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IMPACT OF *AJNA CHAKRA* IN HEALTH WITH SPECIAL EMPHASIS TO MENTAL WELL BEING

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Abstract

The holistic science of healing and spirituality presented many aspects related to the mental, physical and spiritual well being and concept of *Chakras* is one of that which balances harmony of life. *Chakras* are said to be important energy centers in the human body that determine internal health. Ancient philosopher mentioned various *Chakras* as energy system of body, among them the third eye *Chakra* associated with spiritual insight, intuition and perception, etc. In an imbalance state, this *Chakra* might result feelings of being out of touch and confused mental state. While well-balanced state of third eye *Chakra*, enhances intuition, increased consciousness and mental clarity. This *Chakra* contributed significantly towards the overall well being of mental state. Considering this fact present article described impact of *Ajna Chakra* in health with special emphasis to mental well being.

Keywords: *Ayurveda, Ajna, Chakra, Mental, Spiritual*

Introduction

The concept of *Chakra* is described by the ancient Ayurvedic science which resembles wheels of energy circulation. These *Chakras* are thought to be energetic centers inside and outside the body that correspond to a particular color, body area and related mental and emotional states. These lively energy centers provide a potent demonstration of the profound interrelatedness of mind and body in general wellness. Amongst the many *Chakras*, the *Ajna Chakra* (third eye *Chakra*) is most important one. This *Chakra* is located between the

eyebrows; it is represented by an indigo two-petaled lotus flower [1-3]. This *Chakra* is associated with intuition and perception and acts as the gateway from physical existence to spiritual consciousness. It is the last of the seven *Chakras* that has a connection to the physical body, the point at which it then moves toward the world of higher consciousness. *Ajna* is said to receive input from a higher place, filtering it through the two hemispheres of the brain [3-5].

Balancing state of this *Chakra* increases intuitive power and enabling perceiving power, etc. It promotes clear vision, expanded awareness and greater understanding. Imbalances in the *Ajna Chakra*, on the other hand, distort one's vision of reality, affect mental health, and lead to stress. *Ajna Chakra* is the seat of the soul and a portal to higher consciousness. It is linked with light, representing wisdom, clarity, and spiritual understanding. As such, it has a crucial function in meditation and *Yogic* practice aimed at profound concentration. *Ajna Chakra* corresponds to the hypothalamus, pituitary gland, and pineal gland and sensory organs such as the eyes, ears, and nose. The *Ajna Chakra* is equivalent to the spinal cord and is positioned in the middle of the brain, around four inches behind the center of the eyebrows [6-8].

Third-Eye *Chakra* Yoga Poses:

Yoga asanas are not merely physical postures; they are a spiritual practice that demands total concentration. When done consciously, these *Asanas* awaken the energy of the third eye *Chakra*, promoting intuition and inner perception. Some *Asanas* which activates *Ajna Chakra* is depicted in **Figure 1**.

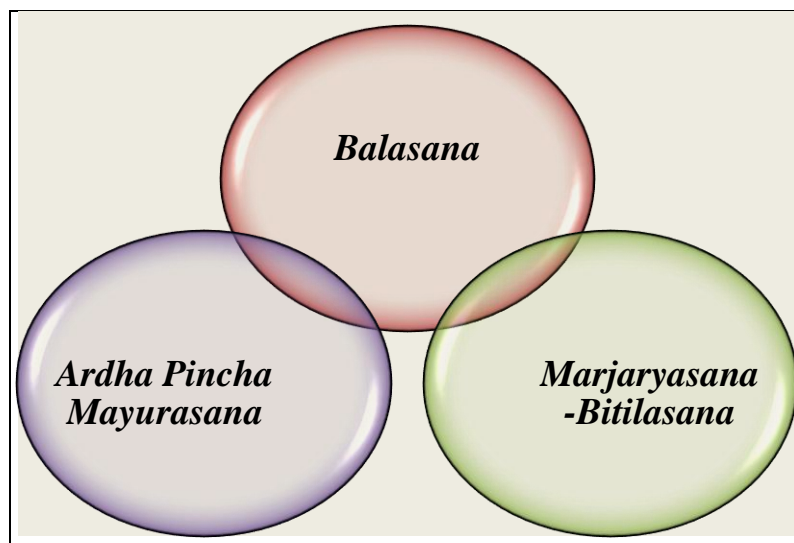


Figure 1: Various *Asanas* which activates *Ajna Chakra*

Balasana is a downward-looking and inward-contemplative position that will help to energize the *Ajna Chakra*. This posture brings focus between the eyebrows to encourage mental perception. *Ardha Pincha Mayurasana* tones the upper body while stimulating the *Ajna Chakra*. This posture directs attention inward to stimulate intuition. *Marjaryasana-Bitilasana* is a soothing spinal movement that releases tension in the shoulders and neck, maintain rhythmic breathing to develop focus and attention [4-6].

***Ajna Chakra* and Mental Health:**

The *Ajna Chakra* has a strong correlation with mental health and capacity to handle stress. When stress engages the autonomic nervous system, the body is kept in an over-activated state for long periods. This result in raised cortisol levels, increased heart rate, and raised blood pressure, which over time can adversely affect both brain and body. *Ajna Chakra* as a receiver filters incoming information. One of the best methods to open and balance the *Ajna Chakra* is meditation. This brings balancing state of *Ajna Chakra* which improves mental clarity, intensifies focus and awareness. The activation of *Ajna Chakra* improves decisions making power and boosts intuitive rational [5-7]. The other mental benefits of activating *Ajna Chakra* are as follows:

✓ **Greater Creativity:**

This *Chakra* controls imagination and creative expression. It inspires artistic genius and original thinking.

✓ **Enhanced Spiritual Connection:**

Third eye creates a deeper sense of union with higher self divinity, which allows greater wisdom and inner knowing.

✓ **Deeper Self Understanding:**

Third eye *Chakra* enhances self awareness, helps to understand thoughts, emotions and give intentional way of living life.

✓ **Lower Stress and Anxiety**

Through creation of inner calm, an energized *Ajna Chakra* moderates stress and facilitates a balanced, tranquil attitude.

Negative Regulation of *Ajna Chakra*, their Mental Impact:

When Third-Eye *Chakra* is unbalanced or blocked, it will affect physical and emotional well-being, resulting in perception problems, trouble in decision-making and lack of spiritual connection. Blocked *Ajna Chakra* muddles judgment, affects concentrations and restricts flow of clear thinking. As this energy center manages emotions, unbalances state will trigger mood swings, gives consequences of anxiety and depression. An obstruction can hinder trusting self intuition, causing confusion and doubting the confidence of decision-making power. Since the third Eye is blocked, it becomes harder to tap into new solutions [3, 5, 7].

Balancing of *Ajna Chakra*:

Meditation, mindfulness and energy healing can restore mental acuity, facilitate emotional well-being and boost intuition. *Dhyana* open third eye *Chakra*, deep breathing helps to visualize a glowing indigo light in the region between eyebrows and open up inner eye. Breathing practices remove obstructions or imbalances, developing inner peace and expanded awareness.

Shirshasana is one of the most powerful poses to activate the third eye *Chakra*, *Shirshasana* enhances brain activity and increases the functioning of the pineal, hypothalamus and pituitary glands. *Paschimottanasana* calm the mind, promoting equilibrium and boost power of self understanding.

Chanting *Mantra*:

Mantra chanting is an effective method to awaken and balance the third eye *Chakra*. Recitation of the *Mantra* increases spiritual perception along with stress relief and anxiety reduction benefits.

Affirmations are a great means to balance and unblock the *Ajna Chakra*. Practicing these affirmations routinely instills faith in your intuition and the purity of thought. One should believe in self intuition, spiritual insights and wisdom. The self affirmation affects *Ajna Chakra* in positive manner, gives sharp and focused mind. These practices enhance confidence, give mental clarity, help to receive new ideas and strengthen inner vision. The activation of *Ajna Chakra* increase understanding towards the self and inner truth. These all gives mental boosting and improves psychological health [7-9].

Conclusion

The *Ajna Chakra* is the portal to self-knowledge, intuition and higher consciousness. When it is activated correctly, it promotes profound personal transformation and development. Practicing third eye *Chakra* can eliminate negative feelings, depression, anxiety and mental imbalances, etc. As third eye opens, it develops faith in self intuition, and live life with greater awareness. Meditation, affirmations, *Yoga* and aromatherapy, etc. balances *Chakra* with mindfulness. With energy flowing freely through this *Chakra* system, creates balance and overall wellness, leading a state of inner happiness. Since this *Chakras* impact all the way from hormonal equilibrium to brain operation, their alignment is not only important but also key to mental well-being.

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