

## CONCEPTUAL STUDY ON SHADCHAKRAS AND ITS APPLIED ASPECT & IMPORTANCE IN SHARIR VIGYAN

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### ABSTRACT

Ayurveda is also a science of medicine, along with spiritual science. In it there is a description of many topics related to spirituality such as *Mana*, *Atma*, *Parmatma*, *Adhyatmika Guna*, *Adhyatmika Dravya*, etc. Besides this, *Yoga Darshan* has a great impact on Ayurveda. In Ayurveda, *Yoga* is a way to achieve the *Moksha*. According to *Yoga Shastra*, the *Sukshma sharira* is the part of our body and it is the moderator of the whole body. The person can't see or touch it, because it is the energy flow of our body. This is the reason it is called "*Urja Nikaya*". There are such key points in the *Sukshma sharira* that is known as energy centre or *Chakras*. The *Chakras* have been known by *Yogis*, *Rishis*, and sages of various traditions of *Yoga* in India and all over world. They have been seen, not by physical dissection of the body, but by psychic introspection. *Chakras* are energy centers in the body that play an important role in our physical, mental, and spiritual wellbeing. Our body has seven major *Chakras*. The six main *Chakras* located along the spinal column are: *Muladhara*, *Swadhisthana*, *Manipura*, *Anahata*, *Vishuddha* and *Ajna*. Beyond the six are two other centers of awakening: *Bindu* and *Sahastrara*, whose perception is acquired only at significantly evolved states of consciousness. These seven *Chakras* are situated along the spine and each has special function. These are psychic centre of the *Sukshma sharira* governing a group of functions. From the knowledge of these centers, the great science of *Kundalini Yoga* has developed, which is concerned with awakening the *Chakras*.

**Keywords:** *Shadchakra*, Applied aspects of *Chakras*

### INTRODUCTION

The Pranic body is fuelled by the Chakras, or psychic centers, which are subtle, high-powered vortices of energy in the body. These chakras are described as being aligned in an ascending column from the base of the spine to the top of the head. They receive and store the cosmic *Prana*, and act as transformers to step down the level of energy, so that it can be used by the different organs and parts of the body. In various tra-

ditions, chakras are associated with multiple physiological functions, an aspect of consciousness, a classical element, and other distinguishing characteristics. The chakras are thought to vitalize the physical body and to be associated with interactions of a physical, emotional and mental nature. The Chakras have been discovered by Yogis, Rishis and Sages of various traditions in India and throughout the world. They have

been seen, not by physical dissection of the body, but by psychic introspection. From the knowledge of these centers, the great science of Kundalini Yoga has developed, which is concerned with awakening the Chakras.<sup>[1]</sup> *Chakras* are energy centers in the body that play an important role in our physical, mental, and spiritual wellbeing. The Sanskrit word *Chakra* literally translates to “wheel” or “disk”, These are the centre of energy that are located throughout the body and provide a passage for energy to enter and exit our body and help to regulate all type of energy flow, i.e.physical, mental, emotional and spiritual. Our body has seven major *Chakras*. These seven *Chakras* are situated along the spine and each has special function. These are psychic centre of the astral body governing a group of functions. Anatomically, these *Chakras* may represent the nerve plexuses which are having different functions according to their area of supply. These plexuses are in the form of spokes around







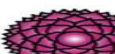
wheel.<sup>[2]</sup> In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. To visualize a *chakra* in the body, imagine a swirling wheel of life-giving energy the vital force that animates us and all living things.<sup>[3]</sup>



### SHADCHAKRAS:

The six main *Chakras* located along the spinal column are: *Muladhara*, *Swadhisthana*, *Manipura*, *Anahata*, *Vishuddha* and *Ajna*. Although these centers are situated in the subtle body, they correspond to the nerve plexuses in the gross body. Beyond the six are two other centers of awakening: *Bindu* and *Sahasrara*, whose perception is acquired only at significantly evolved states of consciousness.<sup>[4]</sup>

**Table 1:** Below is a brief description of the seven chakras located in the body <sup>[5]</sup>

Chakra/ location	Color	Endocrine Gland	Spokes	Mantra	Element
1) <i>Muladhara</i> /Perineum, midway b/w Genital organ & Anus	Red 	Gonads	4 (व, श, ष, स)	LAM	<i>Prithivi</i> (Earth)
2) <i>Swadhisthana</i> /Coccyx	Orange 	Gonads	6 (ब, भ, म, य, र, ल)	VAM	<i>Apas</i> (Water)
3) <i>Manipura</i> / Behind the navel in the spine	Yellow 	Pancreas and Adrenal	10 (ड, ढ, ण, त, थ, द, ध, न, प, फ)	RAM	<i>Tejas</i> (Fire)
4) <i>Anahata</i> / Chest(Heart centre)	Green 	Thymus	12 (क, ख, ग, घ, ङ, च, छ, ज, झ, ञ, ट, ठ)	YAM	<i>Prana</i> (Air)
5) <i>Vishuddha</i> /Throat	Pale Blue 	Thyroid and parathyroid	16 (अ, आ, इ, ई, उ, ऊ, ए, ऐ, ओ, औ, ऋ, ॠ, ॡ, ॢ, ॣ, ।, ॥, ०)	HAM	<i>Aakash</i> (Void)
6) <i>Ajna</i> / Forehead (b/w eyebrows)	Purple 	Pituitary and pineal	2 (ह & क्ष)	OM	<i>Manas</i>
7) <i>Sahasrara</i> /Above head	Violet 	Pituitary and pineal	1000	-	-

### CHAKRA HISTORY:<sup>[6]</sup>

There are many interpretations of both the meaning and history of the *chakra* system. *Chakras* are refer-

enced in new age *yoga* classes on a regular basis, but they're nothing new. Spawning from ancient tradition, *chakras* were likely spoken of far before they were

scrawled on paper. It's believed *yoga* was created around the *chakras* with the goal of balancing both the mind and body. Much like its circular namesake, countless people are circling back to this ancient philosophy to manage demanding lives. Today, many of us lead fast-paced lifestyles. With a changing outlook toward holistic health, people continue to turn to alternative medicine for a less invasive way to reduce stress, gain spirituality, and manage emotional and physical imbalances.

- More than 2000 years ago: *Chakras* first referenced in ancient Hindu texts called the *Vedas*.
- 200 BC: *Chakras* described in the *Yoga Sutras* of Patanjali.
- 600 AD: *Chakras* described in the *Yoga Upanishads* (a collection of texts with some of the first references of Hindu, Buddhist, and Jain beliefs).
- 10<sup>th</sup> century: *Padaka-Pancaka* written with descriptions of the *chakras* and their functions, *Gorakshashatakam* written with instructions for meditating on the *chakras*.
- 1577 *ShadchakrasNirupana* written with descriptions of the *chakras* and their functions.
- 1919 *Chakras* introduced to the Western world by Englishman Arthur Avalon in the book "The Serpent Power," a translation of *Padaka-Pancaka* and *ShadchakrasNirupana*.
- 1960s Interest in Eastern spirituality and healing gained steam in the Western world, bringing with it

a new, accepting attitude toward the *chakra* system.

- Today Modern society continues to open up to alternative medicine.

**APPLIED OF SHADCHAKRAS AND IMPORTANCE IN SHARIR VIGYAN:**

**Relation between Endocrine glands and**

**Shadchakra:** The hormonal glands are also considered to be associated with the latent centers (chakras) of supernormal energy. Their stimulation is associated not only with the activities at the physical level in the body but also at the mental and emotional levels. The *Sadhanas of Kundalini Jagrana* involves penetration and stimulation of the *Shat chakras* at an orderly pace. The effects of associated processing within the body may be understood in gross scientific terminology if we consider the eternal connection of the *Shadchakras* with the endocrine glands. This approach would explain how the spiritual *sadhanas* are useful in regulating all aspects of personality development and opening the paths of all round progress and elevation in a natural way. If we consider the site of endocrine glands and *Shadchakra* in the body, individual chakra might be controlling Endocrine glands present in same area through *Vatadosha*. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra.<sup>[7]</sup>

**Table 2:**

<i>Chakra</i>	Site in the body	Endocrine gland	<i>Vata Dosh</i>
<i>Ajnya</i>	Head	Pituitary and pineal	<i>Prana vata</i>
<i>Vishuddha</i>	Neck	Thyroid and parathyroid	<i>Udanavata</i>
<i>Anahat</i>	Thorax	Thymus	<i>Udana vata</i>
<i>Manipur</i>	Abdomen	Pancreas and Adrenal	<i>Samana vata</i>
<i>Swadhisthan</i>	Pelvis	Gonads	<i>Apana vata</i>
<i>Muladhar</i>	Pelvis	Gonads	<i>Apana vata</i>

**1. Relation between Shadchakra and Vata dosha:**<sup>[8]</sup> Individual *Vata* is said to be related with *Chakra*. By considering the *Sihana* or important *Karma* of that particular *Vata* as told in *Samhitas*

and relating it to the *Sthana* of *Chakra* and hence making a full circle of interrelationship resulting in establishing the possible relation between the *Chakra* and *Vata*.<sup>7</sup>

- *Prana vata* is said to be related to *Ajnya Chakra* and *Anahata Chakra*. The most important function of *Prana vata* is supporting mind, heart, sense organs and intelligence. If we consider the *Sthana* of *Mind*, then it is *Hridaya* and the *Sthana* of *Anahata Chakra* is also *Hridaya*. Likewise, if we consider the *Sthana* of sense organs, intelligence, then it is related to Head, and *Sthana* of *Ajnya Chakra* is also Head. Hence making a full circle of interrelationship and resulting in establishment of possible relation between the *Anahata Chakra*, *Ajna Chakra* and *Prana Vata*.
- *Udana Vata* is said to be related to *Vishuddha Chakra* and the most important function of *Udana Vata* is *Vak Pravritti* and for the *Vak Pravritti* important part required in the body is *Kantha Pradesha* and this is said to be the *Sthana* of *Vishuddha Chakra* hence making a full circle of interrelationship and resulting in establishment of possible relation between the *Vishuddha Chakra* and *Udana Vata*.
- *Samana Vata* is said to be related with *Manipura Chakra* and the *Sthana* of *Samana Vata* is *Agni Samipa* and the *Sthana* of *Agni* is said to be *Grahani* which comes at the level of *Nabhi*, which is also the *Sthana* of *Manipura Chakra*. Hence making a full circle interrelationship and resulting in establishment of possible relation between the *Manipura Chakra* and *Samana Vata*.
- *Apana Vata* is said to be related with *Muladhara* and *Swadhisthana Chakra*, the important function of *Apana Vata* is *Niskramana* of *Mutra*, *Shukra* in male through the *Linga Marga*, *Raja Strava* & *Garbha* in females through *Yoni Marga* and *Niskramana Karma* of *Purisha* through the *Guda Marga* hence highlighting the functional relationship between the *Apana Vata* and *Linga*, *Guda* which are also the *Sthana* of *Swadhisthana* and *Muladhara Chakra* hence making a full circle of interrelationship and resulting in establishment of possible relation between the *Muladhara*, *Swadhisthana Chakra* and *Apana Vata*
- *Vyana Vata* is said to be not related with any of the *Chakras* since it is present throughout the body and is responsible for all the activities of the body.<sup>8</sup> By this, we can say that all this *Chakras* will govern and control the function of *Vata dosha* and since it is *Atyanta Sukshma Rupa* and hence supporting the statement that the knowledge gained by our sense organs is much less, knowledge beyond the perception of sense organs in much more.

**Table 3:** Showing *Prakruta sthana* and *Karma of Vata Dosha* (sub-type)

VATA	STHAN	FUNCTION
<b>Prana Vata</b>	<ul style="list-style-type: none"> <li>● Charak-Murdha, Ura, Kantha, Jivha, Asya, Nasa.</li> <li>● Sushruta-Asya and its surrounding.</li> <li>● Vagbhata-Murdha, Ura, Kantha</li> <li>● Sharangdhar-Hridaya, Nabhi.</li> </ul>	<ul style="list-style-type: none"> <li>● Sthivan, Kshavathu, Udgar, Shwas, Annapraveshruta, Dehadrik, Pranavalambanam.</li> <li>● Buddhi, Indriya, chitta, Dhrik, Hridaya Dharana.</li> </ul>
<b>Udana Vata</b>	<ul style="list-style-type: none"> <li>● Charak/Sushruta- Nabhi, Ura, Kanth.</li> <li>● Sushruta- Urdhwanga.</li> </ul>	<ul style="list-style-type: none"> <li>● Vakpravritti, Prayatna, Urja, Bala, Varna, Smriti Kriya, Ucchwas.</li> </ul>
<b>Vyana vata</b>	<ul style="list-style-type: none"> <li>● Charak/Sushurta- Sarva Deha.</li> <li>● Vagbhata- Hridaya.</li> </ul>	<ul style="list-style-type: none"> <li>● Induction of Gati Prasarana, Akshepa, Unmesh, Nimeshadi Kriya.</li> </ul>
<b>Samana Vata</b>	<ul style="list-style-type: none"> <li>● Charak- Ambhuvahi Srotasa Neighborhood of seat of Agni.</li> <li>● Sushrut- Amashaya, Pakwashay, Agnisamip.</li> <li>● Vagbhata- Agnisannidha.</li> </ul>	<ul style="list-style-type: none"> <li>● To promote Bala for Agni. Induces secretion of Pachak-Pitta, Anna grahana.</li> <li>● To help in Annapachana, vivechana of Sara and Kitta Bhag.</li> </ul>
<b>Apana Vata</b>	<ul style="list-style-type: none"> <li>● Charak- Adhoshakha, Basti, Medhra, Nabhi, Uru, Vankshan, Guda, Lower part of trunk and intestine.</li> </ul>	<ul style="list-style-type: none"> <li>● To control the excretory system.</li> <li>● To facilitate excretion of Shukra, Mutra, Shakrut, Artava and Garbha.</li> </ul>

**3. Correlating Chakras to Doshas and Menstrual Health:** In Ayurveda Among the three *Doshas* of *Vata*, *Pitta* and *Kapha*, the important one with respect to menstruation is the *Vata Dosha*. There are five sub-types of *Vata Dosha* *Prana*, *Udana*, *Vyana*, *Samana* and *Apana*. Yoga (*Pranayama*), while energizing the *Ajna Chakra*, causes a decreased flow of energy to the *Swadhisthana* and *Muladhara Chakras* and therefore, *Apana Vata* and it is the main force behind downward moving menstrual flow. If *Apana* is obstructed or insufficiently energized, it would result in menstrual irregularities.<sup>[9]</sup>

**4. Relation between Shadchakra and Effects of imbalances in body:**<sup>[10]</sup> When the *Chakras* are blocked, transformation is blocked, creating disharmony and suffering in our life. When the *Chakras* are clear and “awakened” the mind and body become balanced and we gain full access to higher realms of existence.

**Muladhara Chakra:** The *Muladhara Chakra* controls the adrenal gland and excretion system and is connected to the bones, nails, gonads, anus, rectum, colon, prostate gland, and blood. A deficiency in or blockage of this chakra can lead to anxiety, fear of rejection, feeling run-down and sick, knee pain, sciatica, and constipation.

**Swadhisthana Chakra:** The *Swadhisthana Chakra* controls the testes, ovaries, and reproductive system and is connected to the pelvis, kidneys, production of adrenaline, womb, and bladder. A deficiency in or blockage of this chakra can lead to fear of pleasure, resistance to change, a block in creativity, a sense of dryness or emptiness, sexual problems or discomfort, hip, pelvic, and low back pain, urinary problems, and reproductive issues.

**Manipura Chakra:** The *Manipura chakra* controls the pancreas and digestive system and is connected to the lower back, liver, spleen, gall bladder, pancreas, and the production of insulin. A deficiency in or blockage of this chakra can lead to frustration, powerlessness, low self-esteem, eating disorders, digestive problems, stomach ulcers, pancreas and gallbladder issues, high blood pressure, diabetes, liver dysfunction, and colon diseases.

**Anahata Chakra:** The *Anahata Chakra* controls the circulatory system and thymus gland and is connected to the heart, upper back, breasts, lungs, blood, and air circulation. A deficiency in or blockage of this chakra can lead to loneliness, a sense of alienation, asthma, heart disease, high blood pressure, lung disease, heart disease, and upper back, shoulder, arm, and wrist pain.

**Vishuddha Chakra:** The *Vishuddha Chakra* controls the thyroid glands and is connected to the throat, neck, thyroid and parathyroid glands, ears, windpipe, and the upper part of the lungs. A deficiency in or blockage of this chakra can lead to anxiety over others’ reactions to our views, self-censorship, a fear of speaking, neck stiffness, teeth grinding, laryngitis, ulcers, and an underactive thyroid.

**Ajna Chakra:** The *Ajna Chakra* controls the brain and the pituitary gland and is connected to the face, nose, sinuses, ears, eyes, and brain functions that include the pituitary gland, cerebellum, and central nervous system. A deficiency in or blockage of this *chakra* can lead to self-doubt, distrust, poor ability to visualize, inability to remember dreams, decreased memory, headaches, sinus issues, seizures, hearing loss, and eye problems.

**Sahasrara Chakra:** The *Sahasrara Chakra* controls the whole being and is connected to the cerebrum and pineal gland. A deficiency in or blockage of this *chakra* can lead to depression, confusion, loss of faith, apathy, materialism, skepticism of spirituality or religion, and sensitivity to light and sound.

## CONCLUSION

*Chakras* are interconnected with one another. Reading about chakras is a great first step, but actually putting focus and awareness on healing our energy centers can bolster overall well-being. Energy imbalances in a person’s chakras can relate to specific emotions, disease symptoms, or other ailments. Devoting much of our days to *chakra* balance through meditation, yoga, aromatherapy, praying, and affirmations may not be realistic for everyone. But by becoming aware of these invisible *chakras* and signs of an imbalance we can try out new methods of self-help beyond turning to things

like food, alcohol, or medication to tackle emotional and physical problems.

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