

**DESCRIPTIVE STUDY ON VITAL ENERGIES VINDU, NADAM AND ITS
RELEVANCE TO PRANAVA MANTRA IN THIRUMOOLAR'S
THIRUMANTIRAM**

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Abstract

Yoga is one of the most sought-after practices in the modern world as faith, as healing factor, as medicinal practice, as a fitness routine and as a practice to attain happiness and peace. It has its origin in the old vedic civilization and the region of Indian sub-continent. It has gained momentum in the past 5-6 decades in the west and all across the world. Tirumūlar's Tirumandiram is the earliest known Tamil treatise on yoga. This text is considered to be both, a devotional work as well as a tantric text. It provides various methods to attain the blissful state. It has its start in the old vedic society in high stage of development and the field, range of India. As per the scientist the universe is the manifestation of the same quantum firmament. Here in this paper, we will seek to establish the facts about the philosophy, theory, practice, parts and methodology related to knowledge and power using vital energy. It is concluded as per this concept would enhance the physical health, mind, and attitude promotion. The Kundalini must be evoked to uplift the consciousness to Agna chakra. The current research studies reveal the value of vital energy namely Vindu and Nadam and application of Pranava mantra for its upliftment from muladhar to higher chakras.

Keywords: Thirumoolar, Thirumanthiram, vindu, nadam, kundalini, agma, chakra, Pranava, Aum, nadi, Om.

Introduction

Saint Thirumoolar is said to be a Tavayogi who received siddhis believed to be between 5th to 8th Century AD. Thirumanthiram is the expression of his love towards humanity as it describes various simple methods to lead a blissful life. Every one in this world is seeking happiness and it is guaranteed through his mantras. Currently many understand that yoga means asana. If we look at Thirumanthiram, only six mantras out of 3000 are dedicated to Asanas. To unzip the perfect harmonious state of the mind, body, soul, yoga must not only be used as physical movements, it is much more than that. Self-knowledge can liberate us. Through Thirumantiram one can get "Self-Knowledge "as well " God's Knowledge". In this context, we need to consider God as infinite energy, Love. Thirumantiram says that love is god, only one Cast, One Religion and hence it is not pertaining to any religion and its application is universal. The shortfall between the required and the available energy to meet the challenges of life is called dukkha. Every individual in this earth is born with huge amount of energy when this is so, why human faces of huge challenges of health issues and psychological problems, there is a proverb – to meet your expenses, either reduce your expense or increase your income, same way here we are going to open up the true energy within us.

If we are aware of the that the elements which are the basis for the formation of universe is Vindu nadham and it lies within us then we would take steps to make use of the same, like having trillions of worth gold in the house with a key, just the person needs to open the same to enjoy the luxury.

Purpose of the study

1. The purpose of the study is to identify the energy boosters within our body
2. The purpose of the study is to bring more awareness and importance of Vindu and Nadam which are the basic elements of this creation
3. The purpose of the study is to bring awareness to society on the importance of OM Mantra and its relation to Vindu and Nadam
4. Purpose of the study is to transcend from painful state to focused state

Methodology

We are aware that we are combination of five layers called “Koshas” viz : annamaya kosha, pranayama kosha, manomaya kosha, vijnanamaya kosha, anantamaya kosha which are referred in many spiritual text and its original reference is “Taitriya Upanishad”. It is clear that we are not just the “Physical Body”. Pranayama kosha is the kosha wherein the prana moves through nadi (channels). Junction of Nadi are called as Chakras. There are major six chakras which are within the yoga followers limit (Mooladhar, Svathistana, Manipura, Anahata, Visudhi, Aagna). There are three major nadi viz: Ida, Pingala and Susumna. One gets the access into Chakras when the prana move through Susumna nadi. The secret is when it moves through the susumna nadi, it gets the access into the “Kundalini” which is between Mooladhar and Svathistana chakra. Kundalini, will move the consciousness further to the higher state – Aagna chakra where in one will have a highest energy which we call it as a blissful state.

Now the question is how do one move the prana through Susumna Nadi. It is possible once we understand the truth behind Vindu and nadam., Quality of Vindu has the potential to lift the nada (consciousness) from muladhar chakra.

To know more about this energy we need to understand the concept of Vindu and nada. Referred in TM# 619

Original Text TM # 619

விந்துவும் நாதமும் மேருவில் ஓங்கிடிற்

சந்தியி லான சமாதியிற் கூடிடும்

அந்த மிலாத அறிவின் அரும்பொருள்

சுந்தரச் சோதியுந் தோன்றிடுந்தானே

Transliteration

vin^dhuvum n^Adhamum mEruvil ON^kiDiR

chan^dhiyi lAna chamAdhiyiR kUDiDum

an^dha nilAdha aRivin arumporuL

chun^dharach chOdhiyun^ thOnRiDun^ thAnE

Meaning / Commentary

When Vindu and Nāda flourish in Mount Mēru, In their meeting, one will join in Samadhi, Eternal Wisdom of Unique Meaning / Commentary, Auspicious Light will indeed manifest

Vindu

One can transcend all miseries and reach a blissful state once the quality of Vindu is refined. If we refer the Vindu in terms of Macrocosm, at the time of comic reabsorption, it is the point within which the universe is reabsorbed as it merges into the energy gathered

upon itself. There are two forms of Vindu. One is from the food we take and another is from the Prana.

Original Text TM # 1966

அன்னம் பிராணன்என்(று) ஆர்க்கும்
 இருவிந்து
 தன்னை அறிந்துண்டு சாதிக்க
 வல்லார்க்குச்
 சொன்னமுமாம் உருத்தோன்றும்
 எண்சித்தியாம்
 அன்னவ ரெல்லாம் அழிவறநின்றதே
 Vindu is considered as "Shakti" . It is also
 denoted as "Light" .

Original Text TM # 1934

இரதம் முதலான ஏழ்தாது மூன்றில்
 உரிய தினத்தில் ஓ ருபல் பனிபோல்
 அரிய துளிவிந்து வாகும்ஏழ்மூன்றின்
 மருவிய விந்து வளரும்காயத்திலே.

Transliteration

iratha muthalAna EzthAthu mUnRin
 uriya thinaththin orupuR panipOl
 ariya thuLivin^thu vAkumEz mUnRin
 maruviya vin^thu vaLaruN^kA yaththilE

Meaning / Commentary

It is the finest form of energy derived from the food which is the combination of the three dhatus viz Rasa (plasma), rakta (blood) and semen (shukra). The quality depednds on the food characteristics namely Sattvic, Rajasic and tamasic

With the Satvic food and pranayama, one can improvise the quality of the Vindu. Also TM indicates that the Vindu formed through the food energy should not be wasted. Ref. TM# 1936

Original Text TM # 1936

அழிகின்ற விந்து அளவை அறியார்
 கழிகின்ற தன்னையுட் காக்கலும் தேரார்
 அழிகின்ற காயத்து அழிந்து அயர் உற்றோர்
 அழிகின்ற தன்மை அறிந்தொழியாரே.

Transliteration

azikinRa vin^thu aLavai yaRiyAr
 kazikinRa thannaiyuT kAkkalun^ thErAr
 azikinRa kAyath thazin^thayar vuRROr
 azikinRa thanmai yaRin^thozi yArE

Meaning / Commentary

Waste vindu, the Body Perishes They know not the destruction that wasting of Bindu results in; They resolve not their decay to prevent by will power determined; They who thus perish in this perishing body

By safeguarding the Vindu, once can get the benefits and the same is explained in TM 1948.

Original Text TM # 1948

ஒழியாத விந்து வுடன்நிற்க நிற்கும்
 அழியாப் பிராணன் அதிபலஞ் சத்தி
 ஒழியாத புத்தி தபஞ்செப மோனம்
 அழியாத சித்தியுண் டாம்விந்து வற்றிலே.

Transliteration

oziyAtha vin^thu vuTann^iRka n^iRkum
 aziyAp pirANan athipalany chatthi
 oziyAtha puththi thapanychepa mOnam
 aziyAtha chiththiyuN TAMvin^thu vaRRilE

Meaning / Commentary

Conserve Bindu and Attain Siddhis If Bindu stands retained in body Life ebbs not; Great strength, energy, intelligence alert, Tapas, contemplation and Maunam (silent-ness) And siddhis enduring, --All these are attained, --If Bindu be conserved true

Nadam

Nadam means consciousness. It normally shift between the chakras and mostly stay in the Mooladhar chakra. According to its position, perception changes. Through yogic practices and with the help of quality of Vindhu, one can uplift the Nadam to Aagna chakra which can be referred to lie between the eye brow. In physical body, pituitary gland lies in the same place which is master gland responsible for all other glands to work properly. Through chakra activation, we are able to make changes in the physical body. Since the chakras are subtle in nature, yogic practices are also subtle. Feel of Sacred sound / vibration within oneself which is the result of ones own happiness. The same is referred in TM# 608 Original Text TM #608

ஈசன் இயல்பும் இமையவர் ஈட்டமும்
 பாசம் இயங்கும் பரிந்துய ராய்நிற்கும்
 ஓசை யதன்மணம் போல விடுவதோர்
 ஓசையாம் ஈசன் உணரவல் லார்க்கே

Transliteration

Ichan iyalpum imaiyavar ITTamum
 pAcham iyaN^kum parin^thuya rAyn^iRkum
 Ochai yadhanmaNam pOla viDuvadhOr
 OchaiyAm Ichan uNaraval lArkke

Meaning / Commentary

Fruits of God-Realization Those who realize God, They alone get qualities godly; They join company of immortals; Pasa vanishes; They become immanent in all life. They hear sounds subtlest, That emanate Unto fragrance out of flower

Kundalini Awakening

This is a life-changing awakening that brings about profound changes in consciousness. When this energy is activated, it travels up the spine to the crown of the head, where it could bring many benefits,

- Improved mental clarity and focus
- Greater clarity of thought
- A deeper understanding of spiritual concepts
- Enhanced creativity

- Increased intuitive abilities
- Greater connection to the divine

Thirumandiram 583 says about What Kundalini Yoga is
Original Text TM #583

மூலத் துவாரத்தை முக்கார மிட்டிரு
மேலைத் துவாரத்தின் மேல்மனம் வைத்திரு
வேலொத்த கண்ணை வெளியில் விழித்திரு
காலத்தை வெல்லுங் கருத்திது தானே .

Transliteration

mUlath thuvAraththai mokkara miTTiru
mElaiath thuvAraththin mElmanam vaiththiru
vEloththa kaNNai veLiyil vaiththiru
kAlaththai velluN^ karuththidhu thane

Meaning / Commentary

Close the Muladhara orifice below Center our thought on Sahasrara orifice above and on that meditate in oneness; Fix our dagger like vision on that Void Vast; Thus practising //Yoga, you shall vanquish Time.

There are several methods prescribed by Thirumoolar, here we have considered OM Mantra chanting and it is the basic source of Vindu and Nadam. When we chant a mantra with intention, the idea and power behind the mantra permeates our subconscious and brings us closer to understanding the unified whole of existence.

Pranava Nada (/Nadam) is also known as the Omkara, comprising the Akara, Ukara, and Makara phases of expansion, sustenance, and dissolution of latent tendencies of the mind. When one understands the secret of the Pranava Nada then one can tame the mind with the aid of Nada, and transcend maya itself. This nada draws one back into the Self, and destroys the Mind and its vasanas. Though vindu nadam is basic element, Thirumanthiram clearly says it was formed based on the sacred sound “OM” through TM 1260

Original Text TM # 1260

விரிந்த எழுத்ததுவிந்துவும் நாதமும்
விரிந்த எழுத்ததுசக்கர மாக
விரிந்த எழுத்ததுமேல்வரும் பூமி
விரிந்த எழுத்தினில் அப்புறம் அப்பே

Transliteration

virin^tha ezuththathu vin^thuvum n^Athamum
virin^tha ezuththathu chakkara mAka
virin^tha ezuththathu mElvarum pUmi
virin^tha ezuththinil appuRam appE

Meaning / Commentary

The Pranava mantra has created the Vindu and Nadam. It is the cause for creation of chakras and pancha bhutas too.

Pranava mantra to be chanted with the help of a Guru by knowing its actual meaning. God is called by this name – Pranava. To be in blissful state with high energy, Thirumoolar have given various yogic methods as one method may not be appropriate for all. Out of which chanting “Pranva Mantra” will be the easiest solution. However, it requires unique qualities of the yoga follower and when one is unable to use the easiest technique can

choose other forms of chanting like combination of pancha-aksharam Na – Ma – Si – Va -Ya. Other than chanting, he has also prescribed other methods of yoga like Astanga Yoga, Pariyanga yoga, kesari yoga, Chandra yoga etc.

Conclusion

Every yoga practitioner should read Thirumandiram to learn not just about yoga but about the vast depth of self-knowledge about human life itself and to understand the path of self-realization. When we increase the potential energy, it will be easy for people to fulfil their challenges physically / mentally. Thirumanthiram works at the level of increasing the energy to the maximum by awakening the kundalini energy. Right Guru will appear for the true seeker and to impart the yogic techniques / methods. Astrology is correct, astrologer's interpretation may not be correct. Thirumanthiram does not have commentaries from Thirumoolar, and its interpretation requires not just the knowledge of the language but also the yoga knowledge as the mantras have hidden meaning. In order to prove the interpretations, more scientific research needs to be conducted for the welfare of the society.

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