

Mudra for Balanced Breathing



Breathing disorders are common these days, thanks to high pollution and stressful lifestyle. Some of the major problems are bronchitis and asthma, affecting both young and old.

Most asthma patients are known to rely on lifelong medication prescribed by doctors. Instead of routinely

relying on medicines, a best long-term measure is to practice Bronchial Mudra. Countless persons have vouched for the efficacy of this totally free and convenient form of self-improvement.

Here is how you do this mudra with both your hands.

- Sit down in a relaxed position on a mat or light carpet.
- Place the little finger at the base of the thumb, the ring finger on the upper thumb joint, and the middle finger on the pad of the thumb.
- Do this gradually and calmly. Never be in a hurry. Stress activates the adrenal glands, which promotes congestion.
- Keep your index finger extended straight, pointing outwards.
- You may keep your eyes shut to enjoy a relaxed environment.

Practice this mudra for 5 minutes. You can also do this for 30 minutes at a stretch, or with breaks, depending on your comfort level.

Many have stated from experience that during an acute attack of asthma, before the patient is taken to hospital for a

dose of nebulisation, performing this mudra helps in dilation of the bronchial tube. This helps to combat the attack, and could even be life saving.

Ayurveda prescribes a basic precaution for asthma sufferers: Do not breathe through mouth in cold weather. This is because such breathing makes the bronchial tubes get inflamed and blocked, thus accentuating the congestion.

Bronchial mudra is a natural way to regulate the oxygen intake. Our thumb is known to be a vital conduit to reinvigorate the flow of oxygen in the body.

Let us remember the beautiful saying in the *Katha Upanishad* that *purusha*, the divinity, is the size of the thumb (*angushtha*) enshrined in cave of the human heart (*hridaye guhayaam*) Meditating on this super source that rests in all of us brings tangible benefits while doing the bronchial mudra 🕯️

rishi@tattvaloka.com

Rishi