

IMPORTANCE OF SHAT – CHAKRAS IN LIFE WITH ITS APPLIED ASPECTS**Dr. Archana Purushottam Shende^{*1}, Dr. Rajshri Tulshidas Shilimkar² and Dr. Atul Dwarkadas Birla³**¹Professor, ²Assistant Professor, ³Associate Professor

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ABSTRACT

In present scenario Shat-Chakra Nirupan is an ancient technique which deals with a particular form of Tantric Yoga called Kundalini Yoga. The hindu masters of the science of Yoga discovered through the technique of meditation that each centre in the brain has its own power and could be energized and activated by concentrating on a particular chakra in the body. The knowledge of Shat Chakras is based on the relationship of consciousness, mind and soul with different Nadi Kendras (nerve centres) present in the Meru Danda (vertebral column). Chakras are also considered as Body's Subtle Glands as they carry links to specific parts of physical glands or glandular systems. The Chakra balancing and healing helps in treating many diseases related to body and mind. Effective blending of disease modifying medicines and dietic and lifestyle changes is essential. Chakra healing can thus help as an individual therapy and also as combined therapy.

KEYWORDS: Ayurveda, Shat Chakra, & its importance & applied aspects.**INTRODUCTION**

Ayurveda is also a science of medicine, along with spiritual science. In it there is a description of many topics related to spirituality such as Mana, Atma, Parmatma, Adhyatmika Guna, Adhyatmika Dravya, etc. In Ayurveda the Chakra has its own importance. There are six primary Chakras namely Muladhara, Svadhisthan, Manipura, Anahat, Vishuddha and Ajna Chakra. Beyond the six are two other centers of awakening: Bindu and Sahastrara, Whose perception is acquired only at significantly evolved states of consciousness. In Ayurveda, Yoga is a way to achieve the Moksha. According to Yoga Shastra, the Sukshma sharira is the part of our body and it is the moderator of the Whole body. The Chakras have been discovered by Yogis, Rishis and Sages of various traditions in India and throughout the world. They have been seen, not by physical dissection of the body, but by psychic introspection. In various traditions, Chakras are associated with multiple physiological functions, an aspect of consciousness, a classial element and other distinguishing characteristics.

Meaning of Chakra

Chakra in Sanskrit means wheel. In literary text, Chakra means "Wheels of light." Wheel has been an essential part and witness of human evolution through ages. These are the center 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. Anatomically, these Chakra may represent the nerve plexuses which is having different functions according to their area of supply. These plexuses are in the form of spokes around wheel.

Life is dependent on the energy which we derive from various things. Life is energy by itself. All the physical and mental activities of the body are run by energy. This energy is derived from imaginary wheels which are the transmitters of energy. These wheels of energy which are in continuous spinning in our Aura, parallel to our spine, right from the bottom of our tailbone, to a few inches above the crown of our head are called Chakras.

Number of Chakras

Chakras are wondrous wheels of light and color. They have color and emit light. This color and light form our Aura. The wheels comprising of Chakras keep shimmering, turning and vibrating, feeding and reflecting our subtle life energies. Knowledge of Chakras and methods on working and balancing them helps us to heal our lives and fulfill true potential, while helping to balance our energies and trimming our physical, mental and emotional health.

Classical Chakras are six in number. They are called Shat – Chakras. These Chakras are placed at regular intervals, one above the other, each Chakra interspersed with some space, in front of our spine. There is also a 7th

Chakra. It is placed above the line of the body and is placed right on top of the crown of our head, a few inches over the crown. This Chakra is communicates with 6 other Chakras which are parallel to the spine.

Life, Energy and Chakras

Life can be defined in terms of the energy provided by the energy wheels called Chakras. The universal life force circulates through us and brings us the experience of life. Therefore, Chakras represent distinct frequencies within the universe. The Chakras interact with the electromagnetic energy field and transform this into our body and sustains our lives. The universal energy is believed to flow from the earth, up into the lower Chakras located at the bottom of our spine, ascending upwards to the upper Chakras. This movement of energy is not linear but is cyclic, it runs both ways.

Balancing the Chakras

Balancing of the Chakras is a combination of various methods including visualization techniques, breathing techniques, chanting, quietening and stimulating fragrances, use of essential oils, exercising and meditating over the Chakras, color, sound and light therapy using the colors and sounds which heal the Chakras and bring about their balance etc. imbalances of Chakras can lead to imbalance of energies in the body at various levels of Chakras. This will lead to many physical and mental disorders. One or more of the Chakras can be disturbed or imbalanced at a time or the balance of one Chakra can cause imbalance of other Chakras too.

Ayurveda & Chakras

The concept of Chakras has not been explained or mentioned anywhere in Ayurveda. These Chakras are explained in Yoga literature alone without any bearing on either anatomical or physiological grounds. But many aspects and concepts of Chakras have a relation to the Ayurvedic concepts. When Chakra healing has been applied after diagnosing the diseases in Ayurvedic way, good results have been seen. The blend of Ayurvedic medicine, treatments, diet changes, meditation, Yoga, and Chakra healing techniques and methods when combined in effective way, have helped in comprehensive healing of many psychosomatic disorders.

Applied Aspects of Shat - Chakras

Relation Between Shat - Chakra and Endocrine Glands 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. If we consider the site of endocrine glands and Shat Chakra in the body, individual Chakra might be controlling Endocrine glands present in same area through Vatadosha. Each of the seven Chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each Chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that Chakra.

Relation Between Shat – Chakra and Vata Dosha

Sthana of Swadisthana and Muladhara Chakra is Linga and Guda and important function of Apana Vayu is Nishkraman of Mutra, Shukra hence establishing relationship between Swadhithana, Muladhara and Apana Vata.

Hrudaya is the Sthana of Anahat Chakra and function of Prana Vayu is in Hrudaya hence establishing relationship between Anahat Chakra and Prana Vayu.

Sthana of Vishudh Chakra is Kantha and function of Udana Vayu is Vakpravrutti with the aid of Kanth hence establishing relationship between Vishudha Chakra and Udana Vayu.

Sthana of Manipur Chakra is Nabhi and Saman Vayu is Agni Samipastha which is at the level of Nabhi hence establishing relationship between Manipur Chakra and Saman Vayu.

Ajna Chakra represents Avyakta (union of Prakriti and Purush) hence not related to any Vayu. Shat – Chakra and Vata Dosha described in Ayurved Samhitas which actually works together as a system to balance physical and mental health of an individual. The efforts is made to establish interrelationship of Shat – Chakra and Vata Dosha according to Vata Karma in Ayurveda.

Chakra	Site in the body	Endocrine gland	Vata Dosha
Ajna	Head	Pituitary and pineal	Prana vata
Vishuddha	Neck	Thyroid and parathyroid	Udanavata
Anahat	Thorax	Thymus	Udana vata
Manipur	Abdomen	Pancreas and Adrenal	Samana vata
Swadhithan	Pelvis	Gonads	Apana vata
Muladhar	Pelvis	Gonads	Apana vata

Importance and Benefits of The Chakras

The Chakra balancing and healing helps in treating many diseases related to body and mind. Effective blending of disease modifying medicines and dietic and lifestyle changes is essential. Chakra healing can thus help as an individual therapy and also as combined therapy. Chakra healing and balancing helps in creating energy in the body. Chakra balancing helps in nullifying the negative energies and building up positive energies in the body and mind Chakra balancing helps in keeping us strong, focussed, oriented, healthy and immune. Chakra balancing helps in balancing the glandular functions and hormone imbalances which are main causes for many diseases.

CONCLUSION

Understanding the Chakras is one of the most effective means for accessing the various levels of unconsciousness available to you. It is a simple system to comprehend yet it is profound, as a guide to the inner world. The Chakra model gives you a way of identifying the type of energy you are experiencing: survival, pleasure/ sexuality, power, love, creativity, intuition and spirituality. Each of these seven levels of energy are animated by the seven Chakras. The knowledge of Chakras, Chakra balancing and Chakra healing are unconventional yet comprehensive ways of healing the body and mind and getting rid of many diseases. Meditating and working on the Chakras on daily basis helps in living a healthy, immune and disease free life.

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