

CHAPTER 3

MUDRA and BANDHA

Maharshi Gheranda provided the knowledge of Mudras to Chandakapali for mental stability. The mudras and bandhas described in Yoga Shastra are helpful in calming and balancing the sensations and aggressionss of the Tantrika-nantra (nervous system).

Mahamudra, Jalandhar Bandha ,Mahabedhmudra, Yoni mudra , Tadagi mudra , Parthivi dharna , Vayaviya dharna , Pashini mudra , Bhujangnimudra, Nabhomudraa, Moolbandha , Khechrimudra , Vjroni mudra, Manduki mudra, Ambhsi dharna, Aakashi dharna, Kaki mudra, Uddiyan bandha, Mahabandha, Vipritkrni mudra, Shaktichalini, Shambhavi mudra, Aagney dharna, Ashwini Mudra, Matdangimudra

These are twenty five mudras which is supposed to provide moksha for the yogis special These mantras describe sixteen postures, four bandhas and five dharnas. In the spiritual line there is a belief that the attainment of postures confers Aashta siddhi. There are eight main siddhis postures practiced for Pranathan and Kundalini awakening. Research has shown that the practice of postures and bandhas also help in curing diseases.

FOUR BANDHAS

MOOLBANDHA

Compress the anal cavity with the left heel and press it by applying the navel gland to the spinal cord and press the subsurface firmly with the right heel.

This is the Moolbandha. It destroys old age. Those are hoping to cross the world ocean should hide in forest and practice this mudra. There is a definite Marut Siddhi by its practice. Therefore practice it diligently and slowly.

Benefits

1. The practice of moolabandha provides many benefits at the physical, mental and spiritual level.
2. This action provides strength to the muscles of the anus and reproductive organs.
3. Its regular practice activates the process of intestinal sequestration which gives relief from constipation and piles.
4. It also cures Prostate Gland and UTI Infections of urinary excretion system.
5. This practice activates the Muladhara Chakra and helps in awakening the Kundalini Shakti.

JALANDHAR BANDHA

Narrow the gorge and place the chin on the heart, then the jalandhar bandha is done. This

Benefits - With its practice all siddhis and diseases are destroyed.

TADAGI MUDRA

Sit in Paschimotanasana and inflate the abdomen as if it was filled with water. It is an important mudra. Due to this the fear of old age and death is removed.

Benefits - This mudra is helpful in curing stomach diseases and spiritually activates the Manipur Chakra.

Caution - Pregnant women and patients suffering from hernias should not practice it.

MANDUKI MUDRA

The tongue should be rotated in the palate after closing the mouth and should slowly drink the sudha rasa dripping from the tongue with Sahasrar. This is called Manduki Mudra



Method - Sitting in Vajrasana, spread your knees as far as possible. Then spread the feet so that the buttocks stay on the ground between them. In this situation, one should practice Manduki posture.

Benefits - By its practice, diseases like balit and palit etc. are removed.

It stops the wrinkles and whii hairs. The permanent puberty is achieved.

SHAMBHATI MUDRA

Focus on 'self', that is, 'your soul', by stabilizing the vision. This is the Shambhati Mudra.

This is a very secret practice of Tantra Shastra. Veda, Shastra and Purana are like a common woman and Shambhavi Mudra is like Kulavadhu. The seekers who practice it are Adinath, Narayana and Jagat Srishta Brahma himself. The practice of Shambhavi mudra only proves the five dharnas. Benefits- This brings a state of concentration, mental stability and thoughtlessness. In the perspective of Kundalini, this commandment is a powerful action to awaken the Aagya chakra.

Caution- Individuals who have glaucoma and some other vision disorders, who have had cataract surgery, lens replacement or any eye surgery, should not practice Shambhati.

Epilogue-

1. It should not be taught to the evil and unqualified person.
2. With these postures one gets enjoyment and moksha.
3. This knowledge is given to those who have dedicated themselves at the feet of the Guru and who has an empire of peace in their mind.

CHAPTER 4

PRATYAHAR

Shata(SIX) Shatru Varnan

Maharshi Gheranda said that now I describe Pratyahara. In doing that, erotic enemies are destroyed. We should control our wandering mind and concentrate on soul. Keep mind away from reward, despise, delight in hearing and cacophony and have control over soul. Shatashatru - Kaam, fickleness, rewards, contempt, pleasant to hear, sad to hear.

Atamlaya Tatva

Remove the mind from fragrance and odor, remove the mind from sweet, acid, etc. juices and subdue the soul. Remove the mind from all these, this is pratyahar.

CHAPTER 5

PRANAYAMA

Choose the first place and time and purify diet and pulse. After this one should practice pranayama.

Location - Time- Diet "pulse purification"

Pranayama should be done only after the pulse purification. 1. Location decision

Yoga should not be practiced in a far country, in forrest and in the capital. Otherwise there can be loss in accomplishment, because no one has faith in a distant country, Aranya (forest) remains guardless and large population, light and uproar in the capital. That is why these three places are forbidden for this. In a beautiful religious country, where food is accessible and the country is also free from disturbance, make a hut and make wall around it. There should be a well or reservoir nearby.

The land of that hut should neither very high nor very low, dung- coated walls which are devoid of insects and should be in a solitary place. Pranayama should be practiced there.

Time Decision

Yoga should not be started during winter, summer and rainy season. It is appropriate to start practice in spring and autumn. Because by starting yoga in spring and autumn, one can attain Siddhi.

Mitahar- According to Maharshi Gheranda, the rule is to eat food, filling 50 percent ie half part of the stomach with food and remaining 25 percent i.e. one fourth part with water and keeping the remaining 25 percent ie one quarter empty for air circulation.

A seeker who does not diet during the time of starting yoga, many diseases occur in his body and he does not have the perfection of yoga.

Dietary Ingredients- The seeker should eat rice, barley, sattu, wheat flour, moong, urad, gram etc. without any husk. Devour the herbs of Parwal, Jackfruit, Ol, Malkand, Kankol, Karela, Kundru, Arabic, Cucumber, Guler, Chaulai etc. The stem of raw or ripe banana flakes, brinjal, riddhi kachcha shak, season shak, parwal's leaves, bathua and hurahur can be eaten.

Prohibited diet

1. Abandon bitter, acid, salt and liquor - these four juicy things, roasted ingredients, curd, takra, herb, ferment, alcohol, palate and jackfruit.
2. The eating of Kulathi, Masoor, Onion, Kumhara, Shak-Dand, Goya, Kaith, Kakoda, Dhanka, Kadamb, Jambiri, Lemon, Kundaru, Barhal, arlic, Kamarkha, Piyaar, Asafoetida, Bean, Bada etc. is prohibited in the beginning.
3. Marga-gaaman (long journey), female movement, and fire (tapana) are also not suitable for a yogi.
4. Garlic, Kamarkha, Piyaar, Asafoetida, Bean, Bada etc. is prohibited in the beginning.
5. Avoid butter, ghee (milk), jaggery, sugar, lentils, amla, acid juice, etc.
6. Do not consume five types of bananas, coconut, pomegranate, fennel etc.
7. Do not consume cardamom, cloves, nutmeg, stimulants, berries, jambool, myrabalan and dates.
Do not eat cold things, contaminated things, hot, stale, cold and very hot things that generate excitement and sensuality.
8. One should give up the actions which cause pain to the body such as early bath and fasting.
9. Eating once, stay without food or eating after every hour is also avoidable in yoga.
10. In this way, one should practice Pranayama by law and before starting Pranayam, consume ghee, milk every day and have meal both midday and evening time.

Special-Maharshi Gheranda has stated both milk and ghee prohibitory and dietary.

Reason- Maharshi Gheranda has stated that milk and ghee are prohibited in the beginning of yoga. Because milk increases sexual desire. But after the practice of shatakarma, asana, mudra, pratyahara, sexual desire turns into spiritual desire. Then Maharshi Gheranda has said that the consumption of milk and ghee is dietary and said that before pranayama, the consumption of milk ghee is mandatory because heat is produced by pranayama and that heat starts burning the fat of the body. Hence the habit of eating ghee among the practitioners of Pranayama. So that the power of the body can compensate.