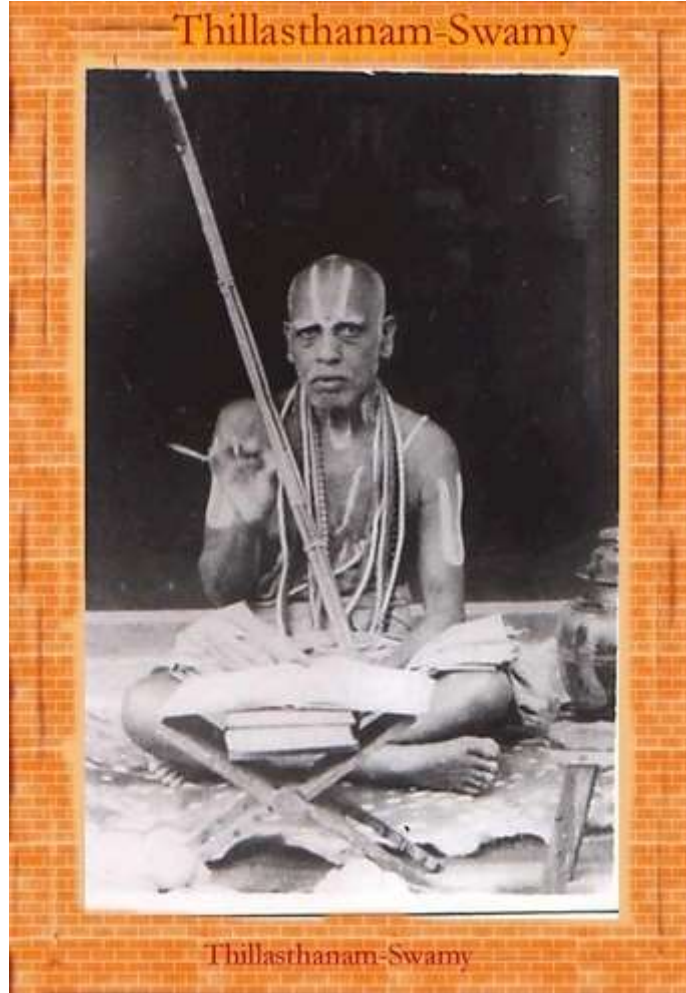


# Vedic Pranayamam

( An extract from the Web Site )



By

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## Pranayamam & it's significance

Human activities cover a very wide range .It includes not only physical activities but also intellectual activities.For this wide range of activities of a human , only one raw material input is the food we take. The human body has to function as an individual complex , to convert this input into various requirements of the body to meet the needs of the different activities. In any Industrial plant , it is well known that for conversion of raw materials to end products , the industrial plant has to be provided with energy .This is done through electricity in most plants. In the case of human body , how is this energy provided ??

The Vedic references mention about 'Prana' , as the source of energy for the activities of the human body.This is available everywhere in the universe. According to vedic tenets ,'Prana' enters the body and divides itself into five forms to cover different zones and also assumes different names .'Prana' is the prime source of energy and enters the body through respiration. The life energy or 'Prana' distributing itself all over the body is known as 'Vyana' .The energy regulating excretory organs is known as 'Apana'. The life energy catering for the neck region is known as 'Udana' .The life energy covering nabhi region to support digestion etc is known as 'Samana'.These are known as '*Pancha Pranas*' or five life energies . It is customary practice to make offerings to '*Pancha Pranas*' before taking food .Thus respiratory system is a source of energy supply to the body .This apart Vedic references mention also ' Chakras' in our body as another source of supply .Of these , the respiratory source is considered very important and measures for respiratory control developed .The pranic energy referred to here is not of one particular type but a mixture of several types.They serve not only as source of energy but also provide faculties such as speech , hearing etc. They also influence personality.

Vedic philosophies discuss this aspect . ( A discussion on this subject is available in the book 'Sri vaishnavism' published by the sabha.)

Realising the importance of pranic energy , efforts were also made for their intake as a part of our living .Sages such as Manu , Yagnavalkya , Parasara , Gautama and others in their 'Smritis' have given the art of living ( Dharma Shastra ) based on their experience .Their one objective was to enhance the nobility and respectability of humans and establish an ideal human society . Out of a rock lying uncared for and treaded by one and all , if our artisan carves an idol of God , it becomes worthy of worship .In the same manner , a human birth alone cannot reach a level of respect .Some processing is necessary .This is called 'Samskaras', and were made integral part of living .These 'Samskaras' enabled the individual to acquire various qualities through absorption of appropriate pranic energy.

Our predecessors realised that respiration held the key to health and personality of humans .Thus ,respiratory control or 'Pranayamam' was evolved.

This view of the Indian sages was not acceptable to Scientists and the Western world. Hence , these remained as a mere ritual . Around 1960 , some studies of the brain and the Kirlian photography brought about a revolution .The approach of our sages received recognition .Since then lot of progress has been made.

The discussion in this book titled 'Vedic Pranayamam -An Elixir to Health & Personality' is limited to 'Vedic Pranayamam' , taught at the time of 'Upanaynam' and also forming part of 'Sandhyavandanam' or Sandhya Prayers. This is also used in all Vedic rituals . Our sages have given a format for 'Pranayamam' .This format is discussed in the light of research of human body through Kirlian photography , brain studies etc. . It will be seen from these discussions , that the format for 'Pranayamam' given by our sages is indeed unique and helps a great deal in preserving our physical health and also develop personality .

## Vedic Pranayamam - Book Preview

Well wishers of the Sri. Thillasthanam Swamy Kainkarya Sabha after the success of the books on Srivaishnavism and Sandhyavandanam requested the sabha to bring out a book on the importance of Pranayamam . Accordingly , the book titled 'Vedic Pranayamam - An elixir for health and personality' was conceived.

Great Sages like Manu , Parasara , Yagnavalka , Gautama and others , with a view to establish a society of nobility , have prescribed a few Samskaras or rituals. These Samskaras are integral part of Hindu Dharma and are meant to improve the quality of humans. Sandhyavandanam is one such Samskara and is meant to improve the health of body and mind and also improve intellectual quality. It is a 'Nitya Karma' or daily ritual to be performed at 'Sunrise' and 'Sunset' . Pranayamam is an integral part of Sandhyavandanam . Vedic tenets recognise an energy body external to our physical body.This acts as a via media between the individual and the universe. Cosmic radiations are absorbed through chakras in this energy body.

The discussion in this book is limited to Vedic Pranayamam , taught at the time of Upanayanam and also forming part of Sandhyavandanam . Our sages have given a format for Pranayamam.this format is discussed in the light of research of human body through Kirlian Photography , brain studies etc. It will be seen from these discussions that the format for Pranayamam given by our sages is indeed unique and helps a great deal in preserving our physical health and also develop personality .

- Chapter-1 is a General Introduction and covers Respiration , Human body , Human brain , Nadis , Chakras and Sources of Energy.
- Chapter-2 discusses about various Mudras and Meditation and also the importance and benefits of the Mudra.
- Chapter-3 discusses about Vedic Pranayamam , Ashtakashara Pranayamam and also Agarbha Pranayamam
- Chapter-4 discusses about Pranayamam Mantra Japam and it's procedure. For benefitting various section of the society the procedure has been included in Devanagiri , Kannada and Tamil scripts. This section also includes a discussion on Vyahriti Mantra Japam.
- Chapter-5 covers briefly about Upanayanam and Sandhyavandanam , basically an excerpt from the Sabha's publication 'Sandhyavandanam'
- Chapter-6 covers the Physical exercises like stretching the spinal cord and deep breathing or abdominal breathing basically to help the flow of energy all over the organs of the body.
- Chapter-7 covers Art of Living in today's deteriorating environment with a hectic life style Certain prescriptive details are given to be followed by an individual based on the tenets of Srivaishnavism
- Chapter-8 is the conclusion and ends with the prayers to the Lord .

This books on Sandhyavandanam and Srivaishnavism have proved a good success and many have even taken the book to present it to others on the occasion of " Upananyam" - Sacred thread ceremony. As a supplement for these books it is expected that the book on Vedic Pranayamam will also prove to be a big success . The book is nominally priced at Rs 50/- in India and US \$ 5 abroad . Copies are available with Sri Thillasthanam Swamy Kainkarya Sabha , e-Mail [tsksabha@yahoo.com](mailto:tsksabha@yahoo.com) / [tsksabha@thillasthanam-swamy-sbha.in](mailto:tsksabha@thillasthanam-swamy-sbha.in)