iJRASET
International Journal For Research in Applied Science and Engineering Technology



# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

**Volume:** 10 **Issue:** VII **Month of publication:** July 2022

**DOI:** https://doi.org/10.22214/ijraset.2022.46043

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 10 Issue VII July 2022- Available at www.ijraset.com*

# Exploration of NADI in Context of SHARIR

Dr. Sunil Kumar Yadav[1], Dr. Anita[2]
[1]*Dean Associate Professor, Department of Rachana Sharir, National institute of Ayurveda Deemed to be University (De-novo), Jaipur*
[2]*M.D. Scholar, Department of Rachana Sharir, National institute of Ayurveda Deemed to be University (De-novo), Jaipur*

***Abstract:*** ***The word Nadi means 'flow'. In this sense, Nadis are subtle flows of energy. Nadis are not to be confused with nerves, which are related to the physical body; rather than energy body. The network of Nadis is so subtle and complex that yogic texts differ in their exact number. According to Goraksha Samhita and Hatha Yoga Pradipika Nadi are 72,000; Prapanchasara Tantra gives the number of 300,000; while the Shiva Samhita states that 350,000 Nadis emerge from the navel centre.***
***The body of energy has its own anatomy, based on seven major energy vortices called Chakras. The word Chakra means circle, wheel or disk. The Chakra line up along a central energy channel or Nadi, which runs from the base of the spine to the the top of the head. It is called the Sushumna. The life force's main pathway through the energy body is called Sushumna (Kundalini).***
***Primary there is central Sushumna and two others on either side. The left-side channel is the Ida. Its qualities are cool, soft, reflective, sensitive and like the moon. The Pingala or right-side channel is associated with heat, activity, and strength and much like the sun. The balance of energy flow on these two sides, affects the sensations of heat and cold in the physical body. These two channels originate in Sushumna, near the base of the spine (bulb or Kanda), and correspond to the first Chakra, Muladhara. At each of upper Chakras, as they crisscross & ascend the Sushumna.***
***According to Gherand Samhita, "When the Nadis are full of impurities, Vayu does not enter them." The signs of free from impurities are lean body, glowing colour, eyes are clear, body is healthy, Bindu under control, and appetite increases.***
***Keywords: Nadi, Chakra, Kundalini***

## I. INTRODUCTION

Out of thousands of *Nadis*, it includes all the major and minor flows, seventy-two are considered important. Out of these seventy-two, ten are considered to be major. Among the ten major *Pranic* flows, three are most significant: *Ida*, *Pingala* and *Sushumna*. These three major *Nadis* are situated in the spinal column and pass through every *Chakra*. According to Hatha yoga, negative force represents *Ida nadi*, the flow of consciousness, positive force represents *Pingala*, the flow of vital energy, and neutral force represents *Sushumna nadi*, the flow of spiritual energy. The union, the connection between these three flows occurs in *Ajna chakra* (the eyebrow center)

Mental channel is *Ida Nadi*, vital channel is *Pingala nadi* and spiritual channel is *Sushumna nadi*. *Ida*, *Pingala* and *Sushumna* are the three main channels for the distribution of energy throughout the entire *Pranic* network. After *Ida*, *Pingala* and *Sushumna*, the seven lesser major Nadis include: *Gandhari*, *Hastijihva*, *Yashaswini*, *Pusha*, *Alambusha*, *Kuhu* and *Shankhini*. There are 19 major *Nadis* mentioned in several scriptures, among them *Jihva*, *Koorma*, *Payaswini*, *Saraswati*, *Saumya*, *Shura*, *Varuni*, *Vilambha*, and *Vishwodari*.

The three paths are Ganga (*Ida*), Yamuna (*Pingala*) and Saraswati (*Sushumna*) after the three most important rivers in India, the last being an underground flow. In the *Pranic* body, they converge at *Ajna chakra*. *Pingala* is also known as the *Surya* or solar *Nadi*, and *Ida* known as the *Chandra* or lunar *Nadi*. *Ida* and *Pingala* indicate time, while *Sushumna* is the devourer of time, since it leads to timelessness or eternity. *Sushumna nadi*, the hidden channel conducting spiritual energy.

Shatchakra Nirupana refers that, "In the space inside the *Meru*, The two Siras, Shashi (*Ida*) and Mihira(*Pingala*), are positioned on the left and right. The *Nadi Sushumna*, whose substance is the threefold *Gunas*, is in the middle. *Ida*, *Pingala* & *Sushumna* is in the form of the sun, moon and fire. From the centre of the *Kanda* (*Mooladhara*) to the head, the body's "string of flowering datura flowers" (the *Chakras*) expands, and the *Vajra* within her extends, shining from the *Medhra* (male sex organ) to the head. *Chitrini*, who shines with the radiance of *Prana* and is reachable by yogis, resides inside *Sushumna*. As subtle as a spider's thread, *Chitrini* is pure intellect and can penetrate all of the lotuses (*Chakras*) located inside the Sushumna. Inside of her is the *Brahma nadi*, which extends from the opening of Hara's mouth (*Mooladhara*) to the region beyond, where *Adideva* is (*Sahasrara*).

*Sushumna* is extremely subtle, the awakening of pure knowledge, the embodiment of all bliss, whose true nature is pure consciousness. The *Brahmadwara* shines in her mouth. After *Sushumna*, the next two major *Nadis* are *Ida* and *Pingala*. Thereafter *Gandhari*, *Hastijihva*, *Poosha*, *Yashaswini*, *Alambusha*, *Kuhu* and *Shankhini*.

©IJRASET: All Rights are Reserved 

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 10 Issue VII July 2022- Available at www.ijraset.com*

When union between *Ida*, *Pingala* and *Sushumna*, takes place there is an instant awakening in *Mooladhara chakra* at base of the spine. This is the seat of primal energy or *Kundalini shakti*. In order to distribute energy, or *Shakti* to the 72,000 circuits, the *Chakras* must first be awakened. If the *Chakras* are not operating properly, there is an obstruction preventing energy from passing through.

The two *Nadis, Ida and Pingala* and the nervous system, drawns the awareness from one extreme to the other, binding us to the duality because of the interconnection and interrelationship with the external force of the sun and moon. The entire biological system is programmed to the movements of the sun and moon cycles. However, a *Yogi* can develop control of the autonomic nervous system so that the body and mind are not swayed to the extremes. It means developing the voluntary and central nervous systems, activating *Sushumna nadi* and *Ajna chakra.*

The period of time when day meets night is known as *Sandhya.* It can be seen as an external event but it is an internal event. It represents the period of *Sushumna*. In Shiva swarodaya, it is said that, "*Sandhya* is not the external *Sandhya* when day meets night, it is that period when the two opposite *Pranas* meet. When the two *Pranas* flow through *Sushumna* then time and space are not separate identities in the mind & there is no difference or extremity.

## II. LOCATION OF NADIS

Ida and Pingala, alternately flow around the spinal canal from left to right, while Sushumna travels straight up through the middle. Ida emerges from the left of Mooladhara, Pingala from the right, and Sushumna flows straight up through the middle. From Mooladhara chakra, Pingala curves to the right, crosses Swadhisthana, then turns to the left to Manipura, then to the right to Anahata, left to Vishuddhi, right to Ajna at the top of the spine, and finally straight to Sahasrara. Ida travels a similar route, but on the other side.

As *Pingala* crosses to the right, Ida crosses to the left and so on . *Ida* and *Pingala* cross over at each *Chakra*, their energy currents branch off via the network of *Nadis* to all respective organs and parts of the body.

*Pingala* is the solar force and stands for the positive polarity. Physical vitality, dynamic activity and tension are qualities of *Pingala nadi*. It is hot in nature and corresponds to the Sympathetic nervous system. *Ida* represents the negative polarity and is the lunar force. It is cold in nature and corresponds to the Parasympathetic nervous system. Qualities of *Ida* are Relaxation, passivity and sedentary activity. The two mantras comprising the word *'Hatha'* correspond to the *Ida* and *Pingala nadis. Ham* relates to *Pingala nadi* and *Tham* or *Ksham* to *Ida nadi*. This symbology is also seen on the two petals of *Ajna chakra.*

*Pingala*, the extrovert force, typically rules during the day, especially during periods of mental and physical effort and during activities requiring attention from others. *Ida* also flows at such times, but it is subordinate to the *Pingala* flow. Ida typically dominates at night to balance out Pingala's dominance during the day in order to keep the system in balance. *Ida*, the introverting force, is active while relaxing, reading, thinking, viewing television or sleeping.

The mental energy travels along *Ida nadi* while *Pranic* energy carried by Pingala nadi,. The positive and negative effects of these energies have been equated to the Parasympathetic nervous system and Sympathetic nervous system.

Negative charge is *Ida*, positive charge is *Pingala*, and *Sushumna* is the neutral. The third Sushumna channel becomes active when the opposing powers of Ida and Pingala are in balance. An additional force emerges when the body and mind are in harmony. This force is called *Sushumna*, the spiritual energy. Here north pole being *Ajna* and the south pole *Mooladhara.*

*Sushumna* is the pathway through which *Kundalini* rises, and thus forms the basis for awakening of higher knowledge. Three subtler *Nadis* make up *Sushumna's* inner structure and become active when *Sushumna* is awakened. Vajra nadi, the most subtle flow, is located inside Sushumna, followed by Chitra or Chitrini nadi and Brahma nadi in the centre. *Brahma nadi* is so called because the higher centres of consciousness are directly activated via this channel. Transcendental experiences happen when this channel is used by the Kundalini shakti.

### *A. Awakening Of Prana*

When the *Nadis* flow regularly, rhythmically, and continuously and there are no obstructions or physiological discomforts experienced during breathing, *Prana* is awakened. This stage is known as *Pranotthana*, awakening of the *Pranas*, more specifically of *Ida* and *Pingala.*

When the awakening of *Ida* and *Pingala* occurs, *Sushumna* awakens. *Pranayama* actually begins with the awakening of *Sushumna*, because then the *Pranic* field expands. Awakening of *Pranic* energy denotes the development of the *Pranamaya kosha*, which enables one to settle into and stay in the higher meditative states.

©IJRASET: All Rights are Reserved 

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 10 Issue VII July 2022- Available at www.ijraset.com*

## III. PHYSIOLOGY OF NADIS

### *A. Link With Flow Of Nostrils*

Dominance of the *Ida* and *Pingala* is correlated with nasal breathing. One nostril will often be more open than the other if the breath flow is checked at any given time. If *Ida* is dominant, the left nostril will have a stronger breath flow; if *Pingala* is dominant, the right nostril will have a stronger breath flow. One will note that the left nostril is flowing when they are sleepy or drowsy. The right nostril starts to flow more frequently when one is physically active.

### *B. Link with Right & Left Brain*

The actions of *Ida* and *Pingala* are also correlated with certain brain functions. Right and left hemispheres make up the symmetrical cerebrum. The left hemisphere controls the right side of the body, while the right hemisphere controls the left side. *Pingala* is connected to the left hemisphere, while *Ida* is connected to the right. Information is processed in a generalised and holistic way by the right hemisphere. *Ida* regulates spatial orientation and has a keen awareness of experiences that are imperceptible to the senses outside of the vibrational realm of existence. As a result, it stimulates mental, psychic, and extrasensory perception as well as the creative, artistic, and musical abilities. Conversely, the left hemisphere which relates to *Pingala* processes information in a sequential, linear and logical manner, and is responsible for rational, analytical and mathematical ability.

### *C. Link With Koshas*

The *Ida* force is the subtle energy that controls the *Manomaya* and *Vijnanamaya koshas*, whereas *Pingala* controls the *Annamaya* and *Anandamaya koshas*. In *Pranamaya kosha*, the *Ida* and *Pingala* forces reach out in both directions.

Manomaya kosha, or the mental dimension, is where thoughts and mental experiences stay until they become physical. This is referred to as Ida activity.

The power of Ida gives shape and purpose to desires, thoughts, feelings, and emotions. Ida, the mental power, also has an aspect known as Vijnanamaya kosha, which is the body of psychic and intuitive knowledge that one acquires via Sadhana. Ida affects the development of extrasensory abilities like telepathy, clairvoyance, and clairaudience. Annamaya kosha experiences the range of Pingala, the vital power, as physical vigour. The consciousness in Anandamaya kosha is the outcome of an awakened Pingala, which endures even in the deepest stage of meditation after all Samskaras and Karmas have been destroyed. The awareness in *Samadhi* is *Pingala* energy; this is the subdest aspect of *Prana*.

At each node of *Ida* and *Pingala* there is a concentration of energy, which forms pulsating patterns in the horizontal plane. The Chakras are these nodes; they are force fields that expands and contract in response to mental and physical activity. Sushumna transmits a higher type of cosmic energy as opposed to Ida and Pingala, who transmit mental and bodily energy. The *Pranic* and mental energies are finite, whereas the energy of *Sushumna* is infinite.

The breath flows simultaneously through both nostrils when Sushumna becomes active. When the breath dominance switches from one nostril to the other, which typically occurs every 90 minutes, this often only lasts for a few minutes. When *Sushumna* flows, the whole brain operates, but only half of the brain is active during the flow of *Ida* or *Pingala*. During Sushumna, the bodily and mental organs, or Karmendriyas and Jnanendriyas, both work simultaneously and one becomes extremely powerful. Feelings of equanimity and steadiness arise, because *Sushumna* conducts *Mahaprana*, the *Kundalini* energy.

The flow of *Sushumna* is considered to be the most favourable for any type of *Sadhana*. It indicates the balance and fusion of the opposite principles of *Ida* and *Pingala*.

The purification of the *Nadis*, which enables the *Pranas* to awaken. *Tamas* and *Rajas* exist in the form of blockages in the *Nadis*. These blockages may be caused by disease, tension, accumulation of impurities, negative thoughts or *Samskaras*, mental patterns lodged in the subconscious and unconscious mind. Just as the *Nadis* are not physical but *Pranic* entities, the blockages too are *Pranic* and may be experienced, but not quantified. For example, will create a block in the *Manipura*/*Anahata* region and the network of *Nadis* there. A tendency to hold back will create a block in the *Anahata*/*Vishuddhi* region. These blockages in the *Nadis* often manifest as disease in the *Annamaya kosha*

Depending on the type of thought or Vritti, the corresponding Nadis, Chakras and Doshas are also impacted, which causes a spiralling effect throughout the energy network. Kundalini or spiritual energy can awaken and ascend through the intermediate passage the Sushumna nadi, if these two distinct flowing energies, Prana and Chitta can be united. The three *Nadis – Ida*, *Pingala* and *Sushumna*, terminate in *Ajna chakra*, the psychic center which is situated in the region of the medulla oblongata and the pineal gland. Through the practice of yoga, *Ida* and *Pingala* are equalized, *Sushumna* is activated and *Ajna chakra* is awakened.

©IJRASET: All Rights are Reserved 

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 10 Issue VII July 2022- Available at www.ijraset.com*

## IV. PSYCHIC CENTRES

The key to awareness of *Prana* is the psychic centres or *Chakras*, vortices of subtle *Prana* located at specific points along the *Sushumna* passage. According to the science of *Prana*, *Prana* is generated at *Mooladhara*, it is stored in *Manipura*, purified at *Vishuddhi* and distributed from *Ajna*. These are the four *Chakras* used in the practice of *Prana vidya*. With the techniques of *Prana vidya*, the *Chakras* can be awakened quickly. It will not just happen spontaneously; one needs to stimulate, influence and control *Prana*.

## V. DISCUSSION

### *A. IDA NADI*

*Ida* is passive, female principle. It is connected to left nostril and right brain hemisphere. *Ida* and right hemisphere activate an introverted state of awareness, orientation in space, artistic, creative and musical ability. If *Ida* is used, mental force become dominant and cause loss of Pranic vitality. It is believed that inhaling through left nostril causes cold i.e *Chandra nadi*, moon standing as symbol of cold. *Ida nadi* control subconscious activities.

### *B. Pingala NADI*

*Pingala* is dynamic, male principle. It is connected to right nostril and left brain hemisphere. *Pingala* and left hemisphere externalise the awareness. In this approach become logical, sequential, mathematical and analytical. *It is believed that inhaling through right nostril causes* heat i.e *Surya nadi, Surya* means symbol of heat. It is responsible for conscious and dynamic function.

### *C. Sushumna NADI*

The most powerful psychic passage is the *Sushumna nadi*, which rises straight up through the centre of the spinal column. This is the path through which the awakened *Kundalini* travels from *Muladhara* to *Sahasrara*. When *Ida* and *Pingala* forces are balanced and operating simultaneously, then both nostrils are active. This indicates that *Sushumna nadi* is functioning. Usually this occurs for one to four minutes between each ninety minute cycle. When both nostrils operate simultaneously the energy is being transferred from one hemisphere to the other. It passes through a thin sheet of membrane between the two hemispheres called the corpus callosum. At this time whole brain can function and receive perception. By strengthening the Sympathetic and Parasympathetic nervous systems, *Ida* and *Pingala nadis* are directly affected, and by developing the central nervous system, *Sushumna* is activated.

### *D. IDA, Pingala & Sushumna*

In the Pranic body, *Prana* flows through *Nadis* as energy channels and is stored in *Chakras. Pranic* body is is the intermediate link between the physical body and the mind. *Ajna chakra* is the meeting place of *Ida, Pingala* and *Sushumna nadis*, from where they proceed as one flow of consciousness. After *Ajna* there is no difference between *Prana* and consciousness; there is just cosmic awareness, moving upward.

*Ida* and *Pingala* start at the two nostrils and go down to the lower end of the spinal column, crossing one another and entwining the backbone. They are supposed to be related to the activities of the lunar and solar forces in the body. The antagonistic principle of devouring solar heat is supposed to be situated at the bottom of the body. From there force circulates upwards through the organism by way of the *Pingala* channel on the right side of the body. Both the *Nadis, Ida* and *Pingala* have no outlet in the region of the chest or elsewhere. Their opening at the lower end lies where they meet, and enter the *Sushumna*.

In the process of awakening *Kundalini*, the *Sadhaka* has not only to clear the energy channels (*Nadis*), but also increase the quantity and quality of *Prana* and store it. *Prana* is accumulated in six main *Chakras* along the spinal column. *Prana shakti* and *Manas shakti* collect in the *Chakras* and form swirling masses of energy. Each *Chakra* is a conjunction point for many *Nadis.*

## VI. CONCLUSION

When the mind is *Sattwic*, the inner awareness grows quickly and *Prana* accumulates. When *Sushumna* awakens, this represents *Sattwa*, when *Pingala* functions it represents *Rajas* and when *Ida* functions, *Tamas*. When the *Prana* flows in the *Sushumna* this state of *Manonmani* (consciousness devoid of mind) is established. When the breath is flowing naturally through both nostrils, it means *Sushumna* is active. We do not always breathe through both nostrils, usually one nostril is open and the other is partially or fully closed. When the breath is flowing through the left nostril it indicates that *Ida* and the right brain hemisphere are active. When the right nostril is flowing it means *Pingala* and the left brain hemisphere are active.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |

The right hemisphere, corresponding to the parasympathetic nervous system, is responsible for the spatial, artistic, holistic, intuitive and psychic side of perception, which are *Ida nadi* functions. The left hemisphere is responsible for the logical, rational and analytical faculties and sequential and linear modes of thought, which are *Pingala nadi* functions. The left side of the brain, corresponding to the sympathetic nervous system, has centres for verbal communication: hearing, reading, talking and writing.

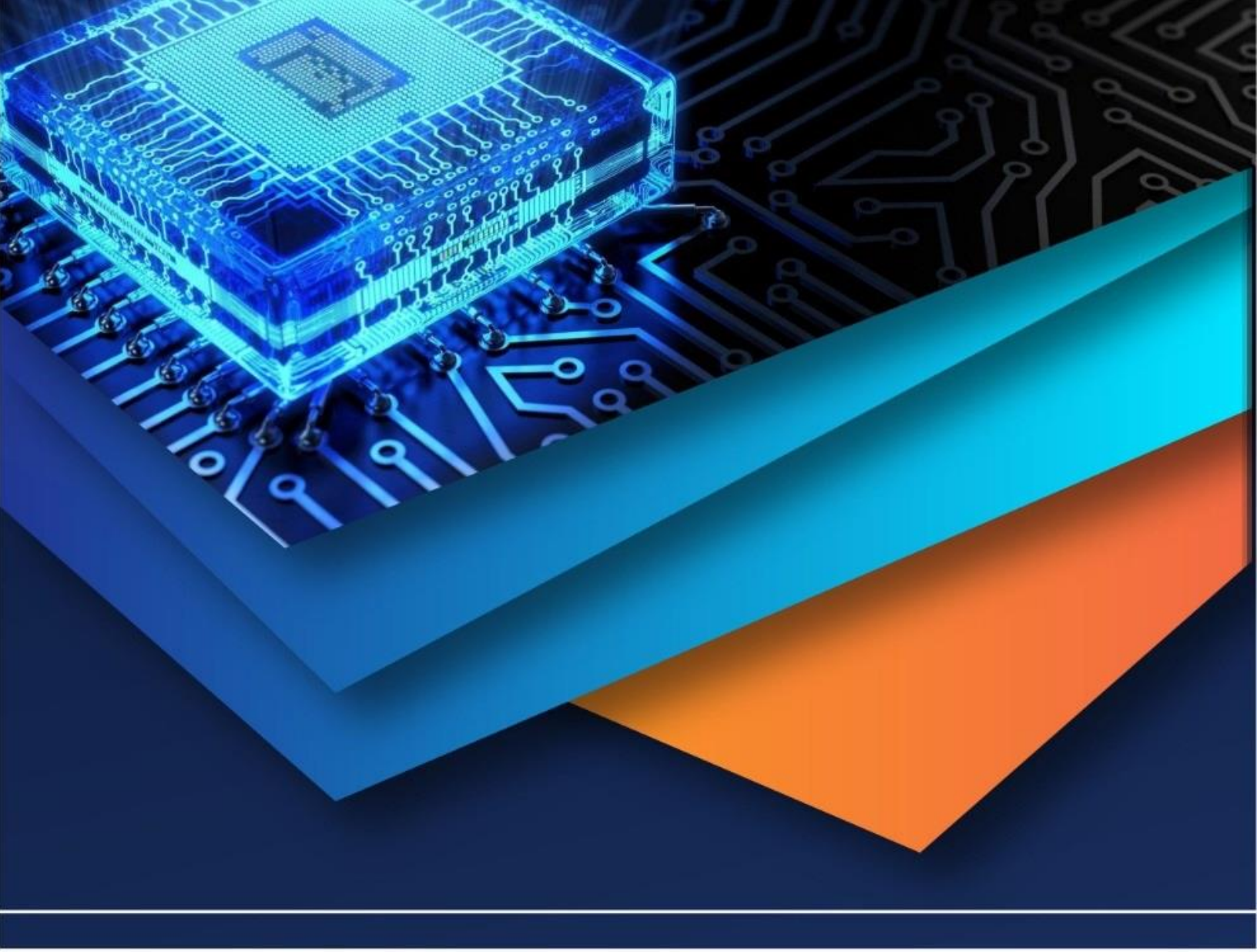
*Ida nadi* channelizes the force of will and desire or *Ichchha shakti; Pingala nadi* distributes the force to act or *Kriya shakti*. If these two 'lines' are operating then individual body and mind is sustained. If they are disconnected there is no consciousness and activity, as occurs in deep sleep. If they are 'plugged' into *Sushumna*, consciousness and activity do take place, but it is no longer confined within the limitations of the individual body and mind. That is the experience of *Moksha*.

The left lobe has the male qualities of competitiveness, selfishness, aggression; while the right cerebral lobe is endowed with the feminine qualities of love, compassion and nurturing. By balancing *Ida* and *Pingala nadi*, the personality of *Ardhanarishwara* is created in which the male and female qualities are balanced.

The external sun and moon divide each twenty-four hours into night and day, and the internal sun and moon, i.e. *Ida* and *Pingala*, are responsible for our perception of night and day, that is duality. *Ida nadi* predominates at night, the parasympathetic nervous system is active, there is a greater release of melatonin hormone within the brain and the subconscious mind is active. During the daylight hours *Pingala* predominates, the sympathetic nervous system is more active and serotonin hormone is released within the brain which brings conscious functions to the fore and subconscious mind submerges.

## REFERENCES

[1] Gherand Samhita by Swami Niranjanad Saraswati , Yoga Publication Trust, Munger, Bihar , Bharat Swaran Jyanti Prakashan 2013
[2] Hatha Yoga Pradipika, by Swami Muktibodhananda, Yoga Publication Trust, Munger, Bihar, India. 2013 Golden Jubilee edition.
**[3]** Saraswati Swami Niranjananda, Textbook of Prana and Pranayam 13th editon, Published by Yoga Publication Trust, Bihar, 2013,3:27
[4] Hatha Yoga Pradipika , Yogi svatamaram Translated by Pancham Singh ,2009
[5] Hatha Yoga Illustrated by Martin Kirk , Brooke Boon & Daniel Di Turo Publisher: Human Kinetics; First edition (October 20, 2005)
[6] Yogic and Tantric Medicine by O.P. Jaggi, Edition 2nd rev. and enl.ed., Publication Delhi: Ram, 1979



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)