

## NEURO-ANATOMICAL EXPLORATION: UNRAVELING THE MYSTERIES OF SHADACHAKRA

<sup>1</sup>\*Dr. Khushboo Sharma, <sup>2</sup>Dr. Saroj Kaler <sup>3</sup>Dr. Manoj Mathuria and <sup>4</sup>Prof. Mahendra Sharma

<sup>1,2,3</sup>PG Scholar and <sup>4</sup>Professor & H.O.D

PG Department of Rachana Sharir PGIA, Jodhpur, Rajasthan (India).

Article Received on  
18 January 2024,

Revised on 07 Feb. 2024,  
Accepted on 27 Feb. 2024

DOI: 10.20959/wjpr20245-31558



\*Corresponding Author

Dr. Khushboo Sharma

PG Scholar,

PG Department of Rachana

Sharir PGIA, Jodhpur,

Rajasthan (India).

### ABSTRACT

*Chakras* are considered to be a component of the subtle body and are said to enhance one's physical and mental well-being. The *Shadchakra* includes *Muladhara*, *Swadhishtana*, *Manipura*, *Anahata*, *Vishuddha*, and *Ajna*. Based on *Tridosha Sidhantha*, which gives *Vata Dosha* primary control over all bodily activities and renders *Prana* to livings. Life depends on the movement of energy, and the nervous system is what drives this process in the body. The somatic and autonomic nerve systems play a major role in the actions of the *chakras*, which regulate the body's voluntary and involuntary responses to needs.

**KEYWORDS:** *Chakra*, Plexus, *Ayurveda*, *Shadchakra*, Nervous System.

### ❖ INTRODUCTION

Man, as the supreme creation of God, is composed of the *Panchmahabhuta* (the five basic elements) and an *Atma* (soul) comprised of *Dosha*, *Dhatu*, and *Malas*.<sup>[1]</sup> The equilibrium of *Doshas* represents health<sup>[2]</sup>, while their imbalance may lead to disease. The human body consists of various systems that operate harmoniously. *Ayurveda* aims to maintain the health of a healthy individual and treat the illnesses of an afflicted person. Beyond physical health, *Ayurveda* offers insights into mental, social, and spiritual well-being, emphasizing the spiritual dimensions of this ancient practice. *Chakras* are energy centers in the body that regulate our physical, mental, and spiritual well-being.

The concept of a *chakra* originated in *Hindu* literature and is also present in *Tantrik* and *Yogic* traditions within Buddhism and Hinduism. The word "wheel"<sup>[3]</sup> or "turning" in Sanskrit is called a *chakra*. Traditional Indian medicine holds that the subtle body of a living being is made up of several wheel-shaped vortices known as *chakras*. The *Chakras* are defined as "force centers" or whorls of energy that extend from a point on the physical body to the layers of the subtle bodies in an ever-expanding fan pattern. They rotate as subtle matter vortices, and are therefore assumed to be focus points for energy reception and transmission. The number of *chakras* proposed by various belief systems varies.

The following seven primary *Chakras* are commonly described<sup>[4]</sup>

1. *MuladharaChakra*: Perineal region
2. *SwadhisthanaChakra*: Sacral region
3. *ManipuraChakra*: Umbilical region
4. *AnahataChakra*: Thoracic region especially Cardiac
5. *VishuddhaChakra*: Cervical region
6. *Agya Chakra*: Third eye
7. *SahasraraChakra*: Crown (top of the head; 'soft spot' of a newborn) or cerebral region

## ❖ MATERIAL AND METHODS

This study is based on a review of previous research that includes commentary on pertinent original *Ayurvedic* texts, necessary and reliable interpretations, and scholarly analysis. To locate the pertinent studies and reviews published, electronic databases like "PubMed" and "Google Scholar" were searched. Both *Ayurveda* and terms associated with modern medicine had been used as pertinent search terms.

## ❖ ANATOMICAL ASPECTS OF CHAKRA

### 1) MULADHARA CHAKRA

The *Muladhara Chakra*, located two digits above and below the base of the anus and urinary organ respectively<sup>[5]</sup>, is a crucial energy center in the body.

It is named *Muktatriveni*<sup>[6]</sup> due to the *Sushmna Nadi* running through its center, with *Ida* and *Pingala Nadis* flowing through the left and right sides respectively. This *chakra* is also known as the seat of *Kundalini Shakti*, earning it the name *MuladharaChakra*. *Kundalini Shakti*, often depicted as the mother of the three *Gunas* - *Satwa*, *Rajas*, and *Tamas* - is a subtle energy likened to a flame of fire. It can ascend or descend, referred to as *Swayumbu*

*Linga*. The four petals of the *Muladhara Chakra* are designated by the letters V, Sha, Sh, and Sa, with the presiding goddess named *Dakine*. In the center of this lotus lies the *Yoni*, where *Kundalini* resides and circulates bright energy. Activation of this *chakra* is believed to enhance brilliance, improve *agni* function, grant freedom from diseases, enhance *Vak Chaturya*<sup>[7]</sup>, and lead to the attainment of *Mantra Siddhi*.

- **Functional Of Chakra-** Controls Creative thinking, emotions and pleasure

When this Chakra awakens, all sins (*Purva Janma Kruta Karma*) caused by this *Karmaja Vyadis* are eliminated, along with old age and death. All mental illnesses are cured because the mind receives what it desires and is given salvation. Because it is located in the pelvic region, it aids in the treatment of many terrible illnesses, including genital organ abnormalities, *Dhatugata Vikara*, and infertility.<sup>[8]</sup>

## 2) SVADISTANA CHAKRA

This Chakra is situated two digits above the *Muladhara*, close to the hypogastrium.

The capacity to create, present, decimate, and invoke *Saraswati* on one's tongue<sup>[9]</sup> is said to be the result of focusing meditation on this *Chakra*, according to *Tantra* literature. Six petals total—the letters B, BH, M, Y, R, and L—are on it. Its stalks are known as *Swadistana*, its presiding adapt is known as *Bala*, its color is crimson blood, and its goddess is *Rakini*.

- **Functional Of Chakra-** Controls Doubt, lack of faith, false knowledge

This *Chakra* contains the right and left kidneys, urinary bladder, posterior part of the urinary organ, urinary ducts, semen carrying ducts on the right and left testis, prostate gland, and penis, so awakening this *Chakra* cures urinary disorders, kidney diseases, and makes semen more potent, thus curing *SukraDosha*.<sup>[10]</sup>

## 3) MANIPURA CHAKRA

It is situated at the navel's root (*Nabhi*). It gives the pancreas and entire digestive tract vitality.

**Coeliac or Solar Plexus:** The solar plexus is another name for the coeliac plexus. Due to its radiating nerve, it is situated in the upper abdomen or rear of the stomach, where the renal arteries, superior mesenteric artery, and coeliac trunk split off from the abdominal aorta. It is situated at the level of the first lumbar vertebra, behind the stomach and the omental bursa,

and before the diaphragm's crura. The formation of the plexus by the anterior and posterior vagal trunks, as well as the larger and lesser bers from the splanchnic nerves on both sides.<sup>[11]</sup>

As stated in the *Yoga Darshana Sutra*, *Kayavyuhajnanam Nabichakre*.<sup>[12]</sup> It has ten petals and a golden tint; the letters D, DH, N, T, TH, D, DH, N, and PH stand for it. *Lakini* is the dominant deity there. *Yogi* receives the power of *Patala Siddi*, the source of perpetual happiness, when he ponders this *chakra*. He can take on another body, vanquish grief and illness, and become the ruler of wants. He has the ability to create gold, find better treatments for illnesses, and uncover hidden riches.

- **Functional Of Chakra-** Controls Shyness, jealousy, desire, laziness, sorrow, ignorance  
The waking of this *Chakra* will treat ailments such as constipation, indigestion, flatulence, and metabolic problems such as diabetes, among others. The site includes the stomach, liver, spleen, pancreas, and small colon, hence diseases associated to these organs are treated.

#### 4) ANAHATA CHAKR

The deep cardiac plexus, located behind the aortic arch, is made up of cardiac nerves from the sympathetic trunk's cervical ganglia, as well as vagus and recurrent laryngeal nerves. As a result, this plexus typically receives both left and right-sided information. The deep cardiac plexus receives neural input beyond the superficial plexus. The deep plexus separates into two halves: right and left.<sup>[13]</sup>

This *chakra* is found in the heart region. The *Tantra* literature mentions oratorical talents, poetic genius, and mastery over senses as among its merits. According to the *Shivsaara Tantra*, *Anahata Dvani* originates from this location and is *Udgita (Om kara)*, which is always beneficial to all.<sup>[14]</sup> It has twelve petals labeled with letters K, KH, G, GH, N, CH, CHH, J, JH, and NT. Its color is deep blood red, and it has a *Vayu* seed at a very comfortable spot. This lotus contains a flame known as *Banalinga*, and by contemplating it, one gains control over the objects of the seen and unseen universes. Its presiding adept is *Pinaki* and the goddesses are *Kakini*.<sup>[14]</sup>

- **Functional Of Chakra-** Controls Hope, protection, anxiety, effort, power, consciousness  
As a result of the *Chakra's* awakening, bones and muscles begin to repair and get stronger. Meditation fosters divine virtues like as love, compassion, service, and sympathy, as well as the healing of heart ailments and disorders.<sup>[15]</sup>

### 5) VISHUDDA CHAKRA

It is represented by either the cervical or brachial plexus. The ventral branches of the last four cervical and first thoracic spinal nerves supply tissues in the neck. The chakra is located in the throat, which connects the lower pharynx to the trachea via cartilage, thyroid, coracoid, epiglottis, and paired arytenoids corniculate and cuneiform.<sup>[16]</sup>

Its placement is in the throat. It has the color of bright gold, is embellished with 16 petals, and serves as the seat of vowels. Its ruling adept is named *Chhagal*, and the deity is *Sakini*.

- **Functional Of Chakra-** Controls Origin of seven kinds of voice

When this Chakra is activated, no thyroid or lung disorders occur. The diseases and disorders associated with the respiratory system will be entirely treated.<sup>[17]</sup>

### 6) AJNA CHAKRA

This *Chakra* is positioned between the two eye brows. By doing *Pranyamas* such as *Kapalabhati*, *Ajna Chakra* is placed between the eyebrows, often known as the third eye chakra. The physical body has two eyes that observe objects upside down and send images to make them look right side up. However, the human body also has a third eye, known as the spiritual eye, which is associated with the pineal gland. Meditation, *Pranayama*, and the *Bramhari* method are the finest ways to balance the *Ajna* chakra.<sup>[18]</sup> *Anuloma-Viloma*, *Nadishodan*, and others, the mind and *Prana* become peaceful and stable, resulting in a quiet, healthy, and balanced autonomic and voluntary nervous system.

The presiding adept is *Shukla Mahakala*, while the presiding goddess is *Hakini*.

- **Functional Of Chakra-** Controls Order

The activation of this *Chakra* can prevent nervous system diseases such as paralysis, fainting, and autoimmune disorders, as well as treat mind-related diseases like *Apasmara*. *Ida* is referred to as *Ganga*, *Pingala* as *Yamuna*, and *Sushumna Nadi* runs as *Saraswati*. The seeker who immerses himself in it is cleansed of all his *Papa* (sins), and *Karmaja Vyadis* are cured.<sup>[19]</sup>

### 7) SAHASRARA CHAKRA

This *Chakra* (thousand petal), placed in the cerebrum above the fontanelle (*Brahmarandra*), is the source of all divine power. By focusing and regulating the mind (*Manas*) on this

*Chakra*, mental alterations such as *Pramana* (right knowledge), *Viparyaya* (mistaken knowledge), *Vikalpa* (imaginary knowledge), *Nidra*, and *Smriti* are restrained, and *Asampragnati Samadhi* is obtained.<sup>[20]</sup>

- **Functional Of *Chakra***- Controls All endocrine glands, including the pituitary and pineal, are linked to *Sahasrara Chakra*; by awakening this *Chakra*, the entire endocrine system is balanced.

## ❖ CONCLUSION

The exploration of the *Shadachakra* reveals a deep connection between the ancient wisdom of *Ayurveda* and the intricate workings of the nervous system. *Chakras* as energy centers, play a vital role in maintaining physical, mental, and spiritual well-being. They are intricately linked to the body's various systems, influencing both voluntary and involuntary responses.

The *Muladhara Chakra*, for example, not only regulates creative thinking and emotions but also aids in treating ailments such as urinary disorders and infertility. Similarly, the *Svadisthana Chakra* impacts doubt, lack of faith, and false knowledge, while also influencing urinary and reproductive health. The *Manipura Chakra* influences shyness, jealousy, and desire, and its awakening can treat digestive issues and enhance metabolic functions.

Moving up the *chakra system*, the *Anahata Chakra* affects hope, protection, and anxiety, with its activation aiding in the healing of heart ailments. The *Vishuddha Chakra* controls the origin of voice and, when activated, can prevent thyroid and lung disorders. The *Ajna Chakra*, known as the third eye, influences order and can prevent nervous system diseases and mind-related disorders. Finally, the *Sahasrara Chakra*, located in the cerebrum, controls all endocrine glands and, when awakened, balances the entire endocrine system.

## ❖ DISCUSSION

The interplay between the chakras and the nervous system highlights the holistic approach of *Ayurveda*, aiming not only to treat ailments but also to promote overall well-being. By understanding and nurturing these energy centers, individuals can achieve a state of balance and harmony, not just physically but also mentally and spiritually.

Further research into the neuro-anatomical aspects of the *chakras* could provide valuable insights into the mechanisms behind their functioning and their impact on health. Integrating

this ancient knowledge with modern scientific understanding could lead to innovative approaches in healthcare, promoting a more holistic and personalized approach to well-being.

## ❖ REFERENCES

1. Acharya Susruta: Susruta Samhita with Ayurveda Tatva Sandeepika edited by Kaviraja Dr. Ambikadata Shastri, published by Chaukamba Samskrut Sansthan, Varanasi, 2007, Shareera Sthana Adhyaya 1 shloka No 21, pg no: 6.
2. Vagbhata, Arunadatta, Hemadri, Pt. Harisadasiva Sastri. Ashtanga Hrdaya with commentaries of Sarvangasundara and Ayurveda Rasayana, Varanasi: Chaukamba Sanskrit Sansthan, Reprint 2009, Adhyaya 11 Shloka no 1 Pg.no.182.
3. SS, S. (2013). Asana Pranayama Mudra Bandha (Golden Jubilee ed.) Yoga Publication Trust. Munger, Bihar, India.
4. Saraswati, S. S., & Bandha, A. P. M. (2003). Yoga Publications Trust. Bihar School of Yoga.
5. Maheshwari, H., & Suman, S. 1. PG Scholar 2. Associate Professor and HOD Department of Prasuti tantra, Institute of Medical Sciences, Banaras Hindu University, Varanasi.
6. W. D. Whitney and Bhasya of Sayanacarya, Atharvaveda Samhita, edited and revised by K.L.Joshi 2004, Parimal Publication, Delhi, volume 2, kanda 10, sukta 2 shloka no. 31, pg no. 307.
7. S.C. Vasu, The Shiva Samhita, Edition 2005, Sri Satguru Publications, Indological and Oriental Publishers, Delhi, chapter 5 pg no. 82.
8. Swami Ramadev, Pranayama Rahasya (Secrets of Pranayama) with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no. 117.
9. Swami Ramadev, Pranayama Rahasya (Secrets of Pranayama) with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no. 106.
10. Swami Ramadev, Pranayama Rahasya (Secrets of Pranayama) with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no. 106.
11. Satbir, C. K. (2017). MODE OF ACTION OF AN AYURVEDIC PREPARATION IN RELIEVING SIGN AND SYMPTOMS OF MADATYAYA: A CONCEPTUAL STUDY. International Journal of Ayurveda and Pharma Research.
12. Pranayama Rahasya (Secrets of Pranayama) with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no. 106-107.
13. Beaumont, E., Salavatian, S., Southerland, E. M., Vinet, A., Jacquemet, V., Armour, J. A., & Ardell, J. L. (2013). Network interactions within the canine intrinsic cardiac

- nervous system: implications for reflex control of regional cardiac function. *The Journal of physiology*, 591(18): 4515-4533.
14. S.C. Vasu, *The Shiva Samhita*, Edition 2005, Sri Satguru Publications, Indological and Oriental Publishers, Delhi, chapter 5 pg no. 87-88.
  15. Swami Ramadev, *Pranayama Rahasya (Secrets of Pranayama)* with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no.107.
  16. Tajkarimi, K., & Burnett, A. L. (2011). The role of genital nerve afferents in the physiology of the sexual response and pelvic floor function. *The journal of sexual medicine*, 8(5): 1299-1312.
  17. Swami Ramadev, *Pranayama Rahasya (Secrets of Pranayama)* with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no.108.
  18. Sweta, K. M., Awasthi, H. H., Godbole, A., & Prajapati, S. (2017). Physio-anatomical resemblance of inferior hypogastric plexus with Muladhara Chakra: A cadaveric study. *Ayu*, 38(1-2): 7.
  19. Swami Ramadev, *Pranayama Rahasya (Secrets of Pranayama)* with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no.117.
  20. Swami Ramadev, *Pranayama Rahasya (Secrets of Pranayama)* with scientific factual evidences, first Edition 2009, Divya Prakashan, Haridwar, pg no.109.