



**CONCEPT OF SHATCHAKRAS, ROLE OF MEDITATION ON THEIR ACTIVATION  
AND RELATED HEALTH BENEFITS**

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**ABSTRACT**

The traditional system of India described concept of *Chakra* which are centre points of body and related with specific biological and physiological system. *Muladhara, Manipura, Anahat, Svadhisthan, Ajna* and *Vishuddha* are major *Chakras* under this category which are constitutes of *Shat-Chakra*. The concept of *Shat-Chakra* holds an ancient position in traditional practices of *Yoga & Ayurveda*. These *Chakras* establish connections with body's glands and circulatory system therefore maintain balances amongst the physical, mental and natural harmony. The activation and healing of these *Chakras* can alleviate many ailments. The integration of medical treatments with lifestyle adjustments and *Yoga/Meditation* practices can help to maintain optimal health. The meditation induces *Chakra* and activate particular centre of body thus provides healing and therapeutic effect. This article described concept of *Shatchakras* and role of meditation on their activation.

**KEYWORDS:** *Ayurveda, Yoga, Shat Chakra, Meditation.*

**INTRODUCTION**

Ayurveda encompasses medicinal and spiritual aspects for the well being of mankind. In this regards Ayurveda discloses concepts of physical health, mental health, *Mana, Atma, Adhyatmika Guna* and spiritual well being, etc. Ayurveda put importance on the concept of *Chakras* which are described as fundamental energy center of body. Primarily there are various *Chakras* described in ancient texts including *Svadhithan, Muladhara, Manipura, Vishuddha, Ajna* and *Anahat*. Beyond these two additional centers also described as; *Bindu* and *Sahastrara*, which are only perceived states of consciousness. These *Chakras* acts as energy centre and healing point of body thus their activation may give several health benefits.<sup>[1-5]</sup>

*Chakras* are associated with physiological functions and consciousness, as energy centers they regulates flow of mental, physical and spiritual energies throughout the body. Correspond to nerve plexuses; *Chakras* offer unique functions based on their origin and supply network. *Chakra* as wheel of light helps in the formation of *Aura* of individual. The balancing state of *Chakras* brings harmonization of mental, spiritual and emotional well-being. The main *Chakras* are depicted in **Figure 1**

along with their location and symbol of various *Chakras* is depicted in **Table 1**.

*Chakras* are intertwined with emotional and mental strength, in this regard different *Chakras* shows different perceptions. *Muladhara Chakra* is linked to enthusiasm. *Svadhithana Chakra* is associated with procreation which leads to creativity. *Manipura Chakra* is related to the emotions of joy, greed and generosity. *Anahata Chakra* is tied with behaviors of affection and hate, exhilaration of love and fear. *Vishuddhi Chakra* is connected with feelings of gratefulness and grief. *Ajna Chakra* is related with emotions, awareness and anger. *Sahasrara Chakra* represents state of joy.<sup>[5-7]</sup>

Meditation is a cornerstone of spiritual practices, elevating mental and spiritual well-being. *Chakra Dhyana* as profound practice of meditation works around visualization and chanting of *Mantras* for specific *Chakras*. *Chakra Dhyana* as a meditation activates particular *Chakras* that are dormant or suppressive state. Each *Chakra* possesses unique attributes including color, energy, vibration, sound and smell, etc. These *Chakras* influences various aspects of human lives including health and emotional considerations. The equilibrium,

energy, alignment and velocity of *Chakra* play important roles in the achievement of goal of optimal health. These energy centers govern emotions, thoughts and growth, also impact holistic well-being.<sup>[5-7]</sup>



Figure 1: Various *Chakras* and their locations.

Table 1: Symbol of various *Chakras*.

S. No.	Chakras Name	Symbol
1	Sahasrara	ॐ
2	Ajna	ॐ
3	Vishuddha	ॐ
4	Anahata	ॐ
5	Manipura	ॐ
6	Svadhithana	ॐ
7	Muladhara	ॐ

**Role of Yoga and Meditation**

*Chakras* are aligned with spinal cord, activating of *Chakras* can unlock dimension of existence and can elicit positive as well as negative emotions. Activating *Chakras* evoke positive states and meditation can helps in this regard significantly. Meditation helps to settle down mind and allowing inner self to direct flow of *Prana*. Meditation utilizing spinal cord as a conduit and activation of these *Chakra* can lead experience of profound joy.

- ✓ **Muladhara Chakra:** This *Chakra* is located between the organs of procreation and excretion. Reciting *Kundalini Arohanam* is suggested to awaken this

*Chakra*; it is connecting to the earth and balances physical reality. *Yoga* and meditation practices such as hip-openers, deep lunges and Chair Pose, etc. can activate this center.

- ✓ **Svadhithana:** Situated in reproductive region, below the navel, at the base of the spine and reciting *Kundalini Arohanam* advices to activate this. It is also known as sacral *Chakra*, serves as water center, housing reproductive organs and responsible for sensual pleasure. *Asanas* such as hip-openers, forward bends and deep lunges, etc. can bring awareness to this center.
- ✓ **Manipura Chakra:** It is positioned at the navel, linked to digestive system and acts as body’s energy power-house since it containing a vast reserve of physical vitality. *Asanas* such as twists poses and meditation are considered effective for activating this *Chakra*.
- ✓ **Anahata Chakra:** It is situated in center of chest; this is revered as the powerful center, associated with the lungs and the air circulation. It radiates various aspects of human nature including unconditional love and compassion. To infuse this *Chakra* practices such as *Pranayama*, meditation and prayer, etc. are recommended.
- ✓ **Vishuddha Chakra:** Positioned in the throat and visualize its blue color. It is associated with element of ether. Serves as energy center for hearing and speech. *Vishuddhi chakra* expands conversation with the divine energy. *Yoga Asanas* including camel plow and fish pose, etc. are suggested.
- ✓ **Ajna Chakra:** It is located between eyebrows and known as the *Ajna chakra*, it control mid-brain and serves as the convergence point for vital energetic streams. *Ajna* is associated with intuitive perception and consciousness. Practicing *Nadi shodhana* and meditations focused on this center are recommended for activating this *Chakra*. These techniques balance *Ajna*, enhance intuition and impart consciousness.
- ✓ **Sahasrara Chakra:** It is positioned at top center of head, visualize purple hue, resembling with purple color. Focusing on envisioning *Chakra* transforming into liquid gold, inhaling deeply, observing bright golden liquid flowing through it and hold breath then exhale slowly for visualizing energy shooting out from the head. Breathing practice for seven breaths, allowing energy to flow and rejuvenate the body through this *Chakra*. One should lie down of *Shavasana* position closing eyes, arms, palms and legs slightly parted. This gives relaxation and enjoying the sensation of energy through the body centering from this *Chakra*.<sup>[7-10]</sup>

**Advantages of Chakra Dhyana Meditation**

- ✓ This practice helps to resolves various health issues
- ✓ Alleviates fear, tension, anxiety and stress, etc.
- ✓ Facilitates healing and control emotional aggravation.
- ✓ Infuses positive energies and vibrations throughout the body.

- ✓ Stimulates heart center, thereby control circulatory process of body.
- ✓ Enhances focus, memory, cognition and concentration
- ✓ Connect with moral and spiritual growth by creating positive environment
- ✓ The meditation and stimulation of *Chakra* bring harmony of physical, mental, spiritual and natural health.

10. Rele Vasant G., *The Mysterious Kundalini*, Reprint 1985 by Health research, 51-52.

## CONCLUSION

The concept of *Chakras* described in traditional practices like *Yoga* and *Ayurveda*. These energy centers are believed to correspond with various bodily systems and psychological states, influencing overall well-being. The activation and balancing of these *Chakras* can achieve harmony and alleviate ailments to promoting optimal health. The alignment of *Chakras* with the spinal cord suggests a connection between these energy centers and the central nervous system, which plays a vital role in regulating bodily functions and emotional states. Activating *Chakras* can evoke positive and negative emotions. Meditation is often recommended as a tool to facilitate the activation and balancing of *Chakras*. By calming the mind and allowing for a deeper connection with the inner self, meditation can help direct the flow of *Prana* through the *Chakras*. This can lead to profound experiences of joy and overall well-being. In essence integrating practices such as meditation and *Yoga* can control or stimulate inert energy of *Chakras* which ultimately helps to maintaining optimal health.

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