

The Three Bodies and the Five Vayus

Ayurvedic therapeutic theory recognizes Yoga as a class of therapy known as "spiritual management".

The Three Bodies behind which resides the true Self are:

Physical Body

The subtle body energizes the physical and is the origin of disease.

Astral Body (subtle / electric body)

The functions of Prana (life force) are divided into 5 functions called Vayus. (*Picture courtesy of www.Yoga.net.au*)

Prana Vayu

The vital air which pervades the entire human body. It moves in the region of the chest (heart). The moving force behind inhalation. During the breathing it absorbs prana (cosmic energy). Responsible for the heart to keep beating. Its color is gilded.

Location – between area of the nose and the bottom of heart. Seat is in the heart.

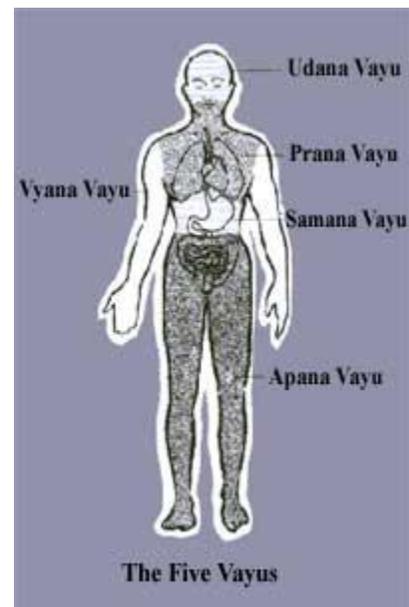
Element – air.

Apana-vayu

One of the vital airs which move in the sphere of the lower abdomen and control the function of elimination of urine and feces. Kidneys, colon, rectum, bladder and genitals reproductive (down and out). Its function is cleaning of the body of contaminations, supplying of spiritual stabilization and calming effect. The moving force behind the exhalation. Its color is smoked.

Location – is from the navel to feet. Seat is in the pelvis. Pelvic loop.

Element – Earth.



Udana Vayu

One of the vital airs which is carried upward. It dwells in the thoracic cavity and controls the intake of air and food; expels air corresponding with speech and sound. Function is to raise energy above. Is fed up in area of the nose. Its color is usually blue violet, but its color accidentally can be varied.

Location – between the nose and the top of the head. Seated in the throat. Shoulder loop.

Element – ether.

Vyana-vayu

One of the vital airs, which circulates the energy derived from food and breathing all over the body. It is the energy that protects our body and all its surface through the 72,000 Nadis, nerves, veins, muscles and joints.

Location – whole body. Has no seat.

Element – water.

Samana-vayu

One of the vital airs, whose function is to aid digestion. The functions are digestion and distribution of nutritious substances in the organism, digestive fire, abdominal organs power of discrimination, transformation and ego (self). The solar plexus. Its color is red.

Location – between the bottom of the heart and the navel. Seat is in the navel. Kidney and pelvic loop.

Element – Fire.

Causal Body

The causal body generates the energy that sustains the physical and energetic bodies. It functions in deep sleep, devoid of external perceptions (real or imagined). The causal body gives rise to an electrical field creating the astral body. It is the jiva that endures all our different births. It is the building block of this incarnation. It draws to us whatever we truly wish in our hearts, our deepest thoughts, desires, aspirations called samskaras (genetic code); the seed motivations behind our behavior.