

THE SCIENCE OF YOGAM

Everybody agrees that Yoga is superior to all in all walks of life. Even doctors of all branches of medicine will prefer to practice Yoga, when they could not eradicate the diseases. Even though they do not know about what is Yoga, they have got much regards towards Yoga, in spite of latest innovations in modern medicine. Ancient medicines like Ayurveda, Naturopathy and others were also incorporated by Yoga. Yoga is part and parcel of those medicines. But nowadays the word 'YOGA' is injudiciously used for Yogasanas alone which are various postural exercises, also designed by ancient rishis. Here the word Yoga is meant for 'YOGAM', a supreme state of well-being, which can only be achieved by controlling of one's own life force (vital force) and mind. These two spiritual forces can be got at one point in the brain by steady and continuous practice of Pranayama, taught by a learned spiritual master (GURU) following other seven principles of Ashtanga Yoga (YAMA, NIYAMA, ASANA, (PRANAYAMA), PRATHYAHARA, DHARANA, DHYANA & SAMADHI). The Ashtanga Yoga is the main principle effort to achieve the spiritual practical knowledge which in turn leads to Moksha (Liberation). This Yogam is otherwise called as union between the individual soul (Jeevatma) and the Universal spirit (Paramatma). Due to lack of practical spiritual knowledge, the individual self is delusively separated from the universal self. Spiritual knowledge and material worldly knowledge are quite distinct and opposite to each other.

Knowledge is evolved out of mind only. But the mind is both matter and immater too. Material part is always nourished by material food and this part gives rise to bodily and worldly sense and knowledge. The other immater or spiritual part is a homogenous (uniform throughout) substance of the universal spirit. If you remove or burn the material part of mind, the individual finite sense of body and world will vanish and realise practically that the individual is nothing but the universal Paramatma or Brahman, as he is remained with spiritual part alone.

Yogam will burn out the material part of the mind by Yogagni that is evolved during pranayama. It is a unique exercise dealing with vital force (life energy) or Prana which is

responsible for all vital activities of the body including respirations. The mind is oscillating or flickering with innumerable no of thoughts due to movement of the vital force (Prana) in the form of respirations. One should understand that there is a direct relationship between mind and vital force. The respirations will be more speedy and irregular when the mind is wavering and they will be quiet slow and deep when the mind is happy. If you can regulate and make the respirations slow, your mind can also be made slower and happier. Mind is like a flame flickering due to air currents. We have nothing to do with the flame but with the air currents. Our respirations are air currents always disturbing the calm and quiet mind. When it is still, it is full of divine light, divine energy, divine knowledge and divine happiness. All these four divine qualities of mind are being gradually minimised due to its vibrations provoked by downward respirations. So concentration of mind is otherwise called still mind, which can be got at by controlling of respirations.

- How to control the respirations?
- How are they at present?

In every living being, there are two phases of respirations i.e. Inspiration and Expiration. Inspiration is in drawing of external air into the lungs and also elevating the chest cage upwards. Expiration is expelling the air from the lungs to outside along with downward movement of the thoracic cage. Inspiration is more active process and we have to make some effort to draw the air. Expiration is more passive process and does not require much effort to expel the air. This is common to all the living beings and we conclude that they are natural. If you observe with common sense, these two inspiration and expirations are quiet distinct and separate during wakeful state, dreamful state and deep sleep in their length, time and number per minute. Expiration is more predominant than inspiration during these three states and it will be much more predominant when you go from wakeful to deep sleeper state and knowledge also impairs (lessens) proportionately from wakeful to deep sleep.

Normally the respirations will be 15 per minute (12 – 18) in a so called healthy individual.

During inspiration, we draw air from 8 inches (20 cms)

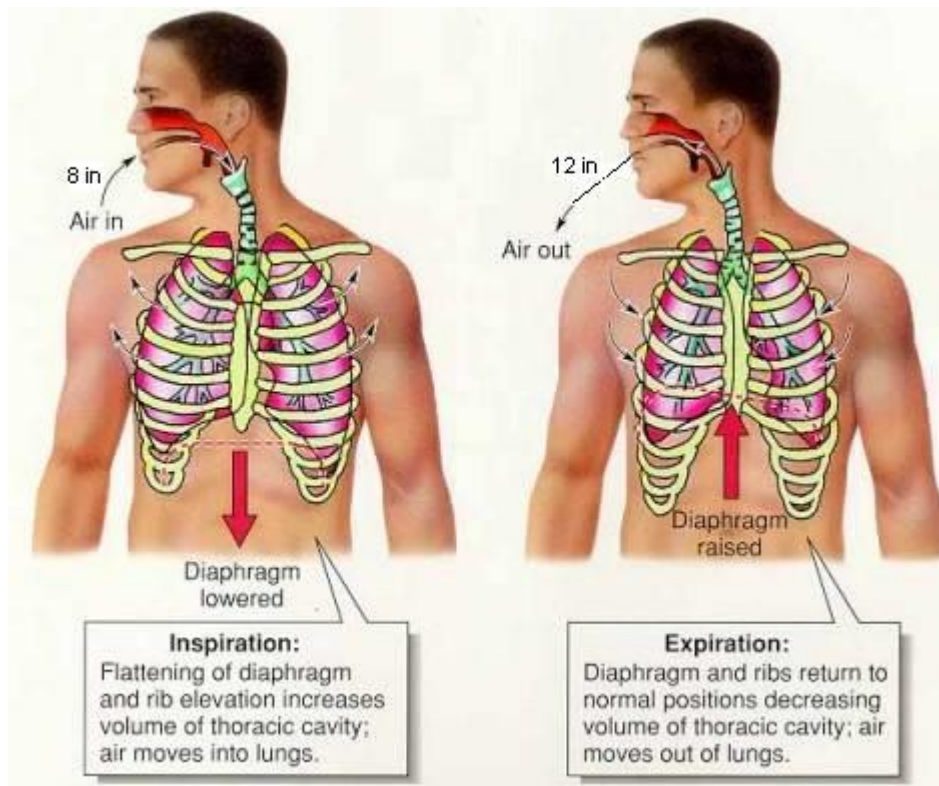
During Expiration we expel air up to 12 inches (30 cms)

In every respiratory cycle, there is 4 inches difference. That means, we are losing more energy to expel air up to 4 inches during expiration or otherwise we are consuming more energy to in draw air up to 4 inches during inspiration.

Likewise per minute $15 \times 4 = 60$ inches or $15 \times 10 = 150$ [centimeters]

Per hour $60 \times 15 \times 4 = 900 \times 4 = 3600$ inches

Per day $24 \times 60 \times 15 \times 4 = 24 \times 900 \times 4 = 86400$ inches



This amount of energy, which we are losing, is not mere calories of heat evolved from food, but, this is divine energy, divine knowledge, divine light, and divine happiness

Mere food cannot compensate to recoup the [four] qualities of divine power.

During sleep including dream the expiration will be up to 24 inches from the tip of the nose. And during inspiration, it is from much less than 8 inches. During sexual conjugation, the expiration may go up to 72 inches. It indicates energy loss is more during sexual conjugation. This is the reason why, to get SPIRITUAL KNOWLEDGE we have to observe celibacy [BRAHMACHARYAM]. If it is not possible, at least reduce the number of sexual meets. Senility [becoming old] will approach us very rapidly due to loss vital energy but doctors wont give much importance to this loss of semen and believe that semen [suklam] is one of the secretions.

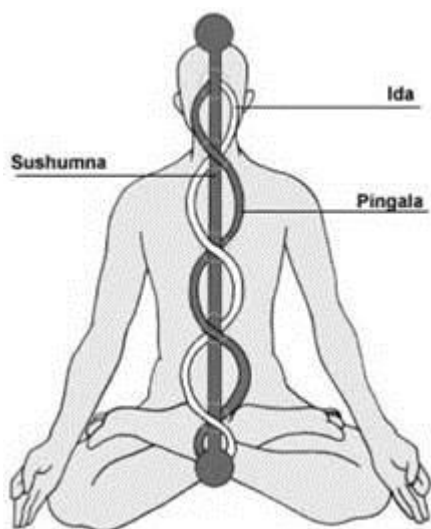
During childhood, we will be more active. Brain accuracy, remembering capacity also will be much higher. As days pass on, these qualities of knowledge will be reduced due to continuous loss of divine power through expirations. Even though it is happening in every individual no body could understand this reason for this change. The reason behind is continuous loss of Divine knowledge. This can be understood by practical demonstration. The energy loss can be controlled or more energy can be generated by reversing the respiratory process i.e. by increasing the inspiration and reducing expiration. Increasing inspiratory phase is called AYAMA [LENGTHENING OF INSPIRATION]. PRANA+AYAMA is PRANAYAMA. Increase of inspiration is called PRANAYAMA. During this process, the breath is caught hold off voluntarily Churn the life force by upward and downward movement of respirations. HEAT is generated, but it is not allowed to exhaust outside because inspiration is becoming lengthier than expiration. This is just reverse to the normal respiration. When there is respiratory reserve energy, the cardiac reserve [Heart] energy also will be there in proportionate to the respiratory reserve. The heart will be strengthened and the cardiac output will be more. As the circulatory process is becoming speedy and much easier, all other vital organs including liver, kidneys, brain and intestines the hormonal glands will function perfectly well. The vitality of each and every individual cell will be magnified and perfect.

Every Disease is PSYCHO-SOMATIC. PSYCHO means MIND and SOMA means BODY. We are trying to treat the bodily part of the disease leaving alone the psychic part. Unless, we treat these two aspects the disease, we cannot completely eradicate it. Disease is occurring due to sluggish blood circulation to that part of the body. Slow blood circulation results in accumulation

of secretions and phlegm which are responsible for infections and chronic non communicable diseases like DIABETES, HIGH BLOOD PRESSURE PARALYSIS, BRONCHIAL ASTHMA, loss of MEMORY, ARTHRITIS and so on...

In our body there are two types of nervous systems.1 ONE is Central nervous system which is voluntary part is under control of the mind 2 the other is Autonomous nervous system which is involuntary is not under the control of the mind. The autonomous nervous system is again divided into SYMPATHETIC and PARA SYMPATHETIC parts. In YOGIC anatomy, the sympathetic is PINGALA NADI or SURYA NADI which is on the right side of the spinal column and it evolves heat by secreting Adrenaline and NOR ADRENALINE. The parasympathetic is IDA NADI or CHANDRA NADI, which is on left side of the spinal cord and through this nadi, Acetylcholine secretes which keeps the body cold. The autonomous nervous system has got it's controlling center at the HYPOTHALAMUS the brain, which is above the pituitary gland and below the Thalamus It can be externally located at the center and in between the eye-brows.

The blood circulation to the brain and the body will never be uniform. It is under influence of the autonomous nervous system. The imbalance between IDA and PINGALA NADIS is being expressed outside by the air passage through nostrils.



When the sympathetic nervous system [Pingala] predominant, the right side nostril will open, blocking the left nostril. It indicates the left half of the brain [Left hemisphere] is getting more blood supply when compared to right side. Nostrils will be opened [air passes through] contra lateral [opposite side] to the blood supply of the brain hemisphere.

When Ida nadi is predominant, just opposite things happens. These two nadis will be quite distant and separate as per the vital energy loss.

These two nadis will come closer and closer and equalize the imbalance when the energy loss is recouped by Yogam [Pranayama] they will become one with SUSHUMNA [SPINAL CANAL] when the inspiratory phase is dragged up to Hypothalamus. Death occurs, when the vital energy [Prana] passes out through the last expiration is "EXPIRED."

When the vital Prana is dragged up by Pranayama, every minute nerve, blood capillary will be quite clean and full of energy. The brain and the body will be fully saturated with oxygen thereby resulting SOUND HEALTH

i.e. SOUND BODY with SOUND MIND. Here oxygen is not the external atmospheric oxygen. It is Divine Prana, which is responsible for respirations. The heart and lungs function perfectly well according to oxygen saturation, and their movement will cease, when the entire body is fully saturated with oxygen. This is called Samadhi. Here Samadhi is different from Death.

In Death, the life force [prana sakti] goes outside the body through last expiration [EXPIRED] whereas in Samadhi, the life is there inside the body with the last inspiration keeping the life force at BHRUMADHYAM inwardly, drawing life through the central canal of the spinal cord, floor of the fourth ventricle in medulla oblongata, aqueduct of SYLVIAN and finally settles in Third ventricle as DIVINE LIGHT getting relieved of the body sense and world. This is called SALVATION or MUKTI [devoid of bondage].

So a YOGI alone can get MOKSHA by doing PRANAYAMA [YOGAM], none else can.

NOTE: IDA and PINGALA Nadis are subtle [micro] channels of vital energy and they are channels of subtle body [sukshma deham]. They can not be seen with the naked eye. A YOGI can practically feel them.

PRANAYAMA is misunderstood and most of the people are practicing it by closing the right and left nostrils with fingers alternatively and drawing external air into the lungs through

the opposite side of the nostril. This is only an external NADI SODHANA but TRUE PRANAYAMA is an inner process, without touching the nose with the fingers. This is the churning of internal vital force making it finer and finer and it becomes purified as DIVINE LIGHT. During practice of Pranayama we get sound which is called as OM [AUM] and we get heat which is YOGAGNI by which all the impurities will be burnt resulting SOUND MIND in a SOUND BODY. So both the PSYCHIC and SOMATIC parts of the disease are dealt with by YOGAM. Therefore a Yogi alone can get perfect health and spiritual knowledge reaching the goal i.e. SALVATION [MUKTI].