

## **NADI SAMANU** described in **GHERANDA SAMHITA\***

38.

Sitting on a prescribed seat, the yogi should assume the padmasana posture. Then inviting the deities to the various parts of the body as advised by the guru, the practitioner should begin the purification of the nadis for a faultless performance of pranayama.

39-40.

Contemplating on the vayu bija [YAM] which has a smoky color and is lustrous, let him inhale by the left nostril repeating the bijamantra 16 times (then) retaining the air for a period required to repeat the bijamantra 64 times, let him exhale through the right nostril, repeating the bijamantra 32 times.

41-42.

Raising the fire from the root of the navel, contemplate on its light associated with the fire element. Then repeating the agni bija [RAM] 16 times inhale through the right nostril and retain the air for the period required for 64 repetitions of the bijamantra and then expel it by the left nostril, repeating the mantra 32 times.

43-44.

Contemplating on the luminous orb of the moon at the tip of the nose, inhale through the left nostril, repeating the bijamantra [TAM] 16 times. Retain the air for a period required to repeat the bijamnatra [VAM] 64 times, imagining that nectar is oozing and the nadis are being purified, and unwaveringly contemplating, exhale, repeating the bijamantra [LAM] 32 times.

45.

Purifying the nadis in this way one should assume asana and practise pranayama with firm determination.

*\*Gheranda Samhita (IAST: gheraṇḍasamhitā, घेरंडसंहिता, meaning "Gheranda's collection") is a Sanskrit text of Yoga in Hinduism. It is one of the three classic texts of hatha yoga (the other two being the Hatha Yoga Pradipika and the Shiva Samhita), and one of the most encyclopedic treatises in yoga.<sup>[3][4][5]</sup> Fourteen manuscripts of the text are known, which were discovered in a region stretching from Bengal to Rajasthan. The first critical edition was published in 1933 by Adyar Library, and the second critical edition was published in 1978 by Digambarji and Ghote.<sup>[6]</sup> Some of the Sanskrit manuscripts contain ungrammatical and incoherent verses, and some cite older Sanskrit texts.<sup>[6]</sup>*

*It is likely a late 17th-century text, probably from northeast India, structured as a teaching manual based on a dialogue between Gheranda and Chanda.<sup>[7][8][9]</sup> The text is organized into seven chapters and contains 351 shlokas (verses).<sup>[8]</sup>*

[https://en.wikipedia.org/wiki/Gheranda\\_Samhita](https://en.wikipedia.org/wiki/Gheranda_Samhita)