



MUDRA THERAPY

MEHTAB
BENTON

Abhaya Mudra (Fearlessness Mudra)

Benefits

Brings courage, protection and peace.

Reduces irritability and anger.

Calms the mind and relieves anxiety.

Technique

Touch thumb tips of both hands to the index fingers (Gyan Mudra).

Raise the hands to shoulder level, palms forward, elbows relaxed.

Traditional Treatment

Aids in curing ailments connected to the tissues and ligaments.



Abhaya Hridaya Mudra

Fourth Chakra Mudra 1

Benefits

Rejuvenates vital life force.

Increases calmness and courage.

Calms scattered energy and busy mind.

Technique

Bring palms at chest. Cross right wrist over left wrist, back of hands touching

Lock little, middle and index fingers together.

Make circles with thumbs and ring fingers.

Traditional Treatment

Benefits heart and lung function.

Debilitating illnesses, surgery recovery,

Nightmares and mental instability.



Ajna Chakra Mudra

Sixth Chakra Mudra 1

Benefits

Enhances focus and concentration.

Intensifies energy to awaken intuition..

Deepens self-perception, understanding.

Technique

Extend left index finger up and hold the other fingers down with the thumb.

Wrap right hand around left index finger..

Press right thumb gently on outer corner or left index finger.

Hold in lap, focus at brown point. To end, bring up to forehead, 2 minutes maximum.

Traditional Treatment

Corrects glandular disorders.

Cancer recovery, viral infections.



Akash Mudra

(Akash Vardhak)

Enhances Ether (Akash) element.

Technique

Touch thumb tip to middle fingertip.

Traditional Treatment

Feeling of heaviness or fullness in the body, congestion, toxicity, migraine headaches, strengthens bones and heart, sinusitis, high blood pressure, and irregular heartbeat. eliminates metabolic wastes and detoxifies the body.



Anjali Mudra

(Namaskara Mudra)
(Prayer Pose)

Benefits

Activates the five elements and senses.

Integrates the two sides of the brain.

Connects heart center to central energy to create calmness and centering .

Technique

Bring palms together so all 10 fingers connect and point upwards. May be held at heart, forehead, or above the head.

Before using, hands may be rubbed together until warm to open energy flow between hands and heart.

Traditional Treatment

Calms emotions and nervousness.



Apana Mudra

(Elimination Mudra)

Benefits

Purifies and energizes body.

Improves elimination on all levels.

Promotes clearing of negative emotions.

Technique

Touch thumb tip to middle finger and ring finger.
Extend other fingers.

Traditional Treatment

Constipation, hemorrhoids, bladder and uterus problems, liver and gall bladder dysfunction, skin rashes, diabetes, dry skin and hair, flu, joint pains, kidney problems, nausea, osteoarthritis, weakness, and delayed childbirth.



Apana Vayu Mudra

(Life Saving Mudra)

Benefits

Strengthens heart, improves circulation.

Moderates blood pressure, increases vitality.

Sedates the mind and relaxes the body.

Technique

Place index fingertip at base of thumb. Touch thumb to tips of middle finger and ring finger.

Traditional Treatment

Heart attack, chest pains, heart palpitations, high blood pressure, arthritis, appendicitis, abdominal pain, kidney ailments, nausea, intense acute pain such as headaches, toothaches, backaches, and all joint pains.



Bhramara Mudra

(Bee Mudra)

Benefits

Balances and strengthens immune system.

Reduces environmental sensitivity.

Supports establishing healthy boundaries.

Technique

Touch tip of index finger to base of thumb.

Touch thumb to middle finger between side of fingernail and first joint.

Extend ring and little finger.

Traditional Treatment

Allergies, coughing, congestion, asthma, sinusitis.

Improves health of lungs and thymus gland.



Chin Mudra

(Consciousness Mudra)

Benefits

Facilitates diaphragmatic breathing.

Expansion of consciousness.

Creates a sense of lightness and upward moving energy.

Technique

Touch thumb tip to index fingertip.

Rest hand on knee with palm up.

Traditional Treatment

Depression, mental balance, brain function.



Chinmaya Mudra (Awareness Mudra)

Benefits

Facilitates thoracic breathing.

Relieves stress and anxiety.

Regulates energy in chest and back area.

Technique

Touch thumb tip to index fingertip. Curl remaining three fingers into the palm.

Rest the hand on the knee with palm up.

Traditional Treatment

Indigestion, memory loss, insomnia.



Dharmachakra Mudra

(Wheel of Dharma Mudra)

Benefits

Awakens you to your true path and nature.

Balances inner world with outer world.

Facilitates acceptance of change.

Technique

Form Gyan Mudra with both hands.

Touch left middle finger to where right thumb and index finger connect, so the left palm faces in and right palm faces out.

Hold the mudra in front of the heart.

Traditional Treatment

Increases respiratory function.

Benefits cardiovascular and immune system.



Dhyana Gyan Mudra (Samadhi Mudra)

Benefits

Induces deep meditation.

Facilitates acceptance, understanding.

Releases attachments and striving.

Technique

Touch thumb tips of both hands to the index fingers (Gyan Mudra).

Rest the hands in the lap, palm up. The back of right hand may rest on left wrist

Traditional Treatment

Normalizes high and low blood pressure.

Strengthens heart, tendons and veins.

Aids in digestion and assimilation.



Gada Mudra

First Chakra Mudra 1

Benefits

Builds strength and stability.

Increases sense of safety & grounding.

Opens energy flow from base upward through back of the body.

Technique

Hook little fingers and ring fingers around each other at the second joint.

Touch tips of middle fingers, extending upward.

Make interlocking circles of thumbs and index fingers of both hands.

Hold mudra in lap or in front of pelvis. Middle fingers upwards at 60 degrees.

Traditional Treatment

Toning pelvic organs, hemorrhoid relief.



Granthiti Mudra

Fifth Chakra Mudra 1

Benefits

Enhances communication with self and others. Benefits the voice.

Prepares the mind for meditation.

Increases capacity for self-healing.

Technique

Interlace fingers, left index finger on top.

Touch thumb tips to index fingers to form interlocked gyan mudra.

Hold mudra in front of throat.

Traditional Treatment

Benefits thyroid and metabolism.

Cancer recovery, viral infections.



Gyan Mudra

(Vayu Vardhak)

Enhances Air (Vayu) element.

Technique

Touch thumb tip to index fingertip.

Traditional Treatment

Alzheimer's disease, acne, cerebral palsy, drowsiness, dementia, retinal degeneration, diabetes, high blood pressure, depression, endocrine gland disorders, weak heart, heat intolerance, multiple sclerosis, excessive mucus, nervous disorders, sleep disorders, general weakness.



Hakini Mudra

Sixth Chakra Mudra 2

Benefits

Enhances perception and respiration.

Balances five elements and integrates the brain hemispheres.

Brings centeredness and equanimity.

Technique

Touch tips of thumbs and fingers together.

Allow the little fingers and thumbs to pull slightly away from the other fingers.

Traditional Treatment

Memory loss, stroke recovery..

Irregular breathing. Bipolar episodes.



Jaladamshaka Mudra

(Jala Shamak)

Normalizes Water (Jala) element.

Technique

Touch the little finger to the base of and hold down with the thumb.

Traditional Treatment

Edema (water retention), watery eyes, excessive salivation, running nose, excess of hormones, cold and clammy hands and feet, hyperacidity, excessive urination, throat pain and obesity. Aids conditions created by water imbalance. Removes excessive emotionality and depression.



Jnana Mudra

(Knowledge Mudra)

Benefits

Opens the lower lungs.

Creates grounding & connection to earth.

Prevents the mind from wandering.

Technique

Touch thumb tip to index fingertip.

Rest hand on knee with palm down.

Traditional Treatment

Disconnection from body. Anxiety, memory loss, brain function.



Kaleshvara Mudra

(Lord of Time Mudra)

Benefits

Eliminates bad habits, addictive behaviors, and negative feelings.

Calms the mind and supports self-reflection.

Improves concentration and memory function.

Technique

Touch tips of middle fingers and extend outward.

Bend the other three fingers toward palms and join them together at the middle joint.

Touch tips of thumbs together.

Traditional Treatment

Memory loss, addictions, weakness of heart.



Kilaki Mudra

(Bonding Mudra)

Benefits

Supports emotional connection.

Encourages expression of intimacy.

Balances masculine and feminine energies.

Technique

Cross wrists in front of heart, back to back, so left hand is nearest body facing in and right hand faces out.

Touch thumb tip to index and middle fingers of both hands.

Extend ring fingers upward at 45 degrees.

Traditional Treatment

Healthy functioning of kidneys, bladder and sexual organs.



Kshepana Mudra

Seventh Chakra Mudra 1

Benefits

Eliminates negative energies.

Opens energy exchange above and below.

Relieves inner tensions.

Technique

Interlace fingers of hands and cross left thumb over right thumb. Extend index fingers upward and flat against other.

Extend arms and hold mudra over head (*as in Kundalini practice of Sat Kriya*).

Traditional Treatment

Lung, large intestine and skin disorders.

Paranoia and chronic tension.



Kubera Mudra

First Chakra Mudra 2

Benefits

Promotes confidence and alertness to recognize opportunities and act upon them.

Brings peace of mind and sense of security.

Technique

Touch tips of thumb, index, and middle finger together.

Curl ring and little finger into palm.

Traditional Treatment

Loss of smell, sleeplessness, fatigue.

Balances flow of breath equally through both nostrils and opens sinuses.



Linga Mudra

(Fire Mudra)

Benefits

Increases will power, self-confidence, focus.

Strengthens sense of self and identity.

Increase heat in body; overcomes lethargy.

Technique

Interlace fingers, right little finger on bottom.

Extend right thumb up and circle left thumb around base of the right thumb.

Touch left thumb tip to tip of left index finger.

Traditional Treatment

Relieves shivering, chills, cold and flu symptoms. Increases beneficial fever to burn away impurities. Weight loss. Asthma. Over production of mucus. Increases male potency.



Mahashirsha Mudra

(Great Head Mudra)

Benefits

Increases mental clarity and balances the body's energies..

Technique

Touch thumb tip to tips of index and middle fingers. Curl ring finger to base of thumb. Extend little finger out.

Traditional Treatment

Relieves acute and chronic headaches.

Reduces congestions in front sinuses

Beneficial for eyestrain .and most conditions associated with the head.



Mahatrika Mudra

Second Chakra Mudra 1

Benefits

Balances sexual energy.

Aids in processing emotions.

Heals sexual dysfunction and abuse.

Technique

Palms facing, join tips of ring fingers.

Touch thumb tips to little fingers, forming two circles.

The remaining fingers are extended without touching.

Hold in front of the pelvic bone.

Traditional Treatment

Bladder, prostate, reproductive organs.

Relief from menstrual cramps and pelvic congestion.



Manipura Mudra

Third Chakra Mudra 1

Benefits

Increases energy level and confidence.

Builds focus and determination.

Creates a sense of personal power.

Technique

Interlace fingers of both hands. Keep the thumbs uncrossed.

Extend ring fingers up and touch tips together.

Hold in front of the navel.

Traditional Treatment

Improves digestion, assimilation, and elimination.

Relief from gas and bloating.



Matanga Mudra (Elephant Mudra)

Benefits

Brings peace of mind, innocence and self trust.

Reduces mental tension.

Improves ability to communicate.

Technique

Interlace fingers with right little finger on bottom and left thumb over right thumb.

Extend middle fingers and press together..

Relax mudra at solar plexus, fingers pointing out.

Traditional Treatment

Indigestion, gall bladder and liver dysfunction, kidney problems, diabetes, irregular breathing, jaw tension and pain (TMJ Syndrome).



Padma Mudra

Fourth Chakra Mudra 2

Benefits

Enhances qualities of divine love.

Increases grace and compassion.

Creates purity of mind and body.

Technique

Join base of palms together, hands apart, in front of the heart.

Fingers separate and open apart.

Thumbs and little fingers lightly touch.

Traditional Treatment

Benefits heart and pericardium.

Strengthens immune system.



Prana Mudra

(Vitality Mudra)

Benefits

Increases vitality, strengthens willpower

Improves circulation strengthens heart

Sedates the mind and relaxes the body.

Technique

Touch thumb tip to ring finger and little finger.

Extend index and middle finger.

Traditional Treatment

Chronic fatigue, weakened immunity, hyperthyroidism, sleeplessness, high blood pressure, rheumatoid arthritis, allergies, colitis, menopause symptoms, skin rashes, jaundice, sore throat, premature aging.



Prithvi Mudra

(Prithvi Vardhak)

Enhances Earth (Prithvi) element.

Technique

Touch thumb tip to ring fingertip.

Traditional Treatment

Chronic fatigue, tiredness, emaciation, fractures, atrophied muscles, dry skin, ulcers, fever, jaundice, loss of smell, vitamin deficiency. Increases vitality, strength, and endurance. Builds and invigorates bones, cartilage, skin, hair, nails, tendons and internal organs. Strengthens assimilation and digestion.



Purana Gyan Mudra (Total Wisdom Mudra)

Benefits

Brings peace, compassion and calmness.

Connects to innate wisdom, intelligence.

Facilitates complete breathing, opens chest and heart area.

Technique

Touch thumb tips of both hands to the index fingers (Gyan Mudra).

Hold right hand in front of heart, palm forward. Left hand on knee, palm up.

Traditional Treatment

Ending addictive behavior, overcoming depression, balancing sexual energy.



Pushan Mudra

(Sun God, Digestion Mudra)

Benefits

Increases strength and stamina.

Helps to digest and assimilate new experiences and beginnings.

Technique

Touch thumb of left hand to middle and ring fingertips. Touch thumb of right hand to index and middle fingertips. Other fingers gently extended.

Traditional Treatment

Nourishing the body and aiding in detoxification and elimination.

Upper gastro-intestinal issues.



Rudra Mudra

Third Chakra Mudra 2

Benefits

Sense of power and manifestation.

Creates inner resolve and strength..

Strengthens stomach, spleen, pancreas.

Technique

Touch thumb to index finger and ring finger.

Extend the other fingers.

Traditional Treatment

Emaciation, dizziness, fatigue, weakness.

Low vitality, impaired digestion.



Sahasrara Chakra Mudra

Seventh Chakra Mudra 2

Benefits

Calms the spirit, increases concentration.

Creates a connection between the finite and infinite sense of self.

Technique

Spread fingers wide apart.

Touch both thumb tips together and both index fingers together to create a diamond shape opening,

Hold mudra 4-6 in (10-15 cm) above head.

Traditional Treatment

Headaches, hair growth, brain health.

Stimulates pineal and pituitary glands.



Sanyukta Gyan Mudra (Interlocked Gyan Mudra)

Benefits

Brings stillness to the mind and body.

Balances the two brain hemispheres.

Facilitates a meditative state.

Technique

Form Gyan Mudra with both hands.

Open Gyan Mudra on right hand and connect it inside Gyan mudra of the left hand.

Hold the two interlocked mudras at heart level. Fingers must never touch. Be still.

Traditional Treatment

Calms an overactive mind and nervous system.



Sa Ta Na Ma

(Kirtan Kriya Mudra)

Benefits

Balances the elements and emotions.

Increases intuition.

Enhances memory and brain function.

Technique

Touch thumb tip to index finger with silent or spoken sound **“SA”**

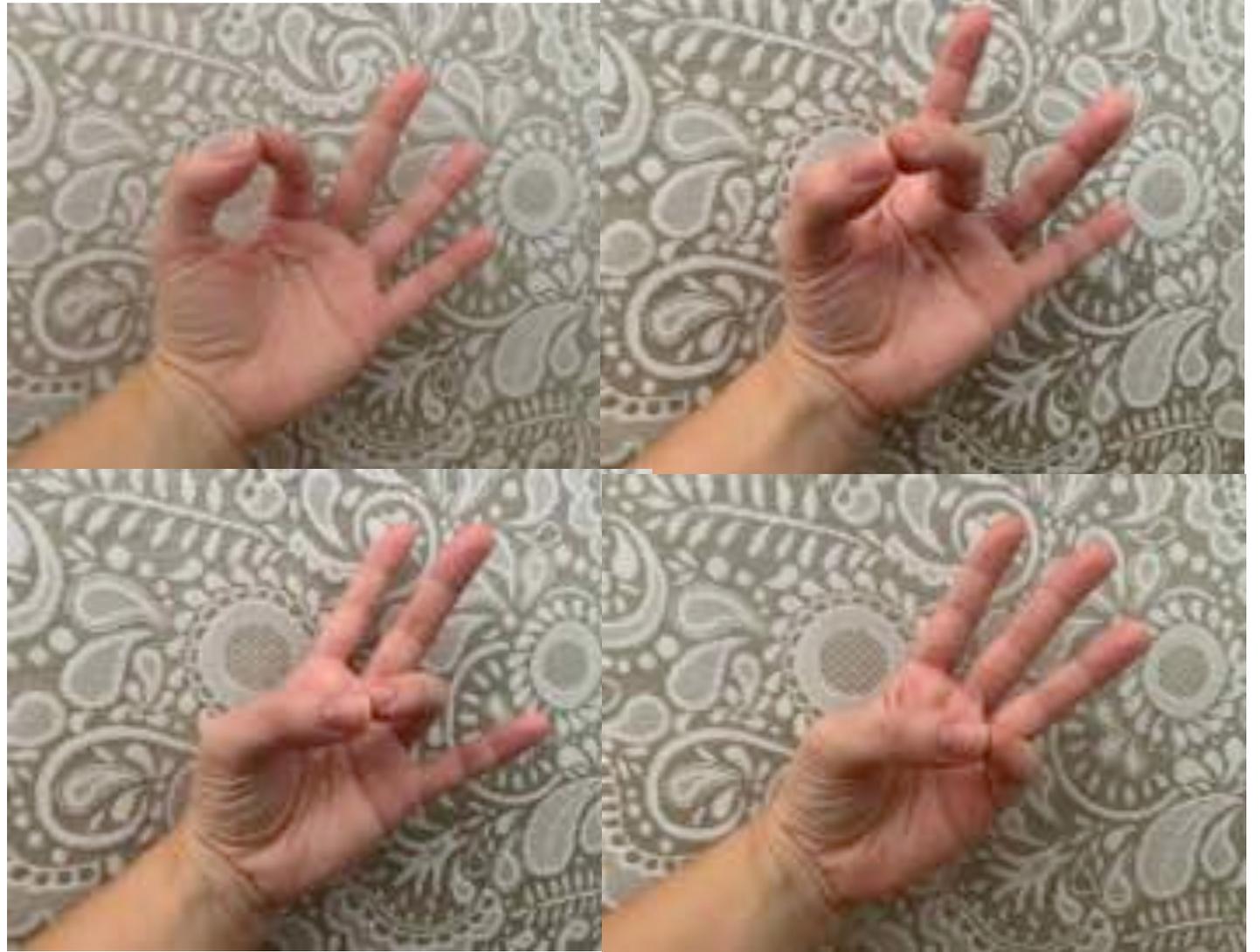
Touch thumb tip to middle finger with silent or spoken sound **“TA”**

Touch thumb tip to ring finger with silent or spoken sound **“NA”**

Touch thumb tip to little finger with silent or spoken sound **“MA”**

Each cycle takes about 5 seconds.

Repeat cycles for 11 to 31 minutes.



Shakti Mudra (Goddess Mudra)

Benefits

Promotes peaceful feelings and connection with divine goddess energy. Connects to femininity.

Calms the mind and relieves emotional upset.

Heals emotional, sexual and physical trauma.

Technique

Touch tips of ring fingers and little fingers and extend upward.

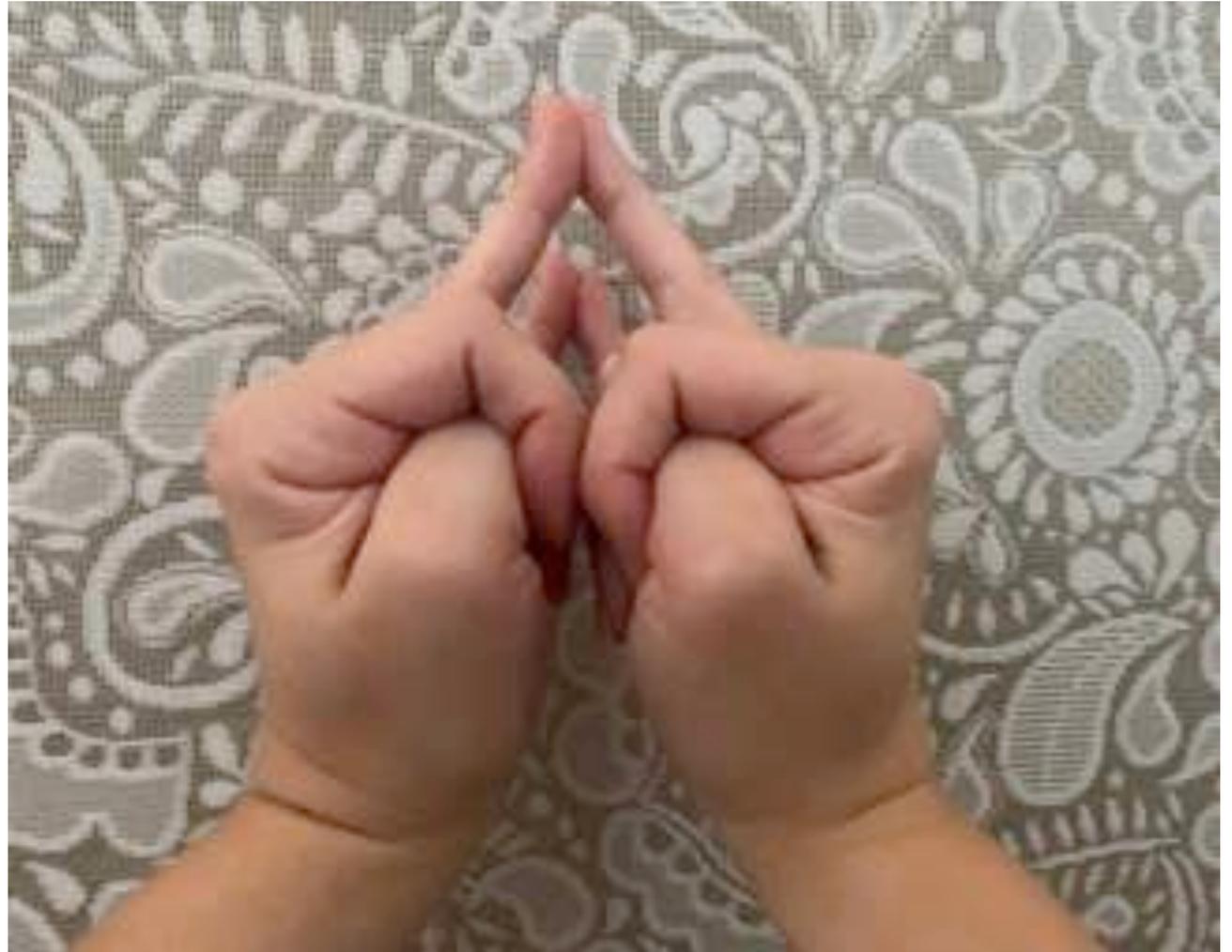
Fold the index and middle fingers around thumb.

Press thumb gently into the palm.

Traditional Treatment

Relieves spasms of pelvic and intestinal area.

Helps with sleeplessness and breath rate.



Shankh Mudra

Fifth Chakra Mudra 2

Benefits

Heals ailments connected to throat.

Opens the voice for chanting and singing.

Clams the mind and breath.

Technique

Circle the fingers of the right hand around the left thumb.

Cover right hand with fingers of left hand.

Touch right thumb to the tip of the extended middle finger of the left hand.

Traditional Treatment

Benefits thyroid and metabolism.

Cancer recovery, viral infections.



Shunya Mudra

(Akash Shamak; Sky Mudra)

Normalizes Ether (Akash) element.

Technique

Touch the middle finger to the base of and hold down with the thumb.

Traditional Treatment

Deafness, tinnitus, earache, vertigo, low blood pressure, emptiness or numbness in the body. Improves hearing and increases appreciation of sound. Aids in maintaining balance. Reduces the sense of being “spaced out” or disconnected from reality.



Surabhi Mudra

(Cow Mudra)

Benefits

Increases spiritual understanding.

Awakens intuition, creates contentment.

Allows discovery of hidden talents and abilities.

Technique

Bring palms facing each other at heart level.

Cross left middle finger behind right middle.

Touch tip of left middle finger to right index.

Touch tip of right middle finger to left index.

Cross left ring finger behind right ring finger.

Touch tip of left ring finger to right little finger.

Touch tip of right ring finger to left little finger..

Traditional Treatment

Reduces inflammation. Balances the elements.



Surya Mudra

(Prithvi Shamak)

Normalizes Earth (Prithvi) element.

Technique

Touch the ring finger to the base of and hold down with the thumb.

Traditional Treatment

Low body temperature, cold intolerance, underactive thyroid gland, obesity, cataracts, poor vision, weak digestion, loss appetite, constipation, and high cholesterol. Maintains body temperature and proper metabolism. Strengthens digestion, reduces fat, detoxifies body.



Vajrapradna Mudra

(Self Trust Mudra)

Benefits

Increases trust and commitment to one's path and spiritual practice.

Promotes humility and service.

Gives guidance and assistance to one's dharma

Technique

Interlace fingers so they cross at first joint.

The thumbs point upward.

Hold mudra comfortably in front of body.

Traditional Treatment

Aids in relieving depression, anxiety, mental and emotional imbalances.



Varun Mudra

(Jala Vardhak)

Enhances Water (Jala) element.

Technique

Touch thumb tip to little fingertip.

Traditional Treatment

Loss of taste, dryness of eyes, dehydration, indigestion constipation, dryness of skin, hormone deficiency, and degeneration of joint-cartilage. Decreases dryness, enhances physical beauty, maintains equilibrium in the fluid balance of the body.



Vata Nashak Mudra

(Vata Reducing Mudra)

Benefits

Aids in grounding, reduces spaciness.

Slows down an overactive mind.

Reduces scattered thinking and disconnection.

Technique

Place tips of index and middle fingers at base of thumb and hold gently down with thumb.

Traditional Treatment

Lack of stamina, chronic fatigue, poor memory, indecisiveness, sleeplessness, emaciation, cold intolerance, numbness, dry skin, hair and nails, joint pains, and most vata conditions.



Vayu Mudra

(Vayu Shamak; Wind Mudra)

Normalizes Air (Vayu) element.

Technique

Touch the index finger to the base of and hold down with the thumb.

Traditional Treatment

Muscular trembling, sciatica, excessive gas, gout, rheumatism, sleeplessness, stress, anxiety, hormonal imbalances, breathlessness, tinnitus, dizziness, and joint pain. Sedates overactive nervous system.



Yoni Mudra

Second Chakra Mudra 2

Benefits

Balances sexual spiritual energy.

Connects to divine feminine principle.

Strengthens inhalation and nervous system.

Technique

Open thumbs and index fingers wide apart and touch the tips together to create a triangle.

Curl other fingers into hands.

Hold in front of the pelvic area.

Traditional Treatment

Irregular and painful menstrual cycles. Post menopausal difficulties.

Stomach pain, easing childbirth.



Chakras and Mudras



Chakra Vinyasa Mudra (First Series)

Benefits

Activates and balances the seven major chakras.

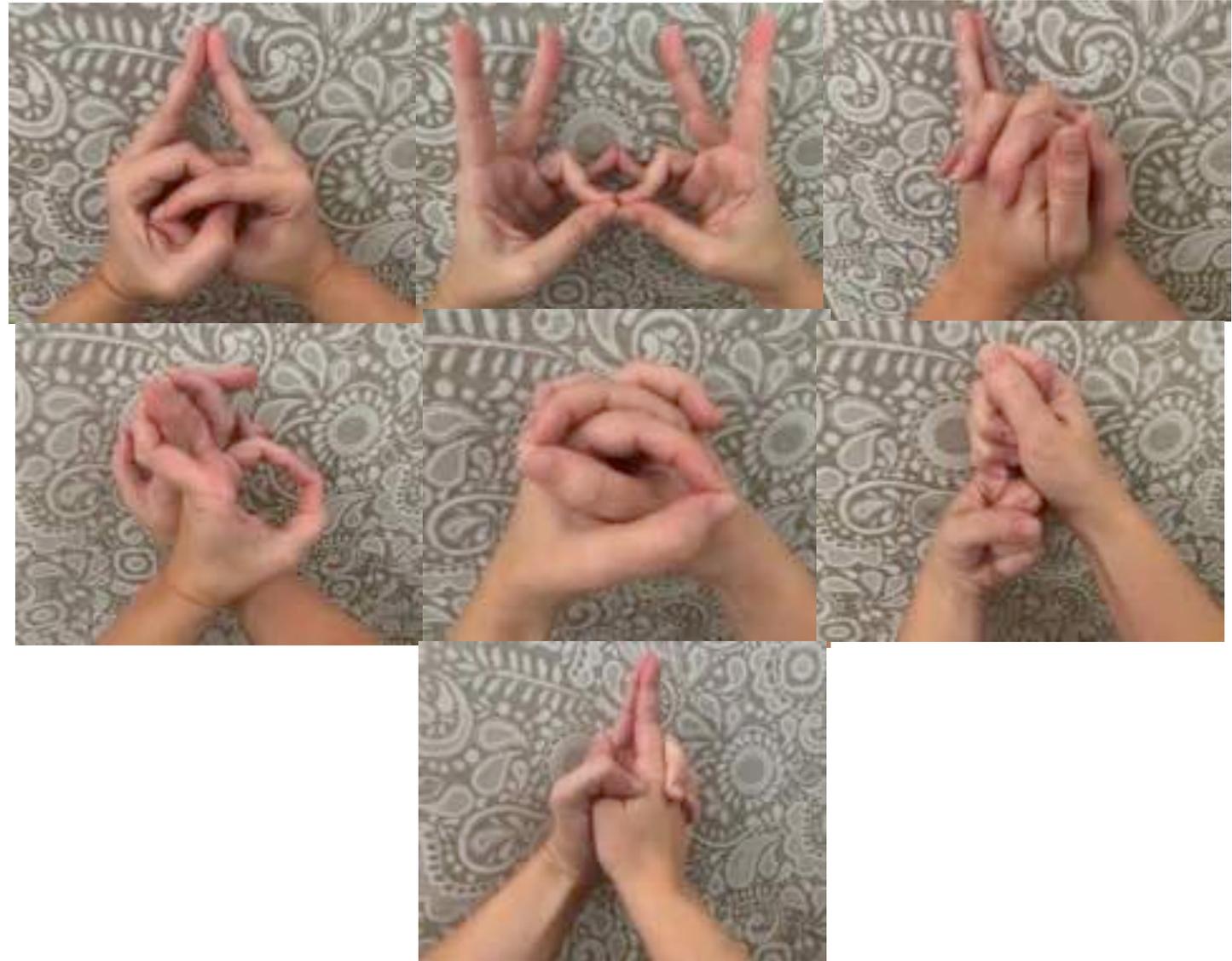
Technique

Perform the chakra mudras in this order:

First – Second – Third – Fourth – Fifth –
Sixth – Seventh

Repeat sequence 7 or more times.

Chakra bij mantras may be used silently or
out loud for each mudra.



Chakra Vinyasa Mudra (Second Series)

Benefits

Activates and balances the seven major chakras.

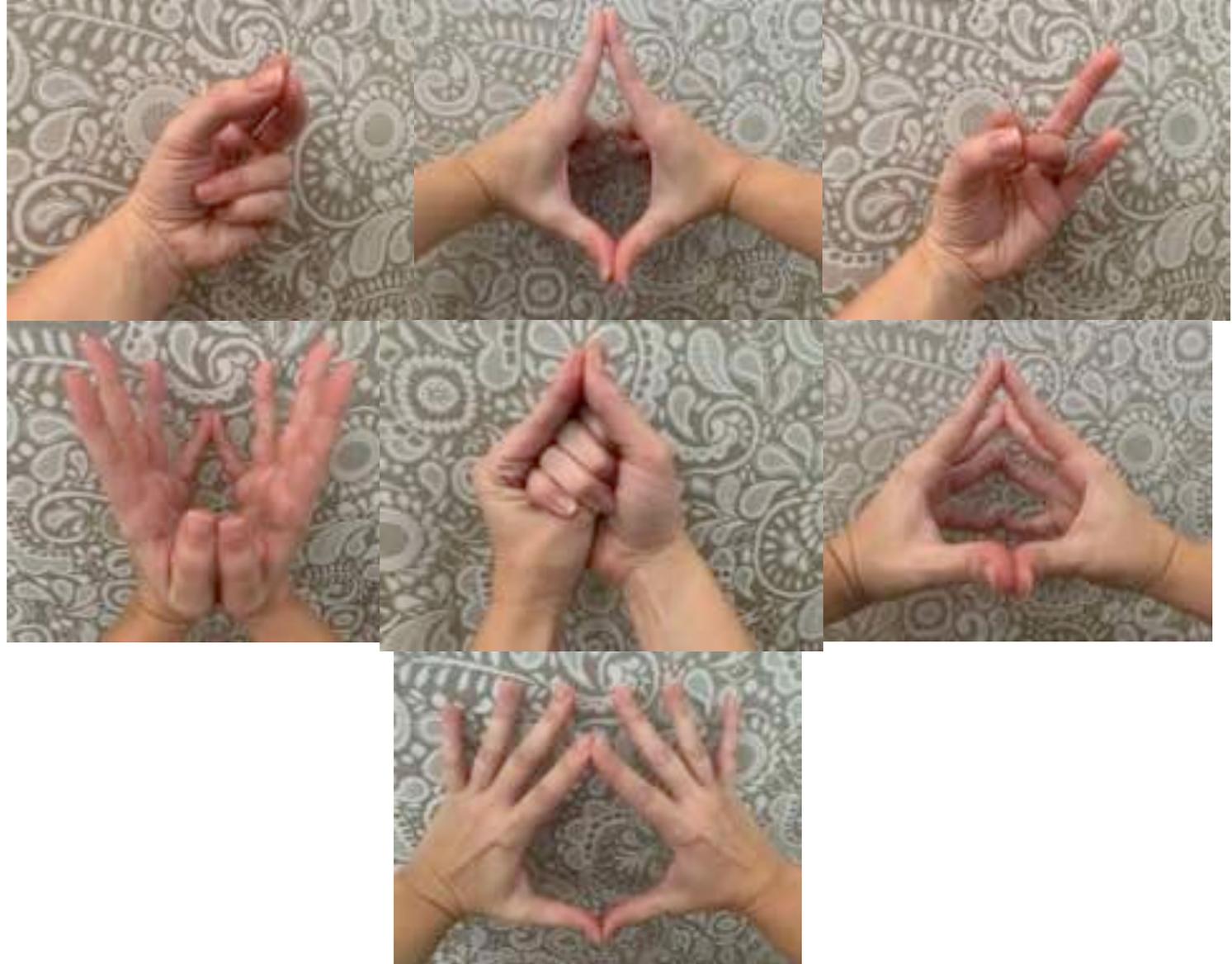
Technique

Perform the chakra mudras in this order:

First – Second – Third – Fourth – Fifth – Sixth – Seventh

Repeat sequence 7 or more times.

Chakra bij mantras may be used silently or out loud for each mudra.

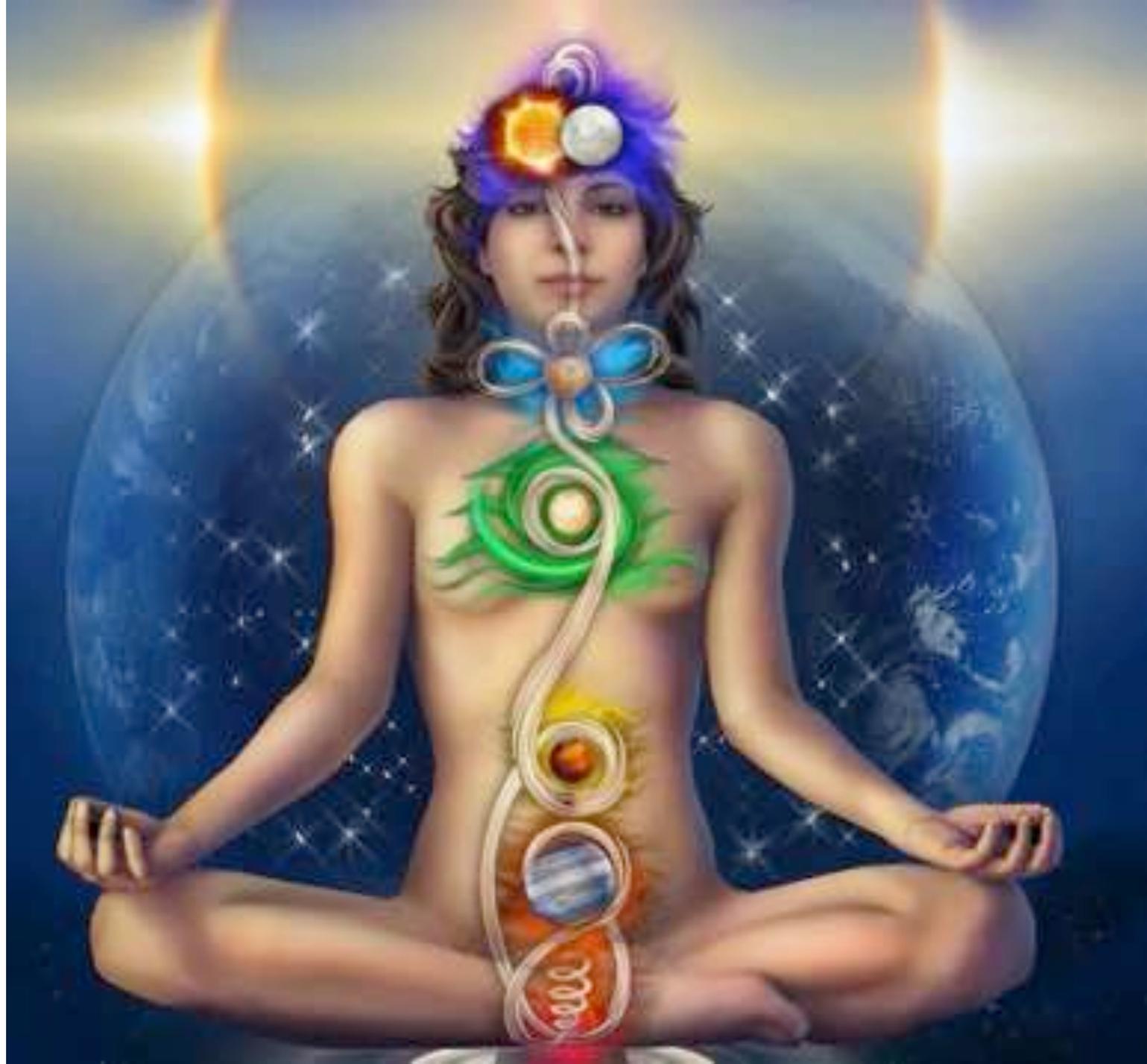


Chakra Mudra Table

FIRST CHAKRA	SECOND CHAKRA	THIRD CHAKRA	FOURTH CHAKRA	FIFTH CHAKRA	SIXTH CHAKRA
APANA	JALODAMSHAKA	CHAKRA MUDRA	ABHAYA HRDAYA	AKASHA	AJAN CHAKRA
GADA	MAHATRIKA	KUBERA	APANA VAYU	GRANTHITA	GYAN
KSHEPANA	MATANGA	LINGA	BHRAMARA	SHANKH	HAKINI
KUBERA	SHAKTI	MATANGA	KALESHWARA	SHUNYA	KALESHWARA
PRANA	USHAS	RUDRA	KSHEPANA	VARUNA	SEVENTH CHAKRA
PRITHVI	YONI	SURYA	PADMA LOTUS		KSHEPANA
VATA NASHAK			YONI		SAHASRARA



Mudras and Astrology



Surya Mudra (Sun Mudra)

Benefits

Builds strength and immunity.

Increases vitality and energy.

Enhances potency and efficacy.

Technique

Touch thumb tip to ring fingertip.

Recommended for Sundays, eclipses, solstices , and eclipses.

** Same mudra as Prithvi mudra.
Different from the Ayurvedic Surya mudra.*



Chandra Mudra (Moon Mudra)

Benefits

Enhances receptivity and intuition

Balances the emotions and thoughts.

Nurtures and protects.

Technique

Join the outside of the hands together below the little finger to the base of the palms (“moon mounds”).

Palms slightly cupped as if to receive.

Recommended for Mondays, Full Moon, and New Moon.



Mangala Mudra (Mars Mudra)

Benefits

Enhances courage and self-assertion.

Increases vitality and strength.

Strengthens willpower to overcome.

Technique

Wrap the four fingers around the thumb to make a fist.

Recommended for Tuesdays and when Mars is retrograde.

* *The same mudra as Adi mudra.*



Buddhi Mudra (Mercury Mudra)

Benefits

Enhances communication and thinking.

Develops intuition and insight.

Supports commerce and prosperity.

Technique

Touch thumb tip to little fingertip.

Recommended for Wednesdays and when Mercury is retrograde.

* *The same mudra as Varun mudra.*



Guru Mudra (Jupiter Mudra)

Benefits

Brings knowledge and understanding.

Creates expansion and opportunities.

Supports teaching and counseling.

Technique

Touch thumb tip to index fingertip.

Recommended for Thursdays and when Jupiter is retrograde.

* *The same mudra as Gyan mudra.*



Shukra Mudra (Venus Mudra)

Benefits

Increases divine love and compassion.

Balances sensuality and passion.

Develops healthy sexual expression.

Technique

Interlace hands so outer thumb presses below base of opposite thumb and inner thumb rests in web of other thumb.

To honor divine masculine, interlace hands so left little finger is on bottom.

To honor divine feminine, interlace hands so right little finger is on bottom.

Recommended for Fridays and when Venus is retrograde.

** Also known as Ushas mudra.*



Shani Mudra (Saturn Mudra)

Benefits

Brings patience and discipline.

Produces humility and purity.

Enhances service and hard work.

Technique

Touch thumb tip to middle fingertip.

Recommended for Saturdays and when Saturn is retrograde.

* *The same mudra as Akasha mudra.*



Graha Mudra (7-Planets Mudra)

Benefits

Balances all the elements, energies, and chakras of the body.

Connects the microcosm to the macrocosm.

Technique

Perform the mudras in this order:

SUN – MOON – MARS – MERCURY –
JUPITER – VENUS – SATURN

Repeat sequence 7 or more times.

Planetary mantras may be used silently or out loud for each mudra.

