



A Literature review on Yoga Muthiraigal in Siddha system of medicine .

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ABSTRACT

A Mudra is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism. Mudra means “seal,” “gesture,” or “mark.” Yoga mudras are symbolic gestures often practiced with the hands and fingers. They facilitate the flow of energy in the subtle body and enhance one’s journey within. . The yoga mudras are diverse in the part of the body involved, older tantric.hatha yogic mudras are generally Internal action. A Mudra awakens Kundalini,it is set in motion through the practice.

To document the yoga muthiraigal from various textbooks of Siddha yoga and standard search Engines. To compile and document the evidences of yoga muthiraigal in siddha literatures.

Literature review was conducted with the descriptive design from library of Government Siddha Medical College, Palayamkottai. In Siddha system of medicine yogam forms an important part. Yoga is a practice of physical,mental and spiritual well being. It's also includes important of mudras.

Keywords:

Siddha medicine, Yoga medicine, Yoga science

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INTRODUCTION

In Siddha system of medicine yogam forms an important part. Yoga is a practice of physical, mental and spiritual well being. It's also includes important of mudras

The origin of mudra is a mystery, mudras are not only found in Asia but they are also used through out the entire world. In India, mudras are an established component of all religious activities. The various and hastas (arm poses) are significant in the depiction of Hindu gods. In addition to body postures and attributes, they also represent the distinguishing characteristic of various deities. The best known mudras of the major gods Brahma (creator), Vishnu (preserver) and Shiva (destroyer)

Mudra means "seal," "gesture," or "mark." Yoga mudras are symbolic gestures often practiced with the hands and fingers. They facilitate the flow of energy in the subtle body and enhance one's journey within.

A Mudra is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism. Our hands define our karma and fingers being the power points, are a link between individual Pranic force and universal cosmic energy.

Our body is a mini world made of five elements, Agni (Fire), Vayu (Air), Akasha (Aether), Bhumi (Earth) and Jala (Water); and when there is disturbance in these elements, it can lead to an imbalanced mind and cause our body to suffer from diseases.

While it can be restored with the physical postures, drawn to bring awareness to the body and mind, there is more in all yoga styles that can help us balance all these elements within ourselves. Such is the case of the Mudras.

Mudra may involve the whole body or could be a simple hand position. Mudras used in combination with yoga breathing exercises enliven the flow of prana in the body, thereby energizing different parts of the body. The yoga mudras are diverse in the part of the body involved, older tantric. hatha yogic mudras are generally Internal action. A Mudra awakens Kundalini, it is set in motion through the practice.

In Hatha yoga, mudras are used in conjunction with pranayama, generally while in a seated posture, to stimulate different parts of the body involved with breathing or consciousness.

TERMINOLOGIES WITH SPECIFIC INDICATIONS

YOGAMUDRA - FOR KUNDALINI YOGA:

Sit on the padmasana, throw your hands behind your back and hold the other ankle with one finger. Thus bend the front as you hold the back and place it on top of the rug. In this condition the cock can breathe. In which

Kundalini is the meditative way. Get to know Guru Andy.

ADI MUDRA OR MUSTI MUDRA:

We can scan to see if the baby is with this mudra while in the womb. So for this Name that Adi mudra. Fold the thumb well and touch the palm of the hand under the thumb. Then cover and press it with four fingers. This will cure diseases and pain in all the organs above the neck (brain, face, mouth, eyes, ears, head). This seal can strengthen the liver and heart.

MANDALA MUDRA (ZONE MUDRA) OR PRIBANJA MUDRA:

In body Bio-electricity flows from the apex to the soles of the feet, balancing and regulating all ten zones of the body, rejuvenating the body.

THIYANA MUDRA OR NANA MUDRA:

If the index finger is held close to the tip of the thumb, the power of the brain will increase. The other three fingers should be straight. Relieves insomnia, tension etc. Get peace of mind.

VAYU MUDRA:

Hold the index finger against the base of the thumb and press the index finger lightly. The other three fingers should be straight. It is used to treat joint pain, hip pain, circulatory failure, Parkinson's disease, flatulence, arthritis, etc. If you do pranamuthirai following this, the benefit will be doubled.

ABANAVAYU OR EDTHAYA MUDRA:

The index finger should touch the base of the thumb. The middle finger and ring finger should touch the tip of the thumb. The toes need to be straight. Cure chest pain and heart ailments

PRITHIVI OR BOOMI MUDRA:

The other fingers should be straight so that the ring finger touches the tip of the thumb. It does not give us vitality and vitality when the body and brain are exhausted. Immediate solidification of the diseased person. Makes the body get the oxygen it needs.

PRANA OR UYIRSHAKTHI MUDRA:

Place the other two fingers straight so that the ring finger and little finger are touching the thumb. Increasing the vitality of the body. Get rid of nervous breakdowns, sore throats, etc. As the visibility increases, the minus number of glasses decreases and the way to see without glasses is born. Plus the number will protect the addition.

VARUNAN OR NEER MUDRA:

Keep the thumb touching the tip of the little finger and the other three fingers straight. It is able to give a silky mane. Cleanses the blood and cures all skin ailments ranging from psoriasis to gastritis, intestinal disorders, dehydration etc.

MAAN OR ABANAN MUDRA:

The middle finger, ring finger and thumb should be straight, the index finger and little finger should be

straight. Kidney disorders, urinary obstruction can be removed. Sugar fasting. Provides endurance for labor pains and accelerates childbirth. This is the right label to cleanse the body of waste quickly. Pregnant women can benefit by doing it only during childbirth.

SAYANA (FINGERS INTERLOCK) OR KARKADA MUDRA:

Repeat on the seats. Press the fingers together and press the fingertips and the outside for three minutes. Insomnia will go away and the tightness of the nerves will be stabilized. Pregnant women should not use this label.

SANTHA MUDRA:

Place the right fingers next to each other in the space between the left fingers and place the hands like a cradle, with only the fingers pressed side to side. This is to calm down the high tension. Tension drops twice as he presses his fingers together, gently waving his hands.

SIGARA/SABAL MUDRA:

Extend only four fingers in both hands as far as possible. To keep the thumb straight, press the other four fingers into the palm. Thus not only the digestive organs but also the heart and kidneys are strengthened.

JANAI MUDRA:

Fold the four fingers in both hands and press the soles of the fingers with its tips, then tighten the fold so that the hand appears as a long groove in the middle palm like a cone. Now with all four fingers tightened.

AGAYA MUDRA:

Fold the middle finger and touch the base of the thumb. The other fingers should be finished and the thumb should be straight only for the middle finger. If done daily, deafness and ear noise will be eliminated.

NAMASKAR OR VANAKAM MUDRA:

While sitting upright or standing upright, place both hands together in a salutary manner, keeping the chest straight and pressing both palms evenly for three minutes. The neck pain will start to subside. You can do a stamp four or five times a day for neck pain. The fingers gain strength. The same seal can be used to compress the chest in another way. After placing the salutation, press very firmly with the left palm against the right palm. Then similarly press the left hand very hard with the right hand. Chest get bigger if you do this twenty times a day

SURYA OR AGNI MUDRA:

Fold the ring finger. Press and hold the outer second fold of the ring finger with the thumb. Let the other three fingers be straight. This seal creates heat in the body, increases digestion, reduces fat and reduces body weight. It help in control the uncontrollable Diabetes.

LINGA OR SIVA MUDRA:

Both the palms of the hands should be tucked in and the thumb should stand upright like a lingam. The

right thumb and index finger should be around the penis. This seal enhances the body's immune system. Suitable for diseases like cold, asthma and cumin. It energizes the lungs and increases heat so that Saturn and toxins are expelled and body fat is reduced and weight is lost. Five minutes after the seal is done, it is good to drink two glasses of water or juice. Eliminates heartburn.

SURABI OR PINNAL MUDRA:

Touch the tip of the ring finger with the index finger. Touch the tip of the index finger with the index finger. Similarly, both the middle finger and the index finger, touch the hand alternately. Simply remove the thumb joint pain, arm, leg, hip, back pain. If the body is swollen somewhere it fixes it is the data of ingenuity. If there is a muscular obstruction in the urinary tract, this seal can be used with the Abanan mudra (Maan mudra).

VISUTHI OR KALUTHU MUDRA:

The other four fingers should be straight so that the index finger touches the second base of the thumb. The gentle pressure exerted by the index finger is sufficient. Eliminates neck pain and thyroid, tonsils that appear in the throat. Staying air in the lungs for a long time will give more energy to the lungs, blood and body and lead to a long life

YONI MUDRA:

Method:

Choose Padmasana, Sukasana, Vajrasana, one of these. Sukasana is usually a sitting posture.

Another type is sitting with the right foot on the left thigh means siddhasana. Take whatever you need in it. And it is very good to do in Vajrasana.

Spread both fingers and place on face. Close the ear with two thumbs. Keep the index finger tips over the eyes. The middle finger tip in the middle of the nose. Set the ring finger on the upper lip and the little finger on the lower lip. Do not compress. Keep it light. Apply only slight pressure to the inside of the ear.

Breathe

Normal Breathe

Attention

Let it be on the breath.

Benefit

A sigh will come in a little while. It removes all of our mental turmoil. Feeling we have 'Run out of gas' emotionally.

NANA MUDRA (CHIN MUDRA)

The index finger should be folded over the top of the thumb and should extend in front of the other fingers.

NASIGAKIRA MUDRA:

In pranayama, the fingerprint is used to control the inhaling and exhaling of the breath.

SAMBAKAVI MUDRA:

Positioning both eyes between the eyebrow

SANGU MUDRA:**Methods**

Holding the thumb of the left hand with the four fingers of the right hand, The other four fingers of the left hand, with the thumb of the right hand facing the four fingers of the right hand, Keep the middle finger of the left hand touching, Should be in the center of the chest. This Looks like a cone to look at. Ideal to say omkaram The seal is the sangu mudra.

Asana

Padmasana, Veerasana, Sukasana, Vajrasana, Siddhasana, can be done standing.

Duration - 15 - 20 minutes

MANDUGAM OR NAGA MUDRA:

This is the seal that protects our hair. The thumbs have keys to the bridge and the other four + four nails have keys to the skin on the scalp that supports the hair. The four fingernails on both hands are pressed together so that all the nails are pressed against each other up and down, as if rubbing stones into a fire Pressing all the nails up and down so that the roots of the hair on the head are strengthen. We can get baldness on the scalp. Hair loss, graying, etc. As soon as the hair starts to appear, it is better to do this for three minutes after waking up in the morning and three minutes before going to bed at night. Also, purchasing is essential. For this, before going to bed every day, soak your feet under warm water in warm water and take a nap without brushing.

SANMUGHI MUDRA:**Methods**

Sit in Vajjirasana or Padmasana. Both ears should be covered with two thumbs. The ring fingers should look like they are covering the nose. But should not be blocked.

And the eyes should be closed with the remaining two fingers. This condition can last from 5 minutes to 10 minutes.

First level trainers can stay in the same position for 10 to 30 seconds. As the days go by you can increase the travel time. Those who are suddenly or frequently annoyed will get a good new temperament if those who are upset are told to do mudra immediately.

It is not easy to say the benefits of this seat. This is because it is an important asana for stabilizing the senses simultaneously.

In this position the Agni Chakra is easily induced. Therefore this asana is very useful for Kundalini Yoga practitioners.

Also, this exercise will bring our tongue upwards and close the hole at the top and if we meditate on the seal of Shanmughi, we will not reach the state of

death.

This asana will give immense benefits to those who are depressed. Thoughts keep running for them. When it comes to a job, they can't get their minds around it.

ASWINI MUDRA:

Aswini bandham, Moolabandham have some common features

In pranayama exercises, a healthy pressure is applied and released on the thoracic and abdominal area above the diaphragm. Our hips and pelvic floor, and the muscles around its sides, are well-strengthened to withstand the pressure that occurs when the lower abdomen is manipulated with full control. So they hold on to compensate for that pressure. However, the lower part of the pelvis, the "pelvic floor" is soft and loose, so it will not give in to the pressure and will loosen the supply. (It Yields to the pressure) It can be said that the Aswini mudra and the Molecular Body greatly help to transmit that healthy pressure to that place and its surroundings by providing a source of such relaxed muscles. Once Aswini is accustomed to stamping, the moola bandha can be easily made.

SAMBAVI MUDRA:

The state of being addicted to the flow of the mind changes and gives us the maturity to activate the mind as an instrument of our knowledge. The most important of the exercises are the Sambavi seal, the Stulasambavi and the Sukshma Sambavi. There are two levels of this seal.

Keeping the two-eyed vision upwards and placing the namkavana in the middle of the eyebrow is a stereotype. Breathing exercises generally practiced by those who practice reading (Kriya Yoga is widely used and the reading is the same) are the hallmarks of this material. Doing this seal allows the prana, which is in contact with the lower consciousness at the back of the brain, to be freed from the clutches of habits and emotions associated with the higher level of consciousness located in the anterior corner. This is an essential maturity for purity of mind. The Sambavi seal also helps to increase our awareness of the activity of the respiratory system in the pool and thus slows down the flow of life that causes breathing. Thus, this seal becomes an essential part of the vasiyoga pranayama practice called 'Kevalakumbakam'.

CHIN MUDRA:

In both hands, the tip of the index finger is attached to the tip of the thumb. There are variants of the chin seal that place the index finger in the middle and even below the thumb. Going to the bottom of the thumb will increase the impact on the flow of life and the appearance of the body. If only the fingertips are touched, the impact on consciousness and consciousness can be felt more and more. You can customize the logo

by modifying it to your liking. The thumb should be used for meditation, the foot for pranayama, and the index finger should be used for meditation. chin labeling slows down our mind toward external things and says, "The sense of asceticism that I am may come to the point where the overriding feeling and the scattering of knowledge can become a transcendent matter. To maximize the impact of the chin seal on the prana and the body, the tip of the thumb should be pointed and studied with the tip of the finger. The benefit is greater when doing this in the Vajrasana. In doing so the prana downward level from the source will gradually decrease. From the navel chakra to the placenta, there is an outflow of vital energy production, which increases the vitality of the abdomen.

SURYA MUDRA:

When doing the sun seal the life force coming from the sun enters our body through the chakras and strengthens our life force. This seal generates the heat energy (fire) needed for the body to function properly.

Methods:

Fold the ring finger (fourth finger) and touch the bottom of the thumb

Slightly press on the ring finger with the thumb. The other three fingers should be straight without bending. Sun seal on both hands at the same time

Seating style:

Full benefit when sitting in Padmasana or Siddhasana and doing sun seal. In cases where you cannot sit in these seats, you can also sit upright in a chair. Keeping both legs together, lying on the floor

Duration:

At least 8 minutes

In winter it can be done for up to 20 minutes to increase body heat. Do not exceed 8 to 12 minutes in summer.

The ring finger (in famine giants) controls the earth (Earth) and the thumb controls the fire (Sun or Fire). When the ring finger touches the thumb, our body, which is the earth, connects with the sun, which is fire, and the body absorbs the life force and heat coming from the sun.

Benefits

1. Body heat is high.
2. The body is firm.
3. Reduce stress.
4. Dissolves excess fat in the body
5. Weight loss.
6. The thyroid gland is stimulated.

Warning

Those who are in a very, very weak state should not make this mark. Surya seal can be avoided even in severe

summers when there is a fever

BHUCHARI MUDRA:

1. Assume the seated meditation posture in front of a white wall (with your eyes looking at the wall).
2. Place the thumb of your right hand between your nose and upper lip.
3. Stare at your little finger.
4. After a short while, lower your hand and continue to look at the place where the little finger had been.
5. Concentrate as long as possible on this spot and think of nothing else.

Effect: Promotes memory and concentration and calms the mind.

BANDHA MUDRA

Bandha mudras are a type of mudra performed on the three diaphragms (respiratory, vocal, and pelvic). They are used in conjunction with holding the breath (kumbhaka) during pranayama.

GARUDA MUDRA

Garuda Mudra is named after the eagle that Vishnu—the lord of preservation rides. It can help you cultivate the discipline you need to stick with your daily yoga practice.

Benefits:

Cultivates perseverance, commitment, and discipline
Balances energy

GANESHA MUDRA

Ganesha Mudra is removes obstacles. Use it relieve stress and tension and lift your spirits.

Benefits

Lifts spirits Boosts confidence
Relieves stress and tension

MAHAMUDRA, MAHABANDHA, MAHAVEDHA, KHECARI:

Uddiyana band , mula bandha, and jalandhara band : viparitaka rani vajroli, and shakticalana; these are the ten mudras which conquered age and death. They have been given by Siva and confer the eight siddhis [on the yogi]. All siddhars strive for them, but they are hard to attain, even for the Gods. They should be carefully kept secret, like a box full of diamonds.

DISCUSSION

In Siddha system of medicine Siddhar Yoga Maruthuvam forms an important part. It has various schools of yoga. In these various schools of yoga includes the importance of mudras. Mudras are one of the vital technique that treat various kinds of disease. It helps to attain the state of Siddhi and enhance the power

of chakras. In this present study the literature contains importance, types and collective of mudras. It will be helpful to know about mudras and its uses and also helpful for the studies about mudras.

CONCLUSION

The main aim of the review is to document the yoga mudraigal. I have concluded the Siddhar Yoga Maruthuvam deals various schools of yoga, Mudras place a major role to treat the various disease. It helps to attain the Siddhi and also enhance the power of chakras. In this study helps to the younger generation for improving skills and their knowledge in mudra technique.

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