

# **Empirical and Semi-empirical Models on philosophy of Kundalini (coiled power)**

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## **Abstract**

This study is how mystical philosophy of kundalini power – a mystic concept in yoga could be simplified with the help of scientific understandings. The advantage of our method is that we adopted empirical relations and whereas by earlier authors there is not much of scientific basis for stress management. We adopted their breathing methodology and applied it to our research with a cause-effect relation mechanism that takes place inside the physical body. In addition, we have also tried to define kundalini to some extent and bring its relation to stress levels of the brain cells . The strength of this study lies in unraveling the mystic nature of kundalini yoga and provide with a strong scientific basis for Indian ancient knowledge for the betterment of the humans. There are also limitations in this study like it is very subjective science, kundalini mysticism, diet practices not considered and also no extreme practices are considered because of dangers involved in the kundalini practices. The future research study lies in the further refinement of the concept of kundalini through particle theory, diet control, women vis-à-vis kundalini power, purity, discipline and character in ones behavior etc from the ancient texts of India.

## **Introduction**

Stress, tension and anxiety are on the raise with the increasing demands of workloads from all quarters of life including family and professional lives. Executive life and business has

become an unending race against time. Modern day psychosomatic ailments require alternative therapies to cure and live a mind – full life. The evidence based experiences (Acharya Balkrishna, 2017; Nagendra and Nagarathna, 2000) of Indian Kundalini yoga holds the key to combat the menace of modern day life style diseases especially, the stress. The word kundalini actually comes from the word kunda, meaning “a deeper place or pit or cavity” (Margaret South, 2000). Kundalini yoga or coiled power is a part of the Indian Philosophical text book (Satyananda, 2007). Since ancient times, the wise men have realized that mind can be expanded and that experiences do not necessarily depend on an object. This is also a quality of man's personality which has been ignored in the last 5000 years (Shivananda Saraswati, 1994). Sri Vedhatri Maharshi (Aruna, 2016) talks about Holistic and Integral stress management techniques to objectify the range of kundalini yoga experiences. Since the dawn of creation, the yoga philosophers have realized that in this physical body there is a potential hidden force (Irina tweedie, 1985). It is not psychological, philosophical or transcendental; it is a dynamic potential force in the material body, and it is called kundalini. This kundalini is the greatest discovery of yoga. Scientists (Hiroshi Motoyama, 2008) have begun to look into this, and a summary of some of the latest scientific experiments. (Arndt Bussing, 2012). According to Indian tradition, Kundalini is referred as the goddess Kali the symbol of immense power (Swami satyananda, 2007) but science call it as the “Unconscious”, hidden in every person. It is situated at the root of spinal column often known as the mooladhara chakra (sex centre). Since it not seen in the physical body but it is sure that the whole energy of humans lies at the genital organs i.e the place where creation of mankind takes place (evolution cause of man) and everyone in this universe acquainted with this natural force. So it is quite essential to move into the secret journey of so called kundalini or coiled power within us.

Kundalini is not only practiced in India but also in European cultures (Gimbutas, 1989). It is one of the oldest known philosophical systems of the European civilization practiced by using a spiral form symbolizing the serpent power which awakens dormant energy inside the body. According to (Bruyere,1989) every ancient philosophy at some point of time mentions that early in the evolutionary pattern of the world, gods and goddess created coiled serpents symbol on Irish megalithic stones, antler artifacts, on 5th millennial BCE ceramics of east-central Europe. Throughout old Europe, a universal motif Minoan, Cycladic and Mycenaean art consists of “opposing spirals, crescents and snake head, intended to stimulate the process of be-

coming” (Gimbutas, 1989). As from a cross cultural perspective the kundalini phenomenon is described among other things as fire, lightening, ki, interior light, and the Holy Spirit. This potential force or energy is akin to the “boiling energy” or n/um of the !Kung Bushman of Africa (Richard Katz, 1982) the Tumo of the Tibetan Buddhism (John White,1990) and the circulation of light or chi in Taoism. References to “circulation of light” within the body can be found in The Secret of Golden Flower, an ancient Chinese text, and in Taoists texts, it is referred as fire. Cyclic meditation and deep breathing techniques generates the power within and are used to cure the stress disorders (Nagendra and Nagarathna, 2000) among the stress business and executives of the corporate companies. The origin and it’s power by practicing deep breathing exercises was not dealt in this book or in their institutes published research papers (Arndt Bussing et al, 2012) except for stress management applications. Hence we focused on this problem or gap.

To be precise, the research problem may be stated as; “How to simplify the mystic and philosophical concept of kundalini and how it can reduce the stress levels on the brain surface area?” Based on this definition, the hypothesis may be stated as “Kundalini role in reducing stress levels of the brain”. Kundalini is a dependent variable and stress is an independent variable. To test the hypothesis or the purpose of the study is to assign independent values to forty number subjects who are stress patients to practice deep breathing techniques and self witness the power of kundalini raise which is a dependent variable.

Typical experiences on awakening of this potential energy include rushes of energy, light and sound.

## **Methodology**

We formulated four numbers empirical and semi empirical relations based on the experimental (Nagendra, Nagarathna, 2000; Acharya Balkrishna, 2016; Aruna, 2016) among the 40 subjects especially among the stress oriented communities. Specifically, the chosen sample size is 40 (Nagendra, Nagarathna, 2000).

We may formulate empirical relations as given below;

1. Kundalini power (K) = The metabolic rate of doing work (w) done in collecting the Semen fluid from neural circuits of the brain to ‘pot’ like perineum structure possibly located at the base of the spinal cord

Work is defined by the relation  $w = \text{Force (f)} \times \text{distance (d)}$ ,  $w = f \times d$

$$K = \frac{fxd}{t} = f \times \text{velocity (v)} = f \times v, \text{ As per Newtons 2}^{\text{nd}} \text{ law, } f = m \times a$$

$$= \text{mass (m)} \times \text{acceleration} \times v = \frac{v}{t} m \times v, = m \times v^2 / \text{time}$$

$$\text{Hence, } K = m \times v^2 / t \text{ ----- (1)}$$

Having defined kundalini power empirically, we proceed further to define semi empirical relations in terms of breathing rates as;

2. Using the relation (1), Coiled Kundalini may be considered as;

$$K_c = \frac{\text{Irregularbreathing}}{\text{Balancedbeathing}} = (v_c^2 / t) \times t / v_b$$

$$= (v_c / v_b)^2 \text{ where } v_c \text{ is velocity of irregular kundalini breathing and } v_b \text{ is balanced breathing between the left and right nostrils .}$$

$$\sqrt{K_c} = (v_c / v_b) \text{-----(2)}$$

In the above relation (2), it may be noted that there is always irregular breathing between the two nostrils – breathing in or breathing out. If velocities of the breathing rates remain same

in both left and right nostrils, then we can have one more relation for ideal power generation or in philosophical language it may be called as ‘awakening of kundalini’

3. Using relation (2),

$$\text{Uncoiled Kundalini breathing} = \frac{\text{Balancedbreathing}}{\text{Balancedbeathing}}$$

$\sqrt{K_{uc}} = v_{uc} / v_{uc} = 1$  where  $K_{uc}$  is un coiled kundalini- something like serpent power

$$K_{uc} = 1$$

In a nutshell, the philosophy of entire kundalini yoga may now be put in simple 3 number empirical relations;

$$K = m \times v^2 / t \text{ ----- (1)}$$

$$\sqrt{K_c} = (v_c / v_b) \text{ ----- (2)}$$

$$\sqrt{K_{uc}} = v_{uc} / v_{uc} = 1 \text{ ----- (3)}$$

4. In the case of stress related patients or under depression or under anxiety, stress is defined as force / area and its rate is given by the relation;

$$\text{Stress rate on brain} = \frac{\text{Force}}{\text{Areaxtime}} = \frac{\text{massxvelocity}}{\text{givenareaxt}} = \frac{mxv}{(axt)}$$

Making use of the relations (1) to (3),

$$S_r = K / (a \times v \times t) \text{ -----(4) (in terms of kundalini definition of a patient)}$$

$$= \sqrt{K_{sr}} = v_{sr} / v_b \text{ ----- (5)}$$

The patient under anxiety or stress, after kundalini practices,

$$\sqrt{K_{uc}} = v_{uc} / v_{uc} = 1$$

## Results

The results obtained from empirical methods are presented with data findings. To recall the hypothesis that we made, the uncoiled kundalini power can reduce the stress levels of the mind. The question is whether mystic philosophical concepts like kundalini power. The outcome of this studies shows that 84.80% of the stress levels of the selected subjects are brought to better normalcy levels through the practice of deep breathing techniques. The balance 15.20% stress could be brought down with daily practices for the selected subjects.

Figures 1, 2 and 3 shows stress reduction before and after the practice of kundalini deep breathing exercises.

Area considered (16.7 x 14 cm = 233.8 sq.cms) fore head region, brain mass 1 -1.5 kgs, breathing 12.90/minute (before), after – 10.60/min. Sample size = 40 persons, Kundalini meditation / deep relaxation focusing on the perineum region

$S_{sr} = \sqrt{K_{sr}} = V_{sr} / V_c = 10.6/12.5 = 84.80\%$  which implies that still there is still a stress rate 15.20% of stress in the brain and of course there is a significant improvement at stress level from 100% stress to 84.80% and with further practice, we expect the  $K_{ur}$  to be 100% and thus unraveling of inside power to become a super person.

Summarizing all 3 empirical findings from a sample size in the form of graphs 1,2 and 3 shows that how a mystic philosophical concepts like kundalini could be simplified for better understanding among the common men. Out of several benefits, we have considered only one benefit in the form of stress reduction and with constant practice, one can reach dizzy highs in ones own personal carriers.

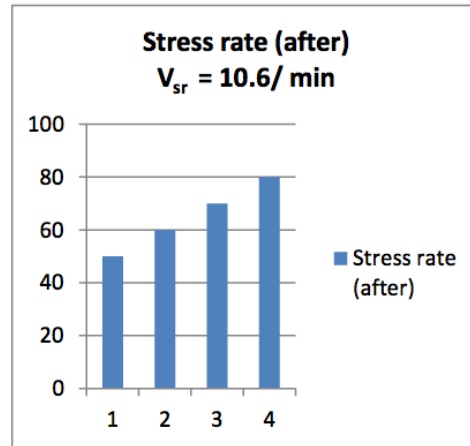
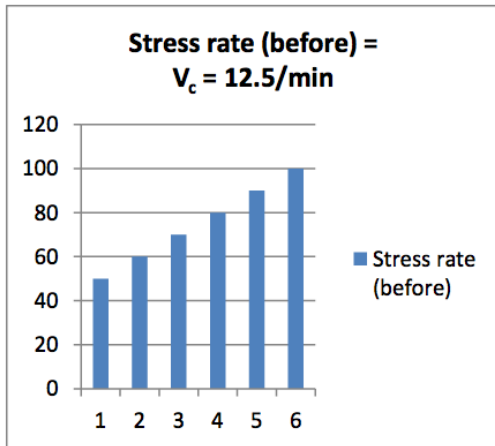


Fig.1 Stress Rate before Kundalini deep breathing

Fig. 2 Stress Rate after Kundalini deep breathing

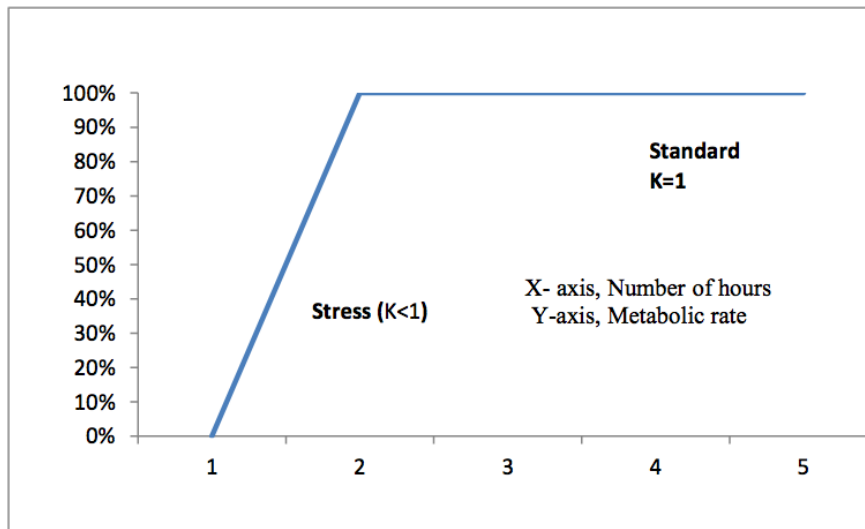


Fig. 3. Standard Kundalini compared to a stress (anxiety, depression) patient

## **Discussion**

The learning curve from this study is how mystical philosophy of kundalini power – a mystic concept in yoga could be simplified with the help of scientific understanding for the wellness of the human kind. The results obtained from the studies agree with the findings (Nagendra and Nagarathna, 2000) made by them. The advantage of our method is that we adopted empirical relations and where as by earlier authors there is not much of scientific basis for stress management . We adopted their breathing methodology and applied it to our research with a cause-effect relation mechanism that takes place inside the physical body. In addition, we have also tried to define kundalini to some extent and bring its relation to stress levels of the brain cells. The implications of this study is the use of simplified kundalini power to reduce the modern day life style diseases such as stress, anxiety, diabetes etc. with firm scientific basis of empirical relations and demonstrate the improved quality of life and wellness. The strength of this study lies in unraveling the mystic nature of kundalini yoga and provide with a strong scientific basis for Indian ancient knowledge for the betterment of the humans. There are also limitations in this study like it is very subjective science, kundalini mysticism, diet practices not considered and also no extreme practices are considered because of dangers involved in the kundalini practices. The future research study lies in the further refinement of the concept of kundalini through particle theory, diet control , women vis-à-vis kundalini power, purity, discipline and character in ones behavior etc from the ancient texts of India (Satyananda, 2007; Nagendra and Nagarathna, 2000; Aruna, 2016 ) etc.

## **Conclusion**

The purpose of this study is to conceptualize the kundalini from ancient Indian philosophical text books by empirical methods and apply its techniques to reduce or eradicate the modern life style diseases such as stress, anxiety, distress, depression, diabetes etc. The main points covered in this study are; developing empirical and semi empirical relations based on Indian ancient philosophy kundalini yoga. We derived 3 relations and applied it to manage the stress related issues amongst the 40 subjects. This subject of the study matters most because of the rampant prevalence of modern life style diseases prevalent all over the world.



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