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PRESENTING MUDRAS THROUGH COMPARATIVE STUDY ON HATHAPRADIPIKA AND GHERANDA SAMHITA

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Abstract: The main motive of this study is to compare the mudras or gestures in the most important classical and traditional Hatha yoga texts Hatha pradipika and Gheranda samhita.

The term Mudra is derived from Sanskrit root “mudra” it literary means “seal”. It has been used in Hinduism, Jainism and Buddhism with significant importance. Most of traditional Hatha yoga scriptures like Hatha pradipika, Gheranda Samhita, Goraksa satakam, Shiva Samhita and Hatharatnavalli agree to importance of the mudras. Ten mudras have been described in Hatha pradipika whereas twenty-five mudras in Gheranda Samhita. Most of the mudras are illustrated with the same name in both the texts. The only reason that the hatha yogis give significance to the mudras because it plays major role in awakening kundalini Shakthi by making the prana flows into energy channels(Nadis), especially in shusumna nadi at Mooladhara chakra, Yoga parampara believes that the kundalini awaken ing itself brings one nearer to the Samadhi state. Now there are thousands of thousands yoga schools, institutions, yoga training centres and yoga health care’s etc. has been blossomed in this modern world. Those are giving the importance only to the physical health as well as mental health by giving practices of asanas, pranayamas and meditation. Mudras are very important boons to achieve the spiritual state in the human existence but it has been ignoring at present scenario. Thus, with this aspect, this paper has been revealed the number of mudras and their scientific benefits detailed in prominent Hatha yoga scriptures Hatha pradipika and Gheranda Samhita.

Keywords: Hatha Yoga Pradipika, Gheranda Samhita, Mudra, Kundalini

INTRODUCTION

Yoga is ancient science of health and wellness bestowed by the seers and sages of India for the welfare of the humanity. This is one of the most ancient systems of Psychosomatic training known for the human beings. Yoga has been great art and science of healthy living even though it is one of the six systems of Indian philosophy. Attaining Self-realization or liberation by awakening of kundalini energy that which latently asleep at Mooladhara Chakra is the ultimate aim of the yoga, for achieving the salvation or Samadhi some important systems are there in yoga such as Rajayoga, Hathayoga, Jnanayoga, Karmayoga, Mantrayoga, Kundalini yoga etc. Hathayoga is one of the best technique of them to awake Kundalini. According to Indian tradition Hathayoga was firstly propound by Lord Shiva who known as Adiyogi, taught to his consort Parvati. The term Hathayoga is derived from Sanskrith that which composed by two syllables ‘Ha’ and ‘Tha’ of which the former means the Sun and Moon. Hathayoga is the Union between “ha” and “Tha” or sun and moon or the union of the prana and the apana, prana and Mind. Nowadays several scriptures available regarding to hathayoga those were recorded during the period of 500 A.D to 1800 A.D, Which are usually known as the “Hatha Yoga Scriptures” These included Hatha Pradipika by Swami Swatmarama, Goraksha Shatakam, Goraksha Samhita, Siddha Siddhanta Paddhati by Gorakhnath, Gherand Samhita by sage.

Gheranda, Yoga Taravali by Adi Shankaracharya, Hatha Ratnavali by Shrinivas Bhat, Shiva Samhita and many other texts. The various techniques like Shat Kriyas (purification techniques), Asanas (Postures), Pranayamas (regulating the Prana), Pratyahara (Sensual withdrawal) Mudras (psychic gestures), Dharana (concentration), Dhyana (meditation), Nadanusandana (dissolving inner sound), Samadhi (liberation) etc. has been elaborated in detailed by prominent seers or Yogis in their Scriptures.

OBJECTIVES

The main intention of this study is to scrutinize and compare various kinds of mudras elaborated in the two prominent classical Hatha yogic texts Hatha pradipika and Gheranda Samhita.

METHODS

Various published research articles and Hatha yoga texts have been reviewed and available data collected from google Scholar and various online platforms.



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RESULT

Hatha pradipika is one of the prominent Hatha yoga texts. Which was written by swami swatmarama suri in approximately late 14th century. He belongs to Natha tradition founder Ghorakshanath nath. There are numerous Hatha yoga texts described by different hatha yogis like, Goraksa satakam by goraksanth, Gheranda Samhita by Gheranda, Hatha Ratnavalli by Shrinivas Butt, Shiva Samhita etc. out of them Swami Swatma's Hathayoga is considered the best. The text Hatha Pradipika is also known as "Chaduranga" yoga because which specially contained four limbs. First limb is on Asanas, second limb is about Pranayama and purificatory techniques, third limb is about Mudras and Bandhas similarly fourth limb is on Nadanusandana (Samadhi). In this way Hatha yogi Swami Swatmarama has given a most novel presentation of Hatha yoga and preached the four limbs of Hatha yoga according to the pure Hatha yoga tradition. He has also preached this Hatha yoga on a scientific basis and thus opened the way of Hatha yoga for all the common people in an easy way. Awakening of the Kundalini energy and attain samadhi stage is the main aim of hatha yoga tradition, it is mentioned in text that kundalini will be dormant in the mooladhara chakra this kundalini shakthi should be awakened which will help to open all the 7 important chakras by breaking all the granthi's, on awakening these chakras it bestows the practioner with great health both physically and mentally, gets rid of all type of diseases and disorders, It also helps to achieve superpower makes one radiant and young with unwavering consciousness. Mudras act major role in arousing the goddess kundalini, which latently sleeping at the lower part or entrance of the Susumna nadi in Muladhara chakra. Mudras is the third chapter in Hatha pradipika. Different varieties of mudras has been described, which are as follows – 1. Mahamudra 2. Mahabandha 3. Mahavedha 4. Khechari 5.UddiyanaBandha 6. Moolabandha 7.Jalandhara bandha 8.viparitarakarani 9.Vajroli 10. Sakticalana

Gheranda Samhita also one of the prominent text of Hatha yoga tradition written by Gheranda Muni in the late 17th century A.D. It is complete coverage of conversation between preacher Gheranda and disciple Chanda Kapali. It is also known as "Saptanga Yoga" because which, has seven aids for conditioning the body are- Shodhana (purification – shatkriyas), (realization- Dhyana) and Nirliptata (isolation-samadhi). Mudras are being the third chapter in Gheranda Samhita. In Gheranda Samhita 25 varieties of mudras has been deliberated.

The following twenty-five mudras give success to the yogis:

1. Mahamudra
2. Nabhomudra
3. Uddyana
- 4.Jalandhara
- 5.Mulabandha
6. Mahabandha
7. Mahavedha
8. Khechari
9. Viparitarakarani
10. Yonimudra
11. Vajroli
12. Sakticaalani
13. Tadagi
14. Manduki
15. Sambhavi
16. The five Dharanas (Adhodharana, Ambhasi, Vaisvanari, Vayavi, Nabhodharana)
17. Ashvini
18. Pasini
19. Kaki
20. Matangi
21. Bhujangini.

All different types of mudras explained in hatha texts aim at making the prana pierce and flow through the shushmna nadi and helps in self-realization by awakening the kundalini shakthi.

SCIENTIFIC IMPORTANCE OF MUDRAS

Mudras are meant by innermost gestures of prana (life force) in various parts of the body. Mudras should be practiced along with Bandhas. It will give numerous benefits to yogis (persons who are in constant practice of yoga) for gaining super natural powers and also it is helpful for people which helps to improve their health and one can overcome from physical as well as mental distractions such as consumption, cough, obstruction of the bowel, enlargement of spleen, indigestion, Greying of hair, old age and fever. By the practice of khechari mudra one neither suffers from loss of consciousness, nor feels hungry, thirsty or lazy. Absent of diseases and old age. That Mudras will help to overcome from psychosomatic disorders and enhance the intellectual mind. Mudras are acts as a machine to arouse the prana in to sushumna nadi by awakening the kundalini at mooladhara chakra (perineal part of the body).

CONCLUSION

Thus, different kinds of Mudras explained in Hatha pradipika and Gheranda Samhita in details with Regard. In these texts it is shown the importance of the mudras which has been neglected by the modern yoga practitioners. Along with Asana, pranayama and Dhyana by including mudras in the regular practices will not only provide good health benefits but also helps to provide spiritual insights of oneself, along with removing or reducing all types of illnesses here one will raise the Individual consciousness which in turn helps to achieve the main aim of the yoga of attaining self-realization and spreads peace and enlightenment all over. Most important ten Mudras with same names in both texts. Maha bandha, mahaveda, khechari, vajroli and Shaktichalana mudras elaborated in Gheranda Samhita with distinct explanation, if compared to swatmarama's hatha yoga pradipika.

However, the Hatha yogi's swatmarama and gheranda gave the special importance to mudras in hatha yoga practices for achieving the great success.



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