

GYAN MUDRA: A CRITICAL AND CORRELATIVE STUDY WITH MODERN SCIENCE

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ABSTRACT

Background: Yoga enhanced our own virtual power, our mental and physical power. According to Gherand samhita, mudra is a posture, which enhanced our alertness, maintains the state of wakefulness. The Gyan mudra considered one of the most important mudras. It has been practiced in meditation for thousands of years and continues to bring peace, calm and spiritual progress. Known as the “Mudra of knowledge”. It stimulates wisdom and knowledge. Present study aims to describe the physiology of Gyan Mudra by understanding its anatomical pathway and analytical survey study. For this purpose we select 50 patients age group 15 to 25 yrs student male and female both, after 6 months study result is in our side. On the basis of this survey physiology of Gyan mudra and its association with modern concept will be understood.

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INTRODUCTION

Yoga is a 5000yrs old Indian philosophy that combines exercise, breathing, *mudra*, *aasana*, relaxation and meditation. It is a combination of physical and mental disciplines which makes the body stronger and healthier and the mind calmer and more controlled, helping towards self-realisation. It emphasizes the relationship of body, mind and harmony. The word yoga comes from the Sanskrit word “*yuj*” which means union. Union of the individual consciousness with the universal consciousness. *Gyan mudra* is powerful mudra practiced for thousands of years by yogis that brings peace, calm and spiritual progress. *Gyan mudra* does many things stimulates the root *chakra*, it eases to tension and depression, enhanced our alertness, maintains the state of wakefulness. It is relates to the expansion and knowledge. It is extremely calming and brings the practitioner spiritual openness and ease in meditation. Also known as *vayurvedhak* in tradition ayurveda, this mudra boosts the air element (*vaayu*) thus stimulates the brain, empowering the mind, nervous system and pituitary gland. Its many benefits also include stimulating the endocrine system.

How to do Gyan Mudra

Connect the thumb and the forefinger (tip to tip, not tip to nail, which is another “active” variation of *gyan mudra*). The other fingers are straight but relaxed. Pressure between the thumb and forefinger is light. According to *Shabdakalpadrum*– *Gyan Mudra* activate our Reticular activating system who is

responsible for maintain state of arousal, general awareness and alertness, increase learning capacity and memory power. In *kundalini yoga* as taught by *Yogi Bhagan*, he said that the Jupiter finger related to the element of *Akaash* and the fore finger is related to the element of *vaayu*. They combines to stimulate our nervous system specially ascending reticular system, which enhanced our alertness, maintains the state of wakefulness.



Purpose

In *ShrimadBhagwatGeeta*, Lord Shri Krishna was in posture of *Gyan Mudra*, when he bestowed the knowledge *Geeta* to *Arjuna*

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Gyan devi, mata saraswati is also in posture of *gyan mudra*. At Sringeri, Sri Sakaracharya established *Saraswati* in form of *Sharada*, the counterpart of female form of *Sri Dakshinamurti*, the given of *Dhyana* or *Gyan*.

First time in *Gherand Samhita* established the function of *Gyan Mudra*, yoga enhanced our own virtual power, our mental and physical power. According to *Gherand Samhita*, *Gyan Mudra* is a posture, which enhanced our alertness, maintains the state of wakefulness. Aim of the study is to define the importance of *Gyan Mudra* in present era. We describe the physiology of *Gyan Mudra* by anatomical pathway study and analytical survey study.

MATERIAL AND METHODS

With reference to this topic, some reference came across in *ayurvedic* as well as modern science. Various books, journals, articles, confirmed worldwide Web sources and literary works related to the subject were reviewed. We have to take two ways to describe the importance of *Gyan Mudra* in modern life style. Firstly, we done survey study, we have to take 50 patients, age group 15 to 25 years old specially students male and female both. Timing is 6 to 7am at least one hour a day in *padmaashan*. Analytical study timing is 6 months. After 6 months we found our analytical survey result.

Secondly we have to done anatomical and physiological pathway study of Gyan Mudra

- According to modern science *Gyan Mudra* stimulates ascending reticular activating system which play role in wakefulness and controlling the overall degree of activity of brain are called the Ascending Reticular Activating System.
- Complex multineuronal and polysynaptic pathways.
- Collateral from long ascending sensory tract as well as from the trigeminal; auditory; visual; olfactory system.

Location and Identity

- Placed in the deep and dorsal parts of the neural axis.
- It is very diffuse in its distribution and has ill-defined boundaries.

Observations

On the basis of above survey study, *Gyan Mudra* produce high degree of Arousal; Alertness; and development of learning process. It can be associated by following pathway:

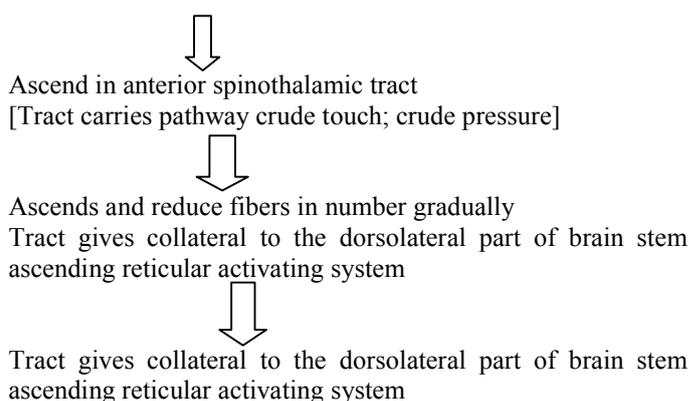
Pathway of Gyan Mudra

Join the tip of index finger and thumb region

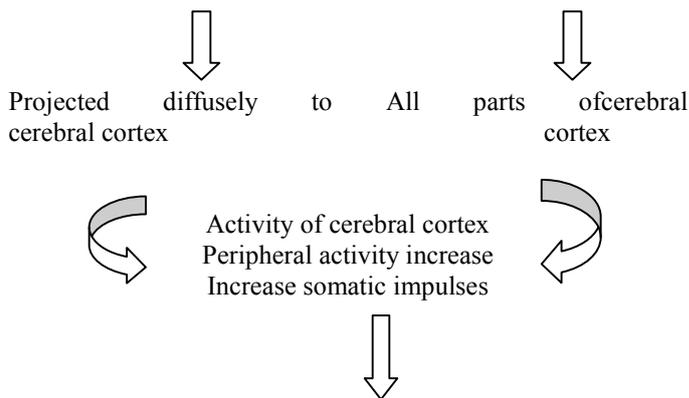
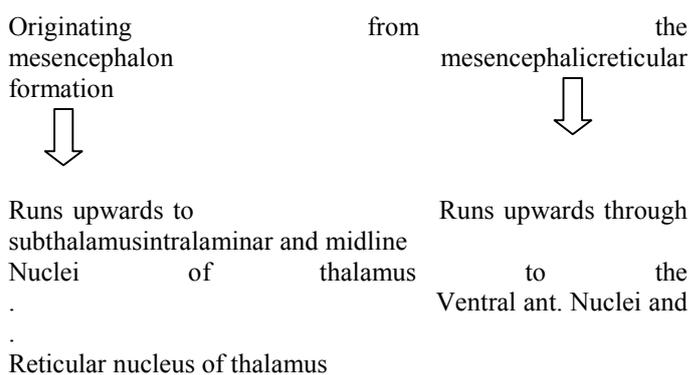
↓
 Meissner's corpuscles or Markel's disc active (Dense Mechanoreceptors on the tip of index and thumb region crude pressure receptor)

↓
 Impulses carried by median nerve
 Formed by two roots
 [Lateral root from lateral cord and median root from median cord of brachial plexus]

↓
 Spinal cord C-5 to T1



Two pathways



Produce high degree of Arousal; Alertness; and development of -learning process.

RESULT

After 6 months duration we found in 50 patients *Gyan Mudra* increase their concentration, learning capacity, memory power, wakefulness, awareness and alertness up to 60%.

S y m p t o m s	Before 6 months	after 6 months
Wakefulness	+	+ + + +
Alertness	+	+ + + +
Learning capacity	+	+ + + +
Concentration	+	+ + + +
Memory power	+	+ + + +

DISCUSSION AND CONCLUSION

Modern science also accept the fact that our fingers emits Electromagnetic waves. Our ancient *Rishi* have evolved that as a science knowing fully well that they are sources of energy. According to researches conducted by them, the way in which we fold or twine our fingers produce energy and they called such formations as *Mudra*. With the help of *Yoga Mudras*,

Rishis lived for hundreds of years. One of such Mudra is *Gyan Mudra*. *Gherand Samhita* first describe about *Gyan Mudra* and its function. We have done survey, analytical study and its anatomical and physiological pathway in modern way. We found *Gyan Mudra* activate Reticular activating system, placed in deep and dorsal part of neural axis in the brain stem. It is a diffuse network of fine nerve fibres. Its fibres connect with cerebrum, cerebellum and limbic system, so *Gyan Mudra* enhanced activities of different parts of brain. So *Gyan mudra* responsible for activating reticular activating system then *Gyan Mudra* enhance state of Arousal and General awareness and Alertness. The Ascending Reticular Activating System is responsible for maintaining the state of wakefulness and alertness by its connection with a great no. of collateral sensory tract. It also Increases the Learning Capacity. As its connection with the Cerebral Cortex, it participate in increase learning capacity; learning reflex and increase memory power. Activation of the entire brain- The stimulation of the ascending reticular activating system produces wakefulness by generalized activation of the entire brain including cerebral cortex; thalamus; basal ganglia; brain stem and spinal cord. Wakefulness is generalized and enhanced activities of different parts of brain.

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