be performed at any time of the day except after the meals. One can perform this Mudra in Sukhasana or Vajrasana and should perform for at least 10 minutes at a stretch to gain its benefits. Slowly increase the time limit to 45 minutes. One can also perform it in 3 sittings of 15 minutes each.



<http://www.yogsadhna.com/healingmudra.asp>

Shankh Mudra

Benefits

- Removes speech disorders like stammering and stuttering. Gives sweetness to voice and renders it an attractive quality.
- Disorders related to tonsil and throat gets removed. It also balances the thyroid gland thereby bringing hormonal balance.
- It keeps navel center in order, making person healthy and thus affect to keep the nervous system healthy and active.
- Alleviates abdomen disorders. Improves the digestive system.



<http://www.yogsadhna.com/healingmudra.asp>

Shankh Mudra

Precautions

If during the practice of this Mudra one starts getting weaker or fatter day by day then one must avoid its practice as this Mudra affects the thyroid glands and due to unreasonable practice of this Mudra, it may lead to hypo or hyper activity of the thyroid glands.



<http://www.yogsadhna.com/healingmudra.asp>

Sahaj Shankh Mudra



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<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

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Sahaj Shankh Mudra

This Mudra is a version of Shankha Mudra. Benefits are also the same with a few exceptions.

Method

Join both hands together interlocking the fingers and press the palms together. Apply a gentle pressure with both the thumbs by laying them parallel to each other on the index finger. This forms the Sahaja Shankh Mudra.



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Sahaj Shankh Mudra

Effect

According to Yoga physiology, all 10 main nerves get activated and the body becomes very strong. The ten nerves are Sushumna, Ida, Pingala, Gandhari, Hasti, Jiva, Poosha, Yashwini, Alamboosha, Kuhoo and Shankini.



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Sahaj Shankh Mudra

Benefits

- There is growth in alertness
- It cures piles and problems related to the anus
- The spinal cord becomes straight and gains flexibility
- Like the Shankh Mudra this mudra helps in solving problems related to speech, voice, digestive power, stomach and intestine



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Ling Mudra



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<http://www.yogsadhna.com/healingmudra.asp>

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Ling Mudra

Method

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Specialty

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.

Time Duration

Practice it any time you want. But don't practice it a lot as it produces heat in the body. It can cause sweating even in winter if you practice it longer.



<http://www.yogsadhna.com/healingmudra.asp>

Ling Mudra



<http://www.yogsadhna.com/healingmudra.asp>

Benefits:

- It stops production of phlegm and gives power to lungs
- It cures severe cold and bronchial infection
- It invigorates the body

Yoni Mudra



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<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

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Yoni Mudra



<http://users.tpg.com.au/shrein/yoga/information/mudra.pdf>

Method

Lock all fingers of both hands together except index fingers and thumb. Join the index fingers and thumbs with index fingers pointing downwards as shown in the picture. Do this mudra in front of stomach.

Benefits

- This mudra is of benefit particularly for women. When done during the monthly period, pain and discomfort is reduced significantly.
- Removes the problems associated with the menopause.
- This improves overall women's health.

Pranav Mudra



Pranav Mudra



Method

Open your palm. Fold down index and middle finger, keeping thumb, small finger and ring finger straight.

Specialty

Pranav means “Om”; In this mudra the palm makes a shape similar to the syllable “Om”. The hand is held in pranav mudra during Anulom Vilom and Suryabhedhi Pranayamas.

<http://ashrambapuji.blogspot.com/>

Disease - Mudra

Laziness,Fatigue,Weakness	Prithvi,Pran mudra
Anxiety,Irritability	Gyan,Dhyan mudra
Tension	Gyan,Dhyan,Surya mudra
Depression	Gyan,Pran mudra
Uneasiness	Gyan,Pran, Apan vayu mudra
Fear	Gyan,Abhaya mudra
Hiccough	Apan vayu mudra
Sneezing,Yawning	Aditya mudra
Cough & Cold	Ling,Surya mudra
Tonsillitis	Shankh mudra

Disease - Mudra

Sinusitis	Ling,Surya mudra
Constipation	Apan mudra
Piles	Sahaj shankh mudra
Acidity	Apan, Apan vayu mudra
Indigestion	Ling,Surya,Prithvi,Sahaj shankh mudra
Fever	Apan vayu,Ling,Varun mudra
Itching	Varun mudra
Nausea	Apan vayu mudra
Allergy	Ling,Shankh mudra
Fainting	Varun mudra

Disease - Mudra

Memory enhancement	Gyan mudra
Rigidity	Pran mudra
Jaw stiffness	Akash mudra
Dehydration	Varun mudra
Diarrohea	Varun, Vayu, Apan vayu mudra
Thirst	Varun, Pran mudra
Loss of appetite	Pran mudra
Liver problem	Surya, Shankh, Sahaj shankh mudra
Abdominal pain	Apan vayu mudra
Headache	Apan vayu mudra
Migrain	Gyan, Apan mudra

Disease - Mudra

Asthma	Ling,Surya,Apan vayu mudra
Pneumonia	Ling,Surya mudra
Pleurisy	Ling,Surya mudra
Tuberculosis	Ling,Surya mudra
Diabetes	Pran, Apan mudra
High B.P.	Akash,Pran,Apan vayu mudra
Low B.P.	Akash,Pran,Apan,Ling mudra
Paralysis	Vayu,Pran mudra
Polio	Vayu,Pran mudra
Thyroid problem	Surya,Shankh,Sahaj shankh mudra
Obesity	Surya mudra

Disease - Mudra

Dysmenorrohea	Apan,Shankh mudra,Yoni mudra
Psoriasis	Varun,Apan mudra
Skin disorder	Varun mudra
Swelling	Jalodar nashak mudra
Toothache	Apan,Akash mudra
Backache	Apan vayu,Pran mudra
Sciatica	Apan vayu,Pran mudra
Leg pain	Pran mudra
Neck pain	Vayu mudra
Knee pain	Apan vayu mudra
Spinal problem	Vayu,Sahaj shankh,Dhyan mudra

Disease - Mudra

Blood disorder	Varun,Pran,Apan mudra
Burning sensation	Varun,Apan mudra
Kidney problem	Apan,Apan vayu,Kidney mudra
Retention of urine	Apan vayu mudra

More Details can be found on this Website

<http://complete-education.blogspot.com/2008/12/diseases-that-can-be-cured-by-mudras.html>

Thank You