

MRIT SANJEEVANI MUDRA FOR HEALTHY HEART

This is primarily for those prone to Heart related problems..!!!!

February is Heart month and what better time is there to talk about keeping your heart healthy without the use of medicine. Mudra Vigyan is one easy way of keeping our heart health. Before going further let's first discuss how the heart functions and the problems associated with the heart.

The major function of heart is to pump oxygenated blood to every part of the body and de-oxygenated blood to the lungs for purification. Any malfunction in this process leads to heart diseases. One type of malfunction could involve a blood clot which interferes with the flow of blood (Coronary heart disease). In a worse case scenario, this can lead to a heart attack. Another malfunction could be the thickening of arteries. This is where the elasticity of the blood vessels is lost, arteries became narrow and as a result there is poor blood circulation throughout the body (Arteriosclerosis). Yet another malfunction could be the weakening of the heart muscles.

Good news is that all these problems can be cured by practicing one mudra, which Apan Vayu Mudra is also called Mrit Sanjeevani Mudra.

Symptoms of Heart Attack

More often people do not know the symptoms of heart attack, so let's see what the warning signs of the attack are. The most common symptom is discomfort in the centre of chest. Normally this is not a sharp pain but a sense of pressure, fullness, aching or squeezing. This may be mild, moderate or severe caused by lack of oxygen reaching your heart muscles. This may subside in a few minutes or hours but do not be convinced by temporary stopping of pain, it can reoccur in hours, days or weeks.

Discomfort may extend into one or both arms, or may appear in arms alone and not in the chest. Chest pain will not be aggravated by raising your arms. If it is aggravated in this way, it is not a heart attack. Pain may radiate to neck and jaws on one or both sides and in the front or back. Turning the head or bending the neck will not aggravate chest pain; if it aggravates, it is not a heart attack but it may be cervical pain. Heart pain is usually worse by lying down, so if you get chest pain do not lie down, just sit up.

In case of any pain do Apan Vayu Mudra it will relieve the pain and other symptoms immediately.

Apan Vayu Mudra The Sanjeevani of Heart

What is Mudra mudra is a hand gesture which regulates flow of energy and static currents of the body. It helps to get rid of the body's uneasiness. mudras can bring miraculous mental, spiritual and physical changes and improvements in our body. They help in quickly balancing

the elements of the body. mudras need no prior preparation. They can be done (mostly but with exceptions) at anytime, anywhere and virtually under any circumstances. mudras are like literal remote control switches bringing quick and effective changes in veins, tendons, glands and sense organs. They help in bringing about permanent changes.

Method of Apan Vayu 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.

The logic how this works?

Our body is made up of five elements (Earth, Water, Fire, Air and Space) represented by our five fingers:

Our thumb represents fire

Index finger is for air

Middle finger stands for space

Ring finger symbolizes the mother earth

And lastly little finger is represented by water

Synchronization of these five elements helps in the functioning of the internal glands of our body parts. An amazing energy gets triggered by this mudra if practiced regularly.

We do four things while doing Apan Vayu Mudra

1. With the folding of index finger, the air element is reduced which immediately relieves the pain in the heart. While touching the tips of thumb, middle finger and ring finger, fire (heat), space and earth elements are increased.
2. The impurity in the blood is removed with the increase of heat element;
3. The increased space element helps in the supply of more oxygen to arteries of the heart and
4. The increased earth element helps in strengthening the muscles of the heart.

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 savior 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. It solves all diseases of the intestines, colic, colitis, etc.

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 also; and cures hiccough.

It removes all negative emotions from the mind, and all negative pressure of the body.

It is helpful in arthritis also

In conclusion I would like to say that I have personally tried this form of mudra during emergencies and was impressed with the results. Even before the ambulance came the patient started to feel better and the symptoms started disappearing. That is the reason why I want to share this mudra with everyone. If someone does this mudra regularly I am sure the emergency will never come, however during an emergency this mudra works like an injection in the reduction of heart attack. It is as powerful as a sorbitrate tablet.

You should do Apan Vayu Mudra immediately in any type of chest pain or discomfort; it will relieve pain and other symptoms. Perfectly healthy person can also do this mudra without any side effects and can be benefited as it is said that Prevention is better than cure.