

Part I: Concept of Mudra according to texts of Yoga and Spiritual Lore.
Part II: A Comparative study of Three Different Yoga Modules on Logical Memory in School Children
By

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Abstract

Part I: Concept of Mudra according to texts of Yoga and Spiritual Lore.

Mudras are the Hatha Yoga gestures that can invoke psychic, emotional devotional and aesthetic attitudes. There are various forms of Yogic Mudras. This report attempts to give a brief summary of Mudras given in Gheranda Samhita, Hatharatnavali, Hatha Yoga Pradipika, Siva Samhita and Ghorasa Samhita relating to Hatha Yoga practices.

The report commences with some general ideas about Mudra. Then the important texts, mentioned above present the following mudras, Maha Mudra, Mahabandha, mahavedha, khecari, Jalandhara, mulabandha, Viparitakarni, Uddiyana, Vajroli, Sakticalana, Yoni, Vajroli, Tadagi, Manduki, Sambhavi, Asvani, pasini, Kaki, Matangi & Bhujangini.

The benefits are the following: It calms and collects the mind, warms up the body. Strengthens the inner stability and self-assurance. It gives us the courage to show goodness of our hearts. It gives an excellent exercise for all organs, especially for the stomach, lungs and intestines. The most important energy channels to flow better and it stimulates the organs of the abdomen and pelvis. Mudras are also the ideal preparation for meditation. Mudra gives wonderful silence arises and all the sensory organs become sensitized. The limitations are people suffering from depression, low blood pressure and chronic constipation, high blood pressure, vertigo, brain disorders or epilepsy, enlarged thyroid or excessive toxins in the body should not perform the mudras.

Summary & Conclusions

I find the first written document of mudra of Hatha Yoga in Hatha Yoga Pradipika, hatharatnavali, Siva Samhita and Gheranda Samhita. According to these writings, the effect of mudra extends from healing everyday complaints to maintain, freshness at a ripe old age, to even determine one's own day of death. However, many Yoga masters think that these

promises should not be taken too literally, they say these are superficial explanations for no-initiates. The deepest aspects of mudra are only revealed to those who seriously practise them through the guidance of teacher.

Classical mudra are mainly used for awakening Kundalini experience states of expanded consciousness, or achieving Enlightenment, since such practices are like a tight rope walk and accordingly dangerous, they can only be learned with an experienced teacher. Swami Satyananda Saraswati, a recognized Hindu Yoga master, was the first to describe them so that even we normal mortals can do them. He also gives the advice of practicing the mudra in combination with body, posture (Asana) and Breathing exercise (Pranayama) since this will considerably intensify the body and breathing work. Mudras are also the ideal preparation for meditation, today other directions such as power Yoga and Kundalini Yoga, agree with his opinion.

The hand has been a symbol for prayer and for the Higher Power. Around 1500 B.C.the Egyptian's powerful deity Ra was shown as a sun burst with each ray terminated in an open hand. Mudras are an important part in the religious practices of Buddhist and Hindu rituals. The Prayer Mudra, with hands together at the heart, symbolizes prayer, worship for the Christians. Different spiritual religious, and philosophical group around the world have practiced hand gestures.

Hand mudra can be done with one hands at the same time. The right hand represents the outer self and the left hand represents the inner self. Each finger has a specific meaning. The type of mudra will be determined by various aspects, such as where the fingers are touching, if the hands are in the sequence. When the hand mudra flows one into the next, it is like a hand dance. The hands are used to express us, to work, and to share with others. They are invaluable, and powerful. Our hands are like a conduct for energy; s they direct energy and focus the mind. So, the right application of the hand mudra can magnify the incredible role that hands play in life. Studies have mudra can magnify the incredible role that hands play in life. Studies have shown that when people make gesture with their hands and arms, it helps the thinking process. With a master Yogi, the mudra, when performed spontaneously, can transmit energy. There are many pictures showing saints with their hands in a gesture blessing or prayer and meditation

What we call life is within the body; what we call eternity, too, is within this body. The body is not 'that', but 'that' is in the body. Thus, the body has been the field for profuse scrutiny by researchers of different disciplines, who found it necessary to chart and map it at different levels in order to start the voyage to the shore of the ultimate reality. Yogis have divided and subdivided the body-prana-mind system to such an extent that they can confidently direct a complete mastery over the discipline of concentration through specific processes. Concentration is essential for fine-tuning the awareness to become an organism with an in-built receiving and transmitting set to communicate with the ultimate reality. Man's awareness is capable of being attuned to the highest level only when the prescribed

discipline is undergone. Behind the science of the Mudra, ages of practices alone stand as a proof.

Our existence in this world is always plunged in a dimension of life that is psycho-physiological in itself – we are body, mind and psyche (soul) – one together. This understanding is reflected in the practise of Mudra, which are psycho-physiological attitudes.

Mere gesticulation or physical movement, which is not prompted by an inner attitude and does not have symbolic content, could not be called Mudra. At the same time, no matter how much our awareness has expanded, while we are embodied we still need to eat and answer all the other physiological bodily calls. So even in spiritual practice we cannot live without the body. In Mudra the split between body and soul is absent; there exists a mutual dependence and influence of one upon the other. Then the logic behind the description of Mudra as a psycho-physiological attitude is clear when we look at the transitory stage of our evolution. We were 'insert' matter, and then we became animal with a predominantly sensorial awareness. Now we are human beings possessing a psychic awareness intermingled with the sensorial, and we are gradually moving towards cosmic awareness from human to divine.

Part II: A Comparative study of Three Different Yoga Modules on Logical Memory in School Children

The present study was aimed at to assess logical memory in children through the integrated yoga module. The children participated in a ten days residential Personality Development Camp (PDC) at Vivekananda Yoga Research Foundation, bangalore, South India. 366 healthy children out of 900 with age ranging between 9 to 12 yrs, (mean age \pm SD10.92 \pm 0.92) were randomly allocated to three groups, VIZ. Intelligence Quotient group (IQG), Creativity group (CVG) and Physical stamina group (PSG) of 122 each with age between group. The test of logical memory of Wechsler memory consisting of two stories were administrated to children in all three groups on first and 9th day. Three different modules of yoga specially designed to improve Intelligence Quotient (IQ) or creativity (CV) or physical stamina (PS) were taught to children by trained yoga instructors. The yoga modules consisted yogapostures, breathing practices, yoga games, meditation and lectures on philosophy of yoga, but the content of the actual practices under each of the practices were different for the three groups. Data analysis was done using parametric paired t test as the base line values were not skewed. The F-test for base line values showed that data of three groups were not significantly different from each other. Comparison of pre and post values showed that there was a significant improvement ($p < 0.001$) in logical memory in all the 3 groups IQG group (32.69%) CVG (30.17%) PSG (14.60%). All the yoga modules showed significant improvement in logical memory. There was a significant different between CVG and IQG and CVG with PSG. (Multiple Comparison Tukey test). There was no significant between male and female in IQG, CVG & PSG groups (Unpaired t test).

Summary and conclusions

1. The present study was conducted to assess the efficacy of three different yoga modules derived from an Integrated yoga module (IAYM) on logical memory.
2. In this study, school children (n=322, age range=9 to 12 years) were randomly assigned to three groups namely IQG, CVG and PSG.
3. The groups had interventions of IAYM to enhance creativity, IQ and physical stamina. The number of students in each group was IQ (n=114), CV (n=95, PS (n=113).
4. The assessments for logical memory were taken on the 1 and 9 day of the course. The subjects were told that the logical memory test were for their self-assessment to understand the benefits derived from the course. The necessary conditions for the test namely, the seating arrangement, timing was strictly adhered to.
5. The scoring done for the test was based on Wechsler's memory scale for children. The intervention for the study included yoga practices, which were very specific for the three yoga modules.
6. The analysis of data was done after checking for elimination of abnormal data and attrition of data. The normality test showed that the groups were not normal distribution but data were not skewed. The ANOVA test showed that the base line data of all three groups were homogenous. The Paired t-test indicated that all the three groups showed improvement. The Multiple comparison tukey tests showed that there was significant difference between groups. It showed that the IQ group showed more significance than the PS group. The females and males between groups showed no significant difference.
7. Hence the above study shows that Yoga has a role to play in the improvement of logical memory, with greater improvement in the IQ group. The improvement in IQ may be due to the balancing effects of influenced the logical memory.

The results shown, favors the hypothesis, i.e., It has shown improvement of logical memory scores in the IQ group. There was a significant improvement in logical memory scores in all three groups who underwent specialized yoga training during personality development camp. All yoga modules designed to improve different aspects of personality i.e., IQ, Creativity and Physical stamina.

Keywords: Mudra,spiritual lore,logical memory, school children.