

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Bandha Mudra

Topic No. – Section C (6)

Paper No. - V

Lecture No. – 23

Lecture Title

Bandha & Mudras Part - 2

FAQ's

Q-1 What is Mudra?

Ans- 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.

Q-2 What is the significance of mudra in Yoga?

Ans- 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.

Q-3 What is Vipareeta Karani mudra?

Ans- 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.

Q-4 What are the benefits of Mahabandha mudra?

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

Q-5 What is Maha mudra ?

Ans- 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