

**Ghata & Ghata Shuddhi :**

The human being ( body along with the mind) is compared by Sage Gheranda to a 'Ghata' or 'Vessel'. This Ghata needs to be tempered by the fire of Yoga which is akin to purifying the psycho-physiological structure of the human being in order to make it capable of reaching the highest and climax of yogic practices.

<b>Name</b>	<b>Gheranda Samhita</b>
<b>Writer/ propounder</b>	Gheranda to Chandrakapita
<b>It is also called</b>	Saptanga Yoga or Ghatastha Yoga
<b>Period</b>	17th Century
<b>Limbs</b>	<ol style="list-style-type: none"><li>1. Shatkarmas - Purification</li><li>2. Asana - Strengthening</li><li>3. Mudra - Steadying</li><li>4. Pratyahara - calm state</li><li>5. Pranayama - Lightness</li><li>6. Dhyana - Perception</li><li>7. Samadhi - Isolation</li></ol>