

LOCATION OF SHAT CHAKRAS AND CO-RELATION WITH ENDOCRINE GLAND IN  
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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 Agya Chakra. The endocrine system maintains homeostasis by controlling hormones. The endocrine system produces hormones from glands and homeostasis is the maintenance of the internal environment by keeping your hormones constant. In some Indian religions, a chakra (Sanskrit *cakra*, "wheel") is thought to be an energy point or node in the subtle body. Chakras are believed to be part of the subtle body, not the physical body. More importance is given to *Shatchakra* in Yoga vigyan. Now a days, there is need to establish the relation between modern science, Yoga and Ayurved for maintaining good health of an individual. Ayurved and Yoga are interdependent science which are already being used in day today practice. Its true need to interpret both sciences with modern science which will really show magical results. Endocrine disorder is commonly seen in the present era. So, to improve the function of endocrine glands, we may follow the knowledge *Shatchakra* described in *Ayurved samhitas* which actually works together as a system to balance physical and mental health of an individual. The effort is made to establish interrelationship of endocrine glands with *Shatchakra* in Ayurved.

**KEYWORDS:** Endocrine glands, *Shatchakra*, Muladhara chakra, Svadhisthan chakra, Manipura chakra, Anahat chakra, Vishuddha chakra and Agya chakra.

**INTRODUCTION**

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.<sup>[1]</sup> Now a days, there is need to establish the relation between endo-crine glands, Yoga and Ayurved for maintaining good health of an individual. Ayurved and Yoga are interdependent science which are already being used in day today practice. It is true need to interpret both sciences with modern science which will really show magical results. Endocrine glands release hormones into circulating blood that influence the function of cells at another location in the body. Multiple hormone system of the body play a key role in regulating almost all

functions including metabolism, reproduction, development, water and electrolyte balance and behaviour.<sup>[2]</sup> Endocrine disorder is commonly seen in the present era. An estimated 108 million people in India suffer from endocrine and metabolic disorders.<sup>[3]</sup> So, to improve the function of endocrine glands, we may follow the knowledge *Shatchakra* described in *Ayurved samhitas* which actually works together as a system to balance physical and mental health of an individual. The effort is made to establish interrelationship of endocrine glands with *Shatchakra* in Ayurved.

**Location of Shatchakras<sup>[4]</sup>**

**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 back bone.

**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 Kanth (Throat).

**Agya Chakra:** Located at the level of Bhru Madhya (between Eye Brows), in front of the centre of forehead.

## AIM AND OBJECTIVES

### Aim

- 1) To establish relationship between endocrine glands and *Shat chakra*.
- 2) To highlight importance of *Shat chakra* in prevention of endocrine disorders

**Objective:** To co-relate the *endocrine glands* to the location of *shat chakra* in the human body.

### Material

- 1) Literature regarding endocrine glands.
- 2) References about *Shat chakras* in Yoga and Ayurveda.
- 3) Research articles related to *Shat chakra*, endocrine glands.

## METHOD

**(a)Endocrine glands:** Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into the blood rather than through a duct. The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, and thyroid gland, parathyroid gland, hypothalamus and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.<sup>[5]</sup>

**b) Shatchakra:**<sup>[6]</sup> The chakras are thought to vitalize the physical body and to be associated with interactions of physical, emotional and mental nature. There are six Chakras. *Muladhara* is in the anus. *Svadhishthana* is near the genital organ. *Manipura* is in the navel. *Anahata* is in the heart. The *Vishuddhi Chakra* is in the front of the neck. The sixth Chakra, the *Agya* is in the head (between the two eyebrows).<sup>[8]</sup>

## RESULTS

- Agya chakra is located in the head and co- relate with pituitary and pineal glands.
- Vishudha chakra is located in the neck and co-relate with thyroid and Para thyroid gland.
- Anahat chakra is located in the thorax and co-relate with thymus gland.

- Manipur chakra is located in the abdomen and co- relate with pancreas and Adrenal gland.
- Swadhisthan chakra is located in the pelvis and co- relate with Gonads.
- Muladhar chakra is located in the pelvis and co- relate with Gonads.
- This correlation can regularize\_ and control the metabolism of Human Body

## DISCUSSION

### Relation between Endocrine glands and *Shatchakra*:

The hormonal glands are also considered to be associated with the latent centers (chakras) of supernormal energy. Their stimulation is associated not only with the activities at the physical level in the body but also at the mental and emotional levels. The *Sadhanas of Kundalini Jagrana* involves penetration and stimulation of the *Shat chakras* at an orderly pace. The effects of associated processing within the body may be understood in gross scientific terminology if we consider the eternal connection of the *Shat chakras* with the endocrine glands. This approach would explain how the spiritual *sadhanas* are useful in regulating all aspects of personality development and opening the paths of all round progress and elevation in a natural way.<sup>(7)</sup> If we consider the site of endocrine glands and *Shatchakra* in the body, individual chakra might be controlling Endocrine glands.

## CONCLUSION

By considering the above discussion, we may conclude:

- 1) *Agya Chakra* may be control the function of Pituitary and Pineal glands.
- 2) *Vishuddha Chakra* may be control the function of Thyroid and parathyroid glands.
- 3) *Anahat Chakra* may be control the function of Thymus gland.
- 4) *Manipur Chakra* may be control the function of Pancreas and adrenal gland.
- 5) *Swadishtana* and *Muladhar Chakra* may be control the function of Gonads.

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