# Nadis - the specific wires for conducting energy

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#### **Abstract**

The word nadi comes from the Sanskrit root nada, which means flow. The physical body is structured by an underlying system of nadis. These are subtle flows of vibration. The Upanishads explain that the nadis penetrate the body from the soles of the feet to the crown of the head, carrying prana, the breath of life. The atman is the source of Shakti and the1 animator of all the worlds. The entire network of nadis is so vast that even yogic texts differ in their calculation of the exact number. Regardless of the exact figure, the description of their structure is always the same - thin strand-like threads, similar to those of the lotus stem, which emanate from the spinal column. The science of nadis that is of recent interest to scientists all over the world, had been analyzed extensively by Indian yogis of lore. Through they lacked the physical equipment available to modern science, these yogis through their dedicated practice (Abhyasa), Inner vision (Antardrishti) and self analysis (Swadyaya) had made an extensive number of observations on this concept. Scientific research has been carried out to determine what and where nadis are.

Key words - Nadi, Ida, Pingala, Sushumna and other Principle nadis

#### Introduction

The presence of positively and negatively charged particles activating the body and mind enables us to live in this world, but nature's wonders do not stop there. Man has devised a method to split the atom and release nuclear energy. In the same way he can also release a greater quantum of energy within his own being. In ancient days Rishis used their knowledge of the principles of nature to boost the pranic energy in order to accelerate the evolution of human consciousness. The only difference between modern and ancient methods of producing energy is that one utilizes external sources and the other internal. The pranic network within the body operates on much the same basis as the energy system in nuclear, hydraulic and thermal power stations. The pressure of rapidly flowing water or rising steam rotates turbines which generate electricity. This action can create a powerful magnetic field that can be collected and stored in accumulators.

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Similarly, yogis describe how the pranic field within the body is charged by respiration. The process of respiration thus generates energy. This energy can then be directed into certain pranic accumulators, known as Chakras, for storage. From the electrical power station, the energy is sent to substations through special high voltage wire cabling. Once it has reached this stage of processing, it is passed through transformers which reduce the voltage so that it is useful for specific purposes. The same principle applies to the physical body, only here the high voltage channels for conduction of energy are not wire cables, they are nadis.

#### The Nadis Networks

The physical body is structured by an underlying system of nadis. In recent times the nadi system has been associated with the nervous system. The word nadi comes from the Sanskrit root nada, which means flow. Nada is a resonating and subtle vibration. Therefore, nadis are subtle flows of vibration. The Upanishads explain that the nadis penetrate the body from the soles of the feet to the crown of the head, carrying prana, the breath of life. The atman is the source of Shakti and the animator of all the worlds. The entire network of nadis is so vast that even yogic texts differ in their

calculation of the exact number. References in the Goraksha Sataka or Samhita and Hatha Yoga Pradipika place their number at 72,000; the Prapanchasara Tantra says 300,000; while the Shiva Samhita states that 350,000 emerge from the navel centre.

Regardless of the exact figure, the description of their structure is always the same - thin strand-like threads, similar to those of the lotus stem, which emanate from the spinal column. Scientific research has been carried out to determine what and where nadis are.

#### The Major Nadis

In any electrical circuit, three specific wires are required for conduction - one positive, one negative and one neutral. Likewise, within the body there are three specific nadis for conducting energy. In yoga we refer to the negative line as Ida, the channel of manas shakti or mental force. The positive line is Pingala, which channels the dynamic energy of prana shakti. In order to avoid short-circuiting of these lines there is a third channel, Sushumna, which functions as an earth wire, The Shiva Swarodaya names ten major nadis which connect to the 'doorways' leading in and out of the body. Of these ten, Ida, Pingala and Sushumna are most important. They are the high voltage wires which conduct the energy to the substations or chakras situated along the spinal column. The seven lesser nadis are:

Gandhari = connected to the left eye
Hastijihva = connected to the right eye
Poosha = connected to the right ear
Yashaswini = connected to the left ear
Alambusha = connected to the mouth
Kuhu = connected to the reproductive organs
Shankhini = connected to the rectum
Other Upanishads talk about 14 to 19
significant nadis and include

jihva, kurma, payaswini, Saraswati, saumya, shura, varuni, vilambha and vishvodari.

"Llk, 更信; aukly % for neylorjsu.`keA i z kuhlnkukly Lrork qef; kpr更 kAA I 如原格析 aykp xky kjhgflrft gedkA dgwrj Lorhi Wk'k fi kuhp i; flouhAA oht. kky 医以kp6 fo'okejh; 'k LouhA , rk cfrL=keef; k/L; 如 aykki 如底kA?' (f ko i kork& 2@13]14/15)

So for all practical purposes one need only concentrate on *Ida*, *Pingala* and *Sushumna*, as these three govern the whole system of the nadis and body processes.

"bMkxaki jki te3rkfi ayk ploizfi;dlA e?, ki j Lorhi te3rkrik lei alfang 1884A'(floi liferk & 5@16) Ida Pathway

> "bMkulÆihrq kulk/holeelx惡QofLFkrlA I 與稱k, kal elfy"; n{kulk kin\$sxrlAA? (fko l fark & 2@25)

Ida nadi, the negative channel, brings consciousness into every part of the body. The Shiva Swarodaya likens its nature to the energy created by the moon; therefore, it is also known as the Chandra or lunar nadi. Ida is cooling, relaxing and introverting nadi. The pathway of Ida differs from that of Pingala. Ida originates at a point just below the base of the spine where the first energy centre, known as mooladhara chakra, is located. It emerges from the left side of mooladhara and spirals upwards, intersecting at the other four energy centres and plexuses in the spinal column, and comes to a point of termination at the root of the left nostril, which joins ajna chakra, the sixth energy centre. Some texts describe Ida as rising straight up from mooladhara to ajna without intersecting at any junction. This could be taken to be symbolic of the fact that the energy fields of Ida govern the left side of the spinal column and the whole left half of the body. In this regard the analogy of the magnet is useful in terms of describing positive and negative poles and their relativity. If we cut a magnet in half, either end of the magnet assumes opposite polarity. Similarly, in the body, organs on the right are polarized so that Pingala governs the right side of the organ and Ida the left. According to swara yoga, left

nostril breathing influences the activities of manas Shakti, and indicates that introversion and mental creativity predominate so that any extremely dynamic or extrovert activity should be avoided. The swara yogi thus manipulates the flow of air in the left nostril in order to control Ida directly and either bring about its influence at will or suppress it when necessary.

Acts to be performed when Ida Nadi is Active Stable, permanent actions

Purchasing jewelry, clothes, journey etc Construction of house, Offices, temple etc.

Marriages, religious rights, peaceful work

Treating incurable diseases

Articles of hot potency should be taken in the lunar swara as also liquids

## Pingala Pathway

"fiaxyk uktuh rq;k ukt/h n{kekxsZ0;ofi.FkxkA

lq'kqE.kk;ka lekf'y"; okeuklkiqVs xxkAA"

(f'ko lafgrk & 2@26)

Pingala is the transmitter of prana Shakti. It is the positive aspect, also known as the Surya or solar nadi because its energy is as invigorating as the sun's rays. Pingala energy activates the physical body and externalizes awareness. Therefore, it is said that Pingala is energizing, heating and extroverting. Pingala emerges on the right hand side of mooladhara, exactly opposite to Ida. It spirals up the spinal column, crossing Ida at the four major energy centers, and terminates at the root of the right nostril. Pingala governs the whole right side of the body. To control Pingala the breath in the right nostril is manipulated.

# Acts to be performed when *Pingala Nadi* is Active

Extreme tantra techniques.

Meanest & worst actions

Drinking wine, destroying enemies

Work requiring extreme dynamism,

physical work

Solving Mathematics,

Major meals should be partaken in the solar swara.

Bathing should be performed in the solar swara and there is danger of catching cold if done in the lunar swara.

Articles of cold potency should be taken in solar swara.

One should go to sleep in the solar swara.

#### Sushumna Pathway

"fiaxyk uktuh rq;k ukMnn{kelossZ0;ofI.FkrkA

lq'kqE.kk;ka lekf'y"; okeuklkiqVs xrkAA"

(f'ko lafgrk & 2@26)

It is being rooted in mooladhara chakra and terminating in the Sahasrar chakra—when it is in its dormant state. But the real purpose of Sushumna is to provide a channel for the spiritual energy, which is a greater force than either manas or prana Shakti. For this reason the yogis developed particular techniques to activate Sushumna. Of all the thousands of nadis, Sushumna is said to be the most important.

Acts to be performed when *Sushumna Nadi* is Active. While Sushumna Nadi is active Meditation recommended.

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