



## SHATCHAKRA AND ITS IMPORTANCE

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### ABSTRACT

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, Adhytmika Dravya, etc. Besides this, Yoga Shastra, the Sukshma sharir is the part of our body and it is the moderator of the whole body. The person can't see or touch it, because it is the energy flow of our body. This is the reason it is called "Urja Nikaya". There are such key points in the Sukshma sharira that is known as energy centre or Chakras. The chakras have been known by Yogis, Rishis, and sages of various traditions of Yoga in India and all over the world. They have been seen, not by physical dissection of the body, but by psychic introspection. Chakras are energy centers in the body that play an important role in our physical, mental, and spiritual wellbeing. Our body has seven major Chakras. The six main Chakras located along the spinal column are: Muladhara, Swadhisthana, Manipura, Anahata, Vishuddha and Ajna. Beyond the six are two other centres of awakening: Bindu and Sahastrara, whose perception is acquired only at significantly evolved states of consciousness. These six Chakras are situated along the spine and each has special function. These are psychic center of the Sukshma sharir governing a group of functions. From the knowledge of these centers, the great science of Kundalini Yoga has developed, which is concerned with awakening the Chakras.

### INTRODUCTION

Vata, Pitta and Kapha, which have been considered as primary and most essential factors in situation of human organism and said that this Vata dominant in lower part of the body. The term derived from the root word "Va" with suffix "Ta" means Gati (to move) or Gandhana and has been told that there can be no organism without Gandhana explains various meanings i.e. continued effort, perseverance, hurting, injury, killing, manifestation, information etc. A state of equilibrium of bodily humours (Vata, Pitta, Kapha) is one of the causative factor for health.<sup>[1]</sup> According to Ayurveda, Vata dosha over all functions of the body. Located in head and moves in the chest, throat supports mind, heart, sense organs and intelligence attends to expectoration, sneezing, belching, inspiration and swallowing. Udana Vata is situated in chest in the nose, umbilicus, throat helps in initiation of speech, effort, enthusiasm, strength, colour, memory.

Vyana Vata located in heart moves all over body and is responsible for all types of activities. Samana Vata located near digestive fire moves in Koshta withholds, digests absorbs and eliminates the food. Apana Vata located near large intestine moves in the waist, bladder, genitals and is responsible for elimination of semen, menstrual fluid, faeces, urine, fetus.<sup>[2]</sup> 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>[3]</sup>

As Vata is related with Chakra, therefore by considering Sthana and important Karma of that particular Vata as told in Samhitas hence making inter relationship between Chakra and Vata. And as Vyana Vata is present throughout the body, hence it is not related to any Chakra.<sup>[4]</sup>

### Site of Shatchakras<sup>[5]</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 Kanta (Throat).

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

## DISCUSSION

### Muladhara Chakra, Swadhisthana Chakra and Apan Vayu

The important function of Apana Vata is Niskramana of Mutra, Shukra in males through the Linga Marga and Niskramana Karma of Purisha through the Guda Marga<sup>[6]</sup> and Linga, Guda is the Sthana of Swadisthana and Muladhara Chakra. The Muladhara Chakra governs the immune system, skeletal system (i.e. support); lower digestive tract, i.e. colon, rectum, anus.<sup>[7]</sup> If the energy is blocked or unhealthy, it might manifest in physical symptoms such as arthritis, constipation, haemorrhoids; obesity and weight problems; foot, knee and leg problems; poor balance; lower back pain or sciatica. Swadhisthana Chakra controls lymph, mucus, urine, seat of kidney energy, controls maintenance of water level in body. And according to Ayurveda all these functions are controlled by Apan vayu. Hence making a full circle of interrelationship and resulting in relationship between the Swadisthana and Muladhara Chakra and Apana Vata.

### Manipur Chakra And Saman Vayu

Samana Vata is Agni Samipa and Sthan of Manipur Chakra is Nabhi (navel). Saman Vayu operates between naval and the diaphragm.<sup>[8]</sup> Manipur Chakra is the seat of digestive fire. Hence, establishing relationship between Samana Vayu and Manipur Chakra.

### Anahat Chakra and Prana Vayu

Sthana of Anahat Chakra is Hridaya (heart) which is also the sthana of Prana Vayu. All organs of the thorax including heart and lungs are maintained by Prana. The basic function of respiration and pumping of heart is controlled by Prana. Similarly, Anahat Chakra controls respiratory system and circulatory system. Physical problems such as asthma, chronic bronchitis connected with imbalance of Anahat chakra.<sup>[9]</sup> Hence establishing interrelationship between Anahat Chakra and Prana Vayu.

### Vishudh Chakra and Udan Vayu

Udan vayu is located in the Kantha Pradesh (throat) and regulates speech, growth. And Kantha Pradesh is the Sthan of Vishudh Chakra. The most important function of Udana Vata is Vak Pravrutti and for these purpose Kanth Pradesha is used. Vishudh Chakra has control over the region of neck, throat, oesophagus, thyroid and parathyroid glands, vocal cords, trachea, mouth, teeth, and gums, vocal cords. When its energy is blocked, person prone to sore throats, speech impediments, eating disorders, deafness, teeth clenching, thyroid imbalance.<sup>[10]</sup> Hence establishing interrelationship between Vishudh Chakra and Udan Vayu.

## CONCLUSION

By considering the important Karma of that particular Chakra and Karma of Vata as told in Samhitas and relating it to the Sthana of Chakra we may conclude full circle of interrelationship resulting in establishing the probable relation between the Chakra and Vata. Prana Vata is related to Anahata Chakra, Udana Vata is related to Visudha Chakra, Samana Vata is related to Manipura Chakra and Apana Vata is related to Swadisthana and Muladhara Chakra. Vyana Vata is present throughout the body and is responsible for all the Karmas hence not related with any of the Chakras hence highlighting the relation of Vata with all of the Chakras.

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