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Mudra therapy: Miraculous curing via hands**Bharat Bhushan Sharma**

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In the present scenario, where the human race all over the globe is dwelling upon achieving a disease-free world via bringing into practice existing medical techniques and simultaneously spending a huge wealth in discovering new solutions; there; MUDRA THERAPY, brings into sight, one of the most ancient and successful ways of healing the ailing. Mudra Therapy that draws its origin from India has been prevailing in the country since the age of Rishi-Munis and can still be seen in practice in various cultures across the country. The therapy i.e. the mother of all gentle touch/pressure based one, works to activate the neurological, circulatory, and hormonal

and finally the endocrine system of the body. This, in turn, regulates the detoxification system and correspondingly enhances the immunity system of the body; henceforth; solving the very purpose of any treatment. Here, we aim to depict different types of hand postures via our oral presentation that can aid in curing any kind of disease, both acute and chronic. Lastly, the benefit of Mudra therapy over others comes from the fact that it is the best remedy till date owing to its unending benefits- i.e. physical, social, mental, moral, emotional, financial and economical.

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