

## SHADCHAKRAS – A KEY TO INTERNAL HAPPINESS

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### ABSTRACT

*Chakra* is an energy center of the human body through which life force and energy flows. The *chakras* have been seen, known by *yogis* of different traditions of yoga in India. They have been seen not by physical dissection but by psychic introspection. In our body there are seven major *chakras* and six main *chakras*, based on their location and functions we can correlate nearby body structures such as nerve plexuses, endocrine glands and *Vata* for easy understanding of *chakras*. *Kundalini Shakti* is situated in the root *chakra* in the form of coiled serpent. As the information regarding *chakras* as well as its activation methods are not available in Ayurvedic Samhitas, its vague and herculean task for teaching fraternity to convey students and make them understand. This work may be the torch bearer for this problem, and it may help both teachers as well as students.

**Keywords:** *Chakra*, Plexus, *Kundalini shakti*.

### INTRODUCTION

The *Chakras* are conceived as focal points where psychic forces and bodily functions merge and interact with each other. According to *ShabdaKalpaDhruma* the word “*Chakra*” means a “wheel” which keeps on revolving<sup>1</sup>, they are considered as loci of energy or *Prana* and is also called as *Shakti*. The word *chakra* in different countries mentioned in different languages such as *qi* in Chinese, *ki* in Japanese, *bios* in Greek and *aether* in English. *Chakras* help in drawing the positive energy to keep the spiritual, mental, emotional and physical health of the body in equilibrium. These are placed with stem of each lotus flower metaphysically embedded into spinal column or “*Sushumna*” from

coccyx to crown of head. Earliest references of *Shadchakras* are found in *Veda*, *Upanishad* and *Yogashastra*. According to *Rig-veda* “The seven Gods have seven spears and seven lights; they hold seven glories”<sup>2</sup>.

Our body has seven major *chakras*, the six main *chakras* they are *Muladhara*, *Swadhisthana*, *Manipura*, *Anahata*, *Vishuddha* and *Ajna chakra*. According to *Shakta* theory *Muladhara* or “Root Support” situated at the base of the spine with four petals. *Swadhisthana* or “Own abode” situated at the root of the genitals with six petals. *Manipura* or “Fullness of Jewels” situated at the level of the navel with ten petals. *Anahata* or

“Unstruck Melody” situated at the heart with twelve petals. *Vishuddha* or “Complete Purity” situated at the throat with sixteen petals. *Ajna* or “Guru’s command” situated at the brow with two petals. The crown center, the *Sahasrara-Padma* or “Thousand Petals Lotus” located at the very top of the head, and technically is not a *Chakra* at all, but the summation of all the *Chakras*.<sup>3</sup> *Chakras* are interconnected with one another. Reading about *chakras* is a great first step but putting focus and awareness on healing our energy centers can bolster overall well-being. Energy imbalances in person’s *chakras* can relate to specific emotions and various symptoms. *Chakras* can be balanced through meditation, *yogasanas* (*Suryanamaskara*<sup>4</sup>), aromatherapy, praying and affirmation may not be realistic for everyone. In the present era maximum number of people are suffering from stress, strain and lifestyle disorders. To overcome these one should have the aim to learn and understand about *shadchakras* to lead a healthy and happy life.

#### Activation Of These Chakras:

“*Kundalini Shakti*” helps in activating the *shadchakras* which is situated at *merudanda* in subtle form, in the form of coiled serpent with head downward direction<sup>5</sup>. By chanting “*Om*” (108 times) as well as by the practicing “*Ashwini mudra*”<sup>6</sup> *Kundalini Shakti* is awakened. In the present scenario “*Kirlian Photography*”<sup>7</sup> is developing science. These *chakras* are practiced achieving some supernatural powers. A sage of ancient times Patanjali explains *Ashta siddhis* (supernatural powers) *Anima, Mahima, Laghima, Garima, Prapti, Prakamya, Ishitva, Vashitva*<sup>8</sup>. According to Bhagavat Purana, Lord *Shrikrishna* has stated that there are many ways to attain *ashta siddhis*. These *siddhis* are attained by the person one who having control over his *Indriyas*, by regular practice of *pranayama, chanting mantras, Hatha-yoga* and meditation he can easily activate the *Kundalini Shakti* under the guidance of Guru’s direction.

**Diet/ Food:** Diet or food is very important factor during the practice of activation of *chakras* or after attaining the supernatural powers. Pure vegetarian diet is preferred as body and mind will be diverted with minimal provoking factors as we know nowadays it’s quite

difficult to concentrate over one thing devoid of miseries and greed. *Satwik* food is best to practice these supernatural powers which are devoid of *raja* and *tamo-gunas*.

**Detoxification of Body:** Purification of body as well as mind is necessary to attain *ashtasiddhis/* activation of *chakras*. Body can be purified easily by undergoing *Panchakarma shodhana* procedures<sup>9</sup> as many references available in all *Samhitas*. By doing meditation detoxification of mind can be achieved by increasing *satvaguna* and mind will be devoid of *raja* and *tamo-gunas*.

**Place for Meditation:** Meditation cleanses the mind and soul, so that place should be calm devoid of disturbances like sound, pollutants. Most of the sages meditate to attain *siddhis* at Himalaya because it is considered as purest place, holy and divine place because lord Shiva stays at *Kailas parvat*. Many *Sadhus* are still meditating at himalyan caves to attain supernatural powers as well as salvation.

## DISCUSSION

Activation of *chakras* helps in nullifying the negative energies and building up positive energies in the body and mind by keeping us strong, focused, oriented, and healthy to boost our immunity.

**Shodhana of mana and deha:** *Deha* and *manashuddhi* is essential to attain *siddhis/ chakra* activation. For *dehashuddhi Panchakarma* procedures explained in *samhitas*.

**Yoga and Pranayama:** By everyday practice of *yoga* and *pranayama* one can protect himself from diseases. *Satwik* food does both *sharirashuddhi* as well as *satvashuddhi*. *Satwik* diet is essential before and after attaining *siddhis*. *Mana shuddhi* achieved by following procedures.

**Chanting mantras and Prayers:** By chanting specific *beeja mantras* we can activate the *chakras* and as well as by chanting “*Om*” 108 times helps in activating the *Kundalini Shakti* as well as by practicing *mudras* like *Ashwini mudra*. By chanting some hymns in the form of prayer person will get relief from disease such references available in *samhitas*.

**Dhyana:** Meditation is nothing but control over breathing by practicing *hamsagati pranayama* one can easily concentrate and focus on *siddhis*.

**Affirmations and Aroma therapy:** For detoxification of mind/ for *satvashuddhi* these are helpful, and person feels calm and peace. Hence one should practice every day *yoga, pranayama*, prayers, chanting mantras and *dhyana* which helps in stimulating the *Chakras* of the body and keeps the individual mentally and physically healthy.

## CONCLUSION

*Chakras* are points-of-focus while performing *yoga, pranayama*, prayers, chanting *mantras* and *dhyana* maintains or keeps the natural frequency or energy of the human body nearer to nature or earth's magnetic field. There are six of these wheels stacked in a column of energy that spins from the base of spine upto the top of the skull. When the person can rise the *Kundalini shakti* to the topmost sixth to seventh *chakras* he will be able to attain the *siddhis* or supernatural powers. Hence one should consume *Satwik* diet and practice every day *yoga, pranayama*, chanting *beeja mantras* and *dhyana* to activate *chakras* as well as to keep their body physically and mentally healthy.

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