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# Balavin Kural



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# What's inside:

## Devotee Speaks: "Ganesha Chaturbhujam", by Smt. Roopa V Rajan



Om Sri Maha Ganapataye Namaha.

Sri Maha Ganapathy has four arms. The four states of prana which flow in our body are represented by Chaturbhujam.

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Pashyanti states are when one imagines a picture in the mind, but is not talking about it. Yogis who have a more

## Science Snippets: "The secret of aged rice", by Latha Chakravarthy



Calling all rice eaters....who enjoy their curries and dishes made with rice, and eaten with rice!

In many parts of the world, and from ages ago, rice has been the staple grain, and a major source of carbohydrates, the powerhouse of our day to day lives. Whether cooked in a pot or steamed in a cooker, blended with veggies or eaten with ghee, this grain defines our very existence. There are multiple facets to this fascinating grain that impact its color, texture, flavor, cooking time, and nutritional content. Rice grains come in a plethora of colors....white, brown, red, purple, and even black, based on their antioxidant content and level of refinement.

## Know your Mythology: "Yayati on virtue and fall", by Thulasinathan Kandasamy



In the previous newsletter editions, we read about how Yayati, the son of Nahusha and the father of Puru, was cast off from the celestial realms for disregarding every creature. He was banished by Indra to fall from the heavens for his arrogant attitude and disrespect for his superiors, equals and inferiors without knowing their real merits. As he descended, Ashtaka, the protector of his religion and a foremost royal sage, questioned King Yayati, "O king of kings, tell me about all those regions you have visited and enjoyed, and the periods you

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Robotics can be traced back to ancient times, when people were intrigued with the concept of artificial beings or machines that can perform the job of humans. There are some references, for example, in ancient Greek mythology about the god Hephaestus building mechanical assistants out of gold, and the Greek mathematician Archytas constructing a mechanical bird to help understand their flight in 4th century BC.

With regards to the concept of Robotics in ancient India, in 2nd century BC, Indian philosophers and scholars also postulated the concept of a "mechanical man," which was essentially a robot that could mimic human behavior. One mention of this is in a book written by Bharata Muni, called Yantra Sarvasva, which describes various machines, including one that could move, speak, and even perform tasks like weaving.

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The Para state is the very beginning of thoughts.

Pashyanti states are when one imagines a picture in the mind, but is not talking about it. Yogis who have a more subtle inner vision can experience the Pashyanti state of mind.

Madhyama state is where the thoughts are in your head, before you can say them.

Vaikari state is when we use our voice to say and express what the



thought is with our voice and speech. So, we speak only at the fourth level. The language we speak is called Vaikari.

The path of Jiva is because of the Chaturbhujam action. Chaturbhujam also activates intellect or Bhudhi when we speak.

Sri Mahaganapathy grants the divine life force and takes control of Prana in our thoughts.

We have seen Chaturbhujam installed near water bodies or under the peepal trees. During Chaturthi, we make an image of Ganesha in clay and dissolve it in water. Water and earth are important elements to bring about unification, while air, fire and akasha (sky) cause distractions. Therefore, the thoughts in our mind and desires which are corrupted, are transferred to Ganesha's image to be ultimately dissolved.

Air moves us, fire transforms us, water shapes us, and earth heals us.

Gratitude to Sadhgurus.

Balambika Charanam

**Image courtesy:**

[https://vulimiridevotion.blogspot.com/2011/03/  
meaning-of-ganesha-shloka.html](https://vulimiridevotion.blogspot.com/2011/03/meaning-of-ganesha-shloka.html)

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One day, a celestial messenger shouted 'Ruined!' and I fell from

Nandana as my religious merits were gone. The celestials grieved, and as I fell, they pointed me to this sacrificial region of yours. Guided by the smoke and scent of clarified butter, I am glad to have come amongst you."

Ashtaka asked, "Why did you leave the gardens of Nandana?"

Yayati answered, "Just as kinsmen forsake the poor, so do celestials forsake those who lose their righteousness."

Ashtaka said, "I am anxious to know how men lose virtue in the other world. Tell me also what regions are attainable by what actions."

Yayati replied, "Those who speak of their own merits are doomed to suffer the hell called Bhauma. Though lean, they appear on Earth in the form of their sons and grandsons, only to become food for vultures, dogs, and jackals. Therefore, O king, this highly censurable and wicked vice should be repressed. I have now told you all. What more shall I say?"

Ashtaka asked, "When life is destroyed with age, vultures, peacocks, insects, and worms eat up the human body. Where does a human then reside? How do they come back to life? I have never heard of any hell called Bhauma on Earth!"

Yayati answered, "After the dissolution of the body, humans, according to their acts, re-enter their mother's womb and stay there in an indistinct form. Soon after, assuming a distinct and visible shape, they reappear in the world and walk on its surface. This is the Earth-hell (Bhauma) where they fall, for they see not the end of their existence and act not towards their emancipation. Some dwell for sixty thousand years, some for eighty thousand years in Heaven, and then they fall. As they fall, they are attacked by certain Rakshasas in the form of sons, grandsons, and other relatives, who divert their hearts from acting towards their own emancipation.

**Image courtesy:**

<https://www.indica.today/quick-reads/>

[the-indulgences-of-yayati-part-2/](#)



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**Latha Chakravarthy**



Calling all rice eaters....who enjoy their curries and dishes made with rice, and eaten with rice!

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Rice grains have an outer husk/hull when it comes from the paddy fields; next it has the bran or outer layer which contains antioxidants, vitamins and fiber; next is the endosperm and the germ which stores starch and protein. When eaten with the bran, this grain is a one-stop-shop for a healthy wholesome meal! So why in today's day and age is this super-food associated with weight gain and health disorders?

Let's take a little peek into the world of the rice grain, to also savor the science it reveals! Rice grains contain two types of starches – amylose (makes the rice lighter, fluffier) and amylopectin (creamier, stickier). As rice ages, it undergoes a change in its starch composition, resulting in consuming more water while cooking, making it less sticky but fluffier. That is why the newly harvested grains during the Pongal festivities creates a mushier dish due to the starch composition. The newer rice swells less and yields a thicker gruel (kanji). On the contrary, aged rice absorbs more water, elongates more, retains a denser texture, while giving more yield. It fills your hunger more by eating lesser quantities. Additionally, the more aged the rice, the lower the glycemic index, which is beneficial for those with diabetes. The older the rice grain, the healthier it is. Aged whole grain rice when eaten in moderation is sure to give the perfect balance of taste and health, ounce for ounce. So stock up your kitchen granaries with your bags of rice, but make sure you are consuming them....new-bag-in....old-bag-out!

**Image courtesy:**

CalRice.org

<https://www.multiculticooking.com/2009/04/30/different-types-of-rice/>



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With regards to the concept of Robotics in ancient India, in 2nd century BC, Indian philosophers and scholars also postulated the concept of a "mechanical man," which was essentially a robot that could mimic human behavior. One mention of this is in a book written by Bharata Muni, called Yantra Sarvasva, which describes various machines, including one that could move, speak, and even perform tasks like weaving.

Also, according to an article from "Hinduism and Science", 1000 years ago, King Bhoja of the Paramara clan wrote about mechanically moving robots in a novel named Samarangana Sutradhara. The 31st chapter in this book focuses on Yantra Vidhanam, or the utilization of various mechanical devices and automation in the areas of agriculture and temple construction. The novel also delves into vimanas, or ancient flying machines, providing clues on innovation in the fields of aviation and aeronautics in India. Below are verses 101-107 from that chapter which describes a form of robots acting as guards.



## Robotics in Ancient India

1. दृग्ग्रीवातलहस्तप्रकोष्ठवाहुरुहस्तशाखादि ।  
सच्छिद्रं वपुरखिलं तत्सन्धिषु खण्डशो घटयेत् ॥ १०१ ॥
2. श्लिष्टं कीलकविधिना दारुमयं सृष्टचर्मणा गुप्तम् ।  
पुंसोऽथवा युवत्या रूपं कृत्वातिरमणीयम् ॥ १०२ ॥
3. रन्ध्रगतैः प्रत्यङ्गं विधिना नाराचसङ्गतैः सूत्रैः ।  
ग्रीवाचलनप्रसरणविकुञ्चनादीनि विदधाति ॥ १०३ ॥
4. करग्रहणताम्बूलप्रदानजलसेचनप्र(माणा?णामा)दि ।  
आदर्शप्रतिलोकनवीणावाद्यादि च करोति ॥ १०४ ॥
5. एवमन्यदपि चेदृशमेतत् कर्म विस्मयविधायि विधत्ते ।  
जृम्भितेन विधिना निजबुद्धेः कृष्टमुक्तगुणचक्रवशेन ॥ १०५ ॥
6. पुंसो दारुजर्मूर्ध्वं रूपं कृत्वा निकेतनद्वारि ।  
तत्करयोजितदण्डं निरुणद्धि प्रविशतां वर्त्म ॥ १०६ ॥
7. खड्गहस्तमथ मुद्गरहस्तं कुन्तहस्तमथवा यदि तत् स्यात् ।  
तन्निहन्ति विशतो निशि चौरान् द्वारि संवृतमुखं प्रसभेन ॥ १०७ ॥
8. ये चापाद्या ये शतघ्न्यादयोऽस्मिन्नुपग्रीवाद्याश्च दुर्गस्य गुप्त्यै ।  
ये क्रीडाद्याः क्रीडनार्थं च राज्ञां सर्वेऽपि स्युर्योगतस्ते गुर्णानाम् ॥

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