

How-to select a Mudgar

Getting a Mudgar is very confusing.

We have to decide the weight, wood type, etc.

Here is a simple guide on **HOW TO SELECT** your 1st Mudgar.

First, let's understand the following -

Varnish or Natural Wood?

The market has mostly shiny varnished Mudgars.

Why are most varnished? Because they are easy to store for the long term.



However, there is something called a **Natural Wood Mudgar** too.

They are not commonly sold in the market. But they have their benefits 😊

Here are the differences:

Varnished Mudgar	Natural Wood Mudgar
1. Cheap price 2. Slippery in use since it has the varnished coating 3. No oiling is needed	1. Expensive 2. It doesn't slip since it's in its natural state. Btw, it has medicinal benefits 3. Requires oiling every 10 days

You can go for either; both are good to start a practice.

Let's explore the medicinal benefits of using a Natural wood Mudgar

Wood medicinal benefits

Indian Tulip (Paras Peepal in Hindi)

Benefit: It's used in traditional medicine for wound healing and diabetes treatment.

Axle Wood (Dhawa in Hindi)

Benefit: Used as a binding agent in pharmaceuticals, and the Tree bark is used to treat wounds, swelling and diarrhoea.

Rosewood (Sheesham in Hindi)

Benefit: Helps maintain healthy cholesterol levels by increasing high-density lipoprotein and decreasing low-density lipoprotein. Sheesham

Azadirachta indica (Neem in Hindi)

Benefit: It helps a variety of skin diseases, septic sores, and infected burns

Great, now that we understand the natural wood medicinal benefits, let's go understand how to select the right Mudgar weight.

Mudgar weight

The Mudgar weight depends on the student's height, weight and current health condition

For Men

Use this formula - Student's weight / 8 / 2 = Mudgar weight

Ex: weight is 80kg. Then $80 / 8 / 2 = 5\text{kg}$ Mudgar weight

This will give you the approximate weight for a beginner

Note: For accurate mudgar weight based on age, height and body pains,
[Whatsapp us now](#)

For Women

Use this formula - Student's weight / 8 / 3 = Mudgar weight

Ex: weight is 80kg. Then $80 / 8 / 3 = 3.3\text{kg}$ Mudgar weight

This will give you the approximate weight for a beginner

Note: For accurate mudgar weight based on age, height and body pains,
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Lastly, go for a standard Mudgar with a handle length of approx 7inch. This helps to hold the Mudgar with 2 hands

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