

Standard Operating Procedure to do Linga Mudra (Siddha Mudra Way)

Step 1:

- Observe the breath flow by keeping the index finger below the nose. Breathing can be felt in any one of the nostrils fully (faster) & Low breathing (or block) in another nostril.

Step 2:

- Point the thumb of low breathing side vertically 90 degrees upwards.
- Encircle the raised thumb with the index and thumb finger of the other hand. Interlock the remaining fingers of both hands.

Step 3:

- Close the palms of both hands together in air tight condition. This position is termed as the 'Linga Mudra'

Position:

- 'Linga Mudra' finger posture combination can be done in any position, like Supine position, Fowler's Position, High Fowler's Position, Prone Position, etc.

Conditions / Exceptions:

- Linga Mudra can be done along with modern medicine or any other alternate medicines including conditions where patient is with Oxygen support.

Who can do?

- This Linga Mudra shall be done by everyone, starting from children to elderly people except pregnant women.
- People with co-morbid conditions like diabetes, high blood pressure, etc. shall also do this Linga Mudra.



Patient Condition	SpO ₂ Oxygen Saturation level	Recommended Duration**	Practice per day
Mild	90% - 95%	24 - 48 min	3 - 4
Moderate	80% - 89%	24 - 48 min	6 - 8
Severe	<80%	24 - 48 min	As many no. of times

** Stop doing this mudra immediately after sweating

