

# 40+ Mudras to help in 100+ diseases

## Mudras playlist to solve 100+ diseases

1. Introduction to MUDRAS

<https://youtu.be/hQ3bvoYxa7M>

2. Gyan Mudra for: Skin diseases, developing position thoughts, removes stress, Deaddiction, Insomnia, depression, negativity, Activates 3rd eye chakra, Improves nervous system

<https://youtu.be/uUMvGk1Mvfo>

3. PRAN mudra for: blood flow regulation, Cancer, Paralysis, Immunity, Asthma, Bronchitis, eye, Insomnia

<https://youtu.be/TxAlYmEGQmg>

4. Akash mudra for: Throats, Ear, Arthritis, calcium deficiency, lock Jaw

[https://youtu.be/Gwgi\\_J1zkUA](https://youtu.be/Gwgi_J1zkUA)

5. Udaan Mudra for: Thyroid problems, improves memory, calms your minds, balances mind & brain

<https://youtu.be/U6I7bbYK3Ok>

6. Apan Vayu Mudra for: Heart, Arteries, Blood Pressure, Nervous system, Asthma, Joints, Migraine, Hiccups

<https://youtu.be/PGLuhFA5T4k>

7. Surya Mudra for : Obesity, Urea, Bad Cholesterol, Liver, Thyroid & Cataract

<https://youtu.be/WvO2j2mRvbo>



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8. Epilepsy Mudra for: Epilepsy, headache, stress

<https://youtu.be/YTPuBh2mm-k>

9. Kidney Mudra for: Kidney Diseases

<https://youtu.be/IW4d3o9H7iw>

10. Sandhi Mudra for: Joint Pain, Vitamin, mineral, calcium deficiencies, strengthening bones and muscles

<https://youtu.be/EULM7bqCVvo>

11. Apan Mudra for: Impotency, Sterility, Stomach, Colon, Rectum, Kidney stone, Prostate

<https://youtu.be/ep9Rbj5t4aU>

12. Diabetes Mudra

<https://youtu.be/NLI-KSpwuSs>

13. Spinal mudra for spinal pains including Cervical, Lumber, Sciatica, Spondylosis

<https://youtu.be/2dh55GDZID0>

14. Prithvi mudra for: strengthening bones, muscles, improves digestion, stops Hairfall, helps gain weight & height

<https://youtu.be/HAMt0eSZrmU>

15. Mukul Mudra for pain in any part of body eg Naval, Lungs, kidney, liver, gall bladder, urinary bladder etc

<https://youtu.be/8Rvns1hJUeE>



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16. 25 simple ways to DESTRESS to stay healthy & happy

<https://youtu.be/XgT8iZwAMy4>

17. Asthma mudra :

<https://youtu.be/ZiPqP1rs1bw>

18. Bronchitis mudra

<https://youtu.be/Gv0XoHRVkJM>

19. INDRA mudra -Soft/wrinkle free skin, eczema/itching/blemishes, burning eyes, acne/boils, dehydration

[https://youtu.be/5IZ2OYk\\_6L0](https://youtu.be/5IZ2OYk_6L0)

20. IMMUNITY Booster- 4 Mudras & 6 Ayurvedic tips to stay healthy

<https://youtu.be/6st5CHJ76bE>

21. VYAN MUDRA-Useful for: BLOOD PRESSURE, HEART DISEASE

<https://youtu.be/A4pogtM49Q0>

22. VAYU MUDRA for Angina, Varicose vein, Parkinson's

<https://youtu.be/tARCxrHQoQs>

23. SHUNAYA MUDRA for Blood circulation, Numbness

[https://youtu.be/\\_l8OUUnQmgao](https://youtu.be/_l8OUUnQmgao)

24. Pankaj mudra for Abdominal tumor

<https://youtu.be/hUIIObjJOVps>

25. Headache mudra for Sinusitis, Headache.

<https://youtu.be/wlFvu7vbKKc>

26. Back Pain mudra for Back Pain

<https://youtu.be/FuGDgmuuNU>



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27. Namaskar Mudra for balancing 5 elements, helpful for chronic illnesses, reducing anger, balancing both the parts of brain

<https://youtu.be/jGTmmL-qWPY>

28. Allergic Mudra for Allergic Bronchitis, Asthma, skin diseases.

<https://youtu.be/MvT514kONIM>

29. Aditya Mudra for stopping Sneezing & Sleepiness while sitting/ lying down

<https://youtu.be/F4xRtw8IFYA>

30. Varun mudra for accumulation of water in stomach, lungs, swollen hands, feet, Pleurisy, Filariasis, Elephantiasis

<https://youtu.be/g0YniXkOKdQ>

31. Rudra Mudra for Vertigo, Prolapsed Anus, Prolapsed Uterus, Hernia

<https://youtu.be/mKBHqsT1-w0>

32. PAN Mudra for Headache & Migraine

<https://youtu.be/ID71Q5kC9-I>

33. Nirmal Mudra for Allergy, food poisoning, removing toxins, side effect of chemotherapy

[https://youtu.be/z8\\_JKt4800k](https://youtu.be/z8_JKt4800k)

34. Surbhi Mudra for naval displacement, digestion, urinary disease

<https://youtu.be/qhgOT7Qi6vM>

35. Agni shakti for vertigo, headache, fatigue, low BP, weakness

<https://youtu.be/cl6FbW2i4Zg>



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36. Vajar mudra for de-addiction from smoking, alcohol, stress due to exam, weakness

<https://youtu.be/cKN805q28IA>

37. 2021 launched video summary

[https://youtu.be/okY\\_zfxOOYO](https://youtu.be/okY_zfxOOYO)

38. Mudra & Ayurveda tips for PCOD, Ovarian Cyst, Uterine Cyst, Lump in Breast

<https://youtu.be/gV4N1XYIeGY>

39. Natural solution for Fibroid

<https://youtu.be/wfBX5PYYtJE>

40. Naga Mudra to relieve tensions, Physical strength, clarity to mind, active mind

<https://www.youtube.com/watch?v=FSSipnPEvYI&list=PLomDd9a8WrY8wdTAzf7bSxaYuMDP42piw&index=41>