

**STUDY OF TRIVIDHA NADIS; IDA, PINGALA & SUSHUMNA NADI: A REVIEW  
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**ABSTRACT**

The Nadis are energetic irrigation system of human body as they keep us alive. There are 72000 Nadis in number, in which three are most important viz., Ida, Pingala & Sushumna. The term Ida, Pingala & Sushumna are used vastly by different Acharya in respect to nervous system. Ida performs the function that controls all the mental processes. Ida is related to left nostril and, situated at left side of Sushumna. Pingala is full of energy with high temperature, physical strength, adding vitality and efficiency. It is related to right nostril and situated at right side of Sushumna. Out of all Nadi's Sushumna is a root that extends from Muladharachakra to Brahmrandhra. It appears that these Nadis are a part of nervous system also they have an anatomical location in the body. Sushumna Nadi can be compared with spinal cord whereas Ida Nadi with parasympathetic & Pingala Nadi with sympathetic activities of the body.

**KEYWORDS:** Ida, Pingala, Nervous system, Sushumna and Trividha Nadi.**INTRODUCTION**

The Sanskrit word Nadi derived from the root Nad, means flow, motion or vibration. The words suggests the fundamental nature of a Nadi - to flow like water, finding the path of least resistance and nourishing everything in its path. Nadi is Sanskrit word that can be translated as "Tube" channel or flow. It refers to the network of channels through which energy travels throughout the body. According to many Tantric texts, in human body the Prana reaches every cell through Nadi. Some are wide and rushing; others are a mere trickle. When these systems flow freely, the health is maintained. According to Shiv Samhita there are three and half lakhs of Nadis in the body of a human being. Out of these Nadis fourteen are of major importance. (1) Sushumna (2) Ida (3) Pingala (4) Gandhari (5) Hastijihva (6) Kuhu (7) Saraswati (8) Pusha (9) Shakhini (10) Payaswini (11) Varuni (12) Alambusha (13) Vishwodari (14) Yashaswini<sup>4</sup>. According to Gorakh Samhita there are seventy two thousands of Nadis and they arise from Nadi Kanda. Among them most important ten Nadis these are (1) Ida (2) Pingala (3) Sushumna (4) Gandhari (5) Hastijihva (6) Pusha (7) Yashaswini (8) Alambusha (9) Kuhu (10) Shakhini. Among them three are most important namely Ida, Pingala and Sushumna. These terms are used vastly by different Acharya in respect to nervous system. It appears that these Nadis could be the

part of nervous system and also have an anatomical existence in the body.

**Triveni Point**

Ida, Pingala & Sushumna these three Nadis meet at a point known as Triveni Point. The Triveni point lies at the site of Adnya Chakra behind the centre of two eye brows. Ganga, Yamuna and Saraswati are three rivers which can be compared to Ida, Pingala and Sushumna, respectively and their meeting point is termed as Triveni.

**Trividha Nadi**

Ida and Pingala are situated on lateral aspect of Sushumna out of which Ida lies on left side of Kanda and traced at left nostril whereas Pingala is placed on right side. Spinal cord provides primary path and accommodation for autonomous nervous system. Ida Nadi: it is situated on the left side of Sushumna, and is related to left nostril. Ida Nadis is Sheeta and also white in color and its Guna are closely related to Chandra so it is also called as Chandra Nadi (pertaining to qualities of Chandra or moon God). Function of Ida Nadi also matches to the Chandrama because Chandrama provide calmness and stability and nourishes the whole universe. It is associated with lunar energy. Ida Nadi controls all of the mental processes and carries Pranic energy. It

nourishes and purifies the body and mind. It is the channel that gives energy to our emotional aspect.

**Pingala Nadi:** Among the innumerable number of Nadis in our body, Pingala Nadi is one of the three important Nadis. The location of Pingala in our body can be traced on the right side of Meru i.e. vertebral column and it terminates at the right nostril. According to Shiv Samhita Pingala Nadi is situated on the right side of Sushumna and is related to right nostril. It is named as Surya Nadi or the one related to god sun. The Pingala Nadi is related to the sun because of its Usna nature and dark complexion. It is also related to the Yamuna river due to its similar complexion with the slimily nature and the dark color of the water of Yamuna river. It starts from the right side of Sushumna and courses from the right testicle in male and culminates in the right nostril. These sympathetic chains include the two ganglionated trunk and their branches, plexuses and subsidiary ganglia. It has a much wider distribution than the parasympathetic as it innervates all sweat glands the arrectores' pilorum, the muscular wall of many blood vessels, the heart, lungs and respiratory tree, the abdomen-pelvic viscera, the esophagus, the muscles of the iris in the eye and nonstriated muscle of the urogenital tract, the eyelids and elsewhere.

#### **Sushumna Nadi**

It is considered as the root of all the Nadis, unlimited nerves emerge from the five Paravs (knot like structure) of Sushumna. Sushumna (spinal cord) is present in the Centre of Merudanda i.e. Vertebral column and it travels from downwards (caudal end) i.e. Nradhkama to upwards (cephalic end) i.e. Sahastra chakra. Six circular structures are present in the path of Sushumna Nadi known as Shad Chakras. This Chakra represents the physio-anatomical entities of activities and their regulating centers in the brain and nervous plexuses near the effector organs. Nadis which take the shape of circle or wheel, those are grouped six in number. Hence these are called Shad-Chakars. The Western deals with the functions and gross form of the spinal cord, while the Yogins of ancient times dealt with the subtle (Sukshma) nature.

#### **DISCUSSION**

After the concept of Nadi i.e. Ida, Pingala & Sushumna, are considered that these structures can be correlated as follow:

Ida Nadi is situated on the left side of Sushumna and is related to left nostril. It controls all of the mental processes and gives energy to our emotional aspect. Therefore, Ida Nadi may be correlated with parasympathetic nervous system of the body. Pingala can be traced on the right side of Meru i.e. vertebral column and it terminates at the right nostril. It is full of energy with high temperature, adding vitality, physical strength and efficiency. Therefore, position and function of Pingala Nadi's may be correlated with sympathetic

nervous system of body. Sushumna extends from the Muladhara Chakra (second vertebra of coccygeal) to Brahmarandhra. Canalis centrals is a central canal in the spinal cord. Spinal cord is suspended in the hollow of the spinal column and made up of grey and white brain-matter. In the same way, Sushumna is dropped within the spinal cord and has subtle sections<sup>19</sup>. When we study the construction, location and function of the spinal cord and the Sushumna Nadi, We can readily say that the spinal cord can be considered as Sushumna Nadi.

#### **CONCLUSION**

From a discussion it can be concluded that Ida Nadi can be correlated with parasympathetic activities whereas Pingala Nadi with sympathetic activities and Sushumna Nadi with spinal cord of the body.

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