



2.1 🧘 Adhyatishtha Dashangulam: Detailed

Vedas Collection

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 **Description:** Understanding the subtle residence of the Supreme Purusha and the profound process of the individual soul's exit from the body

 **Tags:** purusha-suktam, jivatma, hridaya-kamala, moksha, nadis, subtle-body, brahmrandhram, vedic-philosophy

Introduction

The concluding line of the first mantra of the Purusha Suktam ("...Adhyatishtha Dashangulam") delves into profound concepts describing the nature and process of the individual soul (Jivatma) within the body. This exploration is based on the commentary provided by the Vyakhyatas (commentators).

Explanation of Adhyatishtha Dashangulam (अत्यतिष्ठदशाङ्गुलम्)

The phrase **Adhyatishtha Dashangulam** (or Atyatishthad Dashangulam) is the final part of the first Purusha Suktam mantra:

Sahasra Shirsha Purushaha... Adhyatishtha Dashangulam

The meaning of this phrase defines where the Supreme Purusha (Narayana/ Varadaraja) resides relative to the physical or subtle body after pervading the entire universe.

Breaking Down the Term

Adhyatishtha (Adhitya Vartate): It signifies that the Purusha completely pervades (Vyapya) the universe and yet remains beyond it or stands filled within (Adhitya Vartate) the designated space.

Dashangulam (Ten Angulas): Dasha means ten, and Angulam refers to an angular measure (finger width). This term is used to denote an exceptionally small, localized measure.

Four Interpretations of Dashangulam

Interpretation	Description	Significance
1. Physical Measurement	The height of ten grains of rice (nellu) stacked one on top of the other	The Purusha resides in this minute space
2. Head to Chin	The distance from the crown of the head (Ucchantalai) to the chin (Moova)	Measurement of the head region
3. The Mouth	The distance between the upper and lower rows of teeth when the mouth is opened to its fullest extent	References Yashoda seeing the universe (Viswam) within Krishna's mouth
4. The Subtle Body	The distance between the Hridaya Kamala and the Brahmandhram (the soft spot at the crown of the head)	The Purusha pervades the body and remains established in this localized region



The Hridaya Kamala (Subtle Heart Lotus)

The **Hridaya Kamala** (Lotus of the Heart) is a crucial concept related to the residence of the individual soul (Jivatma).

Key Characteristics

♦ **Distinction from Physical Heart:** The sources explicitly state that the Hridaya Kamala is **not** the physical heart (Hrudayam).

♦ **Location and Nature:** It is a subtle, atomic entity located around the diaphragm and the navel (Nabhi). It is described as a lotus (Kamalam) that is inverted (Kavilzhndu Irukumam).

♦ **Function:** The Jivatma resides within this subtle, inverted lotus.

♦ **Associated Channels (Nadis): 101 channels (Nadis)** are said to run above this Hridaya Kamala.



The Size of the Jivatma

The Vedas specify the size of the Jivatma (individual soul) using a powerful analogy to describe its minute nature:



The Calculation

The size of the Jivatma is defined by an intricate division of a cow's hair:

1. Take a single hair (Mayir) from the tail of a cow (Pasuvin Vaal)
2. Divide that single hair into **100 equal parts**
3. Take one of those resulting parts (1/100) and divide it again into **100 parts**
4. Take one of those resulting parts (1/10,000) and divide it a third time into **100 parts**

Result: The resulting size (**1/1,000,000 or 10^{-6} of the hair**) represents the measure of the Jivatma.



The Paradox

This calculation shows that the Jivatma exists at the **micro level**. Even though the Jivatma is incredibly tiny, the **Paramatma (Supreme Soul)** resides within it as the inner controller (Antaryami). The Upanishads describe the Paramatma as:


"Anoraniyān Mahato Mahīyān" - Smaller than the atom and greater than the greatest


How the Atman Leaves the Body

The process by which the Jivatma leaves the body is linked to the **101 Nadis** connected to the Hridaya Kamala.

A. The Separation Process (Trivith Karanam)



The body's process of separation from the soul is complex and referred to as **Trivith Karanam**.

 **Sound:** When the Jivatma is leaving the body, a churning sound (Kadayra Sattam) is heard. This is confirmed by a parallel description in the Sri Suktam commentary, which mentions that sounds are heard by the Jivatma as it exits: - The neighing of a horse (Ashva Purvam) - The rumble of a chariot (Ratha Madhyam) - The trumpet of an elephant (Hastinadha Prabodhinim)

 **Traveling Medium:** The Jivatma cannot exist or travel alone. It travels in a **subtle body (Sukshma Sareeram)**. This subtle body carries the memory and impressions (Vasanai) needed for the next life, composed of: - The five sensory organs - The organs of action - The intellect (Buddhi) - The mind (Manas)

B. The Paths of Exit: Moksha vs. Rebirth

The direction and channel through which the Jivatma exits determine its ultimate destiny:

Path	Nadi	Direction	Destination
 Moksha (Liberation)	The 101st Nadi (Sushumna Nadi)	Northern direction via Archiradi Margam (path of light/fire)	Liberation through celestial spheres to Viraja Nadi and ultimately Moksha with Sarupyam (similarity of form)
 Rebirth	Any of the remaining 100 Nadis	Dhumadi Margam (path of smoke)	Another birth (Innoru Jenmam Irukkum)

The Path to Moksha (The 101st Nadi)

The **101st Nadi (Sushumna Nadi)** is the channel that connects the Hridaya Kamala to the **Brahmrandhram** (the opening at the crown of the head).

Journey to Liberation: 1. The Jivatma exits through the 101st Nadi moving toward the Northern direction 2. This path is known as **Archiradi Margam** (the path of light/fire) 3. The Jivatma travels through numerous celestial spheres: - Uttarayanam - Chandra Loka - Indra Loka - Soma Loka - Vidyut Loka 4. It reaches the **Viraja Nadi** (a river of viscous liquid) 5. After crossing the Viraja and experiencing the touch of the **Amanava Purusha** 6. It attains **Sarupyam** (similarity of form) and achieves **Moksha**

⚡ **Prerequisites:** To ensure the soul takes this 101st path, practices like **Sharanagati (surrender)** or **Bhakti Yoga** are required.

The Path to Rebirth (The Other 100 Nadis)

If the Jivatma exits through any of the remaining **100 Nadis**, it is destined for another birth (Innoru Jenmam Irukkum). This path is also referred to as the **Dhumadi Margam** (the path of smoke).

Summary

The concept of **Adhyatishtha Dashangulam** reveals the profound truth that the Supreme Purusha pervades the entire universe yet resides in the most subtle, minute space within each being. The Jivatma, though infinitesimally small (one-millionth of a cow's hair), contains within it the Paramatma as the inner controller. The ultimate destiny of the soul—whether liberation or rebirth—depends on the path it takes through the 101 Nadis at the moment of death, with spiritual practices determining which channel opens at that crucial moment.

Reference

YouTube Link: <https://www.youtube.com/watch?v=YzCWeIKtGHU&list=PLUCe17-wlYr-zIRfRt1m6fyPy2r-wjcXl>



Acknowledgment & Disclaimer

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