

# Mudras for Beginners



Your Ultimate Beginners Guide to using  
**Simple Hand Gestures** for achieving **Everlasting Health,**  
**Rapid Weight Loss** and Easy **Self Healing**

ADVAIT

# **‘Mudras for Beginners’**

*Your Ultimate Beginners Guide to using Simple Hand Gestures for Everlasting  
**Health**, Rapid **Weight Loss** and Easy **Self Healing***

*by*

**Advait**

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## **Do you wish to receive Information on Mudras on a regular basis?**

Hi, I am Advait,

I am and wish to remain a life-long student of *Ayurveda*, *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

Grab this opportunity and get useful information & tips on Ayurveda, Yoga & Mudras, right into your inbox....once a week.

From Addiction to Arthritis, for Improving Digestion to Detoxification, Ayurveda & Mudras are extremely effective. In cases of Cancer and even in patients with HIV/AIDS they work like magic.

Subscribe to my ***Newsletter*** to know more.

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**Thanks,**

**Advait**

## What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of 'the five elements' called as *The Panch-Maha-Bhuta*'s. The five elements being **Earth, Water, Fire, Wind** and **Space/Vacuum**. They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through our veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:

Thumb – Fire element.

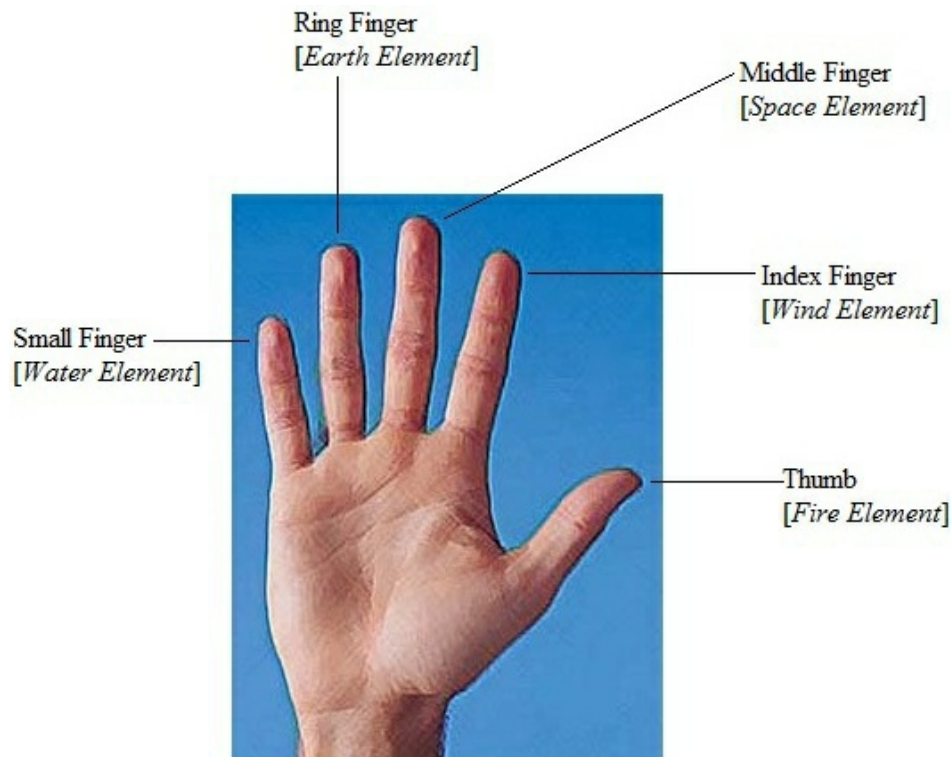
Index finger – Air element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a '*Mudra*'.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.

**P.S.** The Mudra Healing Methods aren't just theory or wordplay; these are healing methods from the ancient Indian Vedic culture, proven and tested over ages.

## How Do These Mudras Work?

To understand how the Mudras work, we first need to know the 'Prakriti' concept of Ayurveda.

### *Prakriti (The Basic Bodily Constitution)*

According to Ayurveda, every person is constituted of the Three Dosha's - The *Vata* Dosha, The *Pitta* Dosha and The *Kapha* Dosha.

And, any one of the three Dosha's is most dominant among them, which determines the basic or primary constitution or *Prakriti* of an individual.

The core concept of Ayurvedic medicine is that, the five fundamental elements integrate into physical form as the three *Doshas* and health exists when there is a balance between the three fundamental bodily *Doshas* known as: *Vata*, *Pitta* and *Kapha*.

The physical volume of a human being is mainly composed of *Kapha*, the chemical processes and reactions taking place in the body are due to the manifestation of *Pitta*, and the bodily movements and activities are attributed to *Vata*.

For an individual to remain healthy, these three basic substances (*doshas*) must be in equilibrium. Any kind of disequilibrium of these *doshas* will cause disintegration of the body which leads to disease.

When we consume food, it is digested and nutrients (*Saara*) and waste/excreta (*Mala*) are produced. The nutrients nourish the seven bodily tissues (*SaptaDhatu*'s) and the waste is thrown out of the body through sweat, urine, feces, nasal discharge, eye discharge etc., while this is happening the three doshas move from one part of the body to another part and induce sound health, resistance to disease and physical strength in an individual. But, if the *doshas* are excited or vitiated they produce disease in the body.

## ***Vata***

*Vata* is the air principle necessary to mobilize the function of the nervous system.

The main functions of *Vata* are to give motion to the body, conduction of impulses from sensory organs, separation of nutrient and waste from food, secretion of urine and semen.

In healthy condition it performs all the physiological functions in the body, it is responsible for speech & hearing, it regulates the normal circulation in the body and it is also responsible for formation and development of foetus in intra-uterine stage.

When excited or vitiated, it produces psychosomatic disorder, causes weight loss, loss of physical strength and it may cause congenital deformities.



### ***Pitta***

*Pitta* is the fire principle which uses bile to direct digestion and hence metabolism into the venous system.

The endocrine functions in the body and other biological activities in the human body are caused by *Pitta*. It is the by-product of human blood (Rakta).

*Pitta* is homologous of blood and both are situated/originate in spleen and liver.

*Pitta* can be physically observed, it is a yellow coloured viscous liquid, it has a fleshy and unpleasant smell and it feels hot when touched.

*Pitta* provides volume and colour to blood, induces proper digestion, proper vision. It is responsible for body heat, appetite, thirst, complexion and intelligence.

## ***Kapha***

*Kapha* is the water principle which relates to mucous, lubrication and the carrier of nutrients into the arterial system.

When compared to *Vata* and *Pitta*, *Kapha* is the most stable of the three doshas and it is mainly composed of water. It is responsible for formation of bodily structures.

It is white in colour, thick, viscous, slimy and soft to touch. The body owes its softness, smoothness, moisture and coolness to *Kapha*.

The *Kapha* joints together various structures of the body and the joints. It promotes healing, immunity and tissue-building within the body. *Kapha* provides stability, physical strength and sturdiness to one's body.

### **The Dosha - Element - Finger Relationship**

Remember the finger-element relationship image I showed you earlier? That comes into play now...

# *Vata Dosha* – Air Element + Space/vacuum Element

Thus the levels of 'Vata' in your body can be very easily manipulated/changed/regulated by using your index finger, middle finger and Thumb.

# *Pitta Dosha* – Fire Element + Water Element

The levels of 'Pitta' in your body can be regulated by using your small finger and Thumb.

# *Kapha Dosha* – Water Element + Earth Element

The levels of 'Kapha' in your body can be regulated by using your small finger and ring finger.

The Mudra healing technique is based on understanding the imbalances in your dosha's which are the underlying cause of your disease and then regulating and balancing your dosha's through simple hand gestures and curing you without any external medication.

## Fingers – Control Knobs of Your Health

Mudras are broadly classified into two types;

#1 ( असंयुक्त ) *Asanyukt Mudra* – Mudra performed on each hand individually, e.g. Dnyanmudra .

#2 ( संयुक्त ) *Sanyukt Mudra* – Mudra performed by using both the hands, e.g. Dhenumudra .

But, this is the external physical aspect of these Mudras, let's now see how our fingers act as 3 Mode control knobs for inducing good health.

Here's the 'Element – Finger' relationship again;

Thumb – Fire element.

Index finger – Air element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

Mode I-

**Balancing the Element:** when the tip of a finger is touched to the tip of the thumb and pressed slightly, it results in regulating the level of the element associated with that finger in harmony with the other elements.

e.g. In *Dnyanmudra* the tip of the index finger and thumb are touched together, this results in a regulation and balancing of air element in the human body.

Mode II-

**Enhancing the Element:** When the tip of the thumb is touched to the base of a finger and pressed slightly, it results in increasing the level of the element associated with that finger.

e.g. In *Avaahanmudra* the tip of the thumb is touched to the base of the small finger, this results in an increase in the water element of the body, thus curing you of any disease related to deficiency of water element.

Mode III-

**Suppressing the Element:** When a finger is curled down and the nail of that finger is covered by the tip of the thumb or when the tip of the finger touches the base of the thumb and the thumb covers over the back of the finger, it results in reducing the level of the element associated with that finger.

e.g. In *Vaayumudra* the tip of the index finger touches the base of the thumb and the thumb cover over the back of the index finger, this results in a reduction in the air element of the body, thus curing you of any disease related to an increase in air element.

## **Can I perform these Mudras?**

Yes!!! Anyone and everyone can perform these simple hand gestures and benefit from them.

Men-Women, Young-Old, Kids... anyone can perform these Mudras.

There are no exceptions but just precautions –

- a) There are certain Mudras which are off limits for pregnant women. (Which I have mentioned specifically as a note under the description of those Mudras).
- b) People suffering with arthritis will find it difficult to perform these mudras initially and for longer period of time, but they should nevertheless attempt to practice these mudras for a shorter period of time, till they feel comfortable doing them. With time you will see that the regular practice of these mudras you will be able to perform these mudras for their full prescribed time.

## **When and for How long can I perform these Mudras?**

### ***When-***

That is the beauty of Mudra healing, You Can Practice These Mudras Anyplace-Anytime.

- while travelling/commuting
- while watching TV, sitting on your favorite couch
- while reading your favorite book or newspaper or magazine
- while chatting with your friends and family
- while walking your dog
- while you are waiting for someone
- while Meditating

### ***How Long-***

For the basic beginner Mudras there is no specific time limit, but for best results these Mudras should be practiced for at least 35-40 minutes at a stretch.

[Start by practicing these Mudras for 10 minutes each and then gradually increase the time limit till you reach your 40 minutes target.]

For other complex Mudras the time limit varies depending upon the ailment that we are curing and I have duly specified the essential time limit in such cases.

### **What are the other precautions I should take?**

There are no other precautions to be taken, just see to it that you are completely relaxed and are breathing normally when you perform these Mudras.

Don't forget to do some warm up exercises before practicing the Mudras to avoid sore hands afterwards.

## **Warm-Up exercises for preparing your Hands**

Before practicing these Mudras it is best to do some warm up exercises for your palms, to avoid any further inconvenience or any possible discomfort.

### ***Warm up-***

*Step I:* make a fist on both your palms, hold for a few seconds and then release the fist and extend the fingers outwards. Repeat 8-10 times.

*Step II:* Clap lightly for 15-20 seconds without stopping. Repeat 2-3 times.

*Step III:* Rub your palms together for around 40-45 seconds so that they become warm.

Now, you are all set to start practicing these Mudras.



## **11 Basic Mudras for Beginners**

**Attention!!!**

***Read this First***

For the better understanding of the reader, a detail image/sketch has been provided for every mudra along with the method to perform it, but the image given is only of the right hand performing the Mudra.

The Mudras shown in this book are to be performed simultaneously on both your hands for the Mudras to have the maximum healing effect, only exception being the Mudras requiring both your hands to form a Mudra.

## **Mudra #1**

### ***Dnyanamudra / Mudra of Wisdom***



#### **Method:**

Sit in a comfortable position.

Your head, neck and spine should be in straight alignment.

Now, touch the tip of your thumb with the tip of your index finger and press slightly.

Keep all the other fingers straight as shown in the image.

(Thumb represents the fire element while the index finger represents the wind element, this mudra brings together the fire and wind elements.)

#### **Duration:**

No time limit for this Mudra and it can be done at any time you wish.

**Uses:**

Helps in attaining a peaceful mind.

Increases concentration.

Sharpens your brain thus increasing intelligence.

Anxiety, Anger and Laziness just disappear when you perform this Mudra.

Most importantly, this Mudra regulates the hormonal secretion by Pituitary and Pineal glands.

This Mudra is extensively used in curing Insomnia.

In cases of Migraine, Dnyanamudra done together with Praanamudra have proved to be very helpful.

This Mudra should be practiced frequently and for longer durations by anyone who is facing any kind of psychological disorders.

## **Mudra #2**

### ***Akashmudra / Mudra of Sky***



#### **Method:**

Touch the tip of your thumb with the tip of your middle finger.

Keep all the other fingers straight as shown in the image.

(here we bring the fire element and the space element together.)

#### **Duration:**

No time limit for this Mudra and it can be done at any time you wish.

#### **Uses:**

This Mudra is especially useful for people with Heart Disorders.

This Mudra strengthens your Heart.

Performing this Mudra regularly strengthens your bones.

In cases of a locked jaw, this mudra works as a charm.

On an emotional level, this Mudra works as an amazing self-confidence booster.

It helps in strengthening your teeth.

This Mudra should be regularly performed by people with Heart disorders and Bone disorders.

### **Mudra #3**

#### ***Prithvimudra / Mudra of Earth***



#### **Method:**

Touch the tip of your thumb with the tip of your ring finger and press slightly.  
Keep all the other fingers straight as shown in the image.  
(here we bring the fire element and the earth element together.)

#### **Duration:**

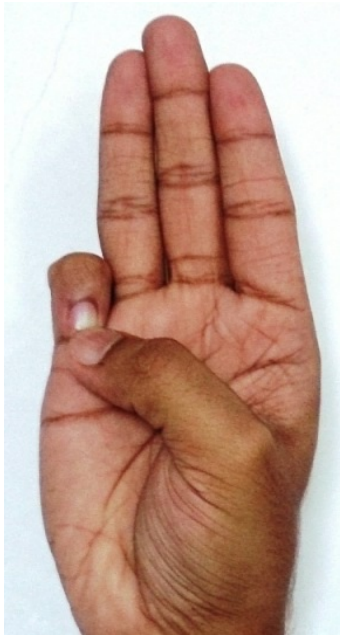
15 to 35 minutes, and it can be done at any time you wish.

#### **Uses:**

Performing this Mudra regularly reduces physical weakness.  
If you want to gain weight this Mudra is for you.  
This Mudra is helpful in improving digestion.  
After doing this Mudra you will feel and look extremely fresh.  
If you are feeling down, this Mudra will elevate your mood.  
With regular practice of this Mudra you will notice a peculiar glow of your skin.  
This Mudra is also believed to channel in positive energy into your body from the earth.

## **Mudra #4**

### ***Varunmudra / Mudra of Rain God***



#### **Method:**

Touch the tip of your thumb with the tip of your small finger (pinkie finger) and press slightly.

Keep all the other fingers straight as shown in the image.

(here we bring the fire element and the water element together, which means we are burning away all the contamination and internal debris induced by the water element.)

#### **Duration:**

15 to 35 minutes and only when you suffer from the ailments which this Mudra cures.

#### **Uses:**

This Mudra is extremely useful when you are suffering from Diarrhea and similar Gastro-intestinal disorders.

Since this Mudra balances the water element in our body, it's a very helpful Mudra in any type of Skin disease.

Also this Mudra reduces swelling of the intestine.

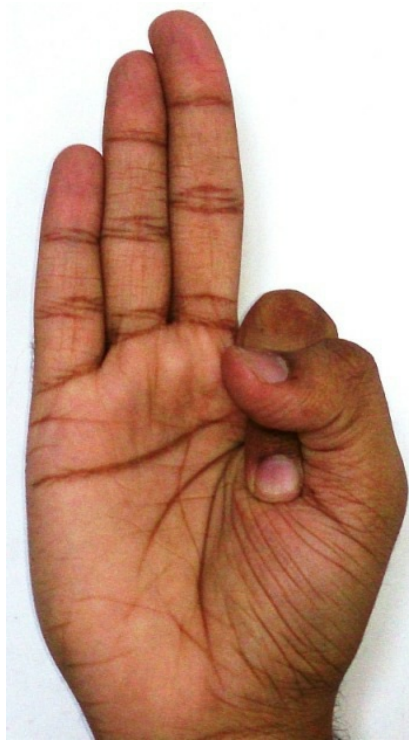
If you feel any kind of itching on the skin, this Mudra will cure it.

This Mudra helps in relieving strained Muscles.

This Mudra is also called as 'Preserver of Youth'.

## **Mudra #5**

### ***Vaayumudra / Mudra of Air***



#### **Method:**

Touch the base of your thumb with the tip of your index finger as shown in the image.

Slightly press your thumb on the bent index finger.

Keep all the other fingers straight as shown in the image.

(here the fire element presses the wind element)

#### **Duration:**

For 15 minutes, 3 times a day.

The duration can be increased to 30 - 35 minutes depending upon the seriousness of the ailment.

#### **Uses:**

This Mudra helps in reducing the increased wind element.

Helps in trembling and shivers.

Helps in arthritis and joint pains.

This Mudra strengthens your Spinal cord.

Helps in maintaining a proper Blood Flow.

Helps in reducing gases.

On an emotional level, this Mudra increases concentration.

#### **Note:**



Performing a '*Pranamudra*' after the '*Vaayumudra*' enhances its effects.

## **Mudra #6**

### ***Shunyamudra / The Mudra of Zero***



#### **Method:**

Touch the base of your thumb with the tip of your middle finger as shown in the image.

Slightly press your thumb on the bent middle finger.

Keep all the other fingers straight as shown in the image.

(here the fire element presses the space element)

#### **Duration:**

Performing this Mudra for 1 hr. each day yields best results.

#### **Uses:**

This Mudra works like a charm in any kind of ear disorder.

This Mudra has the power to reduce post birth deafness.

This Mudra strengthens the bones.

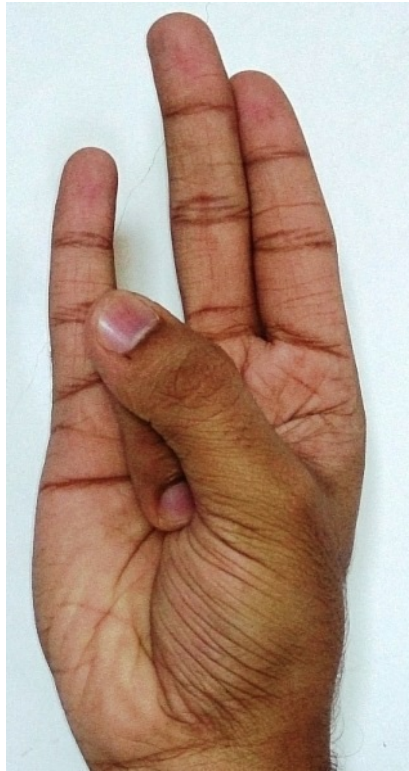
This Mudra strengthens the gums.

This Mudra is also useful in Thyroid disorders.

#### **Note:**

DO NOT PERFORM THIS MUDRA IF YOU DO NOT HAVE ANY OF THE ABOVE LISTED DISORDERS.

**Mudra #7**  
***Suryamudra / Mudra of Sun***



**Method:**

Touch the base of your thumb with the tip of your ring finger as shown in the image.

Slightly press your thumb on the bent ring finger.

Keep all the other fingers straight as shown in the image.

(here the fire element and the earth element are brought together, it also means we are burning all the contamination induced by the earth element)

**Duration:**

15 minutes in the morning and 15 minutes in the evening, daily, for best results.

**Uses:**

This Mudra is very helpful in maintaining weight and size. If you want to keep your weight in check and maintained do this Mudra regularly.

This Mudra helps improve digestion.

It helps in reducing Cholesterol.

This Mudra is especially useful for people suffering with **DIABETES**, since this Mudra helps in keeping our pancreas healthy.

Also, this Mudra was found helpful in sharpening brain functions in a recent study.

**Note:**

An underweight and physically weak person should not practice this Mudra; also, prefer not to do this Mudra when

temperatures are very high.

### **Aren't these Mudras Amazing?**

I am sure that after practicing these first few Mudras, you are actually feeling your energy levels rise up and the energy being re-organized within your body.

Tell your friends and family about this ancient Indian self-healing technique.

Just [click here to tweet about it](#).

Here's what your tweet will look like after clicking the above link:

*“came across these ancient Indian technique of self-healing through simple hand gestures, check it out, its FREE [link to book]”*

*(Flip the page to see the next Mudra)*

## **Mudra #8**

### ***Rukshamudra / Dry Mudra***



#### **Method:**

Try to touch the base of your thumb with the tip of your small finger as shown in the image.

Slightly press your thumb on the bent small finger.

Keep all the other fingers straight as shown in the image.

#### **Duration:**

No specified duration.

#### **Uses:**

This Mudra is useful for people to sweat a lot, this mudra helps the body to retain water.

This Mudra is an instant cure in cases of facial oedema.

There are no other specific uses of this Mudra. It is found that, if you have to pee but for some reason you can't go, performing this Mudra will reduce the bladder pressure and you can hold it in for a bit longer.

## **Mudra #9**

### ***Praanamudra / Mudra of Life***



#### **Method:**

This Mudra is to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your hands on your thighs with your palms facing upwards.

Touch the tip of your Thumb with the tip of your Ring finger and the tip of your Little finger.

Keep the index finger and the Middle finger straight as shown in the image.

#### **Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

#### **Uses:**

This Mudra when performed regularly increase our physical and mental capability.

It keep a positive stream of energy flowing through you throughout the day.

This Mudra helps regulate and ease blood flow in the body.

It is very helpful in strengthening the eyes.

It instantly relieves strained muscles.

Whenever you feel tired, practice this Mudra for 10-15 minutes, you will feel a surge of energy flowing through you.

**\*Note:**

The Pranamudra is also called as the 'trigger mudra' since, when performed regularly it activates our bodies capability of self-healing



## **Mudra #10**

### *Ushakaalmudra / Mudra of Morning*



#### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Clasp both your hands together as shown in the image.

Please note that the left index finger is on top of the right index finger.

Now, bring the tips of the Index finger and Thumb of the respective hands closer, but do not let them touch, simply form an open circle.

#### **Duration:**

This mudra should be performed for 5-10 minutes.

#### **Uses:**

This is an extremely useful Mudra if you want to make a habit for waking up early for exercise and workout.

This mudra awakens the body and mind in morning hours.

#### **\*\*NOTE**

Its name literally means 'The Mudra of the Morning'; it's a Mudra which induces alertness and vitality. It is advised that this Mudra should be practiced daily when you wake up. Make a habit of performing this as a ritual when you awaken from your sleep.

**\*\*\*Important**

Best results are achieved when this Mudra is performed facing the rising sun.

When you will perform this Mudra in the morning for the first time, you will feel an instant alertness induced as if you have just had a cup of espresso, this Mudra is that effective.

## **Mudra #11**

### *Anjalimudra / Mudra of Prayer*



#### **Method:**

This Mudra has to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Bring together both the palms like the Indian 'Namaste' gesture. (Refer the image)

Keep your palms in front of your chest.

The fingers must be touching each other, but there should be some hollow space between your palms.

#### **Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

**Uses:**

This Mudra symbolizes a harmony between all the five elements and thus is referred to as the Mudra for inducing physical and emotional stability.

If you feel agitated, perform this Mudra, it will calm you down quickly.

This Mudra also denotes the unification of the human form with the divine one, hence this mudra is practiced while praying.

## **Beware of the Scammers!!!**

Hi,

Advait here,

I am the author of this book and the subsequent series of 10 books on using 'Mudras' for health and healing [ranging from using 'Mudras for Weight Loss', 'Mudras for Awakening Chakras' to 'Mudras for a Strong Heart' & 'Mudras for Preventing and Curing Cancer' etc.]

I have published all those books between August 2014 and November 2014.

But, in past few months, i.e. since Jan. & Feb. 2015, I have noticed that a few scammers have taken my books, changed the wordings somewhat, shuffled the suggested Mudras and have created a lot of Copy-Cat fake books. (All those books even have same names as my books)

In many of these scam-books the authors don't even provide you images of the Mudras, and in many other books they have suggested irrelevant Mudras, which are even harmful for the conditions that they are suggested for.

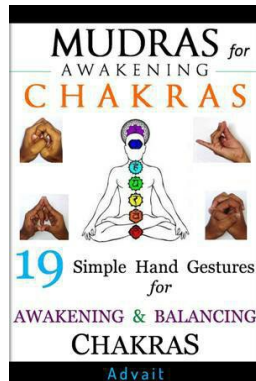
An easy way to spot these scam-books is their negligible page count (they usually boast of teaching you 23-25 Mudras and their page count is only around 35-40 pgs.). Please stay away from these fake books as following their instructions could really prove to be harmful.

While preparing my books, I have keenly studied 7-8 Vedic Classics ('*Mudra Tattva Vigyan*' being one of them and it is considered the best Sanskrit work on Mudras) and have carefully compiled only the referred and prescribed Mudras for curing specific ailments, nothing more...nothing less.

I am providing the links to all my other books on Mudras here;

## My Other Books on Mudras

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening & Balancing Your Chakras

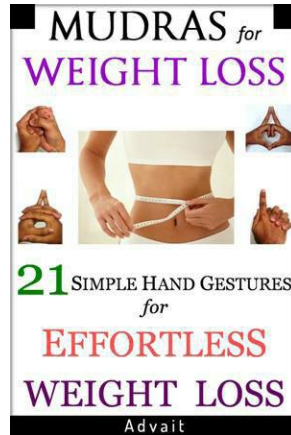


<http://www.amazon.com/dp/B00P82COAY>

[#1 Bestseller in 'Yoga']

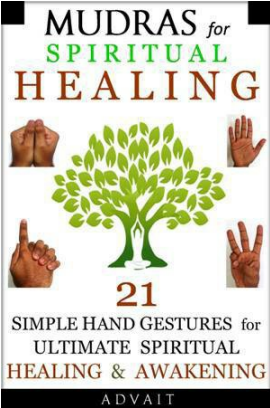
[#1 Bestseller in 'Chakras']

Mudras for Weight Loss: 21 Simple Hand Gestures for Effortless Weight Loss



<http://www.amazon.com/dp/B00P3ZPSEK>

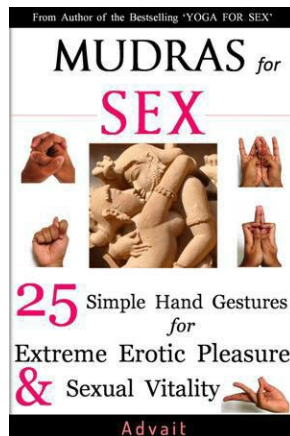
Mudras for Spiritual Healing: 21 Simple Hand Gestures for Ultimate Spiritual Healing & Awakening



<http://www.amazon.com/dp/B00PFYZLQO>

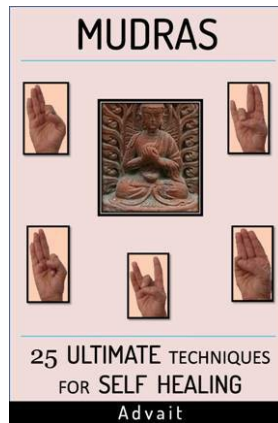


Mudras for Sex: 25 Simple Hand Gestures for Extreme Erotic Pleasure & Sexual Vitality



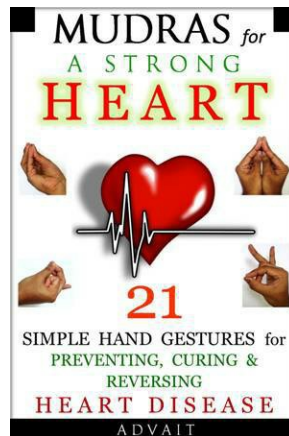
<http://www.amazon.com/dp/B00OJR1DRY>

Mudras: 25 Ultimate techniques for Self Healing



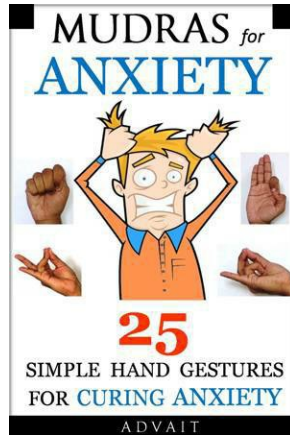
<http://www.amazon.com/dp/B00MMPB5CI>

Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease



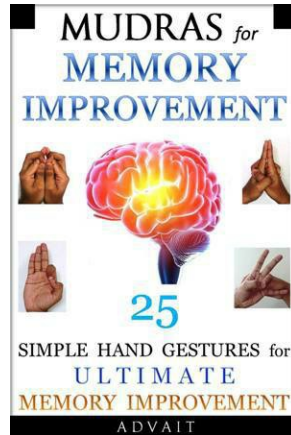
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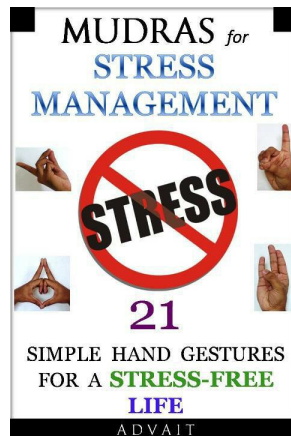
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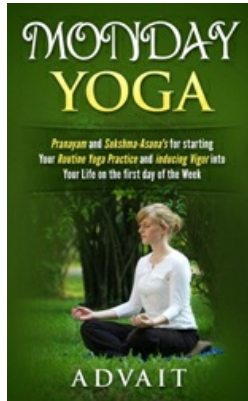
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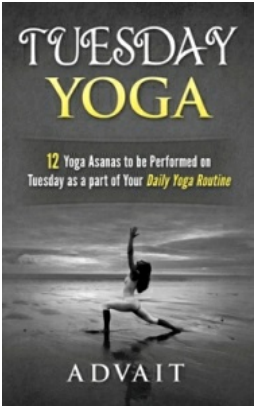
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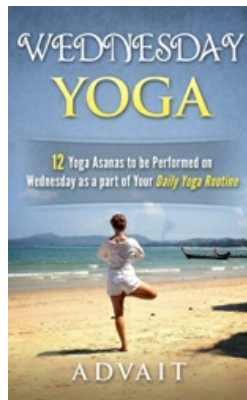
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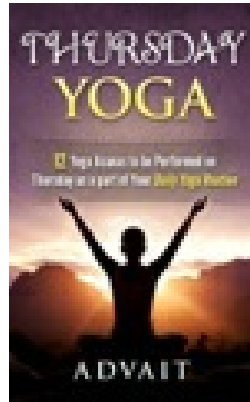
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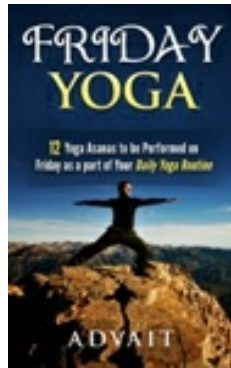
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**Book Excerpt**

# EASY YOGA

Your Ultimate Beginners Guide To  
Understanding Yoga and Leading A Disease-Free  
Life through Routine Yoga Practice



ADVAIT



# **‘Easy Yoga’**

*Your Ultimate Beginners Guide to Understanding Yoga and Leading a Disease-Free Life through Routine Yoga Practice*

**Advait**

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## The True Meaning of Yoga

There is a common and popular belief that 'Yoga' is an Indian ritual which is all about performing difficult physical exercises for maintaining health and curing diseases.

This is a MYTH!!

Actually, Sound Health is a side-effect of Yoga.

Surprising!!! But true.

The word 'Yoga' literally means *to unite ourselves with our higher self* - an entirely meta-physical objective which can be achieved through a Discipline of Physical exercises (Asana's) coupled with Meditation exercises (*Dhyana*) and Breathing exercises (Pranayam). When we perform those exercises we get in shape and achieve good health.

Yoga is not something to be performed or practiced, it is to be achieved.

Yoga is the destination and the path to it is through a disciplined practice of physical exercises, meditation and breathing exercises.

*Maharshi Patanjali*, in his revolutionary work '*Paatanjal YogaSutra*' prescribes an eight-fold path to achieve Yoga, known as *Ashtang Yoga*.

[ '*Paatanjal YogaSutra*' is considered to be the most comprehensive book on Yoga and it forms the basis and reference of all the Yoga methodologies practiced throughout the world today.]

The Ashtang Yoga [eight-fold path to yoga], given by Maharshi Patanjali is as follows:

### **Yama**

*The moral virtues that one should possess as they are considered to be essential for one's initiation on the path to yoga.*

### **Niyama**

*It involves being knowledgeable and aware about your surroundings and then studying your-self to form an essential discipline which you would adhere to.*

### **Asana**

*Understanding and Performing the required physical exercises, this is the core of your yoga practice.*

### **Pranayam**

*It is all about breath control, which enhances the life energy which governs the existence of a being and balances the mental energy.*

### **Pratyahar**

*Sensory inhibitions which internalize the consciousness and prepare your mind to take action.*

### **Dharana**

*It involves inculcating an extended mental focus to concentrate on only those things that are essential.*

### **Dhyana**

*It involves meditation, paying attention to your breathing and thus focusing only on yourself.*

### **Samadhi**

*Becoming one with the object of your contemplation and experiencing spiritual liberation.*

Yama and Niyama are essential for inculcating the needed discipline and establish a strict routine.

Asana is the crucial physical part, which subjects your body to essential physical movements through different exercises.

Pranayam and Pratyahar are needed to guide us through the various breathing exercises and for making us aware of the internal spiritual changes as we ascend along the path to Yoga.

Dharana and Dhyana stages prepare us mentally and spiritually to concentrate inwards by using various meditation exercises.

Samadhi is the culmination stage where one achieves Yoga.

## **A Brief History of Yoga**

Before going any further let's look back at where it all began.

To tell you the truth.... No one knows!!

The foundation of Yoga as a science is attributed to *Maharshi Patanjali* who lived in India in 3<sup>rd</sup> Century B.C.

But, archeological excavations in the Indus Valley civilization sites have unearthed sculptures and idols depicting various Asana's (physical exercise positions) suggested in Yoga and these idols date back to around 3000 years B.C.

Also, information about various aspects of Yoga can be found in Vedic texts like; Shwetashwaturpanishad,

Chaandogyopanishad,

Kaushitki Upanishad,

Maitri Upanishad etc.

This information was scattered all over and Maharshi Patanjali, compiled these nuggets into a streamlined and strict science of Yoga or should I say he compiled this scattered information into a way of life called *Yoga* through his work 'Paatanjal YogaSutra'

After Maharshi Patanjali,

Maharshi Swatwaram wrote 'Hatapradipika' (meaning - One Which Illuminates the Path of Hatha Yoga , i.e. the physical aspect of Yoga) in the 13<sup>th</sup> Century A.D.

And, Maharshi Gherand wrote 'Gherandsanhita' around the same time.

Almost all the Yoga methodologies practiced world-over today regard Maharshi Patanjali's work as their reference.

## **Importance of a *Yoga Routine***

I like to keep all my books absolutely fluff free and concise. I promise you, this book will be no different.

I will not waste 10 pages in convincing you about how amazing Yoga is and how you can benefit from practicing it. But, I will tell you this...

*If you want to live at least a **100 years of disease-free life** and want the same for your loved ones, the only thing that can guarantee it is a *Yoga Routine*.*

Many western scholars claim that Ancient Indian Seer's (Maharshi's) had a life span of well over a century and they attribute this longevity to a regular practice of Yoga by these Maharshi's.

For e.g.: Maharshi Vyaas, is attributed to compiling and categorizing the scattered Vedic Knowledge and Wisdom into the four Veda's (that's the reason why is also called as Maharshi Ved Vyaas), he is also attributed for writing 'Mahabharata' (mind you, the 'Bhagavad Gita' is but a small part of Mahabharata) and numerous other works, and many scholars and historians have concluded that it is not possible to do all this in an average life span of 60-70 years, so he had to have lived well over a century.

Such similar comparisons can also be drawn true to numerous other Philosophers, Thinkers and Acharya's of Vedic India.

The bottom-line is, a well established, sincere and disciplined *Yoga Routine* is the best medical insurance you can have for yourself and your family.

## Types of Yoga Exercises

It is impossible to make a general classification of Yoga Asana's (exercises), as each Asana can be classified into multiple sub-categories, for e.g.;

A. Asana's can be classified depending upon whether you hold your breath in while performing the exercise, you exhale and perform the exercise or you maintain your normal rate of breathing.

B. Asana's can be classified depending upon whether you perform it standing, sitting or lying down on the mat.

C. Asana's can also be classified depending upon the parts of the body being extended and stretched.

For our ease and understanding, in this book and in the subsequent 'Yoga Routine' series, we broadly classify Asana's into Three (3) categories:

### I. Dhyanasana's:

Asana's which don't involve much physical movement, but focus more on mental focus and concentration, with a hint of meditation, viz. *Swastikasan*.

### II. Vyayamasana's: (vyayam = physical exercise)

Asana's which mainly focus on physical movements and stretching, viz. *Taulasan*.

### III. Vishrantiasana's: (Vishranti = Rest/Relaxation)

Asana's which are used to relax and rest your body after performing physical Asana's, viz. *Shavasan*.

## Some Essential Precautions

Here are some precautions and rules you need to follow if you wish to achieve best results;

1. Yoga is very helpful if done in the Morning and on an empty stomach (don't eat anything, you can drink water). If you cannot make time in the morning, you can practice it in the evening but make sure that you practice it after 4 to 4 ½ Hrs. of having your meals.
2. When you get up in the morning , have a glass of water, visit the toilet (what I mean is, take a poop), take a shower and then do Yoga, as water will rejuvenate your system and taking a shower will warm up your body for the exercises you are about to perform.
3. Understand this; You are the only essential for Yoga and not your clothes. I find all the recent 'yoga attire' fad to be pointless. All you need is a simple mat to sit on, A Pajama and a loose T-shirt which don't restrict your movements while you perform the Asana's.
4. Take your time while performing the Asana's, don't hurry through the exercises as if you are on a deadline. Remember, 'Yoga is for You...You are not for Yoga'. If you find yourself short on time, don't perform all the listed exercises in a hurry, practice only a few that you can in that short time, but slowly and steadily.
5. Don't let your mind wander off while doing the Asana's, concentrate on your movements instead. A very easy trick is to concentrate on your breathing.
6. Women should not perform Yoga during menstruation.
7. A pregnant woman should not practice the Asana's from the 4<sup>th</sup> Month of her pregnancy.
8. Avoid performing Asana's back to back in quick succession, rest for at least 5-6 seconds between two Asana's.
9. After your Yoga session, do not eat or drink anything for at least 25 to 30 min.
10. If you have had a bone broken in the past and now its mended, still, don't submit that appendage to too much strain while performing an Asana.
11. Commit to routine practice of Yoga, make it a way of life.

## Warm-up Exercises before you Begin

Like any other exercise, warming up before performing Yoga exercises (Asana's) is very important as it conditions your body to get used to the physical movements and stretching movements without bruising or hurting a muscle.

Look at the warm-up as an essential catalyst which enables your body to extract the full benefits of an Asana.

### Warm-Up Exercise #1

*Heel Raise:*



Stand straight/erect, without slouching.

Your feet should be close together.

Raise your body up on your toes (you can support yourself by holding on to a support).

Hold the position for 4-5 seconds and then slowly return to your original standing position.

Repeat it 7-8 times.



## Warm-Up Exercise #2

*Reverse Arch:*



Stand straight/erect, without slouching.

Your feet should be around 1 foot apart.

Keep both your hands on your hips with your fingers pointing downwards.

Bend backwards at the waist, supporting your lower back with your hands.

(bend backwards as much as you can without hurting yourself)

Hold the position for 4-5 seconds and then slowly return to your original standing position.

Repeat it 5-6 times.

### Warm-Up Exercise #3

*Leg Raise:*



Lie on your back.

Keep one leg straight and the other bent at the knee.

Now slowly lift the straight leg up to a height of 10-12 inches from the ground and hold it there for 3-4 seconds.

Slowly take the raised leg down and repeat with the other leg.

This way, raise both the legs 7-8 times.

#### Warm-Up Exercise #4

*Stretching Hamstring:*



Lie on your back.

Keep one leg straight and the other bent at the knee.

Put your hands around the upper part of the bent leg. (refer image)

Slowly straighten the leg until you feel a stretch in the back of the upper leg and hold it for 3-4 seconds.

Slowly take the raised leg down and repeat with the other leg.

This way, raise both the legs 7-8 times.

## Warm-Up Exercise #5

### *Single Knee Pull:*



Lie on your back.

Keep one leg straight and the other bent at the knee.

Put your hands around the upper part of the bent leg. (refer image)

Now holding your thigh behind the knee, pull your knee up to your chest and hold for 3-4 seconds.

Slowly take the raised leg down and repeat with the other leg.

This way, raise both the legs 7-8 times.

## Warm-Up Exercise #6

### *Double Knee Pull:*



Lie on your back.

Keep both your legs bent at the knee.

Put your hands around the upper part of the bent legs. (refer image)

Now holding your thighs behind the knees, pull your knees up to your chest and hold for 3-4 seconds.

Slowly take the raised legs down.

Repeat for 7-8 times.

## Warm-Up Exercise #7

*Hip Roll:*



Lie on your back.

Keep both your legs bent at the knee.

Cross your arms over your chest.

Now, turn your head to the left while turning your knees to the right.

Invert and repeat.

## **10 Basic *Yoga Asana*'s to get You started on the Path to Yoga**

## Yoga Asana #1

### *Swastikasan/Asana of Swastika*

The Sanskrit word *Swastika* means pious. (do not confuse a swastika with the 'nazi symbol' which is an 'inverted' swastik)



#### **Method:**

Sit comfortably on the mat.

Sit straight, with your spine erect. Do not slouch over.

Now fold your legs in such a way that the toes of your right foot are pressed between the thigh and calf muscle of the left leg and the toes of your left foot are pressed between the thigh and calf muscle of the right leg. (refer image)

Rest your hands on your knees, with your palms facing upwards.

Touch the tip of the index finger to the tip of the thumb on both your hands. (this hand gesture is called a 'Dnyanmudra')

Keep breathing slowly and comfortably while you perform this Asana.

#### **Duration:**

This Asana (position) should be held for 2-3 minutes.

Repeat at least 3 times for best results.

#### **Uses:**

-This Asana enhances mental strength

-It helps in calming down your mind.

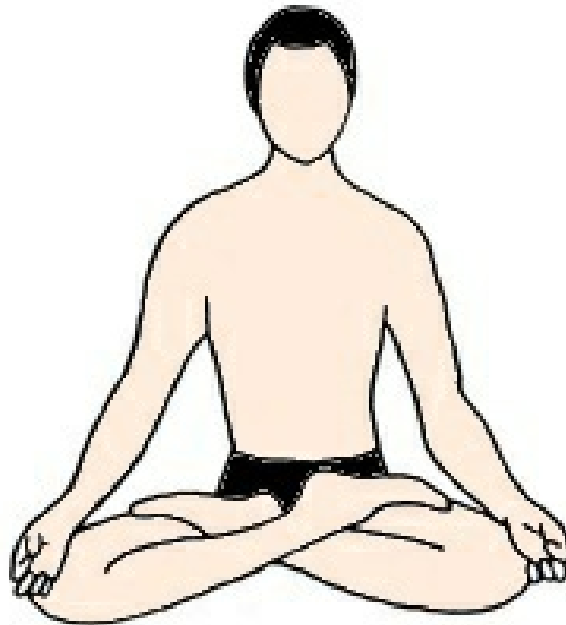
-It strengthens your nervous system.

-On the physical front, This Asana helps in keeping Diabetes under control.

-It also strengthens the Pancreas.



**Yoga Asana #2**  
*Padmasan/ Asana of Lotus*



**Method:**

Sit comfortably on the mat with your legs stretched out front.

Now, fold your right leg and place the foot on your left thigh with the base of the right foot (palm of the foot) facing upwards. (refer the image)

Then, fold your left leg and place the foot on your right thigh with the base of the left foot (palm of the foot) facing upwards.

The heel of both your feet should be touching the base of the opposite thighs.

Rest your hands on your knees, with your palms facing upwards.

Touch the tip of the Index finger to the tip of the Thumb on both your hands.

Keep breathing slowly and comfortably while you perform this Asana.

(You will feel some pain when you are just starting out but with 4-5 days of regular practice, you should feel no discomfort.)

**Duration:**

When you perform this Asana for the first few days, do it only for 8-10 seconds at a stretch. But, with practice you'll feel more supple and flexible and then perform it for 1-2 minutes at a stretch.

**Uses:**

- It works miraculously well in treating Arthritis.
- It enhances your digestive capabilities.
- It cures any stomach aches you have and increase hunger.
- It strengthens your heart.

-It imparts flexibility to all the organs below the waistline.

-Regular practice of this Asana induces mental & spiritual calmness.

### Yoga Asana #3

#### *Taulasan/Asana of Scales*



#### **Method:**

Sit comfortably on the mat with your legs stretched out front.

Now, fold your right leg and place the foot on your left thigh with the base of the right foot (palm of the foot) facing upwards. (refer the image)

Then, fold your left leg and place the foot on your right thigh with the base of the left foot (palm of the foot) facing upwards.

The heel of both your feet should be touching the base of the opposite thighs.

Keep both of your hands on the ground with your palms facing down.

Take a deep breath and don't exhale. (*Kumbhak*)

Now raise yourself up from the ground by putting all your weight on your hands. (refer image)

Hold this position for 3-4 seconds, then return to the normal position and exhale out slowly.

#### **Duration:**

This Asana takes 10-12 seconds to perform and you can repeat it 4-5 times.

#### **Uses:**

-This Asana strengthens your arms.

-It is very effective in curing back pain and shoulder pain.

-This is a very effective Asana for who those need to continuously type something sitting at their desk in their line of work. (writers, data -entry professionals etc.)

**Yoga Asana #4**  
***Parvatasan/Asana of Mountain***



**Method:**

Sit comfortably on the mat with your legs stretched out front.

Now, fold your right leg and place the foot on your left thigh with the base of the right foot (palm of the foot) facing upwards. (refer the image)

Then, fold your left leg and place the foot on your right thigh with the base of the left foot (palm of the foot) facing upwards.

The heel of both your feet should be touching the base of the opposite thighs. (This is how you sit in *Padmasana*)

Now raise your hands up above your head and bring your palms together form a *Namaste* gesture (refer the image).  
[Namaste – Indian form of Salutation]

Extend your arms up, as much as you can without breaking the contact between your palms.

Take a deep breath, keep the air in for a few seconds and then exhale slowly. Bring your hands down and be in the original position.

All the while keep your body straight and aligned.

**Duration:**

This Asana takes 10-52 seconds to perform and you can repeat it 5-6 times.

**Uses:**

-This Asana strengthens the Muscles of your chest, abdomen and upper back.

- It is very helpful in strengthening the spinal chord.
- It's regular practice enhances one's digestive capabilities.
- It keeps your nervous system healthy.
- It is also found to be very helpful in healing stomach aches.

[End of Excerpt]

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