

**CHAKRAS AND THEIR PHYSIOLOGICAL CORRELATES: AN INTEGRATIVE
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ABSTRACT Chakras are described in ancient Indian texts as subtle energy centers governing physical, psychological, and spiritual functions. This review compiles classical descriptions of the seven principal Chakras and additional centers, correlating them with anatomical structures, physiological functions, and psychosomatic well-being. Chakra imbalance, etiological factors, and potential implications for health are also discussed. This article aims to provide a consolidated academic overview suitable for integrative medicine research.

1. INTRODUCTION

The term Chakra translates to “wheel,” signifying dynamic centers of subtle energy within the human body. Traditionally, Chakras are believed to regulate the flow of Prana—the vital life-force responsible for sustaining physical and subtle functions. They act as gateways for cosmic energy and are supported by subsidiary centers known as Adharas, which store and distribute energy throughout the subtle body.

Ancient yogic literature describes seven major Chakras aligned along the spinal axis, extending from the base of the spine to the crown of the head. Each Chakra is represented as a whirling vortex of light with a distinct color, vibration, and psychosomatic influence. These centers are believed to correspond to specific organs, endocrine glands, and psychological states. Blockages or imbalance in these Chakras are traditionally associated with physical, emotional, and behavioral disturbances.

2. The Seven Principal Chakras**2.1 Root Chakra (Muladhara)**

The Muladhara Chakra is located at the base of the spine and serves as the foundation of physical existence. It is associated with stability, grounding, and survival instincts. Physiologically, it relates to the structural and regenerative aspects of the human body, supporting healing processes and material well-being. Balanced Muladhara energy promotes security and resilience, whereas imbalance may lead to fear, instability, or physical weakness.

2.2 Sacral Chakra (Svadhithana)

Svadhithana lies below the navel and governs creative and sexual energy. It influences emotional expression, interpersonal connections, and neurological drives. Physiologically, it corresponds to body fluids such as lymph and blood, especially when disturbed. Purified energies manifest as sensitivity, gentleness, and altruism, while imbalance may give rise to jealousy, resentment, or excessive desire.

2.3 Solar Plexus Chakra (Manipura)

Manipura, located in the stomach region, is associated with confidence, determination, and personal power. This Chakra influences metabolism, digestion, and assimilative processes. Balanced Manipura energy enhances willpower, discipline, and moral conduct, whereas imbalance may lead to greed, unhealthy ambition, or dominance.

2.4 Heart Chakra (Anahata)

Situated at the center of the chest, Anahata governs love, compassion, and emotional equilibrium. It is linked with the cardiovascular and immune systems and contributes to perception and social bonding. When balanced, it promotes kindness and empathy; when obstructed, it may manifest as selfishness or emotional withdrawal.

2.5 Throat Chakra (Vishuddha)

Vishuddha is located at the throat and regulates communication, expressive abilities, and intellectual clarity. It is associated with the thyroid gland, intuition, and speech. Positive manifestations include healing and

truthful communication, while imbalance leads to manipulative, harmful, or ineffective speech.

2.6 Third Eye Chakra (Ajna)

The Ajna Chakra, located between the eyebrows, governs intuition, insight, and spiritual awareness. It regulates imagination and the functioning of the lower Chakras. Balanced Ajna energy promotes spiritual perception, clarity, and higher intuition, while imbalance may cause confusion, delusion, or negative psychic states.

2.7 Crown Chakra (Sahasrara)

Sahasrara, at the top of the head, is the seat of spiritual connection and transcendence. It represents pure consciousness and the realization of life's purpose. Its energy is subtle and influenced only by the spirit. Proper activation fosters harmony with oneself, others, and the universe.

3. Additional Chakras

3.1 Talu Chakra

Located at the root of the palate, the Talu Chakra acts as an energetic junction. It facilitates the upward movement of Kundalini energy from Muladhara toward Vishuddha and Ajna, supporting spiritual advancement.

3.2 Nirvana (Jalandhara) Chakra

Situated in the mid-brain, the Nirvana Chakra is considered essential for liberation (Moksha). It governs the flow of higher energies and exerts regulatory influence over the seven principal Chakras, enabling deeper states of realization.

3.3 Brahmrandhra

Located at the crown of the head, Brahmrandhra represents the gateway through which spiritual energy flows. Anatomically, it corresponds to the junction of the frontal, parietal, and temporal bones.

4. Anatomical Locations of Major Chakras

The seven main Chakras occupy specific locations along the spinal axis and skull, each correlating with anatomical landmarks. The Sahasrara, or crown Chakra, is situated at the intersection of the frontal, parietal, and temporal bones at the top of the skull. The Ajna, or third eye Chakra, is located in the mid-brow region, while the Vishuddha, or throat Chakra, resides in the throat area. The Anahata, or heart Chakra, is positioned at mid-chest, approximately two-thirds of the distance between the throat and solar plexus. Manipura, the solar plexus Chakra, is located around the navel, and Svadhisthana, the sacral Chakra, lies about three centimeters above the Muladhara. Finally, the Muladhara, or root Chakra, is found at the level of the coccyx or perineal region. Understanding these anatomical correlations helps bridge traditional Chakra knowledge with physiological and clinical perspectives.

5. Chakra Imbalance: Consequences

Blockages in energy flow may result in physical, emotional, behavioral, and spiritual disturbances. Physical symptoms often include localized pain, dysfunction of associated organs, and musculoskeletal disorders. Emotional disturbances may manifest as fear, anger, anxiety, depression, or irritability. Behavioral changes include communication problems, poor relationships, and low motivation. Spiritually, Chakra imbalance can lead to a sense of disconnection, diminished moral clarity, and lack of purpose. Awareness of these effects provides insight into the relevance of Chakra balance for holistic well-being.

6. Causes of Chakra Imbalance

Modern lifestyle factors contribute to disruptions in Chakra energy flow. Chronic stress, sedentary habits, poor nutrition, negative behavioral patterns, and environmental pollutants are common causes. These factors may trigger physical, psychological, or spiritual health disturbances. Addressing these issues through lifestyle modifications, meditation, yoga, and energy-focused therapies may help restore balance and promote holistic health.

7. Chakra Colors and Consciousness

Each Chakra is associated with a distinct color and specific aspects of human consciousness. Muladhara, the root Chakra, is red and represents security, safety, and trust. Svadhisthana, the sacral Chakra, is orange and governs pleasure, sexuality, and enjoyment. Manipura, the solar plexus Chakra, is yellow, corresponding to self-esteem, personal strength, and willpower. Anahata, the heart Chakra, is green and embodies love, compassion, and harmonious relationships. Vishuddha, the throat Chakra, is blue and facilitates communication, expression, and truth. Ajna, the third eye Chakra, is indigo, reflecting intuition, awareness, and higher perception. Lastly, Sahasrara, the crown Chakra, is violet and symbolizes spirituality, enlightenment, and connection with the universe. Awareness of these color associations provides insight into the energetic and psychological functions of each Chakra.

8. DISCUSSION

The study of Chakras provides a comprehensive framework for understanding the interplay between physical, psychological, and spiritual health. Correlating traditional Chakra descriptions with anatomical and physiological markers allows integration of ancient wisdom with modern biomedical perspectives. For example, the Muladhara's association with the coccyx aligns with the pelvic plexus, while Vishuddha corresponds with thyroid and vocal functions. Similarly, Ajna and Sahasrara have parallels with pineal and pituitary regions, supporting links between energy centers and neuroendocrine regulation.

Chakra imbalances, often resulting from stress, lifestyle factors, or psychological disturbances, manifest across

multiple dimensions of health. Therapeutic interventions such as meditation, yoga, Pranayama, and energy-based practices may restore balance, thereby influencing both physical and mental well-being. Furthermore, the color and vibrational associations of Chakras provide a framework for psychotherapeutic or mindfulness interventions aimed at emotional regulation.

Scientific research in this area remains limited but is expanding, with studies suggesting potential connections between energy centers, autonomic nervous system regulation, endocrine function, and psychosomatic health. Integrative approaches bridging traditional Chakra theory with empirical methods may advance preventive, therapeutic, and holistic health strategies.

9. CONCLUSION

Chakras represent a sophisticated conceptual system linking physical, emotional, and spiritual aspects of human health. Understanding their locations, functions, and energetic qualities offers a unique perspective for integrative medicine and psychosomatic therapies. Balancing Chakra energies may enhance well-being, promote resilience, and support personal and spiritual growth. Future research should focus on scientifically validating the physiological correlates of Chakras and exploring evidence-based interventions for maintaining energetic and psychosomatic balance.