



“Pranayam the Ultimate solution “

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It is an ancient practice of the people, especially those who have believed that maintaining good health effectively is possible when you interact or communicate between body and soul. This energy can be revitalized and extracted through form and practice of prescribed yogic poses in the early morning at Sunrise. This is “Yoga” which in the Indian language means to connect between the body energy with supreme energy.

Sankhya yoga and its post resolution or Vedanta Philosophy is called, "Three axis gate" as said prastan troy.

In sankhaya darshan, Universe was measured in 24th different theory as it has been measured ashtang yoga darshan in Pratanjal.

In ashtang yoga darshan, Humans of their humanities and his dimension and his consciousness and broadness and to extend broadness have been defined its measurement with certain rules and theory

The different stages of Bhibhuuti are as such:

1st phase : "Yom" means the way of purifying the consciousness or mind

2nd phase: "Niyam" The exercise of body with certain rhythm with different pose physical yoga and Surya Pranam (Sun Salutation)

3rd phase: The determination and boldness with vision and its way

4th phase: Pranayam and Mudra – control of the breathing process through the nose in yogic system

5th phase: Patience

6th phase: Stability

7th phase: "Dhyan" –meditation and observation.

8th phase: "Samadhi" – communication between the soul and the supreme energy

It is specified that there are 3 parts in Yogic theory :

1) Sthul Sarir – The physical body, the body we see

2) Sukha Sarir – The inner body, consciousness, inner mind

3) Karaan Sarir – The spirit, or spiritual achievement of the soul .

The main objective of Yoga is to reach Sachiddanad sawarup. The supreme consciousness.

Taking the breath through the nose and into the internal organs, connects the physical body and the inner being, therefore connecting in Manipur Chakra in the naval.

Pending various moods, breathing frequency changes or varies in different situations and moments in daily life. When a person is very happy, the breathing frequency and rhythm is different from a person who is angry or upset. The sort of breathing in such an individual has frequent changes and irregular patterns tends to reduce the lifespan of such an individual.

Since ancient times, most of the Indian saints used to practice “Pranayam “to control their breath at least five times in a day as per the Sun’s movement.

Morning time (6AM)

Noon (12 PM)

Evening(6PM)

Midnight(12AM) and

Brahma muharta(4AM)

This is expressed as Sandhaya in Gayatri.

There two sides to our body. The right side and the left side of the spine.

The right side is mainly PINGALA (Fire/hot) and the ruler is the Sun named Agni nadee

The middle is SUSHUMNA , the ruler is the heart. this is like a vacuum where the arteries pulsate at spinal cord, there are three arteries and nadees(nerves) of the human body.

Left side is mainly IDA (cold/phlegm) the ruler is the moon Sleshha NADEE.

Some times Ida remains more active and some times pingala is more active.

YOGA PRACTITIONERS FOCUS SHOULD BE TO CONTROL THESE TO THROUGH "PRANAYAM" IN ORDER KEEP BALANCE.

Example : if we take 100 as the number, if 60 remains with Pingala and 40 Ida then the hot nerve(Agni) is more active and vice versa, but when both remain with 50:50 then it is balanced, then third power appears in a vacuumed condition of spinal cord known as Sushumna, the middle arteries that pulsate at the spinal cord. When sushumna is active then breath flows from both nostrils.

The right nasal passage is referred to as Ha, which which is hot and the left nasal passage is Taa which is cold.

When one combines these two together it is $Ha + Taa = Haat$ yoga, this form of yogic practice or breath control by means of specific poses.

Breathing flow changes in every two and half hours of either side of the nose.

Breath never flows continuously from both passages.

Pingala remains more active in day time

IDA remains active in night .

If you sleep and lie to left then you may observe that your left nostril is closed and the breath flows form right nose so Pingala to be active and vice versa

when you sleep on the right side then breath flows from the left nostril then Ida remains active.

The enzyme that secretes from right side improves digestive system and IDA remains active developing moisture in body thus helps to increase body weight .

Body temperature and environment temperature always remain different but when we inhale oxygen through the nose, then the internal temperature begins to balance because of the natural stabilizing within our respiratory track.

To follow certain breathing practices known as pranayam, we need to understand that there are 3 methods of forms of taking the air into the body:

- 1) the air flow from left nostril
- 2) the air flows from right nostril
- 3) the air flows from both nostrils

All of the above activate the five elements of the body system which are:

KSHITI (earth)

AP (water)

TEJ (Fire)

MARUT (Air)

BYUM(sky)

These five element s are working in cyclic order.

Preliminary Stage: before we sit to practice we may flow with a basic breathing technique such as Anulom and Belom. 10 times

Phases of Pranayam:

Pingala, the right nostril

Ida, the left nostril

Sushumna, both nostrils

All by method of Rechak, perak and kumbhak.

Man is the creation of Nature.

This universe is formed of 5 basic elements - **Kshiti, AP, Tej, Marut** and **Byome**. Kshiti is the **Earth**. AP is **Water**, Tej is **Fire/Burning power/Agni**, Marut is **Air** while Byome is the **Sky**.



Kshiti AP Tej Marut Byome

So also, Man is the creature of five subtle elements e.g. **Kshiti, AP, Tej, Marut** and **Byome**. Human body is a mini universe. Whatever is seen in the universe can be found in human body.

5 Elements Implications on Human Body

Kshiti - Earth Flesh and Bones of human body.

AP - Water Kidney, Cooper's Gland, Prostate Gland, Bartholins Gland, Ovary of Female, Testes of Male, Sebaceous Gland, Sweat Gland etc

Tej - Fire Spleen, Liver, Pancreas, Suprarenal Gland or adrenal Gland and smaller but Subsidiary Glands spread all over the stomach producing useful digestive juice or acid

Marut - Air Thorax having Lungs, Heart also other subsidiary Glands

Byome - Sky Pores on the skin also with Thyroid, Para Thyroid, Tonsil, Salivary Glands.

Internal secretion of all the glands keep the body, nerves and other glands active and healthy. Curious enough that these machines, having their specific allocated job, they are working together in a chain system with deep co-ordination. Disturbance in performing allocated job by any particular organ will lead to permanent rest of the body. As we see stomach is the main organ which help keep the body active and healthy.
