

APPLIED ASPECT OF SHADCHAKRAS & IT'S IMPORTANCE IN SHARIR VIGYAN

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INTRODUCTION

The junction of nadis with sushumna nadi are known as chakras. These chakras are the sychic centers in the body that are active at all times, whether we are conscious or them or not. It is closely associated with the specific organ or endocrine gland. Subtle centers of vital energy. *Chakras* or lotuses are the dynamic *tattwika* (element), centers in the body, they are situated in various point of *sushumna* (spinal cord). They are all supported by the vertebral column. The 5 regions of the spinal column (cervical, thoracic, lumbar, sacrum, coccygeal) all the function of the body are under the control of the *chakars* in *sushumna*. The *chakras* are centers of *prana shakti* as cosmic energy in latent shape. The presiding *devatas* of which are the names for the universal consciousness as it manifests in the form of

these centers. A particular *tattwa* preponderates at every *chakra*. In every *chakra* a certain animal is represented, it denotes that the center has the qualities; *Tattwa* or *gunas* of that particular animal.

The term *shat –chakras* refers only to the chief 6 *chakras*, viz, *Svadhishthana*, *Manipura*, *Anahata*, *Vishuddha* and *Aagya chakra*. Above all these we have '*Sahasrara chakra*'; this is the chief of all the *chakras*. All the *chakras* have their intimate connection with this center. Hence this is not included as one among the *Shatchakras*. This is situated above all the *chakras*.

चतुर्दलं स्यादाधारं स्वाधिष्ठानं च षट्दलम् । नाभेर्दश दलं पदम सूर्यसंख्या दलं हृदि ।।
कण्ठे स्यात् षोडशदलं भूमध्ये द्विदलं तथा । सहस्रं दलमाख्यातं ब्रह्मरन्ध्रे महापथे ।। (गोरक्ष संहिता)

Shad chakras

1. Muladhara chakra- *Muladhara* means ; *mula*= root, *Hadara*= support. Also called *Aadhar chakra*.

It is the lowest of the *chakras*, its located at the base of the spine, between the 2 angul above of anus and the 2angul below of penis. In female with the cervix and with the perineum. From this *chakra* four important *nadis* emanate which appear as lotus petals. the subtle vibrations that are made by each *nadi* are represented by Sanskrit letter(वं, शं, षं, स) this *chakra* is the symbol of *prithvi tattwa*. The presiding deity is *DAKINI*. *Ganeshsa* is the *devta* of this *chakra*.Corresponding nerve plexus-

Sacro - Coccygeal plexus

Color of petals – Blood red

Sense – Organ (*Gyanendriya*) – Nose

Motor organ (*Karmendriya*)- Anus

Result of concentration- Health, happiness and *vidya*.

- This *chakra* is connected with the greed, excretory functions, secretory and sexual aspects, attachment. This *chakra* is working on releases suppressed emotions and unconscious memories and causes extreme swings in mood.
- It is the seat of *kundalini*, and has direct connections with sexual energy in itsmost earthy aspect.
- The *yogic* description of *muladhara chakra* and particularly its connection with *kundalini* suggests sexuality as its primary physical manifestation and thereforelink this *chakra* with the gonads, with testosterone in men which is primarily made by the testes and with oestrogen and progesterone in women.
- *Muladhara chakra* is counted as sources of energy. It gives strength and power.

2. Svadhishtana Chakra- *Svadhishthana* means' *Sva*= vital force, *adishthana* =seat. Also called *Jalamandala*. Because its *tattwa* is *jala*(water).

It is situated at the base of the *linga-mula* (genital organ). Its shape of half moon. The goddess is *RAKINI*. *Vishnu* is the *devta* of this *chakra*.

Corresponding nerve plexus – Hypogastric plexusletters on the petals- 6 (वं, भं, मं, यं, रं, लं)

Color of petals – Vermilion

Sense organ- Tongue

Motor organ- Penis

Result of concentration – Attainment of poetic powers and yoga

- *Swadhistana* is connected with the generative aspect of sexuality embodied by the womb with FSH & LH, estrogen and androsterones as the hormones of the *chakra*. These hormones are central to the development of the secondary sexual characteristics. They define our gender, and the differing emotional characteristics related to estrogen and testosterone.
- It is responsible for a kind of creativity.

3. **Manipuraka chakra** - *Manipura* means, *Mani*= gem, *pura* = city. Also called *nabhithana*. It is situated at the *Nabhi Sthana* or Umbilicus. The goddess is *LAKINI*. *Agni* is the *devta* of this *chakra*.

Corresponding nerve plexus – Solar plexus

letters on the petals- 10 (ङं, ढं, णं, तं, थं, दं, धं, नं, पं, फं) Color of petals Blue

Sense organ - Eye Motor organ - Feet

Result of concentration- *Vidya*, Capacity, Help in digestion, Get to know about anatomy of body, will, ambition, self- assertion, नाभिचक्रे कायव्यूह ज्ञानम् (योगसूत्र– 3/29)

- There are 2 endocrine organs in the gut, which could be linked with *manipuraka*: the pancreas and the Adrenals.
- The adrenal comprise two parts; the cortex and the medulla.
- The cortex secretes glucocorticoids such as corticosterone. The glucocorticoids are involved with sugar metabolism and as stress protectors.
- The cortex also secretes mineralocorticoids which are involved in mineral balance and also anxiety.
- The medulla secretes adrenaline

4. **Anahata Chakra**- The fourth *chakra* is *anahata*. It is situated at the heart. The presiding deity is *Rudra*. And *Devata* is *KAKINI*.

Corresponding nerve plexus - Cardiac Plexus

Letters on the petals- 12 (कं, खं, गं, घं, ङ, चं, छं, जं, झं, ञं, टं, ठं)

Color of petals- Red
Sense organ - Skin
Motor organ - Hand

Result of concentration – Achievement of Rationality, Godliness, will power, poetry.

- *Anahata chakra* is connected with the thymus gland.
- Physiologically, It is most active in children and is concerned with the immune system.
- Circadian synthesis and release of melatonin exerts an important immune- modulatory role, in that it appears to be a physiological up-regulator of the immune system and to operate via the endogenous opioid system on antigenactivated cells.

5. **Visuddha Chakra-** *Visuddha Chakra* is situated within the *sushuma nadi* at the base of the throat, *kanth-mula sthana*. It is round in shape like full moon. The goddess is *SHAKINI*. The presiding deity is *Sadasiva*.

Corresponding nerve plexus- Cervical Plexus / Carotid plexus

Letters on the petals- 16 (अ, आ, इ, ई, उ, ऊ, ऋ, ॠ, ए, ऐ, ओ, औ, अं, अः)

Color of petals – Dark- Smoke

Sense organ - Ear

Motor organ- Tongue

Result of concentration - Speech, Knowledge

- It is connected with the sense of hearing and thus with the ears, and of course with the vocal cords and with self- expression.
- *Visuddha chakra* is connected with thyroid gland. The thyroid makes thyroxin which regulates the metabolic rate of the body.
- Stress is intimately connected with metabolic rate, heart rate, and overactive mind and also with age.

6. **Aagya chakra-** *Aagya chakra* is situated within *Sushumna Nadi*, between the two eyebrows. The point is known as *Trikuti*. The goddess is *KAKINI*. The presiding deity is *Shambu*.

Corresponding nerve plexus - Cavernous plexus
letters on the petals- 2 (हं, क्षं)

Color of petals - White

Result of concentration - Perfection of Speech,

- *Aagya chakra* is connected with the pineal gland . The pineal gland as command *chakra*, its main action which is the production of the neuro-hormone melatonin.
- The most important function of the pineal gland is maintaining the biological clock.

- Melatonin is made from serotonin through the action of two enzymes, serotonin-n-acetyl transferase (NAT) and hydroxy-indole-O- methyl transferase(HIOMT) .
- The most important neuronal function of melatonin is as a sleep inducer.Chakras along with Plexus, Glands and physical body organ-

Chakras	Plexus	Physical Body organ	Gland
Muladhar	Sacro- coccygeal	Coccygeal	Prostate & fallopian Tube
Swadhisthan	Hypogastric	Genital organ	Supra-renal gland
Manipur	Solar	Navel	Adrenal gland
Anahat	Cardiac	Heart	Thymus gland
Vishudhi	Cervical	Throat	Thyroid gland
Aagya	Caveranus	For-head	Pineal gland

Applied aspect of shadchakras-

- *Medah* (obesity) is mentioned under *manipura chakra* disorders.“*medah shophaah urustambham vidaham parinamamshula rogan shodasani nabhichakrena vedhanat*”
- Psycho- somatic disorders- It is a condition of dysfunction or structural damage in bodily organs through inappropriate activation of the involuntary nervous system and the glands of internal secretion .
- Activation of *Kundalini* – *Kundalini* is situated at “*Muladhara Chakra*”. Activation of *Kundalini* takes place by the help of *Nadies* and *Chakras*. *Nadies* are system of channels and *Chakras* are energy centers.

According to different *yogic* concepts, there are 72000 *Nadies* in our body. Out of these 72000 *Nadies*, there are main i.e. *Ida*, *Pingla*, *Sushumana*. *Ida* has cold effect, *Pingla* has warm effect & *Sushumana* is the junction between these two. The main role in activating *Kundalini* is of *Sushumana nadithat* crosses all the chakras.

- Muladhara chakra – If this *chakra* hamper the disease may occur- Disorders of bowel and large intestine, depression, immune related disorders, chronic lower back pain, lack of energy.
- Swadishthana chakra- If this *chakra* hamper the disease may occur – sciatica ,loss of appetite, blood cancer, diabetes, dysfunction of reproductive organs, spleen, urinary system.
- Manipura chakra- If this *chakra* hamper the disease may occur- digestive disorder, diabetes, pancreatitis, arthritis and allergy.

- Anahata chakra- If this *chakra* hamper the disease may occur – heart and lungs disease, asthma, immune deficiency problem and tension between shoulder blades,.
- Vishuddhi chakra- If this *chakra* hamper the disease may occur – chronic throat problem, mouth ulcers, laryngitis and thyroid problem, ear infection.
- Aagya chakra- If this *chakra* hamper the disease may occur – head ache, brain tumor, stroke, neurological disturbances, learning disabilities, spinal disorders.

CONCLUSIONS

By considering the importance of *shatchakra* we conclude that; *Shatchakra* having their own importance in human beings life, which is thoroughly described in firstly in *Veda* and *Yog Shastra* also. *Shatchakra* considered as bundle of energy which manifest various body function rightly (physiologically & spiritually). It gives strength, power to the body and helps to being healthy and free from the disease in their all life. *Chakras* are the various focal points in the subtle body used in a variety of ancient meditation practices, collectively denominated as *Tantra*, or the esoteric or inner tradition of hinduism.

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