

ROLE OF SHADCHAKRA FOR PROMOTING AAROGYA**¹*Dr. Niketa Soni, ²Dr. Rajesh Kumar Sharma and ³Dr. Dinesh Chandra Sharma**¹P.G. Scholar, P.G. Department of Kriya Sharir, DSRRAU, Jodhpur.²Associate Professor & H.O.D., P.G. Department of Kriya Sharir, DSRRAU, Jodhpur.³Assistant Professor, P.G. Department of Kriya Sharir, DSRRAU, Jodhpur.Article Received on
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Chakra are the energy centers in the subtle body that play an important role in our physical, mental and spiritual wellbeing. The Term *Chakra* means Circle or Wheel. In *Ayurveda* vitiation in the state of *Dhatu* cause disease, and normalcy in their state causes *Aarogya*. This state of health is called *Sukha* (happiness), And the state of *vikara*(disease) is said as *Dukha* (unhappiness).The *Nadis* are the subtle channels that run from *chakras* to various points of body and energize our physiological system. There are six main *chakras* distributed along the spine from the base- *Muladhara*, *Swadhisthana*, *Manipura*, *Anahata*, *Vishuddh*, *Ajna*, and seventh *Sahasrara* which is beyond the physical region. *Prana* is

the sum total of all the energy which supports *Buddhi*, *Hridaya*, *indriya* and *Chitta*, According to *Ayurveda dosha*, *dhatu*, *mala* are the root of body(*sharir*). The balanced *Doshas* promotes quality of *sapta dhatus*, and good quality of *Dhatu* is essential for good health, if *Dhatu* are formed in the proper form, then all the action of body will be in right form and the tendency of waste products will also be right, all these functions in the body are done by energy and only through *vata*, this energy goes from one place to another in body, thus if the flow of energy is not in a proper form then the body's equilibrium will deteriorate.

KEYWORDS: *Chakra*, Dosh-Dhatu equilibrium, *Ayurveda*, Endocrine system.**INTRODUCTION**

The science of physiology has passed through several stages of evolution. It was first a static view of the individual and of specific functions of the various organs and tissues (*Dhatu*) of the body. Later it was realized that there was an integrative control through the nervous system(*Vata*) and the psychic influence and that these opened up newer processes of

physiological and metabolic conditions, having integrative chemical control on the body and new light was thrown on cellular structure and function. We now know that no one part of limb or gland or cell of the body can be viewed unrelated to the rest of the psycho-somatic whole. One kind of secretion is balanced by another and the glands, the tissues, cells and all the other elements are interrelated controlled by the fulcrum of personality on which the whole organism is fixed. In the same way, the energy in our body is also remains in the form of 7 wheels, this energy enters the body from the universe through various spiritual and functional activities, these power cycles reside in the subtle body and related to endocrine system In physical body, the endocrine system regulates via nervous system (*vata*).^[1] *Vata*, *Pitta* and *Kapha* are the names of three organizations of the body known as "Trimuvirate".^[2]

In scientific terminology *energy* is strictly defined as "the capacity for doing work",^[3] Many functions and energy rhythms of the human body are controlled by hormones, which are manufactured by the endocrine system. We suspect that energy may actually alter or complete these biochemical reactions. Since ancient literature refers specifically to the chakras as emanations of energy (which are manifested as different colors), healers have generally agreed that an understanding of the endocrine system will lead us to an understanding of the proper relationship of color and light to the chakras and thus to endocrine secretion and the production of hormones. Because of the chakra-endocrine connection, energy healing is interrelated to and cooperative with these biochemical messengers. Since these secretions go directly into the bloodstream from the endocrine glands and other organs, the application of subtle energy may in fact encourage or modulate these secretions. There may also be a connection between the presence of hormones in the bloodstream and the manufacture of some of the newly discovered neurotransmitters manufactured by the brain.^[4] The idea that the inner world and the outer world are representations of one another suggests that if the ancient idea of chakras and the corresponding bodies (physical, emotional, mental, astral, and so on) is closely examined, a specific relationship between the chakras and the organs of the physical body can be found.^[5]

The energy can be correlated to Sanskrit term prana. prana or life energy keep entering our body and exiting in a cyclic process. this is how our interior is connected to the exterior world.^[6] Chakra is a center of activity that receives, assimilates, and expresses life force energy. Energy centers in body located at major branching of human nervous system, beginning at the base of the spinal column and moving upward to the top of skull, chakras are

considered to be a point or nexus of metaphysical and biophysical energy of the human body.^[7]

DESCRIPTION OF CHAKRAS^[8]

Muladhara Chakra: Located at the base of the spine, is associated with survival. Its element is earth.

Swadhisthan Chakra: Located in the lower abdomen is associated with emotions and sexuality. Its element is water.

Manipura Chakra: Located in the solar plexus, is associated with personal power, will, and self-esteem. Its element is fire.

Anahata Chakra: Located over the sternum, is associated with love. Its element is air.

Vishuddh Chakra: Located in the throat, is associated with communication and creativity. Its element is sound.

Ajna Chakra: Located in the center of the forehead, is associated with clairvoyance, intuition and imagination. Its element is light. *Shashtra Chakra* : Located at the top of the head, is associated with knowledge, understanding and transcendent consciousness. Its element is thought.

Chakra	Location	Associated nerve plexus	Physiological correlation	Associated body parts
1 st or Root chakra	Base of spine	Coccygeal	Ovaries, Testes, Placenta	Anus, Nose, Hamstring, Calves, Feet
2 nd or Feeling center	Center of abdomen	Splenic	Insulin producing glands in Pancreas and Spleen	Reproductive organs, Tongue
3 rd or	Navel region	Coeliac or Solar	Adrenal and Pancreas	Digestive system, Eyes, Feet
4 th or Heart chakra	Center of chest	Cardiac	Thymus gland, Heart	Heart, Skin
5 th or Expressive chakra	Center of throat	Pharyngeal	Thyroid, Parathyroid	Thyroid gland, Ears
6 th or Knowledge chakra	Center of forehead	Carotid	Pineal gland, Greater left brain hemisphere correlation	
7 th or Crown chakra	Center of head		Pituitary gland, Greater right brain hemisphere correlation	

All chakras have their own specialty, and they all are important in maintaining the balance of the body.^[9]

In *Ayurveda*, it is said that the heart receives *aahar rasa* through *samana vayu*. And the excellent part (*Prasad bhag*) of this *rasa* provides nutrition to all *dhatu*s and gives energy to whole body and keeps us healthy. With the help of *vyan vayu* this *rasa* circulates in the body through heart and arteries and supports the formation of *dhatu*s, *updhātu* and *mala*.^[10]

DISCUSSION

Each chakra is expressed on the physical body in one of the endocrine glands that regulate physical and emotional processes in the body.

Muladhara whirls at base of spine from which the 3 main *psychic* channels, *ida*, *pingala* (SNS) and *sushumna* (PSNS) emerge. Sympathetic nervous system together with parasympathetic nervous system constitutes the autonomic nervous system. It is responsible for our physical, mental and emotional balance.

Swadisthan is associated with Testes or Ovaries these produce testosterone or estrogen, which are important factors in sexual behavior.

Manipur is associated with Pancreas, Adrenal cortex these glands produce hormones involved in digestion, converting food into energy for the body. *Manipur* is said to radiate and distribute prana to the rest of the body.

Anahata chakra is associated with Thymus gland, located in the chest, and produces white blood cells, that combat disease and bring equilibrium to the body.^[11]

In *ayurveda* it is said that the *rasa*, which is absorbed in the elements of body, give them *Tarpana* (nourishment), *Vardhna* (growth in childhood), *Dharna* (life), *Yapna* (protecting them from destruction in old age) *Snehana*, *Avsthambh* (strength). Therefore it can be said that all the actions of the body depends on *rasa dhatu*.^[12]

Vishuddh chakra is associated with thyroid gland, produces hormones essential for growth and maturation.

Ajna is considered the chakra of mind, when something is seen in the mind's eye, or in dream, it is being seen by *ajna*.

Sahasrara chakra most subtle chakra in the system, relating to pure consciousness.^[13]

CONCLUSION

By considering the important Karma of that particular Chakra and Karma of Dosha and Dhatu as told in Samhita 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 Endocrine system. *Muladhara* is related to *Ida*, *Pingla* and *Sushumna*, *Swadisthan* is related to Testes and Ovaries, *Manipura* is related to Pancreas, *Anahata* is related to Thymus gland, it is very important in equilibrium of body (*dosha dhatu saamyā*) through *Rasa Samvahana*.

Vishuddh is related to Thyroid, *Ajna* is related to mind or Pineal gland, *Sahasrara* is most subtle chakra. It means we can correlate all the *Chakras* with Endocrine system in physical body.

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