

CONCEPTUAL STUDY ON *SHAD CHAKRAS* AND its APPLIED ASPECT AND
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ABSTRACT

In addition to being a science of medicine and a spiritual practise *shat chakra ayurveda* includes descriptions of numerous spiritual concepts such as *mana*, *atma parmatma*, *adhyatmika*, *dravya*, and others. *yoga darshan* also significantly influences *ayurveda* because it is a means of achieving *moksha* in *yoga shastra* the *sukshma sharir* a component of our body. serves as the bodys over all moderator .since it is the flow of our bodys energy the person cannot see or touch it. this is the reason it is termed *urja nikaya* there are important locations in the *sukshma sharir* known as *chakras* or energy centres. *yogis rishis*,and sages from various *yoga* traditions in india and around the world were aware of the *chakras* they were observed through psychic introspection iether than by physically dissecting the body .there are seven main *chakras* in our body which are energy centres that play a significant role. the six primary *chakras* along the spinal column are the *muladhara*, *swadhisthana*, *manipura*, *anahata*, *vishuddha*, and *ajna*. beyond the six are two additional centres of awakening bindu and sahastrana whose perception is only attained at significantly advanced states of consciousness located along the spine these seven *chakras* each serve a unique purpose.the great science of *kundalini yoga* which is concerned with arousing the *chakras* has developed from knowledge of these psychic centres of the *sukshma sharir* which govern a range of functions. and *shat chakra* is currently in effect an old practise known as *nirupan* deals with a particular type of *tantric yoga* known as *kundalini yoga* the knowledge of *shat chakras* is based on the relationship of consciousness, mind, and soul with various nadi kandra (nerve centres) present in the meru dandy which was discovered by the hindu masters of the science of *yoga* .each centre in the brain has its own power and can be energised and activated by focusing on a particular *chakras* in the body (vertebral column) due to their connections to particular bodily glands or glandular systems *chakras* are sometimes known as the bodys subtle glands numerous illnesses affecting the body and mind can be treated by balancing and mending the *chakras*.*chakras* healing can therefore be helpful as an individual therapy as well as a combined therepy since effective blending of illnesses modifying and dietary and lifestyle adjustments is needed.

KEYWORDS: *Shat chakras*, *ayurveda*.

SHAT CHAKRAS HISTORY: they are many interpretations of both the meaning and history of the *chakra* system *chakras* are referenced in new age *yoga* classes on a regular basis but they are nothing new spawning from ancient tradition *chakras* were likely spoken of far before they were scrawled or paper.its believed *yoga* was created around the *chakras* with the goal of balancing both the mind and body much like its circular namesake countless people are circling back to this ancient philosophy to manage demanding lives more than 2000 yr. ago *chakras* first referenced in ancient hindu texts called the *vedas*. 200 BC. *chakras* described in the *yoga sutras* of *patanjali*,600AD *chakras* descritred in the *yoga upanishads* of texts with some of the first references of hindu buddhist and jain beliefs. 10th

century *padaka pancaka* written with descriptions of the *chakras* and their function *gorakshas shatakam* written with instruction for meditating on the *chakras*. 1960 s interest in eastern spirituality and healing gained steam in the wastern world bringing with it a new accepting attitude toward the *chakra* system.

INTRODUCTION

Chakras are on an ancient concept but paralleling *chakra* function with bodily function with bodily function shows that the associations but these centers and the physical body are very strong.if you have ever wondered if there are more concrete ways to view *chakras* stay tuned for a lessan on how anatomy and *chakras* align.

1. Root chakras (Muladhar chakras): the root *chakras* is the first of the seven *chakras*.

- Loction = base of spine
- Associated body areas = perinium, first, three, vertebrae, pelvic plexus.
- Characteristics = security, support, physicality.

The parineum is the area between the anus and vulva or anus and scrotum this means the root chakras is closely associatd with the genital area this has many implications regarding life childbirth and sexuality the first three vertebrae are the base of the spinal cord and are therefore essential to foundation and support most importantly the pelvic plexus is a cluster of neurons that control the visceral tissue responsible for eliminative and sexual funtion the root *chakra* is essentially referring to this genral area of the body that has a neural center and supporting vertebrae this explains why the root *chakra* is accredited with being a center for the physical body advice to open up a blocked root *chakra* often involves engaging with the earth through activities like hiking gardening and eating healthy these behaviors would help this part of the body by improving digestion strengthening the core and energizing yourmind.

2. Sacral chakra (swadhisthan chakras): the sacral *chakra* is locted right above the root *chakra*.

- Loction = pelvic area
- Associated area = kidney, bladder, reproductive system, genitals.
- Characteristics = emotions, sexuality, creativity, fantasies.

The kidneys and bladder both function in water retention the kidneys are also closely related to adrenal glands which are responsible for stress and sexual hormones. the sacral *chakra* is closely related to emotions and independence because the adrenal glands central feelings of anxiety that can limit your decision and emotion controlling your water intake and stimulating that area can help regulate your stress and sexual hormones this will improve your emotional sexual and mental life.

3 Solar plexus chakra (manipur chakras): the salar plexus *chakra* is the third of the *chakras*.

- Loction = between the navel and solar plexus.
- Associated body area = digestive system, pancreas liver intestines, lungs stomach.
- Characteristics = responsibility beliefs confidence discipline.

The solar plexus is largely associated with the digestive tract and associated organs. the gut brain connection is a largely supported idea that the brain and gut frequently communicate issues with either can manifest in the other the gut is often considered a second brain due to the number of neurons and communication with the brain the solar plexus *chakra* affect mental funtion because problems in the gut area directly affect the brain a solar plexus imbalance is just another way of saying that your

gut health mey be compromised and affecting your emotional and mental wellbeing.

4. Heart chakra (anahat chakra): the heart *chakra* is one of the upper *chakras*.

- loctions = center of the chest at heart level.
- associated body areas = heart, circulatory system, lungs
- characteristics = love, compassion, transformation

The heart *chakra* is self explanatory the heart is often associated with emotions and relationships so keeping your heart chakra open is the equivalent of keeping your heart open to forgiveness love and chenge good heart health additionally increases energy making you more open to important experiences in your life. the genrcaltrand with *chakra* is that physical health can often influence mental and emotional health as well.

5. Throat chakra (vishuddha chakra): the throat *chakra* is appropriately responsible for communication and expression.

- loction = neck and shullder region
- associated body area = thyroid, esophagus, upper vertebrae.
- characteristics = expression, communication, connection.

The throat is an important part of verbal communication people who have an imbalanced throat *chakra* may be quiet and there fore have difficulty arreeting them selves. the thyroid is also important for hormones that can affect mood so problems with this gland can create issues is many parts of your life the combination of verbal expression and hormone contral near this area makes the throat chakra an important *chakra* for how your project yourself and throat *chakra* means having a balance of good communication and being in a good mental and emotional state.

6. Third eye chakra (ajna chakra): the third eye *chakra* is perhaps one of the most metaphysical chakras.

- Loctions = between the eyebrows.
- Associated body area = eye.pineal gland, brain, pituitary gland ears.
- Characteristics = vision, intuition, wisdom, illumination.

The third eye has both physical and metaphysical implications the eye helps translate physical images into something that can be mentally processed. the pineal gland is responsible for sleep and wake cycles this glands is responsible for bodily functions especially awereness the brain is obviously important because it processes all physical stimuli the pituitary gland is sometimes considered the masters gland that contrals hormones when the third eye chakra is imbalanced there are issues with processing stimuli and emotions this can be due to physical impedi ments or because of harmful thought processes that affect hormones and emotions.

7. **Crown chakra:** much like the third eye chakra the crown *chakra* is important for perception and translation.
- Loction = crown of head
 - Associated body areas = nervous systems, pituitary gland ,pineal gland
 - Characteristics = conscious awereness

The pituitary gland pineal gland and nervous systems are all integral parts of a fully functional body if someone has on imbalance in hormone it can affect how they

Chakra	Site in the body	Endocrine gland	Vata dosha
1. Ajna	head	pituitary and pineal	prana vata
2. Vishuddha	neck	thyroid and parathyroid	dana vata
3. Anahat	thorax	thymus	udana vata
4. Manipur	abdomen	pancreas and adrenal	samana vata
5. Swadhisthan	pelvis	gonads	apana vata
6. Muladhar	pelvis	gonads	apana vata

Relation between shat chakra and vata dosha: the sthana of the anahat *chakra* is the function of the *udana vayu* is to perform vakpravrutti with the help of the kanth thereby establishing relationship between the *vishudha chakra* and *udana vayu* .the sthana of the *swadisthana* and *muladhara* chakra is the linga and guda the association between the *manipur chakra* and *saman vayu* is established because the sthana of the *manipura chakra* is nabhi and saman vayu is at the level of nabhi with agni samipastha. ajna chakra is independent of other vayus because it symbolises avyakta (the union of *prakriti* and *purush*). *ayurvedic* samhitas describe how the shat chakra and vata dosha function as a system to balance a persons physical and mental wellbeing according to *vata kerma* in ayurveda attempts are made to establish the linkage between the shat *chakras* and *vata dosha*.

CONCLUSION

one of the best ways to access the different levels of unconsciousness that are accessible to you is to understand the *chakras* it is a straightforward system to grasp but it is profound as a map of the inner world you can identify the type of energy you are encountering through the *chakra* model pleasure strength love creativity, intuition, and spiritualityn the seven *chakras* are the animating forces behind each of these seven levels of energy. knowing about *chakras* unconventional yet thorough methods of hearing the body and mind and curing numerous disorders include *chakra* balancing and *chakra* healing .living a robust immune system and disease free existence is made possible through daily meditation and chakra work.*chakras* are interconnected learing about them is a great first step but focusing on and becoming conscious of how to heal our energy centres can improve our over all health. energy imbalances in a persons *chakras* can be related to certain emotions disease symptoms or other illnesses we can bring our *chakras* into balance through *meditation yoga*, and *aromatherapy* although some people may not be able to practise affirmations or pray by becoming aware of these invisible chakras and signs of an imbalance we can

perceive and react to their surroundings imbalanced crown chakras due to gland dysfunction need to be fixed because perception of surroudings and consciousness are essential to daily function the *chakras* are all located in areas that are important for regular funtion while *chakras* seem abstract they align with bodily function that are important and easily influenced through out side behaviors knowing whay *chakras* contral certain things can help you in your journey to healing.

try out alternative self help techniques that go beyond using things like food alcohol, or meditation to address emotional and physical issues.

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