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Scientific review of study of Nadi Shodhan Pranayam

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Abstract

Nadi shodhan is not a anulom vilom pranayam, its prior stage of pranayam. Without Nadi shodhan accurate results of pranayam alone not achieve. Nadi is a tubular like organ of the body like shira dhamni srotas. 72000 Nadi are define in yog sastra. Ida, Pingala and Sushumna are three of the most important nadis. Nadi is chennal of subtle energy. Nadi may be correlate with brain and spinal cord. Nadi get blocked due to various reasons such as stress, toxins, faulty life style, physical and mental trauma. Word shudhi means purification or cleaning. The process by which these energy channels are purified is Nadi shdhan. Sages also define symptoms occurred after of Nadi shudhi. This symptoms appear in body internally and externally. External symptoms body become thin (excess fat dissolved and body become fit), glowing skin (due to oxy heamoglobin), sweating (metabolism increase and toxin relese through sweating), voice become sweet (remove mucus from respiratory track). Internal symptoms is all thirteen type of Agni get enhanced, due to vayu. Means endocrinal seactaions and digestive enzyme and digestive juice are secrete according their need in body. Other symptoms is introduce sags that is Nada-abhivyakti its means all body system are in resonance with each other. Resonance may be correlate with Physiology of endocrine, respiratory, nervous, digestive, circulatory, muscular system are work in their normal way in influence to gather. After Nadi shudhi mind become free from ailment and ready to understand ultimate aim of Yoga, is free from cycle of birth and death.

Keywords: Nadi shodhan pranayam, oxy heamoglobin, metabolism

Introduction

Nadi shuddhi is a term that refers to the cleansing of the subtle channels through which energy travels in the body. The term nadi, which roughly translates as nerves, channels or flow. shuddhi means cleansing or purifying. The cleansing is performed via a yogic breathing exercise that is known as alternate nostril breathing. Besides cleansing the nadis, nadi shuddhi is believed to balance the right and left sides of the brain and is thought to have these additional benefits, Strengthens the lungs, Improves blood circulation, thereby improving the function of the rest of the body's organs, Increases energy, Calms the nervous system, reducing stress and anxiety. In the subtle and the causal body, the nadis are channel of cosmic, vital, seminal, mental, intellectual energies and are important for sensations, consciousness and the spiritual aura. In the physical body, the nadis are channels carrying air, water, nutrients, blood and other bodily fluids. Similar to the arteries, veins, capillaries, bronchioles, nerves, lymph canals. Ida nadi controls all the mental processes while Pingala nadi controls all the vital processes Sushumna interpenetrates the cerebrospinal axis.

Material and Methods

Material is related books and internate, journal. List of books describe in Reference and also link of internate and address of journal.

Method

Nadi Shodhan is two stypes Samanu and Nirmanu. Samanu Nadi Shodhan means alternate nostrils breathing with awareness of beej mantra like Yam, Ram, lam, ham, Vam. Its clean chakras or chennal of subtl energy.

Nirmanu Nadi Shodhan by Anterdhuti, which are four type. Vataaar, Varisaar, Vanhisaar, vhisakrit dhuti. Detail description about these is not necessary here. Broadly its clean physical body mainly anomaly of digestive system like acidity, constipation, disentry.

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Method of yogic breathing is one nostril is closed off exhales other open nostril and then inhales through the open nostril, then closes that nostril and exhales through the opposite nostril followed by an inhale. This forms a single round of nadi shuddhi. To practice nadi shuddhi, the sits in comfortable pose such as padmasana, with the left hand resting in chin mudra and vishnu mudra with the right hand, allowing to use the thumb to close the right nostril and the ring finger to close the left nostril.

Discussion

Yoga is journey of outer world to innermost world, physical body yoga moves to mental and emotional level. It unite individual consciousness with universal consciousness. Nadi shodhan is not a type of Pranayama, it is prior stage. It is a breathing technique by which harmony between different bodily function. After that next practice to Pranayama, pratyaha, dharna, dhyana, Samadhi. In Goraksha samhita 72000 nadi are mentioned and ten nadi are more important. In shiv samhita 3.5 lakh nadi mentioned and 14 nadi are more important. In all literature if yoga three nadi are mostly describe. These are namely Ida, Pingla, shushumna. Ida, Pingla nadi may be correlate with cranial nerve and peripheral nerve on the basis of their some function. Shushumna Nadi may be correlate with Central nervous system, which is Brain and spinal cord. In path of Shushumna Nadi located six chakras and kundalini also connected it. Six chakras are Mooladhar, Svadishtan, Manipur, Anahat, Vishudh, Agya, Shasrar. After see the function of these chakras, may correlate with endocrinal system like ovaries, testes, Adrenal, pancreas, thyroid, parathyroid, pineal, pituitary, hypothalamus. Neuroendocrinal gland are secrete hormones in influence of nerve stimulation. Nerve is stimulate by Nadi shodhan Pranayam. Here we try to understand little bit about nadi and chakras. Nadi is express in physical body. kundalini and Chakra express in conscious body. Kundalini awake through Kapalbhata, and Nadi shodhan by Antardhuti.

Conclusion

Now we conclude that Nadi shodhan is process by which prepare body for Pranayam. Without it benefit of Pranayam is not achieve. According to Gherand samhita flow of vata (prana, life force) through Nadi, if blockage is there flow of vata (conduction of nerve impulse, blood flow) is obstructed that cause so many diseases. Cardiac arrest, paralysis, endocrinal syndrome (hyper and hypo secretion), autism, coma, epilepsy and many more. By Nadi shodhan purify and balance subtle energy channels, thereby ensuring a smooth flow of prana (life force) in the body. According to Shiv samhita nadi get purify in two month by doing daily practice in three time a day morning afternoon and evening.

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