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Yoga Nadis

Nadis are the astral tubes made up of astral matter that carry psychic currents. The Sanskrit term Nadi comes from the root Nad which means motion. It is through these Nadis (Sukshma, subtle passages), that the vital force or Pranic current moves or flows. Since they are made up of subtle matter they cannot be seen by the naked physical eyes and you cannot make any test-tube experiments in the physical plane. These Yoga Nadis are not the ordinary nerves, arteries and veins that are known to the Vaidya Shastra (Anatomy and Physiology). Yoga Nadis are quite different from these.

The body is filled with innumerable Nadis that cannot be counted. Different authors state the number of Nadis in different ways, i.e., from 72,000 to 3,50,000. When you turn your attention to the internal structure of the body, you are struck with awe and wonder. Because the architect is the Divine Lord Himself who is assisted by skilled engineers and masons Maya, Prakriti, Visva Karma, etc.

Nadis play a vital part in this Yoga. Kundalini when awakened, will pass through Sushumna Nadi and this is possible only when the Nadis are pure. Therefore, the first step in Kundalini Yoga is the purification of Nadis. A detailed knowledge of the Nadis and Chakras, is absolutely essential. Their location, functions, nature, etc., should be thoroughly studied.

The subtle lines, Yoga Nadis, have influence in the physical body. All the subtle (Sukshma) Prana, Nadis and Chakras have gross manifestation and operation in the physical body. The gross nerves and plexuses have close relationship with the subtle ones. You should understand this point well. Since the physical centres have close relationship with the astral centres, the vibrations that are produced in the physical centres by prescribed methods, have the desired effects in the astral centres.

Whenever there is an interlacing of several nerves, arteries and veins, that centre is called Plexus. The physical material plexuses that are known to the Vaidya Shastra are: Pampiniform, Cervical, Brachial, Coccygeal, Lumbar, Sacral, Cardiac, Esophageal, Hepatic Pharyngeal, Pulmonary, Ligual Prostatic Plexus, etc. Similarly there are plexuses or centres of vital forces in the Sukshma Nadis. They are known as Padma (lotus) or Chakras. Detailed instructions on all these centres are given elsewhere.

All the Nadis spring from the Kanda. It is in the junction where the Sushumna Nadi is connected with the Muladhara Chakra. Some say, that this Kanda is 12 inches above the anus. Out of the innumerable Nadis 14 are said to be important. They are:

1. Sushumna Nadi
2. Ida Nadi
3. Pingala Nadi
4. Gandhari Nadi
5. Hastajihva Nadi
6. Kuhu Nadi
7. Saraswati Nadi
8. Pusha Nadi
9. Sankhini Nadi
10. Payasvini Nadi
11. Varuni Nadi
12. Alambusha Nadi
13. Vishvodhara Nadi
14. Yasasvini Nadi

Again Ida, Pingala and Sushumna are the most important of the above 14 Nadis, and Sushumna is the chief. It is the highest and most sought by the Yogins. Other Nadis are subordinate to this. Detailed instructions on each Nadi and its functions and the method of awakening the Kundalini and passing it from Chakra to Chakra are given in the following pages.