

Application for curing ailments through mudra science

Nilam Upasani, Sharvari Shirke, Pallavi Jagdale, Pranjal Siraskar, Jaydeep Patil, Vision Shinde

Vishwakarma Institute of Technology, Pune (India)

ABSTRACT

Ailments and illnesses can be cured in a number of ways. The curative measures range from mild to severe depending upon the intensity of the ailment. Our project focuses on providing a measure for curing ailments slowly and naturally - The Mudra Science. In simple words, mudras are hand positions. We hold fingers and hands in specific positions to connect certain energy-flows in mind-body system. This project is an Android app which informs you about mudras for any specific ailments, the duration for which it has to be performed and other specifications. It creates a user account, gives certain mudras as a curative measure for your ailment (with all the specifications), sets reminders in the form of push notifications and also provides you with a list of all mudras if you wish to dive deeper into this science.

Keywords: ailment, Android, emulator, mudras, module

I. INTRODUCTION:

Mudra science is an ancient science that originated in India and involves hand gestures, which connects certain energy-flows in mind-body system. While doing mudras, subtle hand and finger movements make important connections in the nervous system and stimulate specific energy pathways or nadis. These mudras (hand postures) have potential benefits for physical, mental and emotional wellbeing. There are mudras to address headaches, pain, anxiety, depression, stress, the health of lungs and heart, cholesterol, pain in any body part and almost every system of the body.

According to Ayurveda, human body is made up of five elements: Agni (Fire), Vayu (Air), Aakash (Space), Pruthvi (Earth) and Jal (Water). Under healthy conditions, our body has an optimum balance of all these elements. However, imbalance in any one of them affects the body in a negative way. This ultimately leads to illnesses. When specific mudras are performed, any imbalance in the above stated five elements is restored and the person recovers [5].

In today's fast lifestyle, good health is what enables us to work with full efficiency. Good health is the greatest blessing of life. As humans, thousands of chemical reactions occur in our bodies every day. Many times we have ailments and small illnesses. And it is a fact that over-medication and over-treatment are in no way going to do good to us. This project aims at combining the mudra science and latest technology to provide the users with

personalized solution for their ailments, in the form of mudras. Presently, there are books, websites and Android which talk about mudras. However, this app will provide the user with personalized solutions. . ‘Android studio’ has been used for the Android App Development [1] and Firebase for database connectivity. Even if the user forgets to perform his mudras, the push notifications which are like a reminder will call his attention to it. The aim is to provide the user with complete information about all the mudras and about this science and also help in healing the ailment- naturally and without involving medications.

Objectives:

1. To give mudras for specific health problems of the user.
2. To bring in handy, all the mudras and their benefits – at one place
3. To help cure ailments (over a period of time) without medications.
4. To make a user-friendly application, so that more and more people will become aware of mudra science.

II. LITERATURE SURVEY:

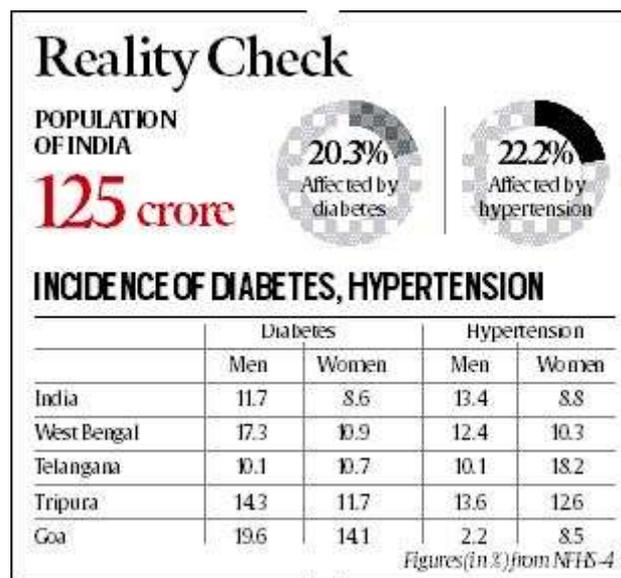


Fig. 1 Survey by The Indian Express

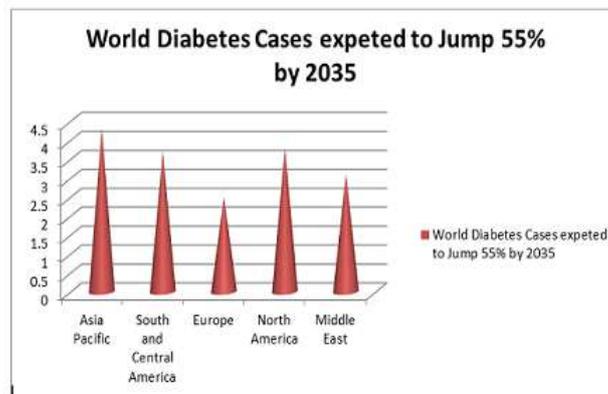


Fig. 2 Global survey

According to a survey conducted by The Indian Express, over 20% of the Indians are suffering from Diabetes [2]. And this rate of increase has gained acceleration due to changes in lifestyle.

Conference Series LLC Ltd. organized a conference on health and metabolism, where it stated that World Diabetes Cases are expected to jump to 55% by the year 2055 [8]. These illnesses and ailments seem to be ever-increasing. However, it is possible to bring these rates down by adopting simple healing methods like Mudra Science.

III. MODULE DESCRIPTION

The user has to create an account by providing the following details –mail id, a password, name, gender, cell phone number and ailments. If an account already exists, one can directly login. This project includes the following modules:

3.1 All Mudras :

The module enlists all themudras(its names in alphabetical order) and provides more details about each mudra:

2.1.1 Image

2.1.2 Meaning of its name

2.1.3 Method

2.1.4 Overall benefit of that mudra.

3.2 By Health Problem :

The module enlists names of all ailments or health problems(in alphabetical order). For each ailment, the possible solutions (mudras) are listed. It provides the following details for all mudras:

2.2.1 Image

2.2.2 Method

2.2.3 Duration (according to severity of the ailment)

3.3 What is Mudra?:

It is a static page that will help you know more about how mudras work, their history and their functionality.

3.4 My Mudras:

The module shows the mudras that heal the ailment(s) which the user has entered while creating a user account.

3.5 Notifications:

The drop-down menu on the top left corner of the screen enables the user to set reminder for performing mudra.

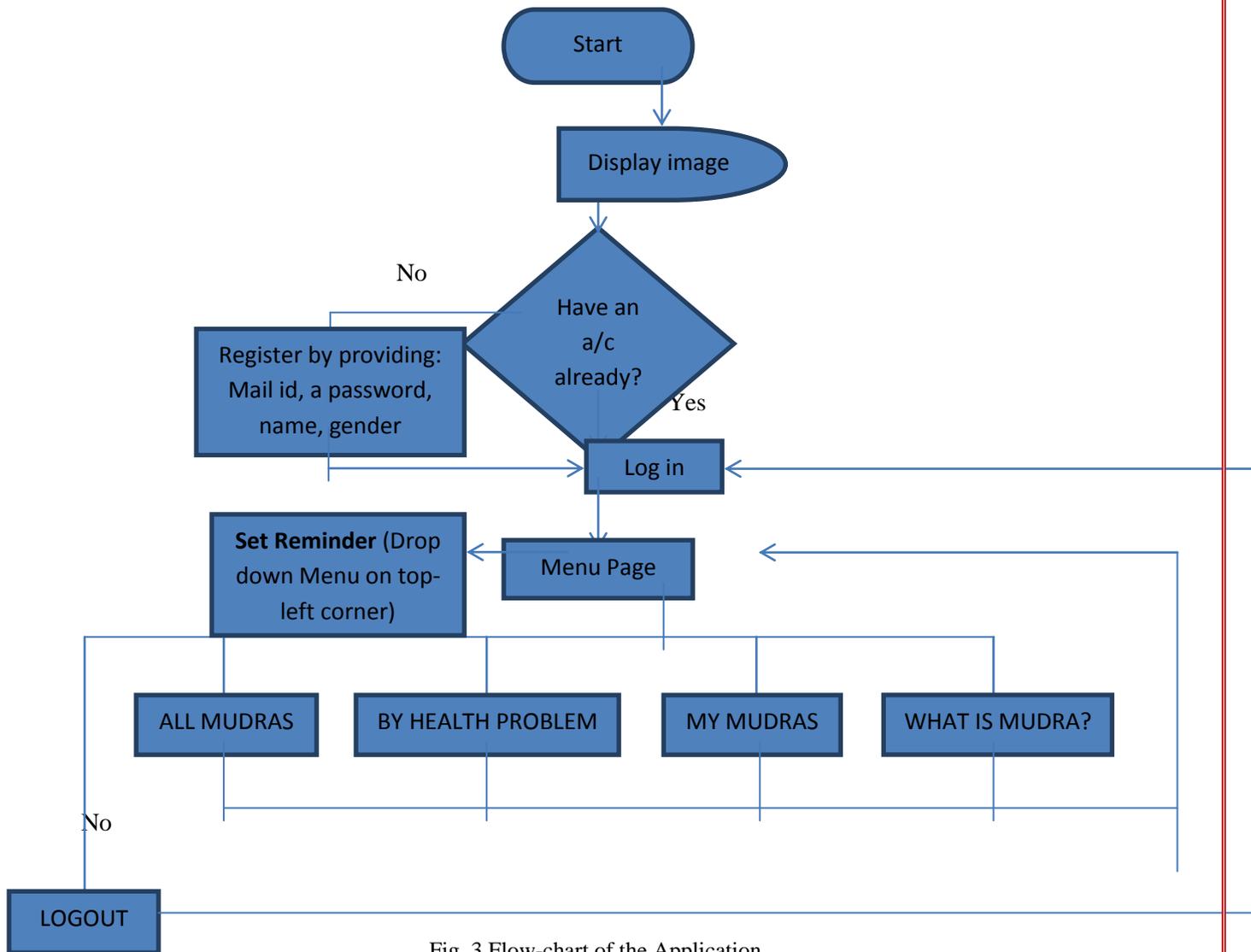


Fig. 3 Flow-chart of the Application.

IV. SYSTEM REQUIREMENTS:

4.1 Developer Requirement:

Software:

1. Android studio IDE 3.0.1 (with SDK bundle) [1]

2. OS Version – Windows 8/10 (64-bit, because 32-bit gets overloaded)
3. JDK 8u161

Hardware:

1. At least 4GB RAM
2. Intel Core Processor – i3 and above
3. Android Device/Android Emulator for testing

4.2 User Requirement:

Software:

1. Android Version 4.0 and above
2. RAM 5-12 MB and above
3. Internet connection

Hardware:

1. Android Device

4.3 Technical Description:

The Android Application has been brought into practice by working on several different aspects that function collectively. It includes managing database accepted from the users while registering, designing the Application through xml files and the coding part through java programming. The detailed explanation of each aspect is given below.

Handling the Database:

The personal details and other information accepted from the user are stored in Firebase database [6]. E-mail id and a password are accepted from the user and are authenticated. A unique id for each user is generated. Further, rest of the details get accepted – Name, Gender, Health Problem(s).

Only the server is able to access the details other than the user [7].

The screenshot shows the 'Authentication' page with a search bar and a table of users. The table has columns for Identifier, Providers, Created, Signed In, and User UID. The data is as follows:

Identifier	Providers	Created	Signed In	User UID
pal@gmail.com		Mar 30, 2018	Mar 30, 2018	0GIZhkJEUHWvtnomy7DiZuofc42
katt15@gmail.com		Mar 27, 2018	Mar 27, 2018	2CdTnThEbBWVYm00TNvSt842ni...
katt17@gmail.com		Mar 27, 2018	Mar 27, 2018	2e4kY7e6Z3HzpBuYFJ1eml8caKa2
baap@gmail.com		Mar 27, 2018	Mar 27, 2018	4TTxyUMwn9Tb7bWfUnK1Wuat3...
katt126@yahoo.com		Mar 29, 2018	Mar 29, 2018	4be4kzzS1oaAxilNE4jIU4ITOW2
katt12@gmail.com		Mar 22, 2018	Mar 27, 2018	7zRINo8QaqYAA7vgNVSFqsDcaK...
pranjal@gmail.com		Mar 26, 2018	Mar 26, 2018	AcpZiWmtcg9fso1oZLMvITDpiy1
swapnilkatt127@gmail.com		Mar 27, 2018	Mar 30, 2018	Dw8cWkqZWM41JgRPTInjCQJKI...
gd@gmail.com		Mar 31, 2018	Mar 31, 2018	Fqzat1.N0Y0a0GghK14BjFvVIAr..02

Fig. 4 Authentication of user information

The screenshot shows the 'Database' page with a tree view of user data. The data is as follows:

```

timepass1-2345
├── 0GIZhkJEUHWvtnomy7DiZuofc42
│   ├── contactno: "0000000000"
│   ├── gender: "female"
│   └── name: "pal"
├── 2CdTnThEbBWVYm00TNvSt842ni53
│   ├── contactno: "9604703285"
│   ├── gender: "Male"
│   └── name: "srktt1"
├── 4TTxyUMwn9Tb7bWfUnK1Wuat3xH3
│   ├── contactno: "9604703285"
│   ├── gender: "Male"
│   └── name: "swapnil rajeev katt"
├── 4be4kzzS1oaAxilNE4jIU4ITOW2
└── 5s2qX0fOTiZP0qAVkeucansFiv02
    
```

Fig. 5 Database of every user (on server)

4.4 The User Interface:

The overall look of the application is designed by making XML files for each activity. XML (Extensible Markup Language) is used to describe the data. It includes adding buttons, text-boxes, background, text-views, images and designing the layout of the pages.

4.5 Constructing the flow of the application:

Linking of all the activities [3], adding delays[4],push notifications/reminders and the flow of functioning of the whole application is done through the java programming (in .java files in the package) [1].

FUTURE SCOPE:

This application is available only in English. More languages can be added. By taking details of age and profession of the user, more specific solution can be given. GIFs of the mudras can be added.

IV. CONCLUSION

This paper proposes an Android Application ‘Mudras...for healing’ which is a tool to reach hundreds of mudras that help curing/healing ailments and health problems because Android app is an easy way to reach more and more number of users. Using this application, it is possible to cure ailments in the most natural way, without involving any kind of medication. The user-friendly interface enables to easily access everything.

The flow of functioning of the whole app is determined by java files and xml files of the package. Accepting only nominal personal details (Name, e-mail id, health problem) do not hamper the user’s privacy. In case the user forgets to perform his mudra, push notifications act like a reminder. Account can be accessed from any Android device (satisfying all the system user requirements) as the database is global (Firebase). By creating a user account, every individual is able to get a customized solution.

REFERENCES

- [1] <https://developer.android.com/studio/index.html>
- [2] <http://indianexpress.com/article/india/govt-survey-over-20-per-cent-indians-suffer-from-diabetes-hypertension-4548831/>
- [3] <https://www.youtube.com/watch?v=bgIUdb-7Rqo>
- [4] <https://www.youtube.com/watch?v=PbtFTRaqxNQ>
- [5] Gertrud Hirschi, Mudras: Yoga in Your Hands (Weiser Books, 2000)
- [6] <https://firebase.google.com/docs/>
- [7] https://www.tutorialspoint.com/firebase/firebase_environment_setup.htm
- [8] <https://humanmetabolism.healthconferences.org/>