

ROLE OF SHAT-CHAKRA IN MANAS ROGA WITH SPECIAL REFERENCE TO KRIYA SHARIR

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ABSTRACT

Ayurveda is a science of life which treats what is harmful and advantageous for the body. In Manas Roga or mental disease are associated with emotion trauma, negative attitude, stress, sexual abuse, personal losses or drug induced. The pathology of Manas Roga is psychology or emotional imbalance. The Shat-Chakra are the important term in Ayurveda. They re-established the psychomatic health, they are energy centres and protective aureas operating our body mind, spirituality, emotions and immunity. The Shat-Chakras balances with the help of Pranayama and Shirodhara, Yogasana with different Chakras. With special reference to Kriya Sharir Prana Vayu,

Aapan Vayu, Vayna Vayu followed by the Shat-Chakra. If this Vayu works normally then the mental health will be maintained because the Shat-Chakra will be functioning but the disturbance in physiology of Vayu the disturbed Shat-Chakra and developed Manovikar.

KEYWORDS: Pranayam, Shat-Chakra, Shirodhara, Yoga.

INTRODUCTION

In Garudpurana mentioned a Shat-Chakra in Manas roga. Shat-Chakra are the energy centres and protective aureas operating our body and emotions. Various exersize and techniques of balancing the disturbed Chakras will re-established the psycho-somatic health. This Chakras are situated in Guda Sthana to head region.

The Ida, Pingla and Sushumna Nadi where are get together this point are is called Chakra, Where Nadi runs parallel upward and crosses at some points ends in Masthishka this crossing

point is called Chakra. More than 3.5 lakhs Nadis are present in our body in which 14 are major Nadis.

Mann is the important factor for the Dnyangrahana, Aatma, Mann, Indriya and Aartha this pathway is not completed without Mann. The function of Mann is Anubodhana.

There are 6 Chakras

1. Muladhara Chakra
2. Swadhishthana Chakra
3. Manipura Chakra
4. Anahat Chakra
5. Vishudha Chakra
6. Agya Chakra

Components of Shat-Chakra

Chakra	Petals	Colour	Bij mantra	Maha Bhuta
Muladhara	4	Red	लं	Pruthvi
Swadhishthan	6	Orange	वं	Aap
Manipura	10	Yellow	रं	Tej
Anahata	12	Green / Pink	यं	Vayu
Vishudha	16	Light blue	हं	Aakash
Agya	2	Violet	ॐ	Vayu

Muladhara Chakra

This Chakra is base Chakra and also root Chakra (pelvis plexus). It is located in the Janana Indriya and Guda Sthana (perineum). This is the Aapan Vayu Sthana, Vayu works in Nishkraman Karya for Shukra, Aartva, Raja, Mutra and Mala. Muladhara Chakra is physically works by meditation and mentally by with consciousness and unity, emotional action with begins, is in balance you feel stronge and confident, you can stand up your own two feet and take care of yourse lf. This Chakra acts on Adrenal gland. The gland is a life savinf gland and essential enodrine gland, drastically it decreases the resistance to mental and physical stress.

Swadhishthan Chakra

It is a sacral Chakra (hypogastric plexus). It is located in Mutrashya and Bhagasthi. This Chakra also works in Aapan Vayu. The Chakra physically works in reproduction and

mentally works in creativity, emotionally, spiritually and related to genitourinary system .and adrenal gland act this Chakra essential for normal functioning of nervous system and masculine features. This Chakra represents fluidity, creativity and fertility.

Manipura Chakra

It is a solar plexus Chakra. It is located in the Nabhi Sthan (umbilical region). This Chakra works on Saman Vayu, act on Aana Gruhati, Pachati, Vivechayti and Munchati. It corresponds to islets of langerhans, acts on the central nervous system exerts a control on the endocrine pancreas and modulate the basic feed back loop linking the concentration of the main energy substrate. This Chakra works physically in digestion and mentally personal power, experience and all matters of growth. you can awaken your true personal inner power and works through your fear of taking risks.

Anahat Chakra

It is a heart Chakra. It is located in the heart region (cardiac plexus). This Chakra works on Prana Vayu, acts on Budhi, Hrudhya, Chita and Dhruka and Vayna Vayu acts on all important activity regulate. It corresponds to Thymus, acts on accelerates lymphopoiesis and proliferation of T-lymphocytes, it suppresses neuromuscular activity. This Chakra physically work on circulation and mentally unconditioned love for self, it governs devotions. You can heal past wound by reopening your heart, learn to love unconditionally and form healthy relationship.

Vishudha Chakra

It is throat Chakra. It is located in Kantha region (laryngo pharyngeal plexus). This Chakra works on Udaan Vayu, acts on Vak Pravrutti, Prayant, Urga and Bala. It corresponds to thyroid gland, it accelerates the growth of body, increase the heart rate and force of respiration, promotes the growth and development of brain during fetal life. Chakra mentally works in psychic level inspiration in speech responsible for growth and maturation. you also become better at listening to others and honoring their personal truths without judgement.

Agya Chakra

It is brow Chakra. It is located in Bhrumadhya (medullary plexus). This Chakra works on Prana Vayu, acts on Prana Dharana. It corresponds to pineal body, work is a light sensitive gland produces the hormones melatonin, which regulates sleep and waking up plays little role in regulating the sexual activity. Chakra mentally works with visual consciousness, Balancing

the higher and lower selves and trusting inner guidances. Is functioning well, you have insight and you trust your inner wisdom to face lifes challenges and choices.

Sahasara Chakra

It is a crown Chakra. It is located in Mastiksha (brain). This Chakra related to Brahmarandhra. The elixir flows in a stream going to the left nostrils it receive from yogis and right nostrils portions of the Agya lotus and going to the left nostrils flow the Ida. This Chakra role may be similarly to that of the pituitary gland. Chakra physically works by meditation and mentally with universal consciousness and unity.

Role of Yoga In Shat-Chakra

Yoga leads to mental and physical stability and peace. Yoga helpful for both anxiety and depression. In this respect Yoga functions like other self soothing techniques such as meditations, relaxations. Decreases the physically arousal blood pressure and heart rate.

1. Kundilini yoga

It affects the Muladhara Chakra. It is vitality and stability strength of mental health. It derives its name through a focus on awakening Kundilini energy through regular practice of Mantra, Tantra, Yoga or meditation.

2. Tantra Yoga

It affects the Swadhisthana Chakra. The Tantra Yoga emphasis on personal experimentation and experience lead it radial techniques to cleanse the body and mind to break that binds us to our physical existences.

3. Raja Yoga

It affects the Manipura Chakra. It is also known as Ashtang Yoga. His interpretation of Patanjalis Yoga status. Acts with independence, self confidence and assurance, firmness and organizational talent.

4. Bhakti Yoga

It affects the Anahat Chakra. love, vitality being one with nature. A develops loving devotions to a personal god as the for spirituality.

5. Mantra Yoga

It affects the Vishudha Chakra. Transformation of energy through words and images. Mantras are mostly meaningless sound constructs. It creates positive vibrations that benefits both one who chants and one who listens.

6. Janana Yoga

It affects the Agya Chakra. The mind is used to inquire its own nature and interpret the mind identification with its thought and ego. Recognizing and accepting destiny, confidence in ones own intuition.

Role of Shirodhara In Shat- Chakra

The Shirodhara stream of oil with certain pressure at a point on forehead for a specific period have calming effect on the impulse in the highly rich nerve plexus (which is also called as Agya Chakra). It is best placed to focus during meditation as many of u know this Chakra is associated to the pituitary gland, thus Shirodhara has a profound effect on the entire endocrine system. Regulates Tarpak Kapha helps with memory, concentration and instilling peace of mind.

DISCUSSION

Aapan Vayu-Nishkramana of varios entities from Linga and Guda Dwara and both this structure are the Sthan of Swadhisthan and Muladhara Chakra.Saman Vayu-Is Agni Samipastha which is at the level of Nabhi and Nabhi is Sthan of Manipura Chakra. Udaan Vayu-Is Vakpravriti with aid of Kantha and Sthan of Vishudha Chakra. Prana Vayu governs the function of Budhi, Chinta, Indriya situated in the Hridhya and Hridhya is a Sthan of Anahat Chakra.

CONCLUSION

Chakra are through vitalize the physical body as well as related to mentally and emotionally. Individual vata said to be related with specific Chakra and its functions by considering the Sthan or important Karma of that particular Vata and relating it to be the Sthan of Chakra and hence making a full circle of interrelationship resulting in establishing the probable relation between the Chakra and Vata.

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