

THE SPIRITUAL AND PHYSICAL BENEFITS OF PADMASANA (LOTUS POSE) IN LAKULISH LINEAGE

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Abstract

Padmasana, or Lotus Pose, is one of the most popular and traditional postures in yoga and meditation. Profound physical, mental, and spiritual benefits are often associated with this posture, particularly in the context of deep meditation, inner peace, and enhanced concentration. The deep meaning of Padmasana (Lotus Pose) in the Lakulish Yoga tradition as explained by Swami Rajarshi Muni is examined in this study article. According to the research, Padmasana is a transforming practice that is essential to meditation, kundalini activation, and spiritual awakening in the Lakulish tradition. It is not just a physical posture. This study illustrates how Padmasana serves as a fundamental practice that unites physical discipline with metaphysical insight, exemplifying the holistic approach typical of Lakulish Yoga, by drawing on the teachings and experiences of Swami Rajarshi Muni. To guarantee correct alignment and optimal effect, Padmasana is performed according to a set of guidelines. By creating a triangle platform that supports the spine in perfect vertical alignment, Padmasana facilitates the circulation of energy via the subtle pathways of the body. Scientifically, it helps regulate the autonomic nervous system, reducing stress and enhancing cognitive functions. Spiritually, it activates the Muladhara (root) and Sahasrara (crown) chakras, facilitating energy flow and meditation. Despite its benefits, individuals with knee, ankle, or hip injuries should practice it with caution. Regular practice of Padmasana fosters physical stability, mental clarity, and spiritual growth, making it a cornerstone of holistic well-being. Therefore, this paper intends to discuss the history along with the physical and psychological benefits of Padmasana as well as its relevance to contemporary yoga practice and scientific justification for its therapeutic value.

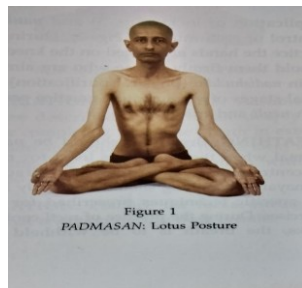


Figure 1
PADMASANA: Lotus Posture

इदं पद्मासनं प्रोक्तं सर्वव्याधिविनाशनम् ।

दुर्लभं येन केनापि धीमता लभ्यते भुवि ॥ ४७ ॥

हठयोगप्रदीपिका. प्रथमोपदेश.

This (posture) (idam) is called (proktam) Padmāsana (padmāsanam) --i.e. "the lotus (padma) posture (āsana)"--, which destroys (vināśanam) all (sarva) diseases (vyādhi). It is difficult (duḥ) to be attained (labham) by whosoever (yena kenāpi) --

i.e. a mere ordinary person cannot attain it-- (but) it is attained (labhyate) by the person who is wise (dhīmatā) on this earth (bhuvī) || 47 ||

Key words: Padmasana, Yoga, Asana, pranayama, practice, Scientific, therapeutic, physical, mental, spiritual.

INTRODUCTION

Padmasana, commonly known as the lotus position, with "padma" meaning lotus and "asana" referring to a posture or seat is an asana that is predominantly practiced in meditation and pranayama. In this posture, the practitioner sits cross-legged with each foot placed on the opposite thigh, thereby creating a symmetrical and balanced posture that resembles the lotus flower, ensuring an erect spine and steady breath. It enhances flexibility in the hips, knees, and ankles while improving posture and spinal alignment. It has been not only embraced but enforced as an emblem of purity, enlightenment, and tranquility in Hinduism, Buddhism, and various other spiritual traditions. The spiritual connotations attached to Padmasana do not overshadow its relevance to pure physical practice; numerous health benefits linked to this pose have been identified scientifically in contemporary studies.

HISTORICAL BACKGROUND

Padmasana comes from ancient Indian spiritual practices and philosophies, including the Yoga Sutras of Patanjali and Hatha Yoga Pradipika, where both texts emphasize the importance of meditation postures in attaining higher levels of consciousness. This posture is associated with meditation and regularly illustrated in traditional iconography yogis and deities are depicted seated in this posture representing deep meditation and spiritual awakening.

Padmasana's Historical Context from Indian Scriptures:

Vedic and Upanishadic Allusions as the perfect yoga pose in Yoga Sutra 2.46.

The Hatha Yoga Pradipika (Chapter 1, Verse 46,49) contains one of the most thorough early explanations of Padmasana. It states: "Place the feet on the thighs, keeping the soles upward, and hands in a contemplative mudra." This is the destroyer of all ailments and is known as Padmasana. By connecting the posture to energy flow and kundalini awakening, the literature highlights the benefits of the pose on a physical, mental, and spiritual level.

Gheranda Samhita

(17th Century CE)

Explains that Padmasana is a popular stance for pranayama and meditation that helps to cleanse the body and mind.

It emphasizes how the body's prana, or life force energy, is balanced in this position.

Other Texts and the Bhagavad Gita

the ideal contemplative posture is described in the Bhagavad Gita (Chapter 6, Verse 13): "Let the yogi firmly keep his body, head, and neck erect and gaze steadily at the tip of the nose." However, Padmasana is not specifically mentioned in this verse.

Of the Vedic texts, the *Yoga Chudamani Upanishad* accepts only Padmasana for pranayama. The ancient *Brhadhyogi Yajnavalkya Smṛti* also advises assuming Padmasana for the practice of pranayama. The *Yoga Kundalini Upanishad* accepts both Padmasana and Vajrasana, but gives Padmasana the preference. The *Amṛta Nada Upanishad* is somewhat more liberal, saying that Padmasana, Svastikasana or Bhadrasana will do as long as the practitioner can easily sit in it. Padmasana is a significant seated posture in various philosophical and spiritual traditions, including Jainism, Vaishnavism, and Yoga.

PADMASANA IN LAKULISH YOGA

Uses and Spiritual Importance In the framework of Lakulish Yoga, as taught by Swami Rajarshi Muni, Padmasana is a fundamental component of spiritual development that goes beyond its physical aspects. The tradition's methods for meditation, energy activation, and consciousness growth are intricately woven throughout the stance. **Higher Consciousness's Gateway** According to Swami Rajarshi Muni's teachings, Padmasana is a crucial technique for reaching higher states of consciousness. His personal spiritual experiences attest to this posture's effectiveness. During meditation on February 15, 1993, he had a crucial mystical experience in which Lord Lakulish materialized before him as "a human form seated in padmasana" hovering approximately four feet above the ground, with "the glow of his form brighter than polished gold." This meeting of the gods shows that Padmasana is both a physical practice and a state linked to spiritual control and transcendence. It is impossible to overstate how important this connection is—the divine appearance of Lord Lakulish in Padmasana reinforces the pose's role as a way to connect with God and reach a higher level of awareness. Lord Lakulish told Swami Rajarshi Muni to stop living alone and help people after this event, which changed the course of his life.

In the Lakulish tradition, Padmasana represents more than a physical posture—it incorporates metaphysical concepts. The legs' symmetrical configuration represents the harmony of conflicting forces in the cosmos and in each person. The lotus flower growing over murky waters is symbolized by the upward-pointing feet, which stand for spiritual transcendence in spite of material attachments. As to the teachings of Swami Rajarshi Muni, Padmasana facilitates what ancient texts refer to as "the soul's journey, the unfolding of consciousness manifesting its uniquely divine potential" by activating the body's energy centers. The idea that Padmasana is "deeply rooted in ancient traditions and is considered a powerful tool for spiritual growth and self-realization" is consistent with conventional wisdom.

ANATOMICAL AND PHYSIOLOGICAL BENEFITS

When your practice matures and you start enjoying it, you will feel that your entire body is radiating with indomitable enthusiasm; there is happiness on your face, a bright light shines in your intellect, and supreme consciousness descends into your mind. Life begins to feel worth living — this is the impact of practicing this asana.

Many endocrine glands in our body perform the function of all chemical production. Due to the weakness of these glands, a person becomes insignificant or normal and moderate or excellent. Through the practice of Pranayama, Sattvic Mitahara, Moral conduct, and Padmasana all those endocrine glands receive pure blood; effectively maximizing the social as well as spiritual development of a person. It leads a human towards becoming a superhuman.

FLEXIBILITY AND STRENGTH

Padmasana requires extreme flexibility, especially of the hips, knees, and ankles. The asana provides the hip flexors and deepens the flexibility of the knees and groin. Regular practice helps relieve tightness in the lower body due to increased flexibility and also helps tone the lower back as well as abdominal muscles since holding the posture for longer durations requires stability and endurance.

ALIGNMENT AND POSTURAL BENEFITS

The symmetric structure of Padmasana aligns the spine properly. An aligned spine due to proper maintenance of Padmasana posture permits an unimpeded circulation of prana or life energy throughout the body. This asana also minimizes the chances of acquiring postural defects along with back pain, particularly among those who sit for long hours in chairs. *Improved Circulation*

The leg arrangement in Padmasana improves blood circulation in the pelvic region and lower part of the body. It enhances the flow of blood and may thus help alleviate conditions like varicose veins or tingling sensations associated with prolonged sitting.

BREATHING AND RESPIRATORY BENEFITS

Cross-legged position optimizes the deep belly breathing that is vital for normal lung function and body oxygenation. The posture aids in the development of steady and calm breath of the practitioner which makes for healthy lungs by improved respiratory function, cardiovascular health and overall, well-being system.

PSYCHOLOGICAL AND EMOTIONAL BENEFITS

When your practice matures and you start enjoying it, you will feel that your entire body is radiating with indomitable enthusiasm; there is happiness on your face, a bright light shines in your intellect, and supreme consciousness descends into your mind. Life begins to feel worth living — this is the impact of practicing this asana.

This asana can be used to suppress physical disorders such as anxiety, grief, sorrow, etc. As the practitioner sits upright, bad thoughts are suppressed and good thoughts emerge. In every physical state either Rajas, Tamas, or Sattva Guna is born. The physical state of Padmasana is conducive to sattva Guna. A disturbed mind, under the influence of Rajas and Tamas, is calmed by the practice of this asana.

MENTAL FOCUS AND CLARITY

Padmasana is widely used as a posture for meditation, as it encourages stillness and concentration. The alignment of the body, combined with mindful breathing, fosters mental clarity, improved focus, and an enhanced ability to concentrate. Regular practice of Padmasana can lead to reduced levels of stress, anxiety, and mental fatigue.

STRESS REDUCTION AND RELAXATION

The deep, relaxed breathing inherent in Padmasana stimulates the parasympathetic nervous system, which is responsible for the "rest and digest" response. This helps lower the heart rate, reduce blood pressure, and alleviate tension in the body, which can counteract the effects of chronic stress.

EMOTIONAL BALANCE AND SELF-AWARENESS

The stillness of Padmasana creates a meditative space where individuals can cultivate emotional awareness and mindfulness. The practice fosters self-reflection, inner peace, and emotional balance. It is often used in therapeutic settings to help individuals with emotional regulation, such as those dealing with anxiety, depression, or trauma.

A REMEDY FOR RELEASING VICES AND BOOSTING WILLPOWER

The willpower of a person, sitting in this asana for an hour without any effort or pain, increases tremendously. Those who are addicted to bhang, ganja, charas, opium, alcohol, tobacco, etc., give up their addictions and gradually increase the practice of this asana to one hour, then their addictions are easily removed forever. Miscreants who are addicted to theft, gambling, or adultery can also cast-off vices like a serpent's skin through this asana.

WHICH DISEASES ARE CURED WITH PADMASAN

Padmasana is not only vital in practices like yoga and meditation to enhance tranquility and focus but is also explored for its benefits in addressing physical ailments, such as knee stiffness in Rheumatoid arthritis patients. Leprosy, paralysis, diseases born from constipation, tuberculosis, asthma, insomnia, hysteria, iron deficiency, cancer, pinworms, skin diseases, spleen, vataprakopa, kapha roga, impotence, sterility, etc. diseases are destroyed by the practice of this asana. This asana is effective for insomniacs. This asana is also victorious in reducing physical obesity.

PADMASANA (LOTUS POSE) FROM AN ANATOMICAL PERSPECTIVE

Padmasana is a sitting position that mainly works the hips, knees, ankles, and spine and calls for a great deal of strength and flexibility. The following crucial anatomical features are involved:

1. Skeletal Involvement: Hip Joints: To reach the complete position, the femur must externally rotate in the acetabulum (hip socket).

Knees: To accommodate the positioning of the foot, the knee must permit a small amount of rotation while the tibiofemoral joint experiences passive flexion.

Ankles: To maintain stability and protect the ligaments, the ankle must be dorsiflexed.

Spine: Maintaining an upright posture is aided by a neutral or slightly stretched lumbar spine.

2. Muscular Engagement: Rectus femoris and iliopsoas hip flexors: Help raise and position the legs.

The gluteus maximus, piriformis, and deep rotators are hip rotators that aid in the femur's external rotation.

Hamstrings and Quadriceps: The hamstrings provide for flexibility in hip movement, while the quadriceps stabilize the knee.

The transverse abdominis, obliques, and erector spinae are core muscles that support and maintain spinal alignment when sitting for extended periods of time.

3. Nervous System and Circulation: By triggering the parasympathetic nervous system, the position promotes relaxation and activates the sciatic nerve.

Improved blood circulation helps with digestion and hormonal balance, especially in the pelvic area.

4. Typical Restrictions and Modifications:

Hip flexor tightness: May hinder complete external rotation. Stretching gently aids in getting ready.

Knee Strain: Using a cushion or adjusting Ardha Padmasana (Half Lotus) is recommended if the knees are uncomfortable.

Forms

There are more than 55+ asanas which are performed easily once one can have mastery on holding the asana Padmasana. They are given below in the chart form.

Sitting	Forward	Balancing	Prone	Supine (conti.)	Head & Hand stand
Padmasan	Kokilasan	PadmaMayurasan	Nigrahasan	Pitminasan	PadmaShirshasan
Vishakhambhasan	Yogasan	Lolasan	Khangminasan	PadmaParshvasan	AvrittaShirshasan
Nishkampasan	Yogendrasan	Alolasan	Sarikasan	GolPadmasan	VakraShirshasan
Badhdha Padmasan	Mandasana	Kukkutasana	Supine	ParshvaPadmasan	Viprit Padmasan
Dipakasan 1 & 2		Kukkutiasana	Supta Ghanasan	Pindasan	LaghuShirshasan
Pushakarchudasan	Kneel position	Pratalasan	Supta Garbhasana	Viprit Sankochasan	Padma Murdhasan
Pravarasan	Parvatasan	Kukkutshavasan	Supta Sankochasan	VilomPadmasan	Laghu Murdhasan
Garbhasana	Vishvakasan	Gandhinasan	Supta Padmasana	Uttambhasana	Padma Kapalasan
Sankochasan	Vyaghrasan	UtthaPadmasana	Matsyasana	Dharanasana	Padma Vrushchikasan
Ghanasan		Parvatasan	Baddha Matsyasana	Padma Sarvangasana	Urdhvapadmasana
Padma Tulasana			Matsyarakasana		
Padma Dolasan					

PRECAUTIONS

Those who find this posture difficult to perform should first practice the following asanas:

- ❖ Ardha-Padmasana
- ❖ Swastikasan
- ❖ Samasan
- ❖ Siddhasana

Despite its advantages, Padmasana can be difficult for people who have tight knees, hips, or ankles, and incorrect technique can cause strain or injury.

Beginners are therefore advised to perform preparation exercises, gradually increase their flexibility, and modify poses like Ardha Padmasana (Half Lotus).

SCIENTIFIC RESEARCH ON PADMASANA

Several studies have investigated the benefits of yoga postures like Padmasana on both physical and mental health. Although specific research on Padmasana alone is limited, studies on yoga as a whole have provided valuable insights:

1. International Journal of Trend in Scientific Research and Development (IJTSRD) Volume 4 Issue 6, September-October 2020 Available Online: www.ijtsrd.com e-ISSN: 2456 – 6470 @ IJTSRD | Unique Paper ID – IJTSRD33638 | Volume – 4 | Issue – 6 | September-October 2020 Page 1158

Padm Asana - Anatomy Dr. Bhumica Bodhi¹, Dr. Sunil Kumar Yadav², Dr. Somlata Jadoun¹ 1PG Scholar, 2Associate Professor, 1,2Department of Sharir Rachana, National Institute of Ayurveda, Jaipur, Rajasthan, India

<https://www.ijtsrd.com/papers/ijtsrd33638.pdf>

2. The Profound Influence of Padmasana (Lotus Pose) on an Individual's Life

September 2023 Authors: Siddappa Naragatti CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY : Vadiraja S Hosakote CCRYN

https://www.researchgate.net/publication/374006001_The_Profound_Influence_of_Padmasana_Lotus_Pose_on_an_Individual's_Life

3. AYURLOG: National Journal of Research in Ayurved Science

TITLE: Conceptual Study of Padmasana Yoga Posture ISSN: 2320-7329 Vol. 12 Issue: 02 April-June Year: 2024

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CONCLUSION

In the Lakulish tradition, Padmasana represents more than a physical posture—it incorporates metaphysical concepts. The legs' symmetrical configuration represents the harmony of conflicting forces in the cosmos and in each person. The lotus flower growing over murky waters is symbolized by the upward-pointing feet, which stand for spiritual transcendence in spite of material attachments. As to the teachings of Swami Rajarshi Muni, Padmasana facilitates what ancient texts refer to as "the soul's journey, the unfolding of consciousness manifesting its uniquely divine potential" by activating the body's energy centers. The idea that Padmasana is "deeply rooted in ancient traditions and is considered a powerful tool for spiritual growth and self-realization" is consistent with conventional wisdom.

The Lotus Pose, also known as Padmasana, is a basic yoga pose that has long been associated with mental, physical, and spiritual health. In addition to strengthening the lower body and increasing flexibility, this pose facilitates meditation by encouraging inner peace and focus. It has been scientifically demonstrated to activate the neurological system, lower stress levels, and enhance blood circulation. By bringing the body and mind into alignment, Padmasana promotes a calm and balanced state of awareness. It remains a potent instrument for attaining self-discipline and holistic health as a crucial component of yoga practices. The padmasana is renowned for its profound psychological, physical, and spiritual advantages. With roots in ancient Indian customs, yogis, sages, and meditation practitioners have been using it for generations to improve inner serenity, stability, and focus.

The Padmasana research demonstrates its many benefits. Physiologically, it promotes better posture and spinal alignment and increases flexibility, especially in the hips, knees, and ankles. By promoting the parasympathetic response, the posture improves blood circulation, lowers tension, and has a beneficial effect on the nervous system, resulting in feelings of peace and relaxation. Regular Padmasana practice has also been connected to enhanced metabolic function, strengthened abdominal organs, and better digestion.

From a spiritual and psychological standpoint, Padmasana is a crucial instrument for mindfulness and in-depth meditation.

According to yogic philosophy, it aligns the practitioner's energy flow and fosters spiritual awakening by activating the Muladhara (root) and Sahasrara (crown) chakras.

It promotes inner peace and increased awareness by maintaining the body's stability and stillness.

In conclusion, Padmasana is more than just a seated posture; it is a gateway to self-discipline, mental clarity, and holistic well-being. With consistent and mindful practice, it can serve as a powerful tool for achieving physical health, mental stability, and spiritual growth. Further research and exploration into its therapeutic applications could provide deeper insights into its role in modern wellness and medical fields. The lotus blossom represents enlightenment and purity. Sitting in this position raises oneself above worldly distractions and aligns the body and mind toward spiritual enlightenment. The precise techniques employed in the Lakulish tradition to get practitioners ready for Padmasana, particularly those with physical restrictions, could be the subject of future study. Furthermore, comparative studies that look at how Lakulish Yoga's interpretation of Padmasana varies from that of other yogic traditions may provide important insights into the various ways that this basic practice is interpreted across the range of yoga philosophy.

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