1. INTRODUCTION

_Mudra_ literally means gesture. _Mudra_ expresses and channelizes cosmic energy within the mind and body. _Mudra Vigyan_ is ancient yoga science, the human body is a mini world in itself. In order to bring equilibrium in the state of our body and mind we resort to yoga and its part _Mudra Vigyan_. We can perform hundreds of _mudras_ and it depends on how the formation is performed with different fingers. _Mudra plays_ a very significant role in improving and maintaining our health irrespective of Age and Gender, anyone can get the benefits from _mudras_. _Panchsanjeevani mudras_ contain 5 _mudras_ such as 1) _Prana mudra_ 2) _Apana mudra_ 3) _Udan mudra_ 4) _Saman mudra_ 5) _Vyan mudra_. These 5 _mudras_ are very helpful in maintaining equilibrium in body. Thus, there is a need to work on this topic for the benefits of peoples.

## Keywords
- Mudras
- Prana mudra
- Apana mudra
- Udana mudra
- Samana mudra
- Vyana mudra

With the help of _Yoga mudras_, A Human being lived for century free from diseases. The secret of their long life, health and achievements are results of their yoga and _mudra sadhna_. In Sanskrit literature the term _mudra_ has special meaning in general sense it means controlling, making stronger, a symbol used to keep something safe and secret bodily symbol used by yogini. One of the meanings is also safeguard and strengthens; _mudra_ also means happiness, also stand for bliss.

Important things regarding Mudras

- Once the tip of the thumb joins the tip of the opposite finger, several _Tatva_ gets balanced within the body.
- Once the tip of the thumb joins the bottom of the opposite fingers, several _Tatva_ get raised within the body.
- Once the tip of the fingers dropped at the bottom of the thumb, several _Tatva_ gets reduced within the body.
- Hasta gesture will be done by anyone.
- Doing the gesture with each the hands is a lot of helpful, once gesture is finished with right hand; it affects the left a part of the body.

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and contrariwise.

- Mudras not solely improve the physical health however additionally improve the mental state by reducing the anger, increasing the peace and cathartic one from the addictions
- Mudras can be performed for few seconds, 10 minutes, half an hour or fifty minutes. Fascinating results can be seen if it will perform for 50 minutes.
- *Chikitsa* gesture ought to be stopped once one’s health improves.¹

2. METHODOLOGY

2.1. Objectives

- To study the effect of *panchsanjeevani mudras* on health.
- To study the literature about *panchsanjeevani mudra*.

2.2. *Mudra* therapy’s Functional factors

2.2.1. Belief

It’s a complimentary therapy and can be used along with other therapy.

2.2.2. Mind

Before starting take a deep breath, till the breathing is rhythmic and the mind is relaxed.

2.2.3. Dhyana

Increases the effectiveness of *mudra*.

2.2.4. Body

Keep the body relaxed and in comfortable pose.

2.2.5. Posture

Mudra should be practiced with both hands. Do not use pressure between the touching fingers if it is not mentioned. Keep unused finger in straight position but not rigid and try not to move the fingers or arms while practicing *mudras*. *Mudras* can be done while sitting or lying down or walking according to instructions.

2.2.6. Time

Usually morning time is best for this therapy with few exceptions like for digestive disorders, *mudras* should not be practiced for about half to one hour after meals or should be follow as per instruction.

3. DISCUSSION

3.1. Pana Mudra

3.1.1. Methods

Tip of thumb touches the tip of the ring finger and little finger with keeping the remaining two fingers stretched.

3.1.2. Specialty

It helps to reduce the clamp in blood vessels, it improves the power of life. It makes the Weak people strong.

3.1.3. Time duration

No specific time duration. It can be practiced at any time.

3.1.4. Benefits

- Blood Pressure is maintained within the limit.
- Helpful in Lack of enthusiasm, slowness of thoughts and perception.
- Overcome Drowsiness and excessive sleep.
- Excessive sweating, thirst, urination, loose motion and menorrhagia can be control.⁶

3.2. Vyana Mudra

3.2.1. Methods

The tip of index finger touches the tip of the thumb.

3.2.2. Duration

2-3 times a day with 50 minutes each time.

3.2.3. Specialty

It regulates the excretory system.

3.2.4. Benefits

- Blood Pressure is maintained within the limit.
- Helpful in Lack of enthusiasm, slowness of thoughts and perception.
- Overcome Drowsiness and excessive sleep.
- Excessive sweating, thirst, urination, loose motion and menorrhagia can be control.⁶

3.3. Apana Mudra

3.3.1. Methods
Touch the tip of thumb, middle finger, and ring finger with each other keep the other 2 fingers straight. When needed do it for 5-45 minutes or use thrice a day for 15 minutes as a part of the treatment.

3.3.2. Specialty
It regulates the excretory system.

3.3.3. Benefits
◆ Mainly effective areas are strengthening & cleaning parts of the body
◆ Purifies the entire body removes toxemia from the body.
◆ Regularizes the urine flow & perspiration if it is less or irregular
◆ For healthy teeth use this mudra along with Akash mudra.
◆ For ear, nose, eyes & mouth related problems, use this mudra along with prana mudra.
◆ Cures menstruation disorders, burning sensations of palm, heart, sole and urine.

3.4. Samana Mudra

3.4.1. Methods
Tip of all fingers should come together to form a posture like eating hand.

3.4.2. Specialty
It helps in refreshing mood.

3.4.3. Benefits
◆ It reduces stress.
◆ It provides energy to internal organs.
◆ It helps in healing of wounds.

3.5. Udaana Mudra

3.5.1. Methods
Bring tip of all fingers together except little finger and keep the little finger straight.

3.5.2. Specialty
It helps in making speech clear.

3.5.3. Benefits
◆ It sweetens the voice.
◆ It helps to cure cough, cold, asthma, tonsillitis.
◆ It relieves the toothache.

4. CONCLUSION
Panch sanjivan mudra helps to bring in equilibrium the state of body and mind it helps in keeping body function as well as mind stable. Prana mudra improves immunity, vyana mudra regulates the blood pressure, apana mudra helps in cleaning body, samana mudra helps to reduce stress, and udana mudra helps in upper respiratory tract infection. Hence panch sanjivani mudra has great effect on health.

5. REFERENCES

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