

Promoting mental health @ your finger tip

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Abstract

Without mental health, the term health will not be completed, we will do various exercise, workouts, yoga, meditation to keep us fit and healthy. We know about various breathing practices and in this article an independent and distinct branch of yoga: known as science of yoga mudras: Yog Tatva Mudra Vigyan is detailed and their astounding benefits are explained. This will help Nurses increase memory power, concentration, cure insomnia, enhance brain power, heals all psychological and mental disorders like stress, anger, anxiety or even depression.

Keywords: Mental health, Yoga, Yoga mudra, Yoga vigyan, Stress, Anger, Depression, Sustainable developmental goals.

Introduction

In the year 2015 Mental health is included in the Sustainable Development Goals (SDGs) of United Nation. The United Nations (UN) solicited the burden of disease of mental illness, and accentuated mental health as a major priority for global development for the coming 15 years.

World Health Organization estimates that the burden of mental health problems is 2,443 Disability-Adjusted Life Year per 1 lakh populations, and the age-adjusted suicide rate per 1 lakh populations is 21.1. In India it is estimated that, the economic loss, due to mental health conditions, between 2012-2030, is 1.03 trillions of 2010 dollars.²

Mental health protection and promotion involves creating an environment to promote healthy living and motivates people to adopt good and healthy lifestyle. Now Mental health promotion receives more focus, with its inclusion into the SDGs.²

Multi-sectoral engagement and a life-course approach ensure promotion of mental health under National mental health policies; it not only promotes treatment of disorders, but also provides overarching directions on broader issues of Mental illness.

Numerous alternative system of medicines are available to promote mental health which includes acupuncture, meditation, naturopathy, homeopathy, exercise, Yoga, nutrition therapy, modification of life style, Aromatherapy, reiki, herbal medicine, yoga mudra etc.

Many of us aware about yoga means breathing practices and asanas, there is a lesser known, more elusive and an autonomous branch of yoga: Yog Tatva Mudra Vigyan or the yoga mudras science.³

Yoga mudra is a distinct and based on the Ayurveda principle, assumed as a healing modality. The term “mudra” is derived from Sanskrit word means gesture. A mudra may involve the whole body or it could be a simple hand position. Mudras will be used in combination with breathing exercises enliven the flow of prana in the body, thereby exciting different parts of the body.³

How do yoga mudras work?

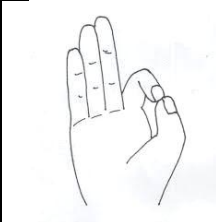
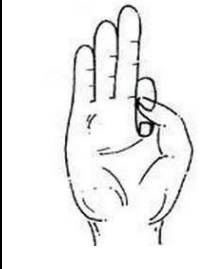
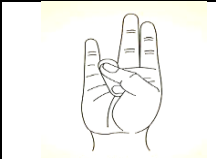
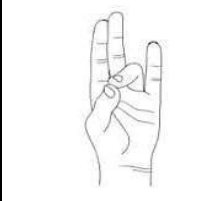
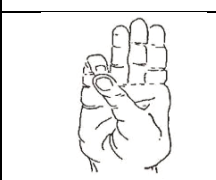
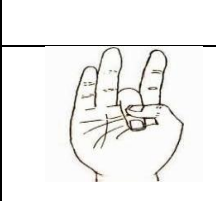

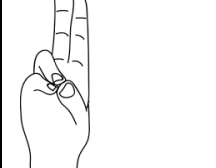
Ayurveda explains diseases are caused due to disequilibrium in the body, which is caused by lack or excess of any of the five elements (Panchabhutas).

Our fingers possess the characteristics of these elements, and five elements serve a specific and vital function within the body. The fingers are basically electrical circuits. The use of mudras adjusts the flow of energy – affecting the balance of 5 elements fire, air, water, earth, ether – and facilitates healing.

Mudras create an elusive connection with the instinctual patterns in the brain and influence the unconscious reflexes in these areas. The internal energy flow in turn, redirected and balanced involving change in the veins, sensory organs, tendons and glands.

Yoga mudras are practiced by Lotus Pose or sitting cross-legged in Vajrasana, or even by sitting comfortably on a chair. Ideally, Ujjayi breathing (the ocean breath) is done when practicing most mudras. Take 12 breaths in each yoga mudra and observe closely the flow of energy in the body.³

Benefits of Yoga Mudras:

Position and Description	Hand position	Benefits
<p>Gyan Mudra</p> <ul style="list-style-type: none"> • Touch the tip of your thumb with the tip of index finger. • Keep the other 3 fingers, straight or just keep it free, even if they are slightly bent doesn't matter. 		<ul style="list-style-type: none"> • Increases memory power and concentration. • Focalizes your brain power. • Heal insomnia. • Cure all psychological and mental disorders like stress, anxiety, anger or even depression.
<p>Vayu Mudra</p> <ul style="list-style-type: none"> • First fold your index finger. • You can see two bones as you fold your fingers. These are called phalanx bones. • After folding your index finger press the second bone that you see with base of your thumb as shown in the picture. • Keep rest of the 3 fingers extended as much as possible. 		<ul style="list-style-type: none"> • Releases excess air from stomach and body. • Reduces chest and rheumatic pain.
<p>Agni Mudra (Mudra of Fire)</p> <ul style="list-style-type: none"> • Fold your ring finger and press the second phalanx with the base of your thumb. • Keep the rest of the fingers straight. 		<ul style="list-style-type: none"> • It controls obesity. • Increases digestion. • Enhance body strength. • Decrease stress and tension. • Reduces high cholesterol levels.
<p>Prithvi Mudra (Mudra of Earth)</p> <ul style="list-style-type: none"> • Touch the tip of your thumb with tip of your ring finger. • Keep the rest of the fingers extended by pressing the tips of thumb and ring finger. 		<ul style="list-style-type: none"> • Enhance blood circulation. • Increases tolerance and patience. • Increases concentration. • Strengthen weak and lean bones. • Increases weight of people. • It reduces weakness, dullness and exhaustion of mind.
<p>Varun Mudra (Mudra of Water)</p> <ul style="list-style-type: none"> • Lightly touch the tip of your thumb with the tip of your little finger • Keep rest of the fingers straight. 		<ul style="list-style-type: none"> • Regulate water balances in our body. • It heals all integumentary issues like dryness of the skin and skin infections. • It prevents the pimples • It adds a natural glow and shininess to your face.
<p>Shunya Mudra (Mudra Of Emptiness)</p> <ul style="list-style-type: none"> • With the thumb press the first phalanx of your middle finger • Keep other fingers slightly bend or straight 		<ul style="list-style-type: none"> • Helps to heal earache within 5-10 minutes. • It may also helpful for deaf or mentally challenged people.
<p>Surya Mudra (Mudra Of The Sun)</p> <ul style="list-style-type: none"> • Press your ring finger with the thumb as shown in the picture. • Keep rest of the fingers slightly bend or straight 		<ul style="list-style-type: none"> • Decreases anxiety. • Enhance digestion • Boost weight loss
<ul style="list-style-type: none"> • Prana Mudra (Mudra Of Life) • Fold your little finger and ring finger touching the tip of both these fingers with the tip of thumb. • Keep Index and middle figure straight 		<ul style="list-style-type: none"> • Boost immune system. • Cures eye diseases • Decrease tiredness and fatigue.

Conclusion

Practicing yoga mudras helps develop the mind and body; however it is not a substitute for medicine. It is essential to learn and practice yoga mudras under the supervision of a trained Yoga teacher. In case of any medical condition, practice yoga mudras only after consulting your physician.

Conflict of Interest: None.

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