In Hinduism and Buddhism, the code signs, or mudras, demonstrated by the hand gestures are called hasta mudra. Hasta is Sanskrit for the hand. The use of hasta mudras is popular in India.1–3 The reverse sides of some Indian circulation coins demonstrate hasta mudras. They are adopted from the classical Indian Bharata Natyam dance hand gestures.4

The reverse side of the 50-paise coin (Fig. 1), first minted 2008, demonstrates a clenched fist. This hasta mudra stands for closed hand and handful.3,4
The reverse side of the 1-rupee coin (Fig. 2), first minted 2007, demonstrates a hand with the thumb up. This hasta mudra stands for heroism.3,4

The reverse side of the 2-rupee coin (Fig. 3), first minted 2007, demonstrates a hand showing two fingers. This hasta mudra stands for arrow shaft and facing scissors.3,4

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Let It GO

Jerry I. Huang, MD,* Brandi C. Huang*

The nerve is cut in the arm tonight
Not an axon to be seen
A kingdom of isolation, and it looks like scar between
The muscles in the hand are shrinking deep inside
Couldn’t move it now. Heaven knows I tried

Don’t let them go, don’t let them wait
Be the good hand doc and operate
Scarred down, don’t feel, don’t sleep at night
Well now they’re tight

Let it go, let it go
Can’t keep it stuck anymore
Let it go, let it go
Decompress, transpose no more
I don’t care. Subluxate or stay
Let the muscles move!
The nerve never worried me anyway

It’s funny how some distance makes everything seem small
And the nerves that once controlled me can’t get to me at all
It’s time to see what I can do
To repair or bridge the nerve cut through
No right, no wrong, no gap for me

I’m free…

Let it go, let it go
Nerve glides through the thick scar band
Let it go, let it go
You’ll soon move wrist and hand
And here I heal, an inch a month
Let the muscles move!

My tendon transfers through the muscles that are sound
My grafts are shooting to nerve fascicles all around
And the nerve regenerates, resting in a cast
I’m never going back. Dead arm is in the past

Let it go, let it go
And I’ll recover and feel again
Let it go, let it go
That hand has no more pain
Here I stand, in the light of day
Let the muscles move!
The nerve never bothered me anyway

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