

THE SCIENCE BEHIND MAHA SHIVARATRI

If one undertakes a specific Kriya (details below) on Maha Shivaratri, he or she can supercharge himself or herself spiritually and mentally.

RAMAN
SUPRAJARAMA

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Maha Shivaratri literally translates to the great night of Shiva.

Maha = Great. Ratri = Night.

It is a very important timeframe in a year as held at a high esteem by the vedic scholars.

When is Maha Shivaratri observed?

Astronomically, Maha Shivaratri falls during the transition from 13th (Trayodashi) to the 14th lunar day (Chaturdasi) of month of Phalgun. On this day of the year (and three days before and after Maha Shivaratri), the Sun will be in Aquarius & Moon in Capricorn.

Maha Shivaratri and Vata

Around Maha Shivaratri, the Sun and the Moon are aligned in such a way that **the Vata component of our body gets activated**. The activity is maximum during this time of the year.

Vata is one of the three constituents of the body, the other two being Pitta and Kapha.

Anything related to movement in the body has a direct connection with Vata. Accordingly, Vata directly impacts the following –

1. At the physical level (Sthula), Vata impacts the nervous system, and controls all bodily movement.
2. At a cellular level (Sookshma), Vata “moves” nutrients into the body, and at the same time “moves” the wastes out of the cell.
3. In the natural plan (Karana), Vata helps in retrieving information from the memory, and enables cause and effect analysis

Such is the importance of Vata. Even a **minor imbalance of Vata** drastically affects the points mentioned above. In case of a Vata imbalance, **the person will experience issues like**

lethargy, demotivation, forgetfulness, bad temperament, depressed, aggressive, mood swings and in extreme cases anti-social and suicidal tendencies.

A key characteristic of Vata is dryness. Most of us would have noticed that during this time of the year, the body becomes very dry more so during the night.

The night of Shivaratri is the best time for us to balance the Vata in ourselves. As Yogis, we identify 5 types of Vata.

1. Prana Vata responsible for inhalation
2. Apana Vata responsible for removal of waste
3. Udana Vata responsible for exhalation
4. Samana Vata responsible for consolidation
5. Vyana Vata responsible for locomotion

If one performs the **Vata Kriya** during the week of Maha Shivaratri, or at least on that one day, all the above **Vatas as cleansed and lubricated**. A person with a balanced and cleanses Vata will exhibit a positive behavior and extrovert, happy, clam and have presence of mind.

How to Perform Vata Kriya?

Vata Kriya has to be performed **only under the supervision of a Guru**. It is a very elaborate yet straight forward process. I will not be discussing this Kriya in this post and will be doing this only in person.

However, I am giving a simpler version of this Kriya for your benefit.

It is important that you undertake this simple Kriya **after Sunset, and on an empty or light stomach**. After about 45 mins on completion of the Kriya, you can consume salt, sweet or sour foods but avoid bitter, spicy or astringent foods.

Procedure

1. Sit comfortably with spine erect. You can adopt Padmasana or Ardha-Sukhasana. This automatically keeps the spine erect. If you are unable to sit on the floor, then you can sit on a chair. Tuck your hip well in to the back of the chair so that your spine is erect naturally
2. Perform the Namaskara. Join both the ends. The base of the palms should be in front of the xiphoid process. Begin by reciting the **Navagraha Mantra - Namah Suryaya Chandraya Mangalaya Budhaya Cha, Guru Shukra Shani Bruhascha Raahave Ketave Namaha**. Repeat this 9 times.
3. Place your palms on your thighs, facing upwards, with the tip of the fingers aligned to the kneecap. The palms should be as open as possible with your elbows tucked comfortably near your hip.
4. Close the eyes and start with long and gentle breathing. Exhale and Inhale.

5. Gradually deepen your breathing till the point you are comfortable. When you exhale, it is important you exhale with force, and you produce a hissing noise from the pit of your throat.
6. While inhaling expand your chest as much as possible, and while exhaling empty your stomach
7. End this by reciting **Om Namah Shivaya** 108 times

Repeat this process for a minimum of 25 minutes, the longer the better. Feel free to take some breaks in between to compose yourself and resume. When one performs the above Kriya, the Vatas in the body get activated. They 5 Vatas move in a regulated manner and auto correct themselves to achieve balance.

Note that for Vata to move easily, **it is essential that the main Nadis are perpendicular to the ground**. This is possible only when you are either sitting or standing, and not when you are sleeping. This is the reason why we usually ask our followers to stay awake during Shivaratri, so that the body is not horizontal, and is instead vertical.

What is special about Maha Shivaratri 2017?

In 2017 Maha Shivaratri, the planets arrange themselves in a certain manner, resulting in **two powerful cosmic patterns**.

1. The Sun is along with Ketu and Mercury and viewed by Rahu.
2. The Moon is viewed by Jupiter

Ketu and Rahu are agents of change, and Mercury indicates Buddhi. Their influence on Sun, in the sign of Aquarius, results in a situation that is very favorable to tackle the intelligence of a person.

The Moon in Capricorn, signifying memory, is viewed by Jupiter, representing of wisdom will make the environment conducive to undertake activities that will enhance us intellectually.

If one undertakes this simple Kriya, along with right Yantras and Mantras, he or she can supercharge himself or herself spiritually and mentally.

Om Tat Sat

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