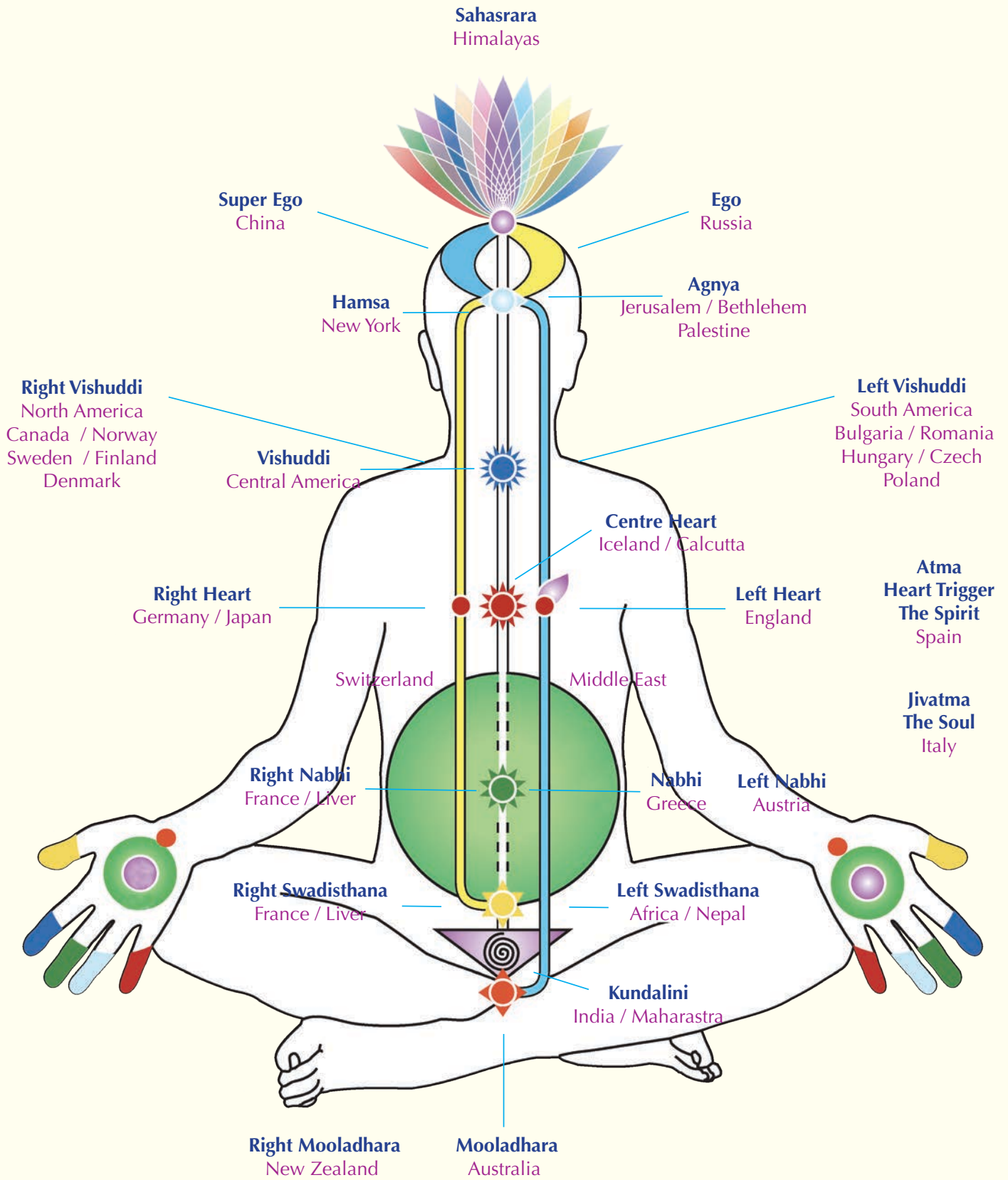


GEOGRAPHY OF THE VIRATA



Ida Nadi - River Ganga
Pingala Nadi - River Yamuna
Sushumna Nadi - River Saraswati