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**Topic Name – Bandha Mudra**

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**Lecture No. – 23**

### **Lecture Title**

#### **Bandha & Mudras Part - 2**

#### **Script**

#### **Bandha & Mudras Part - 2**

Hello here today we are going to discuss the topic Madras I important part of you or we can say I important part of our do you

Mudras

The sanskrit word “mudras” means, ‘a seal for energy’. A mudra is a certain position or attitude which represents the psyche. Mudra means a symbolic gesture of the body parts. Mudras prepare the mind for meditation by encouraging withdrawal of the senses from association with external objects. By the practise of mudra the entire nervous system is brought under volition. It leads to the development and control over involuntary organs- intestines, heart, liver, kidney, etc.

In yoga, the significance of mudra is even greater than that of asana and pranayam because mudra influence pranayam.

The mudras described in the yogic scriptures are manifestations of special moods or feelings of consciousness.

In Indian dance, different mudras or gestures are used to depict a particular mood or feelings, like anger is predicted through the eyes, the position of the hands.

The foremost ancient text dealing with the subject of mudras is the gheranda samhita written by rishi gheranda

In this book 2.5 million mudras have been explained. They enable yogis to attain sidhi, perfection or mastery.

These mudras are also practised to activate the pranas and awaken the kundalini. Additionally research has revealed that mudras are helpful in eradicating diseases.

Hatha yoga describes mudras as mental attitude.

“mudras yati Klesam iti mudra”- mudra is that which removes pain and sorrow.

“mudam rati iti mudra”- that which brings about happiness is called mudra.

## **2. Maha Mudra (The Great Attitude)**

Mahamudra is formed from the conjunction of two Sanskrit words, maha and mudra. Maha means the greatest and mudra means a technique to create a particular attitude or mental modification.

Therefore, mahamudra means the actual state of which the human consciousness travels in the highest level.

Technique:

1. Sit with both legs out stretched
2. Bend the left knee and press the anal region with the left heel
3. The right leg remain outstretched.
4. In this position inhale deeply, then exhale and bend forward just enough to be able to hold the toes of the right foot with both hands.
5. Slowly inhale, tilt the head slightly back, hold the breath inside and perform moolbandha.
6. Hold this position as long as the internal breath retention can be comfortably maintained.
7. To release, place the hands on the knees, straighten the head and exhale.

This completes the one round. Now repeat the same process by left leg outstretched. This mudra is best practised in the early morning while the stomach is completely empty.

Precautions:

1. People suffering from High blood pressure, heart complaints should not perform this practice.
2. It should not be performed without prior purifications of the body.
3. Its practise generates a lot of heat and should be avoided in summers.
4. Its practise should not be attempted without expert guidance.
5. Do not strain the lungs while retention of the breath.

Benefits:

1. Digestion is improved and diseases relating to the stomach are reduced.
2. Disorders such as excess kapha, piles, tuberculosis, ailments of the spleen and throat, fever etc.. which are linked with the digestive process, shows improvement with the practise of maha mudra.
3. The sympathetic and parasympathetic nervous system are balanced.
4. Practice of mahamudra reduce the excitement and calm the activity in the brain. slowly the brain waves become peaceful, inducing spontaneous meditation.
5. It should be practiced before to meditation to reduce restlessness in chitta, making it calm and peaceful and making the mind one- pointed.

According to 'hatha yoga Pradeepika' (3:4,16 ) maha mudra removes the worst afflictions (the five kleshas) i.e avidhya (ignorance or lack of reality) asmita (egoism), raga (attachment or attraction) dvesha (repulsion or aversion), abhinivesh (fear of death).

### **3. Vipareeta Karani Mudra**

#### **(inverted psychic attitude)**

In this mudra there are two words, vipareeta and karani. Vipareeta means 'inverted and karani means 'one who does'. So this mudra means bringing the body from its normal state to the opposite or reverse state. Throughout life a human being stands upright on the feet, but in viparita. Karni mudra the normal state of the body is reversed.

The practitioner of this mudra attains sidhi (perfection)

#### **Technique:**

1. Lie flat on the back with the legs and feet together in a straight line.
2. Both knees are kept together.
3. Place hands and arms close to the body with the palm facing down .
4. Relax the whole body.
5. Breathe in deeply and slowly raise both legs, keeping them straight and together
6. Roll the spine from the floor, taking the legs further over the head,
7. Turn the palm up, bend the elbows and lay the hips rest on the palms. keep the elbow close to each other.
8. Raise both the legs perpendicular to the ground (vertical position)
9. Straighten your feet slightly over the head so the eyes look straight up the feet.
10. Bear in the mind that the chin does not press against the chest.
11. Relax the body and fix your mind at manipura chakra.
12. Now lower the spine slowly onto the ground then bring the legs down.

### 13. Relax the whole body in shavasan

Practice 3-4 rounds. If pressure builds up in mind or in head, end the practice. Gradually increase the number.

It is advisable that after completion of the practice, do a backward bending asan like bhiyangasan, matsyasana, or ushtrasana.

#### Precautions:

1. This is an inverted practice and should not be performed unless the body is healthy.
2. People suffering from high blood pressure, heart disease, enlarged liver, enlarged thyroid or excessive toxins should not perform this practice.
3. Anyone suffering from cervical spondylitis, slipped disc and weak blood vessels in the eyes should not attempt this practice
4. It is not recommended during pregnancy and during the menstruation period.
5. None should practice this mudra unless he has successfully practiced pranayam.
6. Do not practice this during starvation and in an abnormal state of the mind.

#### Benefits:

1. This mudra balances a hypoactive thyroid.
2. It acts as a preventive for coughs, cold, sore throat and bronchial disorders.
3. It stimulates the appetite and digestion.
4. It relieves constipation, particularly if water is drunk just before the practice.
5. It relieves prolapsed, varicose veins and hernia
6. Circulation to the brain is enhanced, especially to the cerebral cortex and pituitary and pineal glands.
7. It is an important practice for the sublimation of sexual energy from the lower to the higher centres.

## 4. Mahabandha mudra

#### Technique:

1. Place the heel of the left foot under the perineum firmly and press the anus.
2. Place the right foot on the left thigh.

3. Inhale through both the nostrils and make jalandhar bandha
4. Draw the apana vayu upwards.
5. Retain the breath as long as you can.
6. Fix the mind on sushumana nadi.
7. Now exhale the breath slowly through both the nostrils.
8. Practice mahabandh first on the left side and then on the right side.

Benefits:

1. It awakens kundalini shakti .
2. It facilitates the entry of breath in mudhara chakra.
3. Yogis achieves all his desires and obtain sidhies through this maha bandh.
4. The practice of maha bandh cures cough,enlarged spleen, chronic fever,chronic gastritis and indigestion etc.

Yoga mudra

Technique:

1. Sit in padamasana.
2. Place the palms on the heels or you can take your hands at back.catch hold of your left wrist with your right hand
3. Now exhale completely through both the nostrils and retain the breath out.
4. Make the three bandhas.
5. Now maintain this posture as long as possible.
6. If you retain a pose for a long time, you can breath as usual.
7. Now come to the farmer position i.e. raise up your head from the ground.
8. Repeat several times

Benefits:

1. Yoga mudra removes all kinds of disorders of the abdomen.
2. Body becomes healthy and cleansed
3. Power of prana increases
4. Digestive power develops.
5. Proficiency in meditation increases.

## 5. Conclusion

Okay we are today we discussed about the topic Mudra a very important part of our do you types of Madras Mohammed Rafi read the name of their benefit the attack me and some of the major proportion thank you very

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