

ASPECT OF PRANA	PRANA	APANA	UDANA	SAMANA	VYANA
Prana and the Mind	Prana governs the intake of sensory impressions	Apana governs the elimination of toxic ideas and negative emotions	Udana governs positive mental energy, strength and enthusiasm	Samana governs mental digestion	Vyana governs mental circulation
Prana at a Psychological level	Prana governs our receptivity to positive sources of nourishment, feeling and knowledge through the mind and senses. When deranged it causes wrong desire and insatiable craving. We become misguided, misdirected and generally out of balance	Apana on a psychological level governs our ability to eliminate negative thoughts and emotions. When deranged it causes depression and we get clogged up with undigested experience that weighs us down in life, making us fearful, suppressed and weak	Udana gives us joy and enthusiasm and helps awaken our higher spiritual and creative potentials. When deranged it causes pride and arrogance. We become ungrounded, trying to go to high and lose track of our roots.	Samana Vayu gives us nourishment, contentment and balance in the mind. When deranged it brings about attachment and greed. We cling to things and become possessive in our behavior.	Vyana Vayu gives us free movement and independence in the mind. When deranged it causes isolation, hatred, and alienation. We are unable to unite with others or remain connected in what we do
Spiritual Aspects of the Pranas	Prana itself gives us the proper aspiration for our spiritual development	Apana protects us from negative astral influences and false teachers.	Udana governs our growth in consciousness and takes the mind into the state of sleep and into the after death realms. Udana also governs the movement up the sushumna. The mind moves with Udana Vayu. This takes us to the states of dream and deep sleep. After death it leads the soul to the astral and causal planes. Udana is often the most important Prana for spiritual growth.	Samana Vayu governs the space within the heart (antar hridayakasha) in which the true Self, the Atman dwells as a fire with seven flames, governs the central internal space or antariksha. Samana regulates Agni with fuel, which must burn evenly. Without the peace and balance of Samana we cannot return to the core of our being or concentrate the mind.	Vyana governs the movement of Prana through the Nadis, keeping them open, clear, clean and even in their functioning.

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Pranas in the different regions of the body	Prana governs the movement of energy from the head down to the navel, which is the Pranic center in the physical body	Apana governs the movement of energy from the navel down to the root chakra.	Udana governs the movement of energy from the navel up to the head	Samana governs the movement of energy from the entire body back to the navel.	Vyana governs the movement of energy out from the navel throughout the entire body.
Prana and the working of a machine	intake of substances (brings in the fuel)	elimination of waste-materials (releases the waste materials or by products of the conversion process)	release of positive energy (governs the positive energy created in the process and determines the work that the machine is able to do)	Digestion (converts this fuel to energy)	circulation of nutrients (circulates the energy to the various work sites)
How Prana Creates The Physical Body	creates the openings and channels in the head and brain down to the heart. There are seven openings in the head, the two eyes, two ears, two nostrils and mouth. These are called the seven Pranas or seven Rishis in Vedic thought.	creates the openings in the lower part of the body, those of the urino-genital and excretory systems	Udana assists Prana in creating the openings in the upper part of the body, particularly those of the mouth and vocal organs.	creates the openings in the middle part of the body, those of the digestive system, centered in the navel. It opens out the channels of the intestines and the organs, like the liver and pancreas, which secrete into it.	creates the channels going to the peripheral parts of the body, the arms and legs. It creates the veins and arteries and also the muscles, sinews, joints and bones.
Prana and the Breath	governs inhalation	governs exhalation and the release of carbon dioxide	Udana governs exhalation and the release of positive energy through the breath, including speech that occurs via the outgoing breath.	governs absorption of oxygen that occurs mainly during retention of the breath	governs its circulation

## The Five Pranas

(This table represents various aspects of the five pranas as enumerated in the article by David Frawley - [http://www.vedanet.com/index.php?option=com\\_content&task=view&id=33&Itemid=2](http://www.vedanet.com/index.php?option=com_content&task=view&id=33&Itemid=2))

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Overview	Prana, literally the "forward moving air," moves inward and governs reception of all types from the eating of food, drinking of water, and inhalation of air, to the reception of sensory impressions and mental experiences. It is propulsive in nature, setting things in motion and guiding them. It provides the basic energy that drives us in life.	Apana, literally the "air that moves away," moves downward and outward and governs all forms of elimination and reproduction (which also has a downward movement). It governs the elimination of the stool and the urine, the expelling of semen, menstrual fluid and the fetus, and the elimination of carbon dioxide through the breath. On a deeper level it rules the elimination of negative sensory, emotional and mental experiences. It is the basis of our immune function on all levels.	Udana, literally the "upward moving air," moves upward and qualitative or transformative movements of the life-energy. It governs growth of the body, the ability to stand, speech, effort, enthusiasm and will. It is our main positive energy in life through which we can develop our different bodies and evolve in consciousness.	Samana, literally the "balancing air," moves from the periphery to the center, through a churning and discerning action. It aids in digestion on all levels. It works in the gastrointestinal tract to digest food, in the lungs to digest air or absorb oxygen, and in the mind to homogenize and digest experiences, whether sensory, emotional or mental.	Vyana, literally the "outward moving air," moves from the center to the periphery. It governs circulation on all levels. It moves the food, water and oxygen throughout the body, and keeps our emotions and thoughts circulating in the mind, imparting movement and providing strength. In doing so it assists all the other Pranas in their work.