

## **Benefits of Mudra**

**K.Murugeswaran**

### **WHAT IS MUDRAS?**

Mudra is a Sanskrit word which means 'sealing in the energy'. Sealed energy is concentrated energy and that energy has unlimited power when focusing on something while we are meditating. Through the application of Mudras, we can conquer our unlimited powers more efficiently. Mudras will transform the energy effect to the various parts of the body, mind and for the consciousness. The Mudras balance the flow of energy and channel it to specific points so that it could be occupied properly. Mudras are symbols or gestures that can be made with eyes/ fingers/ toes/ body and tongue.

### **ELEMENTS OF MUDRAS:**

Human body is full of secrets. In order to live healthily, we should practice or apply Mudras every day in our lives. Our body is created by five elements: 1. Earth, 2. Water, 3. Fire, 4. Air, 5. Space. All these elements are equally divided in our fingers. Thumb - fire / nerupu , Index finger - Wind / katru, Middle finger - Space / agayam, Ring finger - Earth / mann, Small finger - Water / neer. When an imbalance of these five elements occurs, we become diseased. If we can balance these five elements in our body, we can live a healthy life.

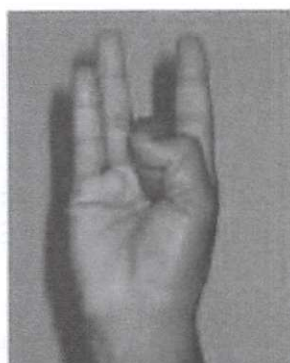
### **HISTORY OF MUDRAS:**

The secrets of the elements are in our fingers. While doing Mudras, all the power will be extracted from fingers to the vital points. Our Siddhas and Yogis have discovered this more than 3000 years ago and they lived long and healthy. While dancing, one has to do Mudras, as it involves thousands of nerves in the body and it has immediate effects on our body. When we want to do the Mudras, we have to sit in Aasanas like Vajrasana, Padmasana, or Sukhasana. Mudras are to be done every day for 30 to 35 minutes to experience the positive effects. One hundred and eight Mudras are used in regular Tantric rituals. In Yoga, Mudras are used while performing Pranayama (yoga breathing exercise) for a better flow of Prana (breath) in the body. We should be on Sattvic diet while performing Mudras for better results.

## TYPES OF MUDRAS:



- **Gyanna Mudra (Mudra of knowledge)** is done by touching the tip of our thumb and the index finger together, forming a circle, with the palm facing inwards, towards the heart. It helps us to improve our memory and to develop knowledge. The mind will always be sharp and alert during studies. It strengthens the nerves of the mind and relieves headache for a better sleep. This Mudra removes anger and helps us to be calm and quiet. At least 15 minutes should be spent in one sitting. For quick result one should practice it regularly for 48 minutes.
- **Aakas (air) Mudra**, middle finger should touch top portion of thumb and all the other fingers should be straight. It helps with ear and heart diseases. Do not practice for more than 16 minutes at one sitting. It can be practised for 48 minutes in three sittings.



- **Shunya Mudra**, middle finger should be bent and the bottom portion of the thumb touched while all the other fingers should remain straight. Hearing will be clear and it strengthens the gums. It also helps in thyroid and throat diseases. One can practice it for 40 to 60 minutes daily until to cure diseases.



- **Prithvi Mudra**, ring finger must touch the thumb and all fingers should be kept straight. It promotes well-balanced body and an increase of weight in a thin man, helps in digestion, increases spiritual power and removes deficiency of vitamins in our body. To make the body balanced and well shaped, it can be practiced for 24 minutes.



- **Surya Mudra**, bend the ring finger and press it with the thumb. All the other fingers should be kept straight. It balances our body, reduces fatness, tension, increases heat in the body and helps to cure diabetes and kidney deficiencies. Practice it twice daily for 5 to 15 minutes.



- **Varun Mudra**, last finger touches the thumb, and all the other fingers should be kept straight. It removes dryness in our body and gives wetness for joint lubrication. It also makes skin soft and helps in skin diseases like

pimples. Should limit practice in winter and 24 minutes in all the other seasons.



- **Apana Mudra**, middle and ring finger touches the thumb and should be pressed. It clears our nerves, cures stomach diseases and piles. It helps in kidney, teeth, stomach and heart defects. This Mudra causes body to sweat. Repeat thrice for 16 minutes each time being practiced.

Mudras can be done anywhere, anytime and by anybody. But the right environment, right thoughts and the right food helps into the healing process. It is best to go 'natural' with healing diets. For better results, vegetarian diet should be followed and white sugar, salt, white flour and white bread must be avoided. Besides diet, physical exercises, natural fasts, therapies and detoxify systems are essential for a healthy living.

### **Bibliography**

- Gertrud Hirschi (2000). *Mudras: yoga in your hands*. York Beach, ME : Samuel Weiser.
- Mesko, Sabrina (2004). *Yoga for Hands Sabrina's Mudra Cards*. Andrews McMeel Pub.
- Rajendar Menen 2011 *The healing power of mudras : the yoga of the hands : how simple positioning of the fingers for prescribed periods everyday rejuvenates the body, heals diseases and slowly leads to spiritual awakening*. New Delhi : V & S Publishers : Distributors, Pustak Mahal.
- Suman Ke Ciplunkar (2010). *Mudras and health perspectives : an Indian approach*. Mumbai : Abhijit Prakashan,
- Kalamandalam Barbara Vijayakumar & Kalamandalam Vijayakumar (2008). *History of the Mudras : the ancient sign language of India*. [Southampton, U.K.] : The Kala Chethena Kathakali Company.

## **Siddha Medicine and Disease Free Life**

Annadurai Murogaiah

### **Purpose of the study:**

*This paper presents the importance of health care for granted by God to all mankind. It also details the traditional medical treatment through traditional medicine which recommended by the Siddhas. Ability of Siddha's traditional medicine to cure the disease and the importance of yoga also explained in detail. Similarity of views and opinion of the Siddhas and Tiruvalluvar about Siddha's traditional medicine was clearly demonstrated in this study.*

### **Introduction**

From our perception, who is Siddha in the world filled with materialistic desires? We will definitely obtain various information about them if we start thinking and looking towards their contributions to mankind. Now the world of science has painstakingly exploring atomic energy while the Siddhas and *Tirumūlar* explored them few centuries ago without any sophisticated equipment like now. All researchers and scientists throughout the world now feel puzzled by the exploration towards the world of science in particular atomic energy made by the Siddha. The Siddhas are well versed in the field of medical science which does not require them a high cost to implement. All their scientific discoveries and inventions had been recorded along with clear and thorough facts for community use in the future.

### **Maintaining Healthy Body**

This body is the only precious gifts from God. We should take the initiative to preserve and protect. Health can be defined in terms of the absence of disease, which can be described as a negative approach to health. Health is important because it helps in the attainment of personal ambition; favors personal efficiency; contributes on an individual's lifespan and etc. '*Drawing on the wall only can attained if the wall is stable*' this proverb indicates the health of the body highly considered by the Tamil community. We strive for materialistic ends, such as lucrative income, status, a big house, an expensive car, jewelry and so on, because we believe these things will make us happy. Seldom have we given attention to our health because we have not learned how to take care of our health. We are fortunate as our Siddha make various researches and recommend important tips for a healthy lifestyle.

*'Kaṭṭāta kālaiyai kaṭṭā vēṇṭum; Ācai  
vēṭṭa vēṇṭum; Vāci eṭṭā vēṇṭum;  
Eṭṭāta kompai vaḷaikke vēṇṭum; Kāyam  
eṇṇaikkirukkumō vālaip peṇṇē'*

(Koṅkaṇaccittar, 2011, page. 109)

The poem above explaining the importance of taking care of own health. Human birth is a gift of God to all mankind. Most people in this world that do not carry meaningful life whereas living like this life is just to eat, sleep, support problems and die without achieving anything. *Avvaiyār*, the most famous and important female poets of the Tamil canon also noted the importance of human birth and responsibilities in this world through her poems that reads as follows.

*'Aritu aritu māṇṇitarāyp piṇṇatta laritu  
Māṇṇitarāyp piṇṇattaliṇ kūṇ, kuruṭu, ceviṭu  
Pēṭu nīṅkip piṇṇatta laritu.....'*

We should always remember the poem of *Tirumūlar* '*I nurtured my body to extend my soul*' to keep ourselves from the threat of health problems. It is appropriate we know something about our body before examine the techniques recommended by Siddha for the healthy life.

### **Treatment Associated with Nerves**

Nerves are the most complicated part in the human body. Other diseases can be treated more easily than neurological diseases.

*'Arumpu kōṇṇiṭil ataṇ maṇam kuṇṇumē  
Karumpu kōṇṇiṭil kaṭṭiyum pākumām  
Karumpu kōṇṇiṭil yāṇaiyum vellalām  
Narumpu kōṇṇiṭil nāmeṇṇa ceyvatu?'*

(Aruṇ Ciṇṇaiyā, 2007 : Page 82)

This poem explaining the complexity of treating nerve-related disorders. All the nerves in the body interconnected with the nerves in the brain. Memory power is one of the functions of the brain, so we look some desirable about memory power.

### ***To Improve Memory Power***

Indian Pennywort is one of the herb that is very important in the growth of one's memory power. These herbaceous plants are able to control the nerves functions in the brain. If we can cook this herb correctly, for sure our memory power will rapidly expand.

#### *Sample remedy:*

Indian Pennywort	50 grams
Climbing brinjal	50 grams
Sacred basil	20 grams
Bael	20 grams
Grilled cumin	20 grams
Liquorice	20 grams

(Arun Ciṅṅaiyā, 2007, Page 83)

All these ingredients should be dried and blended separately. Then every morning and evening 2 grams of this mixture should be eaten with little honey. This remedy will certainly enhance children's memory power.

Disease often infects children such as dry throat, stammer, hand and leg trembling can be easily cured with this medication.

### **DIABETES**

Diabetes is seen as one of the most dangerous and chronic disease. A person is prone to this disease if her/his body has high level sugar. Those who are suffer from this disease easily susceptible to other diseases such as loss of vision, body itching, wounds difficult to heal, aneamia, nervous contraction and heart attack. There also occurrence of many cases such as the patient's leg is amputated due to diabetes.

#### **The reason a person is infected**

- ✓ Eating sugary substances in large amount

- ✓ Frequently eating chicken, beef, lamb, fish, dried fish, milk and ghee in daily food
- ✓ Frequently eating foods that are made from oil and ghee such as 'vadai, bonda and puree'

### **Foods that need to avoid**

- ✓ Sugar, glucose, sweets, ice cream, chocolate, honey and so on.
- ✓ Foods such as potatoes, turnips and plaintain cannot be touched.
- ✓ Sweet fruits such as papaya, mango and jackfruit also cannot be eaten.
- ✓ Cannot drink cool drinks frequently.
- ✓ Ground nuts, almonds, pista should also need to be avoided from the daily diet.
- ✓ Oil quantity should not exceed 20 grams in daily diet.

### **Ways to Control Diabetes**

1. Plantain Flower, raw banana, plantain stem of the tree, Cabbage, cauliflower, raw brinjal, okra, broad beans, bitter gourd, drum stick are the vegetables that should be included in daily diet to control diabetes.
2. Amaranthes gangeticus (ciṛukīrai), amaranthus tricolor (araikīrai), tūtuvaḷam, mucumucukkai kīrai, spring onions, solanum nigrum (maṇattakkāḷi), amaranath leaves, agathi, coriander, curry leaves, indian pennywort should be consumed by people with diabetes to control it.
3. Wood apple, fig, dried dates, phyllanthus acidus, emblica, pineapple, pomegranate, lime, apple, papaya, lentils, black currant are the kind of fruit that can be eaten by diabetes patients.
4. Those specified types of food are among the foods that are recommended by the Siddhas. In addition, they also set up certain types of other medications to control the level of sugar in the body.

### **Example 1:**

Cynodon dactylon (Arukampul)	25 grams
Jambu (Nāval koṭṭai)	25 grams
Hiptage madablata gearṅn (ciṛukuṛiṅcāṅ)	50 grams
Terminalia arjuna bed (marutam paṭṭai)	25 grams
Triphala	50 grams



All the mixture above should be grinded and eaten 2 grams of in the morning, afternoon and evening. If these drugs consumed continuously for 15 days, surely diabetes will be in control.

Example 2:

Vilva (vilvam)	200 grams
Raw mango leaves	50 grams
Fenugreek seeds	100 grams
Tanner's cassia	50 grams

All the mixture above should be grinded and eaten 3 grams of in the morning, afternoon and evening. If these drugs consumed continuously for 15 days, surely diabetes will be in control.

Apart from the above medications, there are a plenty of other medications recommended by the Siddhas for human consumption.

## **FOOD AS MEDICINE AND AS FOOD**

The human body is susceptible to disease because people rarely practice a balanced diet. This matter was agreed by all the siddhas. If we take a balanced and nutritious diet is certainly our bodies do not need any medication. This is because a balanced diet and nutritious seen as a remedy that works best for our health.

'Orupôtu uṇpāṇ yôki

irupôtu uṇpāṇ pôki

muppôtu uṇpāṇ rôki

nār pôtu uṇpāṇ pāvi'

(Mu. Pacumalaiyaracu, 1 page 123)

This classic Tamil proverb explains the need for a balanced and nutritious food and the implications if not followed. If an individual is eating once a day and do yoga exercises continuously he/she can live like a yogi without contracting any disease. If one were to take food twice a day, so he/she can live happily with disease-free. People who keep getting sick are those who are take food three times a day. Their life cycle becomes very unstable and at any time they struggle with diseases like indigestion, constipation,

enteric and etc. Prior to eat something, we always need to ensure that food is digested by the stomach in order to avoid health problems. The same is also advised by Tiruvalluvar as follow:

'Maruntheṇa vēṇṭāvām yākkaikku arunthiyatu  
attatu pōtti uṇin'

(Kuraḷ 942)

This kuraḷ explaining that 'no medicine is necessary for him who eats after assuring (himself) that what he has (already) eaten has been digested'. The human stomach is specially designed to accommodate a total of some foods. Does stomach can survive if we are loaded with various types of food in large quantities? Our ancestors used to say, "Eat until half-filled stomach and drink water one quarter of the volume of stomach". "Anything that is consumed in over will bring misfortune to humans" said Thiruvalluvar through his classic couplet or Kuraḷ as follow:

'Pilipey cākāṭum acciṭum appaṇṭam  
Cāla mikuttup peyiṇ'

(Kuraḷ 475)

This kuraḷ is exclaimed that 'the axle tree of a bandy, loaded only with peacocks' feathers will break, if it be greatly overloaded'. This means, peacock feathers are very light bu still can damage the vehicle's condition if it placed in large number. In here, peacocks' feather synonymous with quantity of food and vehicles in turn synonymous with humans' body. Can humans live longer without diseases? Thiruvalluvar says 'yes can live longer!' through kuraḷ below:

'Arrāl aḷavarinthu uṇka akthuṭampu  
perraṇ neṭithuykkum āru'

(Kuraḷ 943)

If we want to follow the Siddha medicine, we must think ahead about our chief Siddha, Tiruvalluvars' view which is not allow human beings to take medicines in life.

The traditional Tamil physicians in his book '*Centamiḷum Citta Maruttuvamum*' provide various kinds of tips for healthy eating and lifestyle. According to him, if the six kinds of taste of food increase or decreases, we will certainly susceptible to disease.

- ✓ Jaundice caused by declining sour in body
- ✓ Gastroenteritis caused by declining of astringent in body
- ✓ Body will lost weight through declining of sugar in body
- ✓ Sleeping problems caused by declining of sour in body
- ✓ Often fever caused by declining of bitter in body
- ✓ Digestion problem caused by declining of alkaline

## Yoga

According to the Siddha medicine with other herbal ingredients Yoga also is effective to solve a range of health problems.

The yoga practices,

1. amplify the heart and lungs which are fundamental to all life.
2. clean up and improve blood circulation in the body.
3. fight and destroy pathogens and intensify energy.
4. double up and beautify the body structure.
5. develop brain function.
6. run the nervous system in good way.
7. ensure that excess cholesterol in the body is sustainable.
8. increases longevity.
9. enables oxygen in the body spread equally.

Apart from all this, more benefits can be gained through yoga practices. Further he also posted about some herbs that are very useful to humans.

### Hariali (Arugampul) Juice

1. Increase beauty inside and outside
2. Clean and increase the quantity of blood in the body
3. People become very savvy and improved
4. Reduce the body temperature and improve urine production
5. Eye diseases can be recovered

### Sacred basil (Thuḷaci)

- ✓ Arugampul juice should be mixed with a little salt and entered into the nostrils to stop epilepsy and dysarthria.

### Aegle marmelos (Vilvam)

One's lifespan can be extended if we use *vilvam* in daily life. Diseases such as bile and paralysis can also be avoided with this herbal.

### Neem (Vēmpu)

- ✓ Neem has the ability to kill bacteria. Diseases associated with bacteria and viruses such as rashes, scabicide, and chicken pox can be treated with this herb.

### Indian Acalypha

- ✓ The leaves of this herb should be pasteurized and given to the child for stomach pain due to stomach worms. The leaves can also be ground up and rub on the skin lesions and it also cure skin irritation.

## Conclusion

In this modern world, a traditional herbal medicine is now upgraded and enhanced as necessary and the passage of time. It also changes shape, the size of the more unique and attractive. The siddhas proven herbs derived from deep in the mountains and thick forests are able to cure human diseases. These findings made hundreds of years ago and now proven the validity of its use. Therefore, it is necessary we also learn and know some of the knowledge left by our ancestors and practice in daily life.

## References

1. Aranga Ramalingam, 1984. '*Tirukkuraḷil Cittarneri*', Thenmoli Pathippakam, Chennai.
2. Arun Cinnayah, 2007. '*Citta Maruttuvam Sollum Mai Vaittiyam*' Patri Sesthri Pathippakam, Chennai.
3. Ganapathy, T. N., 2006. '*The Yoga of Siddha Tirumular*', Babaji Kriya Yoga and Publication, Chennai.
4. Geetha, Ji., 1985. '*Cittarkaḷ aruḷiya teyvika mantiraṅkaḷ*', Maruthi Pathippakam, Chennai.
5. Jegatha, 2009. '*Cittarkaḷ Kaṅṅa Ārākkiya Aḷakutarum Mūlikay Rakaciyaṅkaḷ*', Rajamanikammal Veliyitu, Chennai.
6. Murugesan ,S. A., 1988. '*Cittar Kaṅṅa Iḷayvaṅ*' Pumbugar Ilakkiya Sangam, Puthuvai.
7. Koventhan, T., 1976. '*Cittar Pāṭalkaḷ*', Pumbugar Pathippakam, Chennai.
8. Sokkanhathar Guruji, 2011. '*Yār Anta Tamiḷcittarkaḷ?*' Karpagam Puttagalayam, Chennai.
9. Moses Micheal Paraye, 1999. '*Tamiḷc Cittar Pāṭalkaḷum Viviliyamum*' Chennai Peraya Veliyidu, Chennai.
10. Pacumalairacu, M., 1998. '*Centamiḷum Citta Maruttuvamum*', Kirisa Pathippagam, Chennai.
11. Rajendran, M. 2011. '*Citta Vallunar Tiruvalluvar*', Vandavasi, Akilan Veliyitu.
12. Rajarajeswara Sharma, C., 2000. '*Ārōkkiya Vālvukku Āyurvētam*', Vanathy Pathippagam, Chennai.