



Review Article

Volume 11 Issue 6

Nov-Dec 2022

APPLIED ASPECT OF SHADCHAKRAS AND ITS IMPORTANCE:

A REVIEW ARTICLE

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ABSTRACT

The shatchakra or “centers of consciousness” according to yogic concepts are channelizing the human potential energy. These imaginary chakras are Muladhara, Svadhishtana, Manipura, Anahata, Vishuddha and Ajna chakra. Sahasrara Chakra also situated on the top: this is the head of all the Chakras. All the Chakras have association with this center. Therefore this is not incorporated in Shatchkras. The chakras are vortices of supernatural energy and they are visualized and experienced as circular movements of energy at particular rates of vibration. It is very necessary to explore this yogic knowledge for our physical, mental, and spiritual wellbeing.

Keywords: Shatchakra, Chakra, yogic knowledge.

INTRODUCTION

Chakra system originated in India between 1500 and 500 BC in the oldest text called the Vedas. Facts of chakras are also found in the Yoga Shikha Upanishad, the Shandilya Upnishad, the Cundamini Upnishad, and Shri Jabala Darshana Upanishad. Shadchakras literally originated by two words, shad is representing numerical value and chakra is 'wheel' or 'circle. In yogic context it is 'vortex' or 'whirlpool'. The chakras are vortices of supernatural energy and they are visualized and experienced as circular movements of energy at particular rates of vibration. These chakras are positioned in the spinal cord, But they widely work in the body. We cannot find out these chakras from dissection but it is related with our control system of body and they are aspect of consciousness. These six chakras serve as switches for turning on different parts of the brain. The awakening which is brought about in the chakras conducted to the higher centers in the brain through the nadis. There are also two higher centers in the brain which are commonly referred to in kundalini yoga: bindu and sahasrara bindu is located at the top back of the head. Bindu feeds the whole optic system and it is also seat of nectar or amrit. sahasrara is superlative: culmination of kundalini shakti. It is seat of higher awareness and situated at the top of the head, anatomically correlated to the pituitary gland. Chakras are like a source of power from which energy run to different places. The nadis which come out from each chakra transmit prana in both directions. The outgoing and the incoming reaction enter and leave the chakra in the form of this pranic flow in the corresponding nadis. According tantras, there are 72 thousands of nadis, in which 3 are main nadis and in the space outside the Merudanda (spinal column) placed on the left and the right is the two Nadi Ida and Pingala, the Nadi Sushumna is in the middle. The Ida, pingala meet Sushumna Nadi at the Muladhara Chakra and make a knot. This junction is called Mukta Triveni. Ganga, Yamuna and Saraswati reside in Pingala, Ida and Sushumna. This confluence place is called Brahma Granthi. These meet again at the Anahata and Ajna Chakra. Ida flows through the right nostril and Pingala through the left nostril. Ida[Sasi, Lalana, Pitryana] is called Chandra (Moon) Nadi, in its course it conveys lunar energy.

IMPORTANCE OF CHAKRA

In sharir rachna vigyan, we cannot see them from naked eyes and cannot find out these chakras from dissection but it is related with our control system of body and widely works in the body. In sharir kriya vigyan, described their physiology. Many researchers have been describe the action of shadchakra is related with the functions of vayu. The chief function of Apana Vata is Urination, Defecation, and Ejaculation. Linga, Guda is the Sthana of Swadisthana and Muladhara Chakra. The Muladhara Chakra governs the immune system, skeletal system, 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, and energy controls maintenance of water level in body. According to ayurveda all these functions are controlled by Apana vayu. Hence making a full circle of interrelationship and resulting in relationship between the Swadisthana and Muladhara Chakra and Apana Vata. Manipur Chakra and Samana Vayu: Samana Vata is Agni Samipa and Sthana of Manipur Chakra is nabhi (navel). Samana Vayu situated between navel and the diaphragm. Manipur Chakra is the seat of digestive fire. Hence, this is establishing relationship between Samana Vayu and Manipur 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. Some respiratory problems like asthma, chronic bronchitis associated with imbalance of Anahat chakra. Hence this is establishing interrelationship between Anahat Chakra and Prana Vayu. Vishudh Chakra and Udana Vayu: is located in the Kantha Pradesh (throat) and regulates speech, growth. And Kantha Pradesh is the Sthana of Vishudh Chakra. The function of Udana Vata is auditory work 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 get blocked, person prone to sore throats, speech impediments, eating disorders, deafness, teeth clenching, thyroid imbalance. So that it is establishing interrelationship between Vishudh Chakra and Udan Vayu.

Many Researcher conclude that.

- 1.Function of Ajnya Chakra may be managing the function of Pituitary and Pineal glands through Pranavata.
- 2.Vishuddha Chakra may be control the function of Thyroid and parathyroid glands though Udana vata.
- 3.Anahat Chakra may be control the function of Thymus gland through Udana vata.
- 4.Manipur Chakra may be control the function of Pancreas and adrenal gland through Saman avata.
- 5.Swadishtana and Muladhar Chakra may be control the function of Gonads through Apana vata[9].

Applied aspect of Shadchakra

shadchakra is very important in our body. Shadchakra is regulating our whole body. These chakras are also affected our spirituality. According to yogic science every chakra have individual magical powers, if they block, those directly affect our behavior, body and mind. So If vata is affected these chakra are exaggerated and effect the body system and mental peace. When these Chakras works properly, energy flow all over the body.

Mooladhar Chakra

The first chakra is comprised of whatever grounds to stability in life. For stability in life our basic needs such as food, water, shelter, and safety are necessary, as well as your more emotional needs such as letting go of fear also necessary. After fulfill of these needs, we feel grounded and safe, and tend to worry less day to day.

Imbalances of Mooladhar Chakra

If there is an imbalance in the chakra, it may cause anxiety disorders, unfounded fears, or nightmares. Physical problems may be occurs like problems in colon, with the bladder, with

elimination, or with lower back, leg, or feet issues. In men, prostate problems might occur. Eating disorders may also be a sign of a root chakra imbalance.

Swadishthan Chakra

The focus of chakra is creativity. As humans, it is part of nature to create. When use creative energy –whether it is through cooking, baking, gardening, procreating, or even finding a new solution to an old problem –these are opening second chakra. A balanced Swadishthanchakra leads to approach of wellness, wealth, happiness, and enjoyment.

Imbalances of Swadishthan Chakra

When this chakra is out of balance, experience emotional instability, creative blocks, fear of change, sexual dysfunction, depression, or addictions.

Manipura Chakra

Manipurachakra is open and healthy, the person is self-confident and self-motivated. Having clear goals, desires, and intentions allows moving forward and achieving them. Each small step while honoring the larger intention helps to strengthen third chakra.

Imbalances of Manipura Chakra

If third chakra is imbalance, can be suffer from low self-esteem, have difficulty making decisions, and may have anger or control issues. The digestive fire, called Agni, is also present in the third chakra –weak digestion may indicate a blockage.

Anahat Chakra

The Sanskrit word for the fourth chakra is Anahata, which means “unstruck” or “unhurt.” The name implies that beneath the pains and grievances of past experiences lies a pure and spiritual place where no hurt exists. When anahat chakra is open, individual is flowing with love and compassion.

Imbalances in Anahat Chakra

A closed chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward you and others. Physical imbalances may manifest as heart conditions, respiratory problems, or upper-back pain.

Vishudh Chakra

Work on the lower chakras will help prepare for this level of communication. For example, when align the first and second chakras, it helps with overcoming fear. Opening the third chakra helps to feel personal power and have the confidence to express our self. Knowing what's in your heart comes when you align the fourth chakra. Then, verbalizing your needs, desires, and opinions.

Imbalances in the Vishudh Chakra

If vishudh chakra is imbalance, this may manifest as difficulty in communication and express feelings, indecision, and mood swings, Thyroid problems, a sore throat or stiff neck, and tooth and gum issues.

Ajna Chakra Institution is like a "sixth sense" that grows stronger as open third eye, something you can look to for guidance in making the right decisions. With a fruitless sixth chakra, only the mind, intellect, and ego are used in the decision-making process. When the third eye is open, however, the soul becomes involved as well. Pay attention to a hunch or a subtle feeling of moving forward or holding back.

Imbalances in the third eye chakra,

if there are an imbalance in the sixth chakra may experience poor intuition, lack of concentration, impaired judgment, confusion, or depression. Physical imbalances may manifest as headaches, trouble sleeping, or nightmares.

Shaswara Chakra

While many people have the demands of daily living and the busy minds that accompany these demands, reaching enlightenment may not be as far off as it appears. Practicing

meditation, prayer, or daily silence is disciplines that lead to increased moments of spiritual connection. Once established a daily practice of these activities that connect universal conscious.

Imbalances in the crown chakra

Imbalanced crown chakra can lead to Dyspnoea, aimlessness, feelings of being alone, excessive materialism, lack of spiritual associations, and difficulty meditate. Physical imbalances may manifest as exhaustion, sensitivity to light and sounds, poor sleep habits, or migraines and tension headaches.

CONCLUSION

It is to be concluding that Shatchakra is basically those chakras in our body which are dealing related area physiology. In ancient era there are no basic parameters to measure the stability, vitality and mental status of the body. They imagine about chakras, these chakras are feeling of life and balance the body. They flow the energy in body so vitality can survive. This energy of body gets from aahar and vihar. Aahar and vihaar are directly effect tour chakras. In today era, imagination of these chakras in body so one can say every chakra are regulate the whole body system and whole physiology of these chakras and chakras are inter-related with each other. These chakras are not limited as only nervous system of body; they are also affecting our digestive system, circulatory system, and endocrine system of body. Some researcher believes that the chakras interact with the twomajor vehicles, the endocrine system and nervous system. For a healthy individual those fulfilling the Swasthya criteria as per Acharya Kashyap necessarily required to proper working of these chakras and it can be said that if these chakras are properly working so an individual is healthy.

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