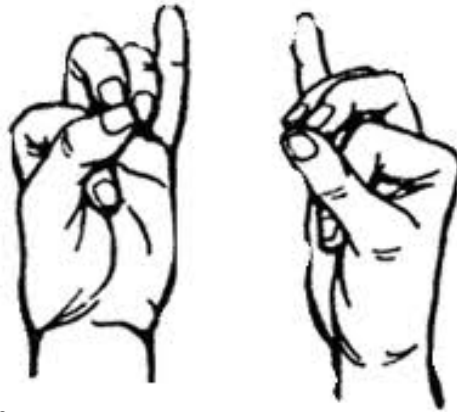




Method of Apan Vayu Mudra (Heart Mudra)

The tip of the middle finger and ring finger touches the tip of the thumb, while the index finger touches the base of thumb and the little finger stretched out.



Time Duration:

Practice this mudra as many times as you can. Heart patients and blood pressure patients can practice the mudra at least 3 times a day for 15 minutes to see best results.

So with a very simple manipulation of our fingers we act on four areas at a time to prevent ourselves from the heart attack. This mudra is an antidote to heart attack and acts like a saviour in case of heart attack, if practiced by the person experiencing the attack. This mudra acts as a very effective emergency treatment. The patient can easily be transported to a hospital, without causing any damage to heart.

Other Benefits

It relieves angina immediately.

It normalizes blood pressure and thus helps in both high and low blood pressure, as it stimulates the circulatory system.

In case of palpitations or weak pulse, this mudra will normalize the pulse rate immediately.

It also reduces nervousness, as it calms the nervous system.

It helps in relieving acidity, gas formation, eructation, belching, and strengthens the digestive system; also cures hiccups.

People suffering from osteoarthritis and pain in knees can do this mudra for 10 minutes before climbing upstairs; they will feel relieved of pain.

By soothing the nervous system, it cures insomnia.

The Mudra relieves toothache; it removes all negative emotions from the mind, and all negative pressure of the body.