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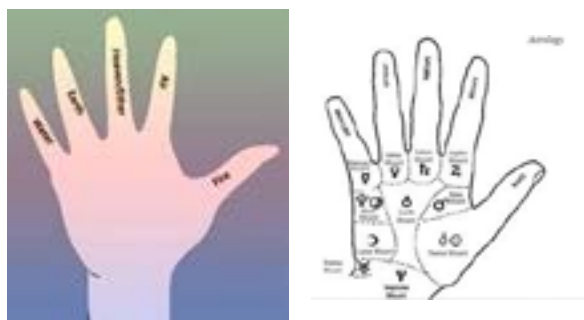


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Significance of hand gestures (Mudra) to analyze human health in medical astrology

Medical astrology is one of the advanced and highly specialized branches of Vedic astrology. As per the basic principle of medical astrology, one's health is dependent on his/her ascendant sign, moon sign and the position of nine planets in the birth chart. The birth chart is divided into twelve houses and each house resembles the particular part of the human body. Apart from medications, diet, pranayam, yoga and hand gestures are the effective supplements in healing process. Hand gestures (Mudras) are beneficial in great variety of health disorders and generate positive impact on all the body organs. Total 108 hand gestures are used in tantric rituals as self-healing process. The software developed by the author gives guidelines regarding the particular set of mudras that are necessary for that person for his sound health. Mudrā, a spiritual gesture is performed with the hands and fingers, where the fingers are the representative of five natural elements and planets are placed at various locations on palm. The data were recorded for different diseases before and after performing hand gestures to assess the healing power of the various mudras. It was observed that, after practicing hand gestures, there was a significant change found in both systolic and diastolic blood pressure. The hand gestures were found to be effective in normalizing high blood pressure in a novel way. This mudra is helpful in emergency situations where medical help is not available immediately and found to be acting as a catalyst in curing the diseases using medicines. When mudras are used to support the healing of chronic health disorders, they should be routinely performed as a course of treatment over a period of several weeks or months.



Biography

Narendra Umrikar has completed his Bachelor of Engineering in 1992 and PhD in 2010 from The Open International University for Complementary Medicines. He is the Director of Vastu Spandan, a premier Astro-Vastu-Spiritual Service organization. He has published one book and one android application on Vastu Shastra and a software on mathematical astrology predictions and has been serving as a Trainer & Consultant.

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