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## SHATCHAKRA W.S.R. TO VATAKARMA: A REVIEW

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### ABSTRACT

The Chakra has its own importance in Ayurveda. They are considered loci of life energy, or Prana (Shakti), which is thought to flow among them along pathways called Nadis. There are six primary Chakras namely Muladhara, Svadhisthan, Manipura, Anahat, Vishuddha and Ajna Chakra. Sthana of Swadisthana and Muladhara Chakra is linga and gud and important function of Apana vata is Niskraman of mutra, shukra hence establishing relationship between Swadhisthana, Muladhara and Apana Vata. Hrudhaya is the Sthana of Anahat Chakra and function of Pranvata is in Hrudhaya hence establishing relationship between Anahat Chakra and Pranvata. Sthana of Vishudh Chakra is Kantha and function of Udana vata is Vakpravrutti with the aid of Kanth hence establishing relationship between Vishudh Chakra and Udana vata. Sthana of Manipur Chakra is Nabhi and Saman Vata is Agni Samipastha which is at the level of Nabhi hence establishing relationship between Manipur Chakra and Saman Vata. Ajna Chakra represents Avyakta (union of Prakriti and Purush)) hence not related to any Vata. Shatchakra and Vata dosha described in Ayurved Samhitas which works together as a system to balance physical and mental health of an individual. The effort is made to establish interrelationship of Shatchakra and Vata dosha according to Vata karma in Ayurveda

**Keywords:** Shatchakra, Vata, Sthana, Vata karma

## INTRODUCTION

Vata, Pitta and Kapha, which have been considered as primary and most essential factors in situation of human organism and said that this Vata dosha is predominant in lower part of the body. The term Vata is derived from the root word "Va" with suffix "Ta" means Gati (to move) or Gandhana and has been told that there can be no organism without Vata. Term Gandhana explains various meanings i.e., continued effort, perseverance, hurting, injury, killing, manifestation, information etc. A state of equilibrium of bodily humours (Vata, Pitta, Kapha) Kapha is one of the causative factors for health.

According to Ayurveda, Vata dosha has prime control over all functions of the body. Firstly, Pranavata located in head and moves in the chest, throat supports mind, heart, sense organs and intelligence attends to expectoration, sneezing, belching, inspiration and swallowing. Udana Vata is situated in chest it moves in the nose, umbilicus, throat helps in initiation of speech, effort, enthusiasm, strength, colour, memory.

Vyana Vata located in heart moves all over body and is responsible for all types of activities. Samana Vata located near digestive fire moves in Koshta withholds, digests absorb and eliminates the food. Apana Vata located near large intestine moves in the waist, bladder, and genitals and is responsible for elimination of semen, menstrual fluid, faeces, urine, fetus. In literary text, Chakras are said to be 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. These seven Chakra are situated along the spine, and each has special function. The Chakras are six in number. These Chakras are placed at regular intervals, one above the other. The main task of Chakras is to distribute Prana to our physical bodies. As Vata is related with Chakra, therefore by considering Sthana and important Karma of that particular Vata as told in Samhitas hence making interrelationship between Chakra and Vata. And as Vyana Vata is present throughout the body, hence it is not related to any Chakra.

### Site of Shatchakras:

### Muladhara Chakra:

Also called as Root Chakra, located at Guda sthanam (anal region). At the root of the spine, below the most bottom part or the tip of the backbone.

**Swadisthana Chakra:**

Also called Sacral Chakra, located at the Linga sthanam or Linga mulam (root of genitals or genital area). Few inches below the navel and slightly above the pubis (root of genitals organs).

**Manipura Chakra:** Located at Naabhi (navel), few inches above and below the navel.

**Anahat Chakra:** Located on the spine, at the level of Hridaya, in the region of the heart.

**Vishuddha Chakra:** Located on the spine, at the level of Kanta (Throat).

**Agna Chakra / Ajna Chakra:** Located at the level of Bhru Madhya (between Eyebrows), in front of the centre of forehead.

**DISCUSSION**

Muladhara Chakra, Swadhisthana Chakra and ApanVayu: The important function of Apana Vata is Niskramana of Mutra, Shukra in males through the Linga Marga and Niskramana Karma of Purisha through the Guda Marga and Linga, Guda is the Sthana of Swadisthana and Muladhara Chakra. The

Muladhara Chakra governs the immune system, skeletal system (i.e., support), lower digestive tract, i.e. colon, rectum, anus. If the energy is blocked or unhealthy, it might manifest in physical symptoms such as arthritis, constipation, haemorrhoids; obesity and weight problems; foot, knee and leg problems; poor balance; lower back pain or sciatica. Swadhisthana Chakra controls lymph, mucus, urine, seat of kidney energy, controls maintenance of water level in body. And according to Ayurveda all these functions are controlled by Apanvayu. Hence making a full circle of interrelationship and resulting in relationship between the Swadisthana and Muladhara Chakra and Apana Vata. Manipura Chakra And Saman Vayu: Samana Vata is Agni Samipa and Sthan of Manipura Chakra is Nabhi (navel). Saman Vayu operates between navel and the diaphragm. Manipura Chakra is the seat of digestive fire. Hence, establishing relationship between Samana Vayu and Manipura Chakra.

**Anahat Chakra and Prana Vayu:** Sthana of Anahat Chakra is Hridaya (heart) which is also the sthana of Prana Vayu. All organs of the thorax including heart and lungs are maintained by Prana. The basic function of respiration and pumping of heart is controlled by Prana. Similarly, Anahat Chakra controls respiratory system and circulatory system. Physical problems such as asthma, chronic bronchitis connected with imbalance of Anahat Chakra. Hence establishing interrelationship between Anahat Chakra and Prana Vayu. Vishudh Chakra and Udan Vayu: Udan vayu is in the Kantha Pradesh (throat) and regulates speech, growth. And Kantha Pradesh is the Sthan of Vishudh Chakra. The most important function of Udana Vata is Vak Pravrutti and for these purpose Kanth Pradesha is used. Vishudh Chakra has control over the region of neck, throat, oesophagus, thyroid and parathyroid glands, vocal cords, trachea, mouth, teeth, and gums, vocal cords. When its energy is blocked, person prone to sore throats, speech impediments, eating disorders, deafness, teeth clenching, thyroid imbalance. Hence establishing interrelationship between Vishudh Chakra and Udan Vayu.

## CONCLUSION

By considering the important Karma of that Chakra and Karma of Vata as told in Samhitas and relating it to the Sthana of Chakra we may conclude full circle of interrelationship resulting in establishing the probable relation between the Chakra and Vata. Prana Vata is related to Anahata Chakra, Udana Vata is related to Visudha Chakra, Samana Vata is related to Manipura Chakra and Apana Vata is related to Swadistana and Muladhara Chakra. Vyana Vata is present throughout the body and is responsible for all the Karmas hence not related with any of the Chakras hence highlighting the relation of Vata with all the Chakras.

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