

VITAL LIFE ENERGY

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The life and mind inspire our physical body. The vital life energy keeps the complete physical body active round the clock. Right from the birth to death the body develops and deteriorates, the growth and nourishment also takes place with vital life energy. In ‘Brihadaranyak Upanishad’, a sage says that vital life energy is more important than eyes, ears, intelligence and sperms. At the end of the text he concludes saying that when gods failed in front of the demons through their speech and all talents then vital life energy proved to be useful. The vital life energy started praising all the gods. When demons saw this they wanted to affect vital life energy with evil. The demons were crushed to pieces after getting attacked by selfless vital life energy. All the gods won after getting the support of vital life energy. The person who recognizes the vital life energy can defeat the demons with their support. The sage of Chandhyoga Upanishad also agrees to this opinion. A person can live without sense organs but not without vital life energy. The mind and sensory organs become inefficient without vital life energy and become active and efficient with vital life energy. Strong vital life energy is the ultimate level of self-confidence. The vital energy is the power of our life and improves our disease fighting capacity. All important organs, heart, lungs, mind and backbone, become healthy and energetic with vital life energy.

Devotion of vital life energy is the basis of all success and accomplishments. Controlled breathing plays an important role right from physical strength to mental satisfaction and contemplation. If one controls vital life energy then he or she can control mind and sensory organs. Controlling vital life energy is called pranayam. The physical body is known as section made with food and the prana element is differentiated as section made with vital life energy. The vital life energy and mind are synchronized with the physical body. Hence section made with vital life energy and mind can be said to be a

part of section made with food. The section made with food has shape and scope. The scope of section made with vital life energy and mind are the only after effects of section made with food.

The inspiration of physical body is vital life energy is only one but it is known in different names due to the various actions and functions it performs in different parts of the body. This is the reason that vital life energy is classified from two to ten parts. The vital life energy has five main divisions and five sub-divisions. They are – prana, apana, samana, vyana and Udan and subdivisions are nag, kurma, krukul, dhananjay, and devdutta. In Vedic literature there is mention of the five main vital life energies but no mention about sub divisions. Out of the five main vital life energies- prana is situated in the upper part of the body. It keeps our organs of knowledge active and maintains the functioning of lungs, heart, food pipe and windpipe. The actions of breathing in and out are vital life energy. Apana is situated in the anal region of the body. Apana is responsible for cleaning process of our body. It is responsible for throwing out the faecal matter and other body wastes out and also removing the foul air. Samana is responsible for all the actions of the body from heart to navel region. It is situated near navel region. It controls Kidneys, intestines, spleen and stomach. This is responsible for taking the juices produced from food to all parts of the body. Vyana is the vital life energy that is present in the whole body along with sensory organs. It passes the emotions to the mind through various systems. It then passes the messages from mind to the sensory organs and organs of knowledge. It is spread all over the body and thus keeps all the muscles, nerves, and veins energetic and active. Udana is present from neck to head. It gives energy and instructions to the vital organs present in this area and is responsible for carrying

actions downwards starting from the mind. It is said that at the time of death our soul gets liberated through Udan and enters another womb. Apart from this many other small actions of the body like yawning, sneezing, hunger, thirst, satisfaction, movement of the eyelids, belches, hi-cups, swelling in the body are carried out by the sub-divisions of vital life energy, namely nag and kurma etc. As long as these actions are carried out naturally the section made with food is full of energy and the mind is active. In case of any problem the vital life energy becomes polluted leading to pitta dosha, blood impurities, bowel disorder and other physical problems arise. Pranayam helps in this situation. Pranayam helps in maintaining all the physical and mental disturbances and makes our life easy and natural. Pranayam is the magical wand, which activates, energizes and makes the body active. Pranayam is the important research of our life. Pranayam is the master of all medicines. The aim of pranayam is to generate vital life energy as much as possible, protect it, use it, and manage it. If any one is able to control his or her physical and mental activities then he or she becomes successful.

Vital life energy controls and activates the whole body because it is very important. A person should understand the impact of pranayam in order to get mental and physical satisfaction. A person should understand the formation of the body. If not the complete body one should know the main organ- lungs, which are useful in pranayam. There are two lungs- left and right. They are situated on the right and left side of the chest. Right lung is broader and heavier than the left lung. The air passes through the nostrils, neck and voice organ and reaches the lungs, which has an entrance. The lower part of the entrance has two branches to the right and

left from where the air reaches the lungs. The pipes, which carry the air from the entrance to the lungs have hairs, they are very sensitive in nature and throw out the dust particles immediately through sneezing or cough. This natural organization helps the lungs from dust and food particles.

The magical structure of the lungs plays a main role in blood purification. There are numerous minute bags and blood cells in the lungs. The walls of the lungs are so thin that only gas or air can pass through them. The blood, which is flowing through these cells takes oxygen from these bags, and throws out carbon dioxide while exhaling. In this way the blood flowing through lungs produces pure oxygen continuously. When oxygen mixes with blood then blood becomes red in colour, which is known as pure blood. The blood carrying carbon dioxide is impure and is blue in colour.

The breathing process remains active through lungs. While inhaling the muscles of the chest expands and so does the air present in the lungs and the lungs are filled with pure air. While exhaling the air in the bags and lungs contract and muscles of the chest also contract. In this process the air exhaled from the lungs is not completely thrown out. A little amount of air always remains in the lungs. Due to this busy life the breath becomes heavy and the air starts accumulating in the lungs. When the air is not rotated properly it results in many diseases. Pranayam is the only solution for relieving all the problems. Regular practice of pranayam helps in deep and rhythmic breathing and thus the air present in lungs is completely processed.

It is obvious that when we take deep breath we also exhale in the same quantity. In this way the polluted air filled in the lungs is thrown out.

'PHOENIX' BIRD

In Greek literature there is a famous story. It is said that a bird named 'Phoenix' is born from pyre. This bird usually lives alone. It does not like to stay in groups. The bird flies at a great height. The bird can achieve death as per its wish and that is why it is called as 'immortal'. When it gets bored staying in one situation it burns its body and comes out from its own pyre with more brightness. This story might be imaginary but we should try to become like the 'Phoenix' bird.