

## APPLIED ASPECT OF SHADCHAKRAS AND ITS IMPORTANCE IN SHARIR VIGYAN

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## ABSTRACT

The *Chakra* is thought to be an energy point or node in the subtle of body. which is thought to flow among them along pathway called *Nadis*. There are six primary *Chakras* namely *Muladhara*, *Swadhithana*, *Manipura*, *Anahat*, *Visudha*, *Ajna Chakra*. *Sthana* of *Muladhara Chakra* and *Swadhithana Chakra* is *Ling* and *Gud* which can be correlate with inferior hypogastric and sacral plexus. *Sthana* of *Manipura Chakra* is *Nabhi* and is represented by solar plexus. *Hrudiya* is the *sthana* of *Anahat Chakra* and it is represented by cardiac plexus. *Sthana* of *Visuddha Chakra* is *kantha* and is represented by cervical plexus. *Sthana* of *Ajna chakra* is between eyebrow and it is *Avyakta* (union of *Prakriti* and *Purush*) hence not related to any plexus. these are directly related to physiological as well as physic centers whose structures correspond more or less with traditional description.

Keywords: *Shadchakra*, *Sthana*, *Nadi*,

## INTRODUCTION

The literal meaning of *Chakra* is 'wheel' or 'circle' but in *Yogic* context a better translation of the *Sanskrit* word is 'vertex' or 'whirlpool'. The *Chakras* are vertic- es of psychic energy and they are visualized and expe- rienced as circular movement of energy at particular rates of vibration. *Chakras* are an energy point, which

is thought to flow among them along pathway called *Nadis*. *Chakras* are believed to be a part of the subtle of body, not to the physical body, more importance is given to *Shadchakra* in *Yoga Vigyan* for stability. *Chakras* are six in number these primary six *Chakras* namely *Muladhara*, *Swadhithana*, *Manipura*, *Anahat*,

*Visuddha*, and *Ajna Chakra*. These six *Chakras* are situated along the spine and each has special function. These *Chakras* are placed at regular interval, one above the other. These six *Chakras* serve as swishes for turning on different parts of brain. The awakening which is brought about in the Chakras is conducted to higher centers in the brain via *Nadis*. One more *Chakra* are described in *Ayurvedic literature Sahasrara* “is supreme; It is final culmination of *Kundalini Shakti*. It is the seat of higher awareness. *Sahasrara* is situated at the top of head and is physically correlated to the pituitary gland, which *chakra* each and every gland and system of the body. (Satyanand, 2013)

*Nadis* are not nerves but rather channels for the flow of consciousness. The meaning of *Nadi* is flow just as the negative and positive forces of electricity flow through complex circuit. According to *Tantras* there are 72000 or more. This network of *Nadis* there are 10 main channels and of these 10, three are most important for they control the flow of *Prana* and consciousness with in all the other *Nadis* of the body.

These 3 *Nadis* are *Ida*, *Pingla* and *Sushmna*, are flows inside the central canal of the spinal cord, *Ida* and *Pingla* simultaneously flow on the outer surface of the spinal cord, Still within the body vertebral column. These 3 *Nadis* begin in *Muladhara* in the pelvic floor. From there *Sushumna* flows directly upwards within the central canal, while *Ida* passes to the left and *Pingla* to the right. At *Swadhithana Chakra* or sacral plexus, the 3 *Nadis* come together again and *Ida* and *Pingla* cross over one another. *Ida* passes up to the right, *Pingla* to the left and *Sushumna* continues to the flow directly upward in the central canal. The 3 *Nadis* come together again at *Manipura Chakra*, the solar plexus and so on. Finally, *Ida*, *Pingla* and *Sushumna* meet in *Ajna chakra*.<sup>1</sup>

*Kundalini* as it represents the coming consciousness of mankind. *Kundalini* is situated at the root of the spinal column. In the masculine body it is in perineum, between the urinary and excretory organs. In the female body its location is *Kundalini* is a dormant energy. As *kundalini* ascends it passes through each of the *Chakras* which are *interconnected* with the different silent

areas of the brain. Men discovered *Prana* and called it *Prana Shakti*, in *Tantra* they called it *Kundalini*.<sup>2</sup>

The various esoteric cults and spiritual systems use different symbols to represent the *chakras* in a *Tantra* and *Yoga* the *Chakras* are symbolized by lotus flowers. It symbolized man's growth from the lowest states of awareness to the higher states of consciousness.

The *Chakras* relate to anatomical, physiological and psychic centers whose structures correspond more or less with the traditional description's. These nerve centers are not situated inside the spinal cord itself but lie like junctions on the interior wall of the spinal column. If you cut the spinal cord transversely at different levels, you can see that the gray matter in the cross section resembles the lotus shape and the ascending and descending tracts of nerve fibers control the different physiological function of that portion of the body. There are six *Chakras* in the human body which are directly connected with the higher unilluminated centers of the brain.<sup>3</sup>

#### **Traditional Description of Chakra-**

*Muladhara Chakra*- Sanskrit word 'Mool' means 'root' or 'foundation' and that is precisely what this *Chakra* is, Appearance like a lotus of 4 petals, situated a 2 fingers above the *Gudha* and one finger below the *Medra*, 4 fingers in width, chief *Vayu-Apana*, colour- deep red lotus, *Mahabhuta*-at the centre of this lotus is present square region of *Prithvi*, *Prithvi beejo*-cryptic letter 'lam', *Beeja barer*-Airvata (king of elephants). *Muladhara* does not have *Kshetram*.

*Swadhithana Chakra*-The Sanskrit word 'Swa' means one's own and *Adthithana* means dwelling place one residence. Second *Chakra* is situated at the level of coccyx or tail bone. This is small bony bulb which can be felt just above the anus, it is an-atomically very close to *Muladhara Chakra* in both male and female bodies *Swadhithana Kshetram* "is in the front of the body at the level of the pubic bone, it has 6 petals it stalk is called *Swadhithana*, the colour of the lotus is vermilion. It's presiding adept is called *Bala*, the element of *Chakra* is water symbolized by crescent moon within the pericarp of the lotus and *Beeja Mantra* of the *chakra* is 'Varn'. The chief *Vayu* of *Swadhithana*, is *Apana*.

*Manipura Chakra*-Sanskrit word *Mani* meaning 'jewel' and *Pura* meaning is city' therefore *Manipura* literally means city of jewel in the Tibetan traditions, this Chakra is known as *Manipadma* which means jeweled lotus. *Manipur chakra* is located directly behind the naval on the inner wall of the spinal column. The *Kshetram* is situated right at the naval. This *chakra* is anatomically related to the solar plexus which control the digestive fire and heat regulation in the body. It is of golden colour having 10 petals. At the naval region, there is an important junction where two of these vital forces *Prana* and *Apana* meet. The chief *Vayu* of *Swadhithan* is *Saman*. Mantra of *Manipura* 'Ram Element of *Chakra* is *Agni*.

*Anahat Chakra*-The word *Anahat* actually means 'unstuck' or 'unbeaten' this center is known as such because of its relationship with the heart, which throbs, beat or vibrates to a constant unbroken rhythm. *Anahat Chakra* is situated in the spinal column on the inner wall, directly behind the center of the chest. The *Kshetram* is the heart and although *Anahat* is known as the heart center. It has 12 petals, its colour is deep blood red it has seed of *Vayu*, 'Yarn' and is very pleasant spot. The inner region is hexagonal in shape, representing the air element. The inverted triangle is the symbol of creativity.

*Visuddhi Chakra*- *Visuddhi Chakra* is known as 'the purification center the Sanskrit word *Suddhi* means 'to purify *Visuddhi* is also known as the nectar and poison center. *Visuddhi chakra* is in the cervical plexus directly behind the throat pit. The *Kshetram* is in the front of the neck at the front pit or thyroid gland. The physiological concomitants of *Visuddhi* are pharyngeal and laryngeal nerve plexi. It is represented by a dark grey colored lotus; it has 10 petals correspond to the number of *Nadis* associated with this center. Representing element of ether or *Akash*. The *Beejo Mantra* is 'Ham' and the chief *Vayu* is *Udana*.

*Ajna Chakra*- Our reflection on the psychic centers, began from *Ajna Chakra*. According to tradition, *Muladhara Chakra* is generally designated as the first *Chakra*. *Ajna Chakra* is point of confluence where the three main *Nadis* or forces *Ida*, *Pingla* and *sushumna*,

merge *Sahstra* e into one stream of consciousness and flow up to the crown center.

*Ajna chakra* is located in the brain, directly behind the eyebrow center. It is at the very top of spinal cord, at the medulla *ablongata*. It has the letter 'Ham' and 'Ksh'. It should be mentioned here that the pineal gland is the physical concomitant of *Ajna Chakra* and pituitary gland of *Sahasrara*.<sup>4</sup>

#### **Relation Between Chakra and Rachna Sharir -**

*Muladhara Chakra*- It is represented by inferior hypogastric plexus both are in triangular in structure, inferior hypogastric plexus work as axle of this *Muladhara Chakra*. It is definite neuro endo-vascular entity in the vicinity of pelvis, which governs, regulate and mediates all pelvic function through small plexus to all pelvic organs. The 4 *Dalas* i.e. *Vama*, *Sama*, *Shama*, *Shhama* represent the 4 sub plexuses of inferior hypogastric plexus which are uterine, vaginal, middle rectal and vesical plexus.<sup>5</sup>

*Swadhithana Chakra*-It is represented by sacral plexus and *Apan Vayu* has an influence on the organ in the pelvic region there are different entities which play important role in reproduction. *Swadhithana Chakra* may be correlated with sacral plexus on the basis of its location, its numeration and its traumatic effect. The 6 *Dala* may be correlated to the branches of sacral plexus. The function of *Swadhithana Chakra* is said to be procreation i.e. reproduction. Similarly, hypogastric plexus has a major role in reproduction trauma to the hypogastric plexus in male and female. So, it is important to keep *Swadhithana Chakra* activated by practicing the *Asanas* and *Pranayama* to maintain.<sup>6</sup>

*Manipura Chakra*- It is representing by colic or solar plexus. The role of solar plexus is to absorb and assimilate *Prana* from the sun. Being related to the sense of sight it is associated with the eye movement in endocrinal system *Manipura* is said to be associated with the pancreases and outer ad-renal gland (the adrenal cortex). This gland create important hormones involved in digestion, converting food into energy for the body, in the same way *Manipura* radiate *Prana* throughout the body *Manipur Chakra* has 10 dals and coeliac plexus has around 10 subdivision which are phrenic, hepatic, lineal, superior gastric, supra renal, renal, seprmatic,

superior mesenteric, abdominal aortic, inferior mesenteric.<sup>7</sup>

*Anahat Chakra* It is represented by cardiac plexus. The location of *Anahat Chakra* is said to be heart. As per *Yog* text it has been stated as the *Anahat Chakra* has the role in governing the heart rate. *Anahat Chakra* modulate the heart rate and cardiac output. *Anahat Chakra* is the center of entire system it connects the 3 lower physical and emotional centers to the higher mental and spiritual centers. Chakra is assigned to the element air to sense of touch This indicate the flexibility of the heart<sup>8</sup>

*Visuddhi Chakra*: It is represented by cervical plexus or brachial plexus. It is originating from the ventral branches of the last 4 cervical and 1st thoracic spinal nerve supplying structures in the neck region. The chakra is situated precisely where that little indentation is in the throat, the organ of voice, the air passage between the lower pharynx and the trachea formed by cartilage thyroid, coracoid, epiglottis, paired arytenoids corniculate and cuneiform.<sup>9</sup>

*Ajna Chakra*: It is be levied by some to be a dormant organ that can be awakened to enable telepathic communication. *Ajna Chakra* “is located between the eyebrows also called third eye chakra. In physical body there are two eyes which views objects upside down and send image and makes it appear right side up to us but in human body was another physical aye i.e. third aye or spiritual eye which is correlated with the pineal gland. *Ajna Chakra* is best balance through meditation and *Pra-nayama* or *Bramhari* technique.<sup>10</sup>

## DISCUSSION

Individual plexus is said to be related with *chakra* by considering the *Sthana* or important function of that plexus, organs as told in literature and relating is to the *Sthana* of *Chakra* and hence making a full circle of interrelationship between *Chakra* and plexus.

*Muladhara Chakra* govern the immune system, skeletal system (i.e. support) lower digestive or digestive tract e.g. colon, rectum, anus. If the energy is blocked or unhealthy it might manifest in inferior hypogastric plexus this plexus is a paired structure with each situated on the side of the rectum and vagina in the female

for this reason, injury to this structure is known complication of surgery and may cause urinary dysfunction and specifically urinary incontinence. Urodynamic will reveal a poorly complaint bladder, with bladder neck in-competence and fixed external sphincter line.<sup>11</sup>

*Swadhisthana Chakra* controls lymph, mucus, urine, seat of kidney energy, control maintenance of water level in the body And this chakra correlate with sacral plexus, a sacral plexus, usually caused by trauma, nerve compression, vascular disease or infection symptoms may be include pain loss of motor control and sensory deficits.

*Manipura Chakra* is a seat of digestive system and as per location of *manipura Chakra* celiac or solar plexus can be correlated if energy is block it might manifest in solar plexus. This can cause the diaphragm to spasm, resulting in difficulty in breathing sensation commonly known as the wind knocked out of you. A blow of this region can also affect the celiac plexus itself, possibly interfering with the function of the viscera, as well as causing great pain.

*Anahat Chakra* including heart and lungs. *Anahat Chakra* is control respiration system and circulatory system. This is directly correlated with cardiac plexus. A malfunctioning of *Anahat Chakra* may express in various ways. It can manifest itself as upper back and shoulder problem Asthma, heart conditions, shallow or rapid breathing and lung diseases.

*Visuddhi Chakra* has control over the region of neck, throat, vocal cords, trachea, mouth, teeth and gums, vocal cords. This Chakra can be correlated with cervical plexus injury to various nerves of the cervical plexus present with various clinical symptoms related to the specific function of nerves. Cervical plexopathy directly occurs as a result direct invasion from contiguous neck, soft tissue tumors or indirectly from regional lymph node metastasis from head and neck, squamous cell carcinomas, lymphoma or lung and breast adenocarcinoma.

*Ajna chakra* is located between the eyebrow and also called third eye, Chakra can be correlated with pineal gland it is associated with depression, peptic ulcer, and sexual dysfunction.

## CONCLUSION

By considering the important *Karma* of that particular *Chakra* and *Karma* of nerve plexus as told in modern literature and relating it to the *Sthana* of *Chakra* we may conclude full circle of interrelationship resulting in establishing the probable relation between *Chakra* and Nerve plexus. Each *chakra* may be controlling the function of related nerve plexus through *sthana*. If energy is block or unhealthy it might manifest the function of related plexus and they may cause diseases. So, if we save, protect and treat the location of *chakra* we can awaken the cycle.

1. *Muladhara Chakra* is represented by inferior hypogastric plexus and govern the function of this area.
2. *Swadhisthana chakra* is represented by sacral plexus and maintain the function of sacral region.
3. *Manipura chakra* is related with celiac or solar plexus and regulate the function of digestive system.
4. *Anahat chakra* is correlated with cardiac plexus regulated the function of respiratory and cardiac system.
5. *Visuddha chakra* has control over cervical plexus and regulate the functions of cervical diseases.
6. *Ajna chakra* is correlate with Pinal gland and regulate it.

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