

Twitter Thread by [V■■■■■■■](#)



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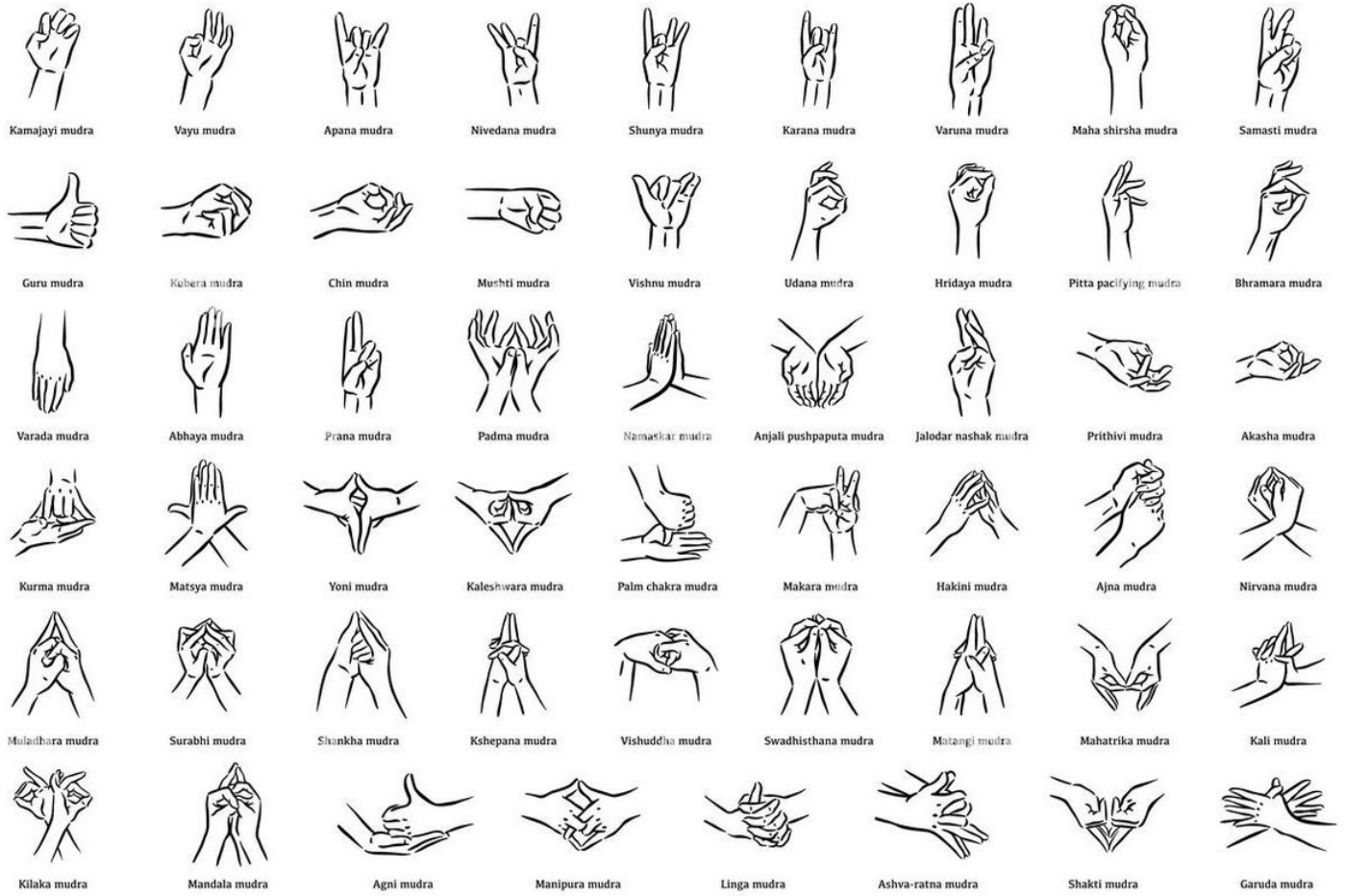
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The Finger Names in 'Sanskrit' are, Thumb is called 'Angushtha', Pointing finger is called 'Tarjani', Middle finger is 'Madhyama', Ring finger is 'Anamika' and the Smallest finger is called 'Kanishtika'.



Mudras are hand gestures used in yoga and meditation, which mean 'mark' or 'seal' in Sanskrit. In the Mudra philosophy, it is believed that our 5 fingers correspond to the 5 elements of the universe -



Thumb - fire, Index finger Varuna (Air) Middle finger- Akasha (Space), Ring finger - Prithvi (Earth), Little Finger -Jal(Water).

Practitioners believe that when the finger representing a particular element is brought into contact with the thumb, that element is brought into



balance, creating a stabilizing effect on the entire body. Mudras start electromagnetic currents in the body, create balance and promote health. Regular practice of these mudras can help create a balance between these five elements in the body.

Credit- Sri Vidya (FB)