

## 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 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. 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.

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

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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

“*fiayk ukEih rQ ;k ukMh n(keksZ O;ofLEkka*

*lq'koE.kk;ka lek' y'; okukliqvs xkAA*”

(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

“*fiayk ukEih rQ ;k ukMh n(keksZ O;ofLEkka*

*lq'koE.kk;ka lek' y'; okukliqvs xkAA*”

(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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