



APANA VAYU MUDRATHERAPY FOR HYPERTENSION

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Guide

KEYWORDS :

INTRODUCTION:

Mudra science is an ancient science that originated in India and involves hand gestures, which connects certain energy-flows in mind-body system.¹ A mudra is a symbolic, it involves the entire body, doing mudras, subtle hand and finger movements make important connections in the nervous system and stimulate specific energy pathway. Mudras have potential benefits for physical, mental and emotional well-being.² The meaning of mudra is the expression of internal feelings by way of different postures of fingers, palms, hands, feet and body.³

Health benefits can be achieved by incorporating some yoga mudras into your routine – like **Apana Vayu Mudra** or **Hridaya Mudra**. Being a lifesaver, it is also called as **Mritsanjeevani Mudra** or **Gesture of The Heart**. Regular practice of this mudra makes the chances of a heart attack negligible if there is no normal heart disease or blood flow in the arteries of the heart.

Apana Vayu Mudra is made up of two Mudras, one is Vayu mudra which helps us in reducing the increased gas of the stomach. And the second is the Apana mudra that keeps our heart right. And this mudra also increases digestive power. Therefore, it is also known as Heart mudra.³

SCIENCE OF MUDRA:

- The principle of mudras is that the transfer of energy takes place from higher level to the lower level. This law is applicable in thermodynamics, electricity, electro statistics, magnetism, atomic and nuclear bonding.³
- The yoga and Ayurveda philosophy believes that human body is composed of five elements- fire, air, water, space and earth. If these elements remain in balance, a person enjoys a healthy, disease free life. Any imbalance in one or more of these elements brings illness and diseases.²

FIVE FINGERS REPRESENT FIVE ELEMENTS

According to the basic principles of yoga. Human body is composed of five elements – fire, air, water, space and earth. These elements are represented by the fingers of our hands as below fig.1



Fig.1

Yoga mudra believes that the imbalance in one or more of these elements is the root of all diseases. The fingers of our hands are essentially live wires of electric current. When one or more of the fingers meets the thumb, an electric circuit completes and the current flows through the body to balance the elements denoted by those fingers. Hence, yoga mudras can be considered as locks that guide the flow of energy through the body to balance the vital body elements.⁴

APANA VAYU MUDRA FOR HYPERTENSION:

Apana Vayu mudra is a therapeutic mudra, mainly helps in healing heart-related diseases. Apana Vayu mudra includes gesture of the thumb, middle finger, ring finger, and index finger. This mudra increases the earth element with the fire element and decreases the air element in the body.² This balance of element helps to clean the body and supply more oxygen to the heart. As a result, this increases the strength of our heart. We fold the index finger in this mudra which reduces the excess of air element in the body.³

APANA VAYU MUDRA:

To perform this mudra, you need to join the tip of the thumb with the tip of the middle finger and ring finger. After that touch the tip of the index finger at the baseline of the thumb.

STEPS TO PERFORM APANA VAYU MUDRA

• At first, sit in a yoga asana such as Padmasana, Sukhasana, or Vajrasana. Make yourself relaxed. Be comfortable with the asana.

• Now, close your eyes, take a couple of deep breaths. This will regulate the flow of prana to your heart and mind. This will help you in better relaxation.⁵

FINGER ARRANGEMENT IN APANA VAYU MUDRA:

- Firstly, join the tip of the middle finger and ring finger, with the tip of the thumb.
- Secondly, bend the index finger towards the thumb and touch the base of the thumb with the tip of the index finger.⁶ fig.2
- Leave the little finger extended as much as possible.
- Do the same arrangement with both hands simultaneously.
- Now, without disturbing the finger arrangement, place both hands on your upper thighs.⁸

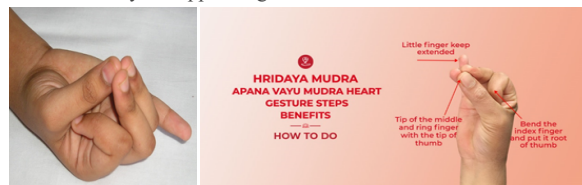


Fig 2

TIME AND DURATION

A fresh mind is always best for any yoga practice. Thus, morning time is the best time to perform this mudra. If you are unable to do this exercise in the morning, still you can do it in the evening.

Research says, for the best results, we should perform a mudra for more than 20 minutes. In the case of Apana Vayu mudra, you should go for a 15-20-minute session. Still, it depends on you to do it in a single stretch of 30-40 minutes, or two-three stretches of 10-15 minutes.⁷

PRECAUTIONS

While performing this mudra, you need to take some precautions for better results.

If you are wearing a watch or bracelet, remove it. Make yourself as light as possible.

- Don't wear too tight or too loose clothes. This might make you uncomfortable.
- Try to perform it in a quiet place, to prevent disturbance and interruption.
- Don't force your fingers for any action. Touch them gently and lightly.²

BENEFITS OF APANA VAYU MUDRA

Apana Vayu Mudra has many benefits in our body, especially in cardiovascular health.

PREVENTS HEART DISORDERS CURES SHRINKING OF HEART ARTERIES

When there is an excess of air element in the body, the walls of the arteries become thick and hard (arteriosclerosis). This shrinks the heart arteries. This mudra balances the excess of the air element. As a result, the walls of the arteries become normal. Thus, this mudra helps to cure the shrinking of heart arteries.

Besides, Apana Vayu mudra clears the blockage in the heart arteries. Therefore, it also cures fast heartbeats, chest pain, and irregular blood pressure. It is also helpful in curing heartburn.²

BENEFICIAL IN REDUCING THE EFFECT OF HEART ATTACKS

In the time of the heart attack, this mudra is supposed to have a quicker effect than a Sorbitrate tablet (a medicine used immediately after a heart attack).

In case of a heart attack, it might take you a little time to eat the Sorbitrate tablet, but one can perform this mudra within 1-2 seconds. It reduces the damages of the heart attack and allows the victim to arrive hospital safely. Research says the regular practice of Apana Vayu Mudra keeps you away from heart attacks and strokes⁴

REDUCE THE INCREASED BLOOD PRESSURE.

- This mudra reduces air element from the body to treat arteriosclerosis – it is a health condition that causes hardening and narrowing of blood vessels to obstruct blood flow to the heart.
- It increases the fire(heat) element in the body to stimulate the blood circulation process, also, the increased heat would aid in blood purification
- It increases the space element to provide more oxygen to the blood. the oxygen-rich blood would improve breathability and related heart tissues.
- It increases the earth element to strengthen the heart muscles. Chronic high blood pressure can seriously damage the heart muscles to further complicate the things.
- Along with this, this mudra helps to relieve anxiety and negative emotions.⁷

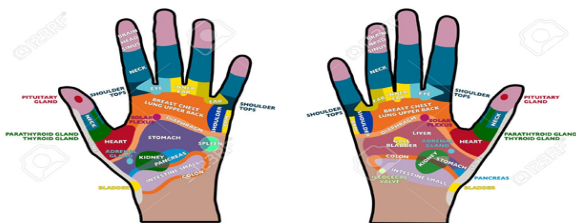


Fig 3

IMPROVES DIGESTION

Also, this mudra cures the problem of gastric, eructation and bloating, which is caused by the excess of air element in the body.⁹

PREVENTS RESPIRATION-RELATED PROBLEMS.

If you have respiration-related problems like difficulty in breathing while walking fast, running, climbing in stairs, suffocation problems, Apana Vayu mudra is like a boon for you. This mudra improves lung function, thus, helps to cure such problems.

In conclusion, heart attacks and heart problems are not good signs. These signs are the result of our lifestyle and habits. These signs are an indication that you should change your

lifestyle and habits.

CONCLUSION:

The various types of yoga mudra may be practiced anytime, anywhere – in the bus, train, car, office or at home. It is suggested by experts that the Apana Vayu mudra applied tension to the nerves or the neural which form the psycho-neural circuits and it helps in balancing the five basic elements and reduce cough, cold, air pathways congestive and bronchial infection. It also balancing of the tension, and redirection of the internal energy effects the changes in veins, tendons, glands and sensory organs, to bring the body back to healthy state.⁷

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