

CONCEPTUAL ASPECT OF AJNA CHAKRA, ITS ROLE IN BODY AND ASSOCIATION
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ABSTRACT

The Chakras resembles energy centers that aligned along the spinal cord and form a channel. Chakras collect and transmit energy throughout the body. The Chakras are considered whirlpool of energy. They acts as centers in between flow of energy occur related with spiritual growth and channelize energy. There are different Chakras i.e.; Muladhara Chakra, Svadhishthana Chakra, Manipura Chakra, Anahata Chakra, Vishuddha Chakra, Ajna Chakra and Sahasrar Chakra. The Ajna Chakra is sixth one of body located in between eyebrows is one of the vital Chakra amongst seven Chakra. Ajna Chakra is also called third eye Chakra thus considered center of intuition. Ajna Chakra is responsible for many things and closely related to pineal gland. The problem in this Chakra may leads many pathological symptoms including headaches, eye problems, endocrine problems and problems related to other glands, etc. Similarly Ajna Chakra is associated with specific functioning of body. Present article explores conceptual aspects of Ajna Chakra W.S.R. to glands.

KEYWORD: Ayurveda, Ajna Chakra, Gland, Third Eye.**INTRODUCTION**

The *Chakra* resembles concept of circulating energy responsible for number of function associated with cosmic energy field and located around spine and head. The *Chakra* is considered energy centers, *Chakra* as activity center receives and assimilates *Prana*. *Chakra* regulates conscious and unconscious realities, control psychic and sensory energies and associated with physical and subtle selves. *Chakra* is subtle energy centre, there is major as well as minor *Chakra* present in the system but seven *Chakras* described as major *Chakras* including *Muladhara Chakra*, *Svadhishthana Chakra*, *Manipura Chakra*, *Anahata Chakra*, *Vishuddha Chakra*, *Ajna Chakra* and *Sahasrar Chakra*. Minor chakras can be considered as energy-defenders of the body while six major *Chakras* maintain biochemical balances, initiates key functioning of body and control energy. *Muladhara Chakra* is root *Chakra*; *Svadhishthana* is considered Sacral *Chakra*; *Manipura* means *Chakra* of solar plexus, *Anahata* is heart *Chakra*, *Vishuddha* is Throat *Chakra*, while *Ajna* resembles third eye *Chakra* and *Sahasrar* indicates Crown *Chakra*.^[1-5]

The location or energy centres of seven *Chakras* are as follows

- The Root *Chakra* (*Muladhara*) is located at the base of spine.
- The Sacral *Chakra* (*Svadhishthana*) located just below belly button.
- The Solar Plexus *Chakra* (*Manipura*) is located in stomach area.
- The Heart *Chakra* (*Anahata*) is located near to the heart, in center of chest.
- The Throat *Chakra* (*Vishuddha*) is located in throat.
- The Third Eye *Chakra* (*Ajna*) is located between eyes.
- The Crown *Chakra* (*Sahasrara*) is located at the top of head.

Ajna Chakra

Ajna associated with inner knowledge which guides us if we focus on it. *Ajna Chakra* is associated with wisdom, humanity and divine consciousness. This *Chakra* is located at upper end of spinal column, through point of transition from spine to brain. The perception of *Ajna Chakra* resides in the centre of forehead between the eyebrows, therefore also described as “Third Eye” or

“Centre of Eyebrow”, other names of *Ajna chakra* is depicted in **Figure 1**.

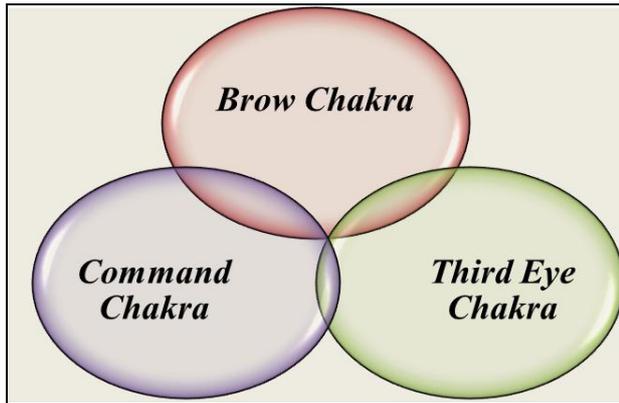


Figure 1: Other names of *Ajna chakra*.

Ajna Chakra also mentioned as *Guru Chakra* as seat of *Guru* (master), who can guide us. As like *Guru* it is considered as divine source of consciousness. This *Chakra* as like *Guru* relives darkness of life; this *Chakra* awakened us and provides divine consciousness, responsible for wisdom, gives thoughts and gives spiritual knowledge.^[4-7]

Role of *Ajna Chakra*

- *Ajna Chakra* guides us for making right decisions.
- *Ajna Chakra* associated with mental clarity, spiritual knowledge, vision and awareness.
- It is considered responsible for absolute perception of reality.
- It is linked to the master gland due to its role in endocrine process.
- *Ajna chakra* regulates relationship between human body and nature.
- *Ajna chakra* control emotion.
- *Ajna chakra* establishes harmony of soul, body and psychic.
- Responsible for Intuition and imagination.
- Associated with rational and holistic thought
- Imparts self realization of inner strength.
- Third eye *Chakra* is responsible for transparency in the internal as well as the external vision.
- Imparts higher intuitive perception, wisdom and spirituality.

Characteristics and Association of *AjnaChakra*

- Indigo, yellow or violet color.
- Associated with all senses, including extrasensory perception.
- Associated with face, ears, eyes, nose, cerebellum, sinuses and central nervous system.
- Anatomical it resembles cavernous plexus
- Endocrinal resemblances of *Ajna chakra* are pituitary and pineal gland.
- Physiologically it resembles site of *Prana Vayu*.

***Ajna Chakra* and Gland**

Ajna Chakra located in the crossing of two optic nerve where endocrine gland; pituitary gland is situated. *Ajna Chakra* has connection to the pituitary gland which also knows as master gland since it controls function of other endocrine glands and responsible for growth & development, reproductive function, metabolism and responses to stress stimuli. *Ajna Chakra* and pituitary gland both have same ability since *Ajna Chakra* controls other *Chakra* similarly pituitary gland control other glands. When *Ajna Chakra* is in balance state then logical thinking improved and person can take rational decisions. Similarly mental and physical status revived when pituitary gland work properly.

Breathing exercises and meditation regulates and align balancing of third eye *Chakra* then rest of brain functions optimally, these exercise and meditation practice control functioning of pituitary gland which ultimately provides physical as well as mental strength.

Anatomically pituitary gland can be access by closing eyes and looking inward since two nerve fibres of eyes crosses each other in the area of pituitary gland. Therefore pituitary gland activities can be correlated with energy cycle of third eye. The pineal gland also occasionally correlated with the *Ajna Chakra*.^[5-8]

CONCLUSION

Chakras in body acts as an energy transformer that shift energy from one to another place. *Ajna Chakra* associated with the pituitary gland and control many psychic abilities. *Ajna Chakra* balances through *Pranayama* and meditation. Pituitary gland as master gland control entire glandular system similarly *Ajna Chakra* control other *Chakra* therefore considered as *Guru Chakra* (Master *Chakra*). There is interlinking between sixth *Yogic Ajna Chakra* and optic thalamus as well as pituitary gland. This is the point where receptor centre of brain are more concentrated. Pituitary gland is present at same place where *Ajana Chakra* is located. *Ajna Chakra* controls internal and external activities of body related to the devotion, energy and self realization. *Ajna Chakra* gives order to accept right path or helps to take correct decision. *Ajna Chakra* gives mental clarity, spiritual knowledge and vision. It is responsible for perception of absolute reality. *Ajna chakra* establishes harmony between human body and nature. This *Chakra* is responsible for intuition and imagination. *Ajna chakra* imparts rational and holistic thought, gives realization of inner strength and responsible for wisdom and spirituality.

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