

# Concept of *Pranayamam* in *Naadi*, Habitat and Seasonal Changes – A Review

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## ABSTRACT

*Yogam* plays an important role in Siddha System of Medicine. *Siddhar Thirumoolar* explains *Ashtanga Yogam* in *Thirumandiram* which consist of various aspects in human life. *Pranayamam* is the fourth *Angam* limb of *Ashtanga Yoga*. *Pranayamam* means breath control. The aim of practicing *Pranayamam* is to stimulate, regulate and harmonize vital energy of the body. In the human body, this universal *pranan* has been observed to move in specific ways in specific regions in the body, regulating and controlling physical and mental function. While, doing *pranayamam* it purifies our human body. The *Vayu* cannot enter the *Nadis* if they are full of impurities. Therefore, first, they should be purified and then *Pranayamam (vasi)* should be practiced. If you practice *pranayamam* regularly our *naadi* and *ulthathuvangal* will be maintained properly.

## KEY WORDS

Breath exercise, Siddha, *Vasi*, *Saram*

## 1. INTRODUCTION

Siddhars say that an intelligent control over our breathing will prolong life by increasing our stamina. The practice of right way of breathing in *Siddhar's* science of longevity is known as practice of "*Vasi (Pranayama)*".<sup>[1]</sup> *Vasi* in Tamil means "breathing" (*Vayutharanai*). If we repeat the word '*Vasi*' several times it will resound as '*Siva*'. Regulation of breathing. The *Siddha* system says the human body both the physical and the subtle is made up of 72,000 veins and nerves and seven vital nerve centers (chakras) along the route of the spinal cord, the three important regions being sun, moon, and fire, the ten vital airs (prana) and ten vital nerves (nadis). Out of the ten vital nerves (*Nadis*) the first three namely *Idakalai*, *Pingalai*, and *Suzhumunai* play an important role in the technique and prolongation of life.<sup>[2]</sup>

## 2. MATERIALS AND METHODS

- Research design: literature review
- Reviewed from selected authentic texts available in books and e-books from reference.
- E-book searched from Science Direct, Google scholar, Elsevier, etc.
- Key words used for searching *pranayamam*, *vasi*, *saram*.

## 3. RESULTS

### 3.1 *Pranayamam*

The normal life span of a man should be 120 years. A man's normal act of breathing as prescribed by Siddha science is at the rate of 360 times per *nazhigai* (Two hours = *lynthunazhigai*) and this comes to 21,600 breaths in a day. Every act of breathing takes place at a length of space of 12 inches in the nostril and

during its operation, the energy utilized by the body is up to an extent of eight inches only and the remaining four inches is being wasted. It is clear therefore that out of 21,600 total breaths of a human body in a day, the body is utilizing only 14,400 breaths and the balances of 7,200 breaths go as unutilized. If we make use of those 7,200 breaths, we can live without *pinni, muppu, sakkadu*.<sup>[3]</sup>

"Nalondrukirubathuorayirathuarunoorunal  
 amanaswasasam than  
 ezhuthirikumkolandripathinalariyithunano  
 orukuvithamoolatharathulodungumpalond  
 riezhayirathieranooruswasampazhinirpayi  
 ndhudumaenarigapinnaielondriedhanaiuts  
 athithaleppozhuthumpalaraiirukalamae"  
 - Noi Nadal  
 Thiratupagam 1

Respiration should be rhythmical. According to *Thirumoolar* by harmonizing the three movements. Inhalation (*pooragam*) through left nostril 16 *mathirais* (units), retention (*kumbagam*) of the inhaled air to the extent of 64 *mathirais* and exhalation (*resagam*) through right nostril 32 *mathirais*.<sup>[4]</sup>

### 3.2 Types of Pranayama

According to *Thirumoolar* there are three steps in *pranayamam*:

**Table 1. Lists of Pranayamam Steps**

| Pranayamam steps | Mathirai |
|------------------|----------|
| <i>Pooragam</i>  | 16       |
| <i>Kumbagam</i>  | 64       |
| <i>Raesagam</i>  | 32       |

1. NaturalBreathing
2. Basic Abdominalbreathing
3. Thoracicbreathing
4. Clavicularbreathing
5. Yogicbreathing

6. Deep breathing withratios
7. Fastbreathing
8. InterruptedBreathing
9. Alternate NostrilBreathing
10. CoolingBreath
11. VictoriousBreath
12. Humming BeeBreath
13. Bellow'sBreath
14. InterruptedBreathing
15. Alternate NostrilBreathing
16. CoolingBreath
17. VictoriousBreath
18. Humming BeeBreath
19. Bellow'sBreath
20. Right NostrilBreathing<sup>[5]</sup>

### 3.3 Saram

*Saram* is the flow of energy which regulates the 64 *kalaigal* in the human body. *Saram* flow through the pathways of 3 *naadis*, they are *idakalai*, *pingalai* and *suzhumunai*. *Idakalai* is the cold energy, *pingalai* is the hot energy, and these two energies are kept in harmony by the *suzhumunai*. It may be defined as the action of *pranavayu*. Inhalation in one nostril and exhalation occurs in another nostril. The flow of oxygen into the left nostril is called *Idakalai* and through the right nostril is called *pingalai*. *Saram* is the movement of oxygen (*Pranavayu*). It flows into the nostrils by inhaling and comes out by exhalation.<sup>[2]</sup>

The inhalation and exhalation don't take place simultaneously in both nostrils. In each nostril, the respiration takes place only for 2hours.

On Monday, Wednesday and Friday, the respiration takes place through the left nostril for two hours, beginning at 4AM every morning. Consequently, for every two hours, the respiration is changed from one nostril to another. According to *avvaikura* etc.,

"Vaelivaenthingalvilangumpathanidam"

Tuesday, Saturday and Sunday, Respiration starts from the Right nostril and at every two hours respiration changes from one nostril to another nostril. In Thursday of waxing moon, through the left nostril and during the waning moon, through the right nostril, respiration starts at 4A.M. In the early morning and respiration changes from one nostril to other in every 2 hours (*lynthulynthunazhigaimarum*). The respiration passes through via *Idakalai* or *Pingalai* enter all the five *boothas*. Combination of three *kalais*, *vayus* and three *nadis*, the function and the proportion of the three pulses (*nadi*) are determined.<sup>[6]</sup>

**3.4 Relationship between kalaigal and vayukkal**

**Table 2. Correlation between Kalaigal, Vaayu and Naadi**

| KALAIGAL   | VAAYU   | NAADI  |
|------------|---------|--------|
| IDAKALAI   | ABANAN  | VATHAM |
| PINGALAI   | PRANAN  | PITHAM |
| SUZHUMUNAI | SAMANAN | KABHAM |

Source - *Noi Nadal pagam 1*

The northwest / sunshine for the wind inside the right nostril; the spatial / lunar eclipse of the wind inside the left nostril. Two nostrils say that the winds are windy when winds up. These breathing have unique properties and functions.<sup>[7]</sup>

**3.4.1 Pingalai**

1. The body's heat will rise slightly.
2. Strengthen the body and increase strength.
3. The brain and the body are breathless.
4. The temperatures are low and the speed is high.

**3.4.2 Idakalai**

1. The body's temperature is somewhat diminished and cooler.
2. Tranquility decreases and mildness in the mind and body.
3. The brain starts to think quietly.
4. Decreases speed and moderate mood.

**Table 3. Special Months for Naadi**

| NAADI  | MONTHS                                                  |
|--------|---------------------------------------------------------|
| VATHAM | AADI (July, August) -IYPASI (October, November)         |
| PITHAM | PANGUNI (March, APRIL) -AANI (June, July)               |
| KABHAM | KARTHIGAI (November, December) -MAASI (February, March) |

**3.5 Concepts Regarding Habitat and Season**

Siddha science which visualizes man as a microcosm, believes that planetary changes and natural rhythms that result in six seasons/year (*perumpozhuthu*) and six periods/day (*sirupozhuthu*) also result in corresponding physiological changes in other creatures living in macrocosm, viz., the Universe.<sup>[8]</sup>

*"AndathilullathaePindam,  
PindathilullathaeAndam ..."*

- *Satta Muni Gnanam*

This verse means that the environment is same within and outside our body which indicates that the body physiology must be tuned according to the habitat and the prevailing season as an adaptive and preventive measure for one's health.<sup>[9]</sup>

Accordingly, Siddhars designed the habitat (*Nilam*) and seasons (*Pozhuthu*).<sup>[10]</sup>

**Table 4. Correlation between Habitat, Seasons and Periods/Days**

|                    | PERUM<br>(Seasons)                                         | POZHUTHU<br>(Habitat)      | SIRU<br>(Six periods/days)                      |
|--------------------|------------------------------------------------------------|----------------------------|-------------------------------------------------|
| NILAM<br>(Habitat) |                                                            |                            | POZHUTHU<br>(Six periods/days)                  |
| Kurinji            | KuthirKalam<br>(Autumn),<br>Munpanikalam (Early<br>Winter) | KarKalam<br>(Rainy Season) | Nadu Iravu<br>(Mid Night)<br>Malai (Evening)    |
| Mullai             | Aruperumpozhuthum<br>(Six Seasons)                         |                            | Vaikarai (Early<br>Morning), Kalai<br>(Morning) |
| Marutha<br>m       | Aruperumpozhuthum<br>(Six Seasons)                         |                            | Pirpagal<br>(Afternoon)                         |
| Neithal            | Mudhuvaenir (Summer),<br>PinpaniKalam (Late<br>Winter).    |                            | Nadupagal<br>(No on)                            |

#### 4. DISCUSSION

In order to lead a healthy life, we need to go through the Inspiration and Expiration process. The regulation can be done by practicing *Pranayamam*. *Pranayamam* means control of breath; *pranan* means breath or vital energy in the body. *Pranan* is the energy responsible for life or life force, and *ayama* means control.<sup>[11]</sup> If it is employed scientifically, oxygen will enter through the six vital regions of the body (*Atharam*) and strengthen them. It controls the mind without oscillation, brightens the intellect and makes the body immortal. Finally, it gives the status of the Almighty. Further, it is said there won't be any illness if the respiration is done with the proper ratio between the three *naadi* (that governing soul and body) namely, *Vali*, *Azhal* and *Aiyam*. If you do pranayama in right way, according to *Kalai*, *vaayu* and habitat and seasonal changes combine to form the Healthy and Longevity of the life. It's one of the best preventive measures to live without illness and make it remain as youth and good mind.<sup>[12]</sup> By the function and combination of three *kalais*, *vayus* and three *nadis*, the function and the

proportion of the three pulses (*nadi*) are determined.

#### 5. CONCLUSION

*Pranan*, the life force means mental force, are the two fundamental factors. Every object in the universe, right from the smallest atom to the largest star is composed of energy.<sup>[13]</sup> *Pranan* is one of the yogic practices for spiritual growth as well as therapeutic applications. By regular practice of pranayama one can be free from deadly diseases. Pranayama should be practice with caution and care. While doing pranayama which regulates *idakalai*, *pingalai*. Both are the constituents for the formation of *Vali*, *Azhal*, *Aiyam* (*Naadi*). Usually disease may be changes in *Sthula Sukkuma Sariranagal*, seven physical constituents, *Vali*, *Azhal*, *Ayyam* (*mukkutrangal*) those are all change from originality (i.e.) called disease. So, we must do, pranayama properly. It will never fail to ensure supreme vitality for the body and eternal peace of the mind.

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**CONFLICT OF INTEREST** Nil

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