

Short Review

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Effects of Mudra therapy among stress relief

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Abstract:

In this article the author argues that complete presentation of Stress is neither Possible to overcome stress is a stimulus of physical and mental health as well an inevitable part of life.

Keywords: Mudra methods; Stress relief, Mudra Therapy.

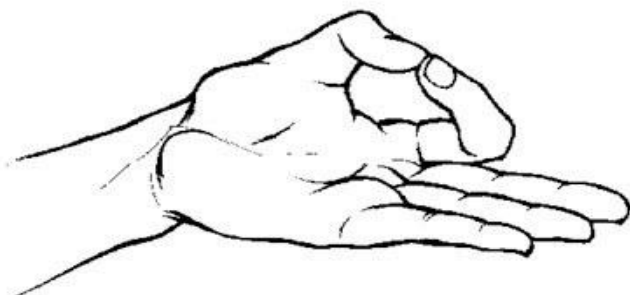
INTRODUCTION:

90% of people suffered Stress in know a days, stress has very dangerous and silent killer of 21st century. Fast-paced life-style improve mood and stress resilience. It can affected physical and mental health.

Mudra means a movement or poses in yoga, most are performed with the hands and fingers, and it can activates certain organs to produce the desired effect in the entire body.

In yoga, mudras are used in conjunction with pranayama (yogic breathing exercises), generally while seated in Padmasana, Sukhasana or Vajrasana pose, to stimulate different parts of the body involved with breathing and to affect the flow of prana in the body.

Gyan mudra: The word *Gyaan* means knowledge, this mudra you press your thumb and index finger, it can activates the root chakra and helps the mind and beat stress.

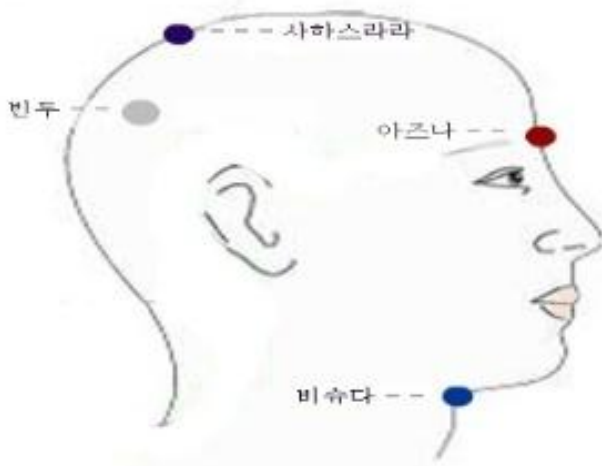


Yoga: Mudras are helps active and flexible of body and mind to healthy.

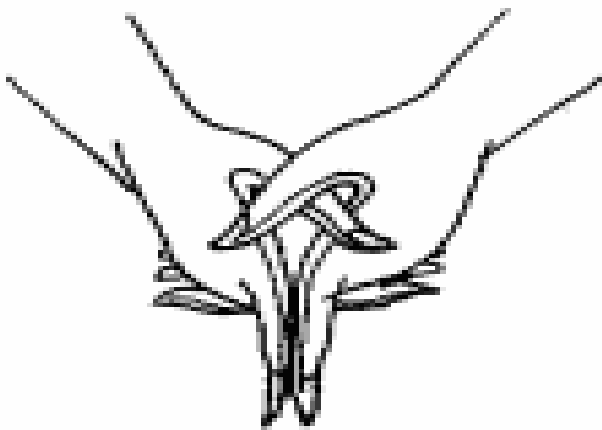
The Hasta Mudras



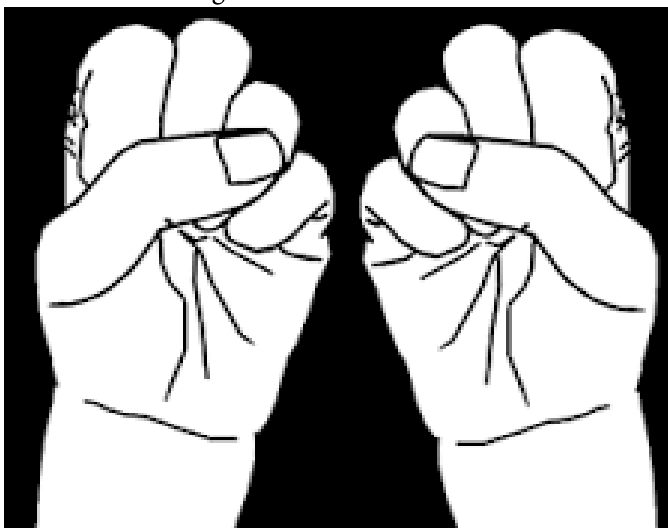
Unmani mudra: This mudra is concentrate on the area between your eyebrows, it helps to calm the mind and deepen the meditative state, helping beat stress and its related disorders.



Ksepana Mudra: This mudra keeping your index fingers together and bend all the other fingers such that they are intertwined (like you would make a fist).



Mushti Mudra: is releasing anger, frustration, irritation and negative emotions.



Bhusan(1994), finding that the scientific data to demonstrate the psycho-therapeutic use of mental health.

Gertrud Hirschi (2000) asked that these mudra techniques can prevent illness 82 illustrations.

Amit Kauts, and Neelam Sharma (2009) significant that the asanas (i.e., postures), pranayama (i.e., breathing practice intended to influence vital forces), kriyas

(cleaning processes), mudras (i.e., certain interval attitudes), and bandhans (i.e., neuromuscular locks) are works at the mental level performed better in academic study.

Valentina S. Lucas(2011) reviewed that the psychological stress and wound healing in order to provide the best evidence.

Rajendar Menen(2011) discuss that the Mudras are an ideal healing tool. They have to prevent and cure illnesses of stress.

Harikumar Moorthattil(2013) asked that the Stress and mental depression can happen to anyone at any time.By doing Dhenu Mudra one can reduce the stress and is useful in curing mental distrubance, despair and dissension.

Rngaraja Iyengar(2013)asked that the effect of mudras performed unknowingly also gives its benefits it is to make use of forgotten great science of yoga and get better health physically, mentally, spiritually.

Ravikant Arjariya et al .,(2014) says that reduce the risks of many diseases especially those related to stress.

Mrithunjay Rathore et al.,(2014)suggested that the yogic exercises involve the coordination of breath, maintain the structural integrity of the pelvic floor, and thereby prevent PFD. It is recognized that all the female patients of pelvic floor exercise(PFYE) can be benefited from education on PFYE. So, in this article, we have tried to highlight the significance of PFYE in the preventive and therapeutic aspects ofpelvic floor yogic exercises (PFYEs).

Kuldeep Singh(2015) said that the mudras increase reflexes which relate to the different areas of the body and brain.

Mohini (2015) suggested that the During mudra practice and reduces stress and tension which led to the harmonious among family and society.

Conclusion

The hands and finger yoga like mudra yoga are mudra therapy It is true proved thousands of years back science of mental and physical health so stress reduction best price less therapy.

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