

NADI



WHAT IS NADI IN YOGA?

- Acc to *Yoga Darshana*- pathway in which energy flows.
- The *Tantra* texts have described that nadi is a network of subtle channels through which prana circulates.

How many Nadi present in human body

- Acc. *Gorakshsamhita* & *Shiv Samhita*-
 - 4 groups-
 - *Trividh nadi*
 - *Dashvidh nadi*
 - *Caturdash nadi*
 - Total no.. -72,000 Nadi emerges from 3main nadi.

TRIVIDH NADI

```
graph TD; A[TRIVIDH NADI] --> B[EDA]; A --> C[PINGALA]; A --> D[SUSHUMNA]
```

EDA

PINGALA

SUSHUMNA

LOCATION OF TRIVIDHT NADI

मेरोर्बाह्यप्रदेशे शशिमिहिरसिरे सव्यदक्षे निष्णणे।
मध्ये नाडीसुषुम्नात्रितय गुणमयी चन्द्रसूर्यअग्नि रूपा॥
धतुर्समेर्पुश्वगर्हित तमवपुः कन्दमध्यशिरःस्था।
वज्राख्या मेडर्देशाच्छिरसि परिगता मध्यदेशे ज्वलन्ति॥

तन्मध्ये चित्रिणी सा प्राणानवविलासिता योगिनाम् योगमया।
लुतातन्तु उपमेया सकलसरसिजान मेरुमध्यान्तरस्थान॥
भित्वा देडिप्यते तद ग्रन्थ रचनाया सुद्ध-बोध-स्वरूपा।
तन्मध्ये ब्रह्मनाडी हरकुखा-कुहरदादि-देवान्तरात्मा॥

(भगवद्गीता)

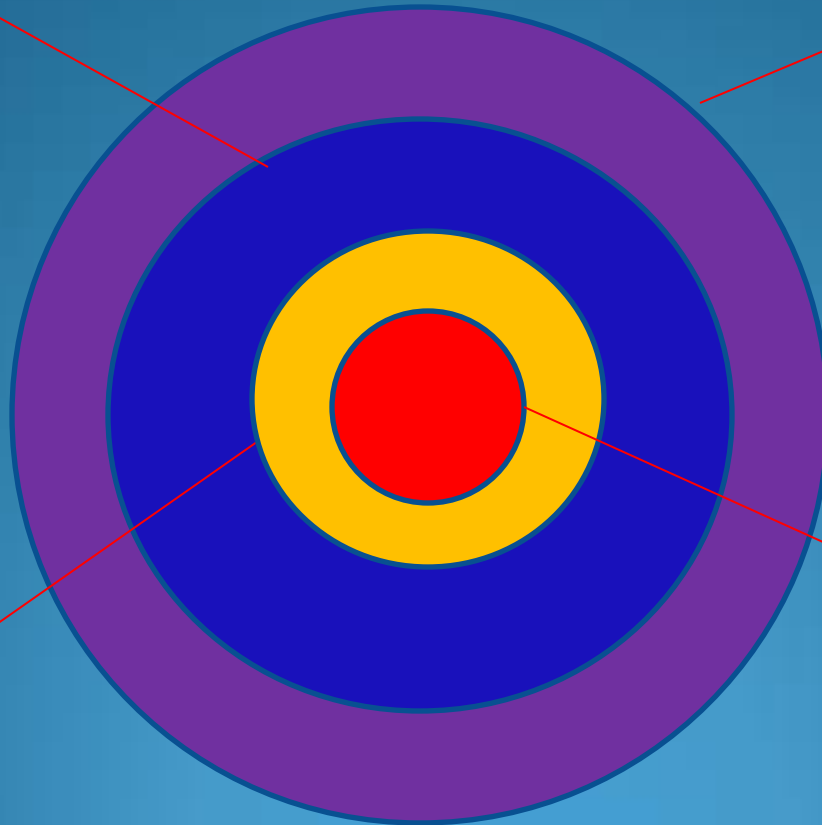
SUSHUMNA

Vajra

MERU

Citarini

Brahma

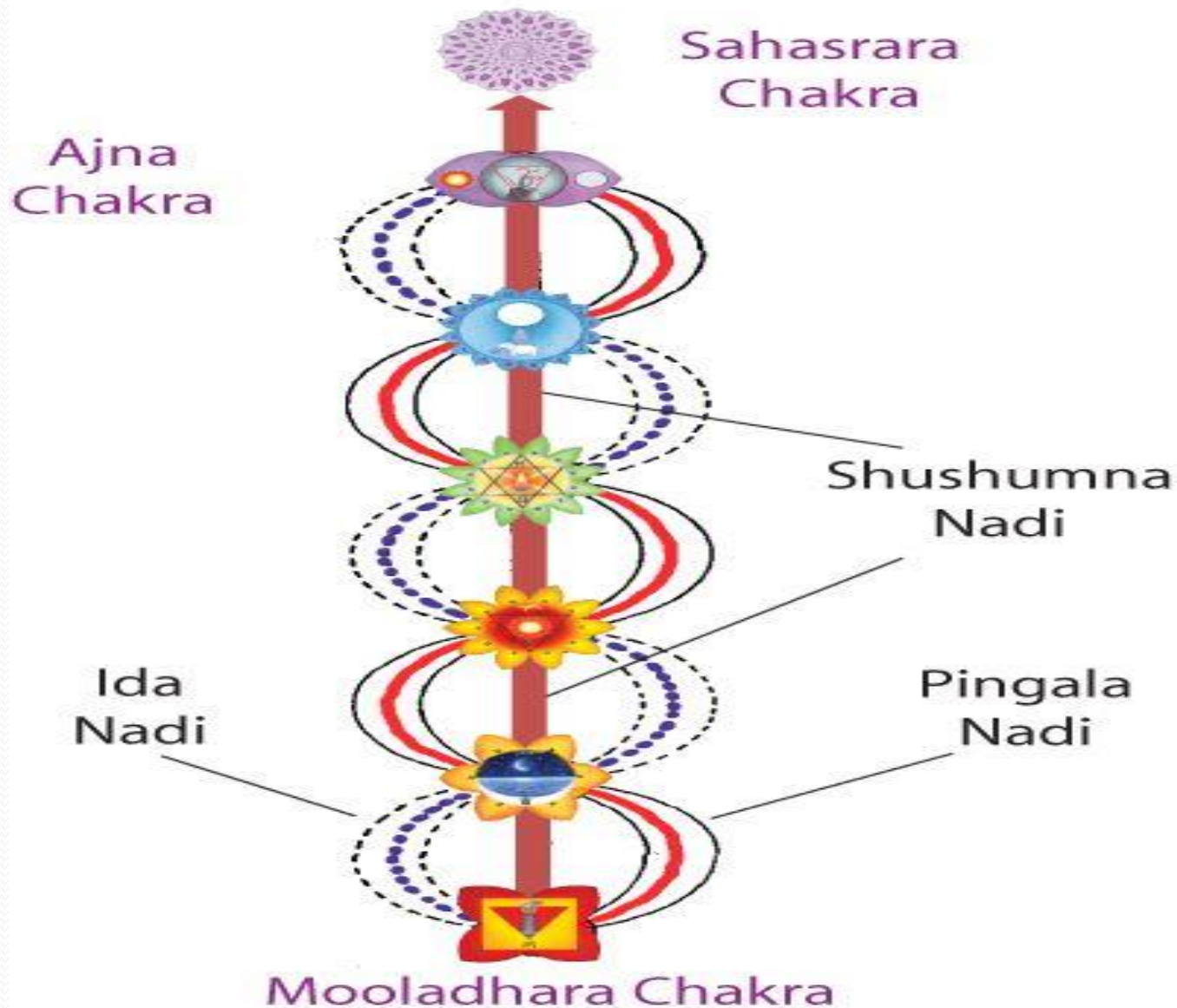


LOCATION OF TRIVIDH NADIS

ईडा वामे स्थिता भागे पिङ्गला दक्षिणे स्थिता।
सुषुम्ना मध्येदेशे तु गान्धारीं वामचक्षुषि॥
(गोरक्षसंहिता)

ईडापिङ्गलयोर्मध्ये सुषुम्णा या भवेत् खलु।
(शिव संहिता)

Nadi Locations



Sushumana

su +shumna

- Central channel
- Muladhara to Brahma randhara
- 3 guna-sattva,rajas, tamas.
- Associated with river saraswati
- It have 3 subtle channels inside it are - Vajra, Chitrini & Brahma nadi & substance of sushumna.
- Kundlini –from just below muladhara to sahasra chakra.(serpent coiled in 3 & half circle)

EDA & PINGLA

EDA

- Left channel
- Associated with river ganga,
- White ,feminine ,cold & represents moon.
- Origin-Muladhara chakra
- End -in left nostril

PINGLA

- Right channel
- Associated with yamuna
- Red, masculine hot & represents sun
- Origin-Muladhara chakra
- End-in right nostril

THANK YOU

इदं आगमासिद्धत्वात्
प्रत्यक्षफलदर्शनात् मन्त्रत्वात्
संप्रयोगतव्यं अमिमांसस्य
कथञ्चन ॥