

By Conquering The Vital Force Called Udāna The Chance Of Immersion In Water Or Mud, Or Entanglement In the Thorns Is Avoided And Exit From The Body At Will Is Assured. 39.

Action of the senses characterised by the vital forces, is life. Its action is fivefold. Prāṇa moves about the mouth and the nose and its action extends up to the heart. Samāna distributes (the properties of food) to all parts equally and its sphere of action is up to the navel. Apāna is so called because it carries away and it acts down to the soles of the feet. For carrying upwards, one vital force is called Udāna. That goes right up to the head. The vital force Vyāna is spread all over the body. Of these forces, the chief is the Prāṇa. By being able to control completely the vital force of Udāna the chance of immersion in water or mud is eliminated and at the time of death the exit (through the Archi and similar passages) is assured. On account of mastery over Udāna the exit from the body (death) takes place at will (1).

(1) The vital force called Udāna supports the nerve wherein feeling of the bodily humours, resides. All feelings are carried by the sense channels upward to the brain. By practising Samyama on this upward flow and meditating on the presence of the sentient Sattwa Guṇa in all the humours of the body, the body is felt to be light. If the Chitta is fixed on the Udāna in the Suṣumnā nerve it will facilitate the voluntary exit through the Archi and similar other passages.

समानजयाज्ज्वलनम् ॥ ४० ॥

भाष्यम्—जितसमानस्तेजस उपध्मानं कृत्वा ज्वलति ॥ ४० ॥

By Conquering The Vital Force Called Samāna Effulgence Is Acquired. 40.

The yogin who has overcome Samāna can excite the radiance in the body and become effulgent (1).