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Hasta-mudra Chikitsa Vigyan (Hindi Edition) eBook: DR ARPITA SINGH, ALABHYA SINGH, DR AAPGA SINGH: Amazon.co.uk: Kindle Store

Hands can heal - literally ! There is a miraculous power hidden in our hands that can heal seemingly incurable diseases and connect us to the authentic consciousness that is our essence. Everything in existence owes its genesis to energy.

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Mudras not only effect our own self but also influence the feelings of those who may be watching us. In this book, the author has discussed about some very useful and effective Mudras detail which are very useful in curing diseases. Besides, some basics about Mudra Vigyan such as secrets, need and importance and advantage of it. Then, some specific Mudras of worship are also discussed. The language used is simple and understandable. Each description of the Mudra is accompanied with relevant illustration which makes the matter more easy to comprehend. The book is very informative and will be very useful to the readers who can immensely benefit by practising this science for their own betterment, peace and prosperity.

Yoga is flying across the shores of Bharatha all over the world like an eagle. The entire humanity needs yoga today. If going after Yoga to get rid of diseases is one dimension, using Yoga to make our body healthy so that we can enjoy material pleasures is the other dimension. This was not what those great Rshis who evolved Yoga had in mind. Yoga is another name for pure living. If man lives, being aware of the purpose for which he was created, what else can it be excepted in Yoga? Human body is a temple. In a larger sense, it is the dwelling place of gods. Whatever one finds in the world is present in the human body. We have 72,000 Nerves in the body, also we have 72,000 Nadies which are subtle channels and centres of energy. We get a detailed account of these in books on Hatayoga. In this background Mudras and Bandhas occupy a place of great significance. We have a considerably difficult challenge to convert this Annamaya body into one, the object of which is Dharma Sadhana. Kalidasa has announced, "Shareeramadyam khalu dharma sadhanam". Our sages have said, "Manaeva manushyanam karanam bandha mokshayoho" Our mind is the cause of both Bandha and Moksha. In that case how can we make use of the techniques available to us to the best of our advantage? "Mudras" help us to

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keep our body and mind pure and chaste. They are tools to lead us to life fulfilment. When we activate the nerve and nadi centres in the body, they make the flow of energy smooth. Our body is a fantastic machine designed by the Creator. He has set in it a super computer called the 'Brain'. All the activities in our body are controlled by the Mind. The pressure exerted on certain key points in the body and in hands, energises the centres in the brain. We have come to know this truth as a result of experiments conducted in different parts of the world. Acupressure specialists assert that if we activate certain points in the legs, hands and ears, we can ward off a number of disorders of the body. In our ancient Tantra Marga we hear about "Khechari Mudra". During five thousand years after sage Vedavyasa, our ancestors have devised a number of ways to help man keep himself fit. They are simple and workable. We get a sea of information about Mudra Science in a number of books on Yoga shastra and Tantra Shastra. In a few of our epics also, we get references to these Mudras.

Mudras—also playfully called “finger power points”—are yoga positions for your hands and fingers. They can be practiced sitting, lying down, standing, or walking, at any time and place. Schooled in the traditional knowledge of this eastern art of healing, well-known Swiss yoga teacher, Gertrud Hirschi, shows how these easy techniques can recharge personal energy reserves and improve quality of life. These mysterious healing gestures can calm the stress, aggravations, and frustrations of everyday life. Readers will learn how to: Apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems. Use mudras to promote spiritual development. Additionally intensify the effect with breathing exercises, a affirmations, visualizations, herbs, nutrition, music, and colors. Also included are several full-body mudras and exercises to

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enhance any meditation and yoga practice.

“Mudra” is a gesture made with fingers, hands or with entire body, sometimes coupled with breathing techniques to stimulate the flow of energy in the body. Mudras originated thousands of years ago and were very well adopted in ancient India, but of late, its essence is seen diminishing. With an intention to bring the benefits of Mudras to common man, Yogacharya and Mudra Specialist Sri Dharanipragada Prakash Rao has published a book in Telugu (A language of Andhra Pradesh and Telangana States of India) by name “Mudralu, Bhandhaalu” which is result of his vast study and research in the area of Yoga and Mudras. Till date it sold around 10,000 copies. To further strengthen the reach of this knowledge and benefits to larger audience, Sri Prakash Rao along with his daughter Dharanipragada Deepthi have brought forward a book in English by name “SAMPOORNA MUDRA VIGNAN” which is an encyclopedia to Mudras. It covers 810 Mudras with pictures, which explains the procedure, time limit to perform the Mudras, their physical, mental and spiritual benefits too. Apart from therapeutic use through Chikitsa mudras, this book also covers various mudras on Pranayama, Dhyana (Meditation) to activate chakras, Puja mudras, Mantra mudras, Vaastu mudras, Natya mudras and many more. This book categorizes Mudras based on how they are performed, such as Hasta Mudras which are practiced with hands, Kaaya Mudras (with body), Sira Mudras (with head), Aadhaara Mudras (taking an external support), Mano Mudras (by focusing the mind on something), Chakshu Mudras (using eyes), Bandha Mudras (internal locking mechanisms). Last part of the book contains a detailed list of ailments with special mention about the Mudras which can prevent or cure specific ailments. The reader can find his or her current health issue and practice the specific Mudras proposed in the book to experience direct benefits of Mudras. Irrespective of the age, if staying fit is your goal, then this is a “Book of all Times”! NOTE: Though most of the Mudras can be

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practiced by self to heal the health, there are some Mudras which must be learnt and practiced only under the guidance of an expert Mudra Specialist. The results may vary according to the level of concentration, belief, interest and practice. More books from same Author: Mudralu Bandhaalu - Telugu Book Mudraye Aur Bandh - Hiindi Book Sampoorana Mudra Vignanam - Telugu Visit us: YouTube Channel: www.youtube.com/c/YogaMudras Website: <http://YogaMudras.org> About the Author: <https://www.amazon.com/author/dharanipragada.deepthi> Kindle: https://www.amazon.com/gp/product/B09GYP32L1/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0 Hard Copy: Available on Amazon.in, Flipkart.com Email: prakash.dharani@gmail.com; ddeepthi@gmail.com Mobile & Whatsapp: +91 98490 66765, +91 8978801247 To buy your hard copy of this book, contact us on email or whatsapp.

The use of Mudras, or "yoga of the hands", has been recognised for centuries as a simple yet effective healing tool, known to prevent and cure illnesses and bring about spiritual regeneration. This book examines Mudras, and teaches how regular practice can rejuvenate your body and mind and transform your everyday life. Covering all you need to know about performing Mudras, this insightful and informative book will enable you to gain an understanding of a form of yoga that has already helped thousands of people. Clear illustrations explain exactly how to use Mudras, and chapters explore everything from the use of Mudras in dance and martial arts to diet and the practice of visualisation. Further sections look at how combining Mudras with positive colours and music can improve your wellbeing. They take minutes to perform, and can be done almost anywhere at any time, yet the effects are hugely beneficial. This book is a must for anyone who wants to unlock their spirituality and change their daily lives. Mudras are believed to be

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the key to spiritual and mental wellbeing, and will radically enhance every aspect of your existence.

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