

Nadi

The Sanskrit term Nadi comes from the root Nad which means "motion".

It is a tubular organ of the astral body through which the Prana (vital force) flows.

It consists of three layers, one inside the other. The innermost is called Sira, the middle layer Damani, the outer Nadi, like the entire organ.

All the Nadis spring from the Kanda, this is just above the Muladhara Chakra. It is in the junction where Sushumna Nadi is connected with the Muladhara Chakra. Kanda-Mula, in shape like a bird's egg, is a center of astral body, the root from where all the Nadis spring and carry the Prana.

The body is filled with innumerable Nadis, that cannot be counted. Nadis are said to be from 72,000 to 3,50,000.

Of these the principal ones are 14:

Sushumna

Ida

Pingala

Gandhari

Hastajihva

Kuhu

Saraswati

Pusha

Sankini

Payaswini

Varuni

Alambusha

Vishovodhra

Yasasvini

Among these the Ida, Pingala and Sushumna are the principal.

Sushumna is the highest.

Sushumna Nadi passes through the hollow cylindrical cavity of the vertebral column, Ida is on the left side and Pingala on the right side. They represent Surya (Sun), Chandra (Moon) and Agni(Fire).

"The subtle lines, Yoga Nadis, have influence in the physical body.

All the subtle (Sukshuma) Prana-Nadis and Chakra have gross manifestation and operation in the physical body. The gross nerves and plexus have close relationship with the subtle ones. You should understand this point very well. Since the physical centres have close relationship with the astral centres, the vibrations that are produced in the physical centres by prescribed methods, have desired effects in the astral centres."

(Sri Swami Sivananda)