

DESCRIPTION OF ASANAMS IN CLASSICAL SIDDHA LITERATURES

U. Poorani^{1*}, U. Manikandan², K. Saibudeen³, A. Satheesh kumar⁴

¹Pg scholar, Department of Siddhar Yoga Maruthuvam, Government siddha medical college, Chennai, Tamil Nadu, India.

²Pg scholar, Department of Siddhar Yoga Maruthuvam, Government siddha medical college, Chennai, Tamil Nadu, India.

³Professor, Head of the Department, Department of Siddhar Yoga Maruthuvam, Government siddha medical college, Chennai, Tamil Nadu, India.

⁴Lecturer, Department of Siddhar Yoga Maruthuvam, Government siddha medical college, Chennai, Tamil Nadu, India.

*Correspondence author: pooranikamala111@gmail.com

Abstract:

Siddha, a traditional system of medicine that has yogam as one of its branch. Asanams are third part of attanga yogam procedures. This article reviews about the description of asanams in the literatures of siddha and its utilization in ancient days.

Keywords: *Yogam, Asanam, Siddha.*

Introduction:

Siddha is a comprehensive medical system formed in Southern part of India. It has four parts ***Vaatham, Gnanam, Yogam*** and ***Vaithiyam***. *Vaatham* is an alchemic science to form gold from other metals and materials. *Gnanam* is a vast knowledge given by guru in various fields to train the mind to be disciplined and acknowledge the person in all the fields to know about the supreme power. *Yogam* is the way to reach the divine power and merge with cosmic universe. In current days, yoga is practiced for healthy body and mind to free from diseases. It comprises *Ashtangayogam* that has octadic steps proposed by the saint Thirumoolar. Third milestone of yogam is Asanam. These asanams are described by siddhars in widespread manner in the texts of siddha literatures. Asanams resembles every animal. Asanam means seated comfortable postures and train the mind to engages in that posture during training for unification of mind and body.

Asanams in classical siddha literatures

- Gnana saranool is explained pranayamam must be practiced in any one of the Asanams^[1]
- Subramaniyar sivayogam states asanam must be practiced in clean and tidy environment forms first limb in yogam stating as aruyogam.^[2]
- Thirumoolar is explained that there are numerous asanam also described the method for practice of Padmasanam, Komugam, Kukkudam, Singathanam, Pathirasanam is revealing that seven asanam is best to be practiced^[3]
- In Sowmiya sagaram, Agathiyar mentions Soathigam, Komugam, Pathiram, Veeram, Mayuram, Sugam and Mutham^[4]

- In Vatha kaviyam 3000 muthal kadam, Konganavar explains Soathigam, Komugam, Veeram, Patham, Singam, Mutham, Mayuram, Veeram and Sugam.^[5]
- Bogar is explained in the book Saththakaandam , Komugam, Soalai, Aththi, Pathumam, Manthiram, Mayuram, Mutham , Veeram, Sogam^[6]

Singathanam

- Singathanam is explained by Bogar, Thirumoolar and Agathiyar though each procedure to perform the asanam varies with one another.
- Bogar and Konganavar is mentioned to practice the singathanam with specific yoga dress and keep both hands on the thigh with eyes facing the tip of the nose^[6,5].
- Agathiyar is described the singathanam that it is performed with hands placing on the thigh and eyes facing the tip of the nose to reach the Thaaranai stage of the yogam^[4]

Komugathanam

- *Komugathanam* is also one of the best asanams proposed by the Thirumoolar and well explained by Bogar, Konganavar, Agathiyar.
- *Mayurasanam* is explained by Bogar , Konganavar and Agathiyar resembles current prevailing yoga postures.
- *Veerasanam* is explained by Konganavar, Bogar, Agathiyar and Thirumoolar.
- *Padmasanam* is mentioned by Agathiyar, Konganavar, Thirumoolar and Bogar.
- *Rudra nishtai* is specifically performed in the Padmasanam position⁽⁷⁾
- *Kukudasanam* is well explained by Thirumoolar in thirumanthiram
- Sugathanaam is mentioned by all siddhars especially it is preferred asanam to practice in taking karpa medicine as well explained by Konganavar.
- *Muthasanam* is explained as the asanam in which heel to be placed interiorly to touch genital area in Bogar ezhayiram muthal kadam. It resembles sithasanam.

Discussion

All Asanams varies in procedure with respective to teaching practice of the Guru.

Mayuram, Padmam, Sugathanam, Veerasanam and Kukudasanam shows similar procedure of practice in yoga. Singathanam and komugathanam slightly varies in procedure.

The Kotreega asanam resembles komugam .

Muthasanam resembles first stage of baddhakonasanam prevailing now.

Procedure of pathirasanam mentioned by each siddhar varies with one another. Thirumoolar Pathirasanam resembles Artha padmasanam while Pathirasam by Konganavar resembles patchimotasanam

Result & Conclusion:

Asanams are necessary preliminary step to practice pranayamam and nishtai, to complete all stages of attangayogam. This review concludes that ancient siddhars utilized

countless asanams for making the mortal body to prepare for immortal in Kaayakarpa practice suggesting nine asanams in daily life to achieve healthy body and mind to merge their soul with Eternal power.

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