

HASTA MUDRAS for PRANA VAYUS

Hasta (Hand) Mudra (gesture) for each of the prana vayus are listed below. If any of them become painful to hold then please let them go. Sometimes our hands are no longer in a good place to hold due to arthritis, carpal tunnel etc. If you have to release work with chin mudra and directly the awareness to the area of the body you wish to work on.

For all of them sit in a comfortable position and be warm. You can lie to do them but it is better to sit. Place both hands on the mudras. Always have the palms facing up. Those fingers not touching the thumb should be extended away so the palm is open and free.

Apana Vayu



Looks after the area from navel to feet and supports the intestines, kidney, reproductive organs, anus.

Deals with elimination...everything we put into our body must come out! Downward energy
For the mind it is about our ability to let go.

Apana Vayu Mudra - Index finger folds and the tip comes to base of the thumb. The tips of thumb, middle and ring fingers touch, whilst little finger extends away.

Folding the index finger reduces the air element, which helps to relieve pain and relax the body and mind. Connection of the thumb, middle finger and ring finger increases the fire element and the earth element, which helps to detoxify and cleanse the body, supply more oxygen to heart arteries and increase the power of the heart. Practice daily for 30 to 45 mins either all at once or in three lots of 10 to 15 mins.

This mudra is believed to be beneficial for the heart, to help relieve headaches, toothache, backache and joint pain.

Samana Vayu



Looks after the area between heart and navel. Controls digestive system, liver, pancreas and stomach.

Mentally its about our ability to digest information and experiences.

Retentions of breath...space between in and out breath. Being able to direct deep within centre of body.

Bring the tips of all the fingers to the tip of the thumb...they all need to touch the tip of the thumb.

Samana vayu mudra -

- stimulates the digestive fire for optimum digestion and improved metabolism.
- Improves liver health
- Relieves indigestion, bloating and flatulence
- Improves concentration
- Balances all the five elements and the three doshas (kapha, pitta, data)
- Makes your mind-body strong from inside to promote self confidence, clarity of thoughts and self esteem
- Touching of all the fingers and thumb together generates tremendous energy within a few minutes. So, if any of the body part is damaged or needs healing, just touch your fingers (in the samana vayu mudra pose) to that body part and imagine that all this energy is flowing there to help it heal.

Don't over practice. Just 10-15 minutes a day is sufficient. For chronic problems, it can be practiced up to 30 minutes- 2 sessions of 15 minutes each.

HASTA MUDRAS for PRANA VAYUS

Prana Vayu

Prana (with a capital P) is the overall prana in the body which gives us life – the universal prana energy. When Prana leaves our body then we will be clinically dead. Prana (with a small p) is located between the diaphragm and the throat. This prana (a vayu - wind) is an upward flowing force.

Physically said to govern the area between larynx and diaphragm.



It shares the name of the prana vayus as a whole because it is considered the most fundamental of the five. This vayu rules inward motion, including all that we take into our bodies. Physically, this vayu relates to the actions of inhaling, eating, drinking, and swallowing. Mentally applies to the five senses and what we feed them. Don't become over stimulated by any of the senses...cultivate balance rather than over stimulation, so you can meditate.

Prana Vayu Mudra:

Bring the ring finger, little finger and thumb tips together, while the middle and index fingers are extended. Practice for 10-15 minutes twice daily.

According to Ayurveda, this mudra increases *kapha* and decreases *pitta dosha*.

Prana mudra is thought to offer numerous health benefits, including the following:

- Reduces fatigue and nervousness
- Enhances focus and clarity
- Builds self-confidence
- Improves circulation
- Benefits eyesight
- Therapeutic for rashes and vitamin deficiency
- Reduces insomnia
- Boosts the immune system

Udana Vayu

Controls the parts of the body above the larynx...eyes, ears, nose and sensory receptors in all part of the body. It helps to maintain muscular strength. It is closely linked to samana - if we take in the right nutrients they are taken to the right areas and those in turn are kept healthy.

Mentally its about having a willingness to go beyond general limitations e.g. personal growth, accept challenges of career - don't allow yourself to become stagnant. Look for mental and physical stimulation, have enthusiasm. If over active we can become full of pride, wilful and arrogant.



Udana Vayu Mudra - Bring the ring, index and middle fingers together and touch the thumb tip.

The little finger extending away.

Practice for 15 to 30 mins, aware of the energy within the body.

Benefits include:

- Regulation of the blood flow to the brain and helps in effortless thinking, creativity and intellectual sharpness. It can improve memory.
- It improves the respiratory function and alleviate asthma by ensuring smooth breathing.
- Improves voice and speech control.
- It improves the functioning of thyroid and para thyroid glands.
- It is believed to also improve the strength of the limbs.

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Vyana Vayu

Sends life to the far edges of the body! The flow of prana from the heart to the extremities. Affects blood, lymphatic and nervous systems.

Represents the whole body, the skin, the energy that radiates past the boundary of our skin and supports our optimal health.

Relates to circulation on all levels - food, water, oxygen as well as our emotions and thoughts. This vayu supports the operation of all the others.

Mentally relates to ideas and emotions being able to flow freely. Healthy vyana = ability to express yourself in loving ways, to be fearless and outgoing, able to circulate and expand in the world. Inefficient vyana = alienation, separateness, limitation of thoughts and emotions, hatred.



Vyana Vayu Mudra - Bring your index and middle finger together and bend it over to touch your thumb. The little and ring fingers should be pointed straight. You can do it on both hands. Remain in this position for 15 to 30 minutes. Maintain your awareness on the energy flow in the body. Feel the changes that the mudra brings about in your system.

Benefits include:

- Believed to regulate blood circulation. High, as well as, low blood pressure can be balanced using this mudra.
- Believed to help remove drowsiness and need for excessive sleep.
- Believed to help regulate our body temperature.
- Believed to help control over excessive thirst, sweating and urination.