Five Pranas Prana Samana Apana Upana Vyana

1. Prana, extending from the nose to the heart and having special relation to the mouth and speech, the heart and lungs.

2. Samana extends from the heart to the solar plexus; it concerns food and the nourishing of the body through the medium of food and drink and has a special relation to the stomach.

3. Apana controls from the solar plexus to the soles of the feet; it concerns the organs of elimination, of rejection and of birth, thus having special [Page 330] relation to the organs of generation and of elimination.

4. Upana is found between the nose and the top of the head; it has a special relation to the brain, the nose and the eyes, and when properly controlled produces the coordination of the vital airs~ and their correct handling.

5. Vyana is the term applied to the sum total of pranic energy as it is distributed evenly throughout the entire body. Its instruments are the thousands of nadis or nerves found in the body, and it has a peculiar definite connection with the blood channels, the veins and arteries.