

Ida and Pingala Nadi

In the space outside the Merudanda (spinal column) placed on the left and the right are the two Nadi Ida and Pingala, the Nadi Sushumna is in the middle. Ida starts from the right testicle and Pingala from the left testicle. They meet Sushumna Nadi at the Muladhara Chakra and make a knot. This junction is called Mukta Triveni. Ganga, Yamuna and Saraswati dwell in Pingala, Ida and Sushumna. This meeting place is called Brahma Granthi. These meet again at the Anahata and Ajna Chakra. Ida flows through the left nostril and Pingala through the right nostril. Ida [Sasi, Lalana, Pitryana] is called Chandra (Moon) Nadi, in its course it conveys lunar energy. Pingala [Mihira, Rasana, Devayana] is called Surya (Sun) Nadi, as solar energy flows through it. Ida is of pale, Shakti Rupa; Pingala is of fiery red, Rudra Rupa. It's to remember that Ida and Pingala carry the prana and the apana. Ida and Pingala indicate Kala (time, death) and Sushumna swallows time.

Other important Nadis are:

Alambusha

Gandhari

Hastajihva

Kuhu

Payaswini

Pusha

Sankini

Saraswati

Varuni

Vishovodhra

Yasasvini