

CONCEPT OF SHADCHAKRA IN AYURVEDA AND MODERN PERSPECTIVE

ABSTRACT

Modern science serves as a bridge between Ayurveda and contemporary science, shedding light on ~~the~~ old principles and making them more familiar to scientists. The scientific community has generally agreed that chakras ~~affects~~impact physiological functions. Intercellular gap junction connections provide a physiological mechanism for subtle energy systems, according to the scientific overview on this topic. In addition, phenomena involving radiant potentials associated with Chakra ~~may~~might be produced via electrical conduction in conjunction with different ~~tee~~ junctions. In Ayurveda, ~~the~~ Chakra healing measures (Adravabhuta chikitsa) are identified in a disorganized fashion; these are compiled and explained in additional detail. A blocked energy center can be more easily healed by focusing on the specific chakra ~~that is~~ related ~~to~~with the physical body via the ~~occurrence~~happenings of ~~the~~ various glands and nerve plexuses. ~~In order~~ To confirm and comprehend the healing potential of Shad chakras, this study ~~aimed to~~will investigate and evaluate ~~this~~is idea using metaphysical principles and anatomical details. Because of its physiological relationship ~~with~~to Sukshma Sharir and its anatomical link, the shad chakra has the power to influence our mental and physical well-being and ~~to~~ maintain our standard of living.

KEYWORDS: - Chakra, Ayurveda, Subtle energy, Metaphysics.

INTRODUCTION

Ayurveda is the science of life dealing with treating the mind, body, and soul to ensure an overall state of health, ~~which the topic of chakra~~ comprises ancient and scientific knowledge, ~~and~~ health can also be preserved by the knowledge of chakra. According to Charak, the human body consists of Panchbhautik Dravya (Akash, Jal, Agni, Vayu, and Prithvi), and the soul is known as Sada Dhatu Phurusa or Chikitsiya Phurusa. Asthi, Majja, Meda, Rasa, Rakta, Mamsa, and Shukra are ~~the~~ Sapt Dhatu, ~~which that constitute make up the~~ human body. The three elements that make up a human being are known as Doshas: Vata, Pitta, and Kapha. These three ~~d~~ Doshas are the main constituents in the human body, which, when in equilibrium, can provide good health to the human body; ~~however, but~~ if there is a slight disturbance in the equilibrium, ~~of~~ Dosha can cause diseases. 1 The ultimate aim of ~~Ayurveda the~~ science ~~of Ayurveda~~ is ~~to~~ the prevention and cure ~~of~~ the disease (Swasthya Swasth Raksana)². A skilled method that can help us achieve Chakra balance is shad-chakra healing therapy. Chakras are gyrating spheres that originate from the main nerve ganglia, ~~which that~~ branch from the spinal column. They are believed to be ~~the~~ centers of biophysical energy. A person's physical well-being depends on their energy field, ~~in~~ harmonizing with the universal energy field³. Chakras are the subtle "switches" that let energy to flow through a person, representing Pranayamakosha. A person's energy field is a manifestation of ~~the~~ energy centers called chakras, ~~which are~~ located ~~all~~ throughout the body. Chakra healing is a relatively new energy-based healing approach that uses "PRANA" to harmonize, balance, and modify the body's energy centers. Based on ~~a~~ recent scientific understanding, this article discusses Chakra healing in depth, which is ~~at~~ the fundamental aspect. They are not nerves but rather subtle energy centers that regulate things. Every Yoga practice revolves around ~~the~~ chakras⁴. The existence of ~~the~~ twelve pranas—Agni, Soma, Vayu, Satva, Raja, Tama, Panchendriya, and Bhutatma—in the body, as described by Acharya Sushruta, ensures life for all beings⁵. ~~According to the National Institutes of Health, b~~ Bioenergetics is the study of how living ~~organisms things~~ interact with various forms of electromagnetic radiation, including fields, forces, energies, currents, and charges, according to the National Institutes of Health⁶. The field of bioenergetic medicine promotes the use of bioenergetic flux modification ~~s to for~~ ~~the purpose of~~ improving health⁷. A subspecialty of complementary and alternative medicine known as bioenergetics investigates the possible medicinal effects of subtle energies⁸.

61

62 DISCUSSION

63 In *Sharir Rachna Vigyan* (Anatomy), we cannot see them from the naked eye and cannot
64 ~~identify~~~~find out~~ these chakras from dissection, but it is related to our control system of the
65 body and works widely ~~works~~ in the body. In *sharir kriya, Vigyan* (Physiology) describes~~ed~~ its
66 physiology. The actions of ~~the~~ shadchakra have been compared ~~in~~by many studies to those of
67 ~~the~~ vayu⁹.

68 Many Researchers conclude that.

69 *Ajnya Chakra* might ~~be dealing~~ with the function of the Pituitary and Pineal glands through
70 *Pranavata*¹⁰.

71 *Udana Vata* may be a pathway via which the *Vishuddha Chakra* regulates thyroid and
72 parathyroid gland activity¹¹.

73 *Udana Vata* may be a channel via which *Anahat Chakra* regulates thymus gland activity¹².

74 The adrenal glands and pancreas might be under the *Manipur Chakra's* influence via *Saman*
75 *avata*¹³.

76 *Swadishtana* and *Muladhara Chakra* might control the function of Gonads through *Apana*
77 *vata*⁸.

78 RELATION BETWEEN SHADCHAKRA AND EFFECTS OF IMBALANCE IN 79 BODY¹⁴

80 ***Muladhara Chakra:*** In addition to regulating the excretion system and adrenal gland, it is
81 linked to the gonads, anus, rectum, colon, blood, and prostate glands. Constipation, sciatica,
82 and knee pain are all symptoms of this chakra being blocked.

83 ***Swadhisthana Chakra:*** In addition to its associations with the reproductive system (including
84 the testes, ovaries, and adrenal gland production), the pelvis, kidneys, womb, and bladder
85 make up the Swadhisthana Chakra. When this energy center becomes blocked, it can cause
86 problems with the reproductive system, the lower back, the hips, and the pelvis.

87 ***Manipura Chakra:*** The Manipura chakra regulates the digestive system and pancreas; it is
88 associated with the lower back, liver, spleen, gall bladder, pancreas, and insulin production.
89 Disorders of the digestive system, ulcers of the stomach, pancreas, and gallbladder, diabetes,

~~malfunction of the~~ liver malfunction, and colon disorders can result from an imbalance or obstruction in this chakra.

Anahata Chakra: There are several points of connection between the Anahata Chakra and the heart, upper back, breasts, lungs, blood, and air circulation; it also regulates the thymus gland and the circulatory system. Asthma, cardiovascular illness, lung disease, heart disease, and discomfort in the upper back, shoulders, arms, and wrists can all result from ~~a~~-blockage in this chakra.

Vishuddha Chakra: The thyroid and parathyroid glands, as well as the upper portion of the lungs, are all associated with ~~the~~-Vishuddha Chakra, which is responsible for controlling them. Stiffness in the neck, laryngitis, ulcers, and hypo- or hyperthyroidism might result from ~~a~~-blockage in this chakra.

Ajna Chakra: In addition to regulating pituitary gland, cerebellum, and central nervous system activities, ~~the~~-Ajna Chakra is associated with ~~the~~-facial regions, sinuses, ears, and eyes. Memory loss, sinus difficulties, convulsions, migraines, impaired vision, and hearing loss can ~~all~~-result from an obstruction in ~~the~~is chakra.

APPLIED ASPECT OF SHADCHAKRA

The Ayurvedic treatment of disorders, known as rogas, can take one of two forms: ~~the~~-drug-based Dravyabhuta chikitsa or ~~the~~-non-pharmacological Adravyabhuta chikitsa. ~~When~~ Cecombined with Dravyabhuta chikitsa, Adravyabhuta chikitsa is a powerful therapeutic method for achieving optimal health in a variety of clinical states. Pathya, Prayashchitta, Prashman, and Aushadh are ~~all~~-synonyms of Bheshaja ~~and/or~~ Aushadh, and Hita proves that Adravyabhuta chikitsa is important¹⁵. Acharya Charaka identifies three varieties of Chikitsa: Daivavyapashraya, Yuktivyapashraya, and Sattvavajaya¹⁶. Adravyabhuta chikitsa is one of three methods that deal with health maintenance and illness treatment that do not include pharmaceuticals. The others ~~we~~are Sattvavajaya and Daivavyapashraya chikitsa.

ENERGETICS OF MANTRAS

The overall energetics of mantra depends upon three chief factors:

Sound Factor: To begin with, the power of the mantra is connected to the vitality of its sound, which includes the various vowel and consonant characteristics as well as the specifics

119 | of its pronunciation. The ~~solid~~ quality of each sound ~~is a reflection of~~ the meaning that it has
120 | the capacity to convey. As the "body" of a mantra, the auditory component is essential.

121 | **Pranic Factor:** Second~~ly~~, the quality of the sound produced by a mantra determines its
122 | importance. Making the same sound with different amounts of prana (life force energy),
123 | intensity, speed, or force changes the sound's energy, meaning, and effect. The use of
124 | different tones and the connection between the mantra and breathing are ~~both~~ emphasized
125 | here. The mantra's "life force" is analogous to this.

126 | **Mental Factor:** Third, our thoughts, meaning, intention, and emotions fuel a mantra, which
127 | determines its effect. These are the "mind and heart" components of the mantra.

128 | Using the sound patterns of various phrases, bija mantras, and primal sounds can assist in
129 | releasing unpleasant experiences and traumatic memories. By disentangling conditioned
130 | sounds and the emotional reactions they enable to persist subconsciously inside us, the
131 | mantra readies the mind for meditation. However, mantras may also assist us in being better
132 | outsiders by giving us ~~the~~ wisdom and imagination to deal with the challenges of the here and
133 | now, free from the mental blocks caused by our past experiences.¹⁷.

Chakra	Location	Associated nerve plexus	Endocrine gland	Mantra
<i>Muladhara</i>	Base of spine	Coccygeal	Gonads	LAM ¹⁸
<i>Swadhisthana</i>	Centre of abdomen	Splenic	Gonads	VAM
<i>Manipura</i>	Navel region	Coeliac or Solar	Adrenal, Pancreas	RAM
<i>Anahata</i>	Centre of chest	Cardiac	Thymus gland	YAM
<i>Vishuddha</i>	Centre of throat	Pharyngeal	Thyroid, Parathyroid	HAM
<i>Ajna</i>	Centre of forehead	Carotid	The pineal gland, Pituitary gland	AUM

<i>Shastra</i>	Centre of head		Pineal gland Pituitary gland	

There is a ~~C~~constant vibrational motion ~~occurstakeing-on~~ in the cosmos, and every particle is part of it. These vibrations also ~~occurhappen~~ in the human body. The unique frequency range that each bodily tissue occupies aids in the structural and functional differentiation of ~~these~~ tissues from one another. Diseases develop when this becomes unbalanced; ~~becauseas~~ it causes a shift in the three main types of cellular reactions: anabolism, catabolism, and transformation. Instead, these imbalances may be remedied by the application of rectified frequencies directly into the ~~body's~~ meridians or channels of the body, which can free up blocked channels and broaden them. The goal of healing is to eliminate these imbalances¹⁹.

CURRENT AND CONTEMPORARY UNDERSTANDING

Ayurvedic medicine, which includes a balanced (Ahara-Vihara) diet, lifestyle changes, and mind-body therapy, can also ~~improvehelp~~ patients' immune systems. One ~~of the~~ ways to provide patients with the best quality of life ~~possible~~ is through chakra meditation. An ~~individual'sperson's~~ spinal column is home to six primary chakras: Agya, Anahata, Swadhisthana, Manipura, and Muladhara. Despite their subtle bodily locations, these centers are strikingly similar to the nerve plexuses found in the gross body. In addition to the ~~se~~ six, there are two more awakening centers, Bindu and Sahastrara, the knowledge of which can only be attained at very advanced levels of consciousness.²⁰

Techniques ~~such aslike thesethis~~ are defined by the International Society for the Study of Subtle Energies and Energy Medicine. This branch of medicine holds that health problems arise from disruptions in the body's "energy field" and that these disruptions may be remedied by re-balancing²¹. Because of the electromagnetic nature of the human body, engineers have developed tools, ~~such as-like~~ electrocardiography and magnetic resonance imaging, to monitor the frequencies of this energy. These energy pathways and ~~these~~ sites have been provenare-proved inby several ~~studiesresearch~~ to transmit electricity. Scientists at Seoul National University have provided extensive evidence of meridian energy channels, or a "primary vascular system." Their interpretation was that this mechanism is fundamental to

the cardiovascular system. ~~The~~ Novel tubular formations were first described almost half a century ago by a North Korean scientist named S. Kim Bong Han. They were found both within and outside ~~the~~ blood arteries and lymphatics, on the surface of ~~the~~ internal organs, and under the dermis of the skin. ~~These,~~ ~~He~~ thought ~~that these,~~ were ~~the~~ old-fashioned meridian lines. Since its discovery, ~~the~~ meridians have been dubbed "Bonghan canals" or canals; further studies have confirmed that this system is present in other organs.²²

Korean researchers have proven beyond a reasonable doubt that the main vascular system is the tangible part of the acupuncture meridian system, and they also suggest that this system plays a role in the transmission of biophotons (light rays) and genetic information.²³ The energy, the distributed information in DNA, and the meridians may all be interconnected. The study's authors discovered that meridians are more than just skin-deep; they ~~are're really~~ a network of channels ~~through which~~ that a fluid may circulate ~~through~~, with the potential to aggregate stem cells²⁴. Following the initial reporting of behavioral and neurological differences in animals in the Soviet Union in the 1950s and ~~the~~ 1960s, researchers have diligently studied the effects of radiation on peripheral nerve tissues²⁵.

BENEFITS OF CHAKRA HEALING-

1)Physical Benefits Clinical investigations have shown that meditation can help with a variety of stress-related conditions, such as high blood pressure, sleeplessness, asthma, phobias, chronic pain, and irregular heartbeats.²⁶

2)Mental Benefits In times of high stress, our brain waves register at 13–20 Hz; ~~however,~~ ~~yet~~ when we ~~a're~~ deeply relaxed, they register at 5–8 Hz, according to ~~previous~~ ~~the~~ research. Theta waves were ~~observed~~ ~~seen~~ in abundance in the prefrontal and central regions of the brain during meditation, suggesting that our brains reached a deeply relaxed state, according to a research²⁷.

3)Intellectual Benefits Meditation improves cognitive performance and cerebral blood flow in people with memory loss, according to a pilot research.²⁸

4)Emotional Benefits The impact of meditation on mood and psychological discomfort was examined in a study involving 200 healthy people, and the results showed promising outcomes²⁹.

THE CONCEPT OF SHADCGAKRAMEDITATION AND ITS CONTEMPORARY CO-RELATION

~~SeveralA number of~~ brain areas, notably the posterior cingulate cortex, have been found to localize strong delta waves during slow-wave sleep. It has been proposed that awakened brains use weaker delta oscillations to influence memory and behavioral function.^{30,31} Multiple electroencephalogram (EEG) investigations have shown that meditative techniques, such as transcendental meditation, raise delta-band power.³² One possible benefit of meditation is the enhancement of delta activity in the medial prefrontal cortex, which helps one to focus less on their immediate environment.³³ Another possible function of delta waves is as inhibitory oscillations in the brain, which would allow one to concentrate inwardly without interruption from outside stimuli.³⁴ There is mounting evidence that suggests a connection between less self-oriented thinking and the suspension of sensory monitoring and an increase in delta wave in posterior areas, particularly the PCC.^{35,36} Despite the fact that research on the benefits of meditation is still in its early stages, ~~what little~~ there is little ~~evidencesuggests~~ that regular meditation and mindfulness practices can improve health by teaching people to better control their attention and emotions, as well as increase behavioral flexibility³⁷. Meditation has been shown to alleviate a wide range of ~~symptoms, both~~ mental and physical symptoms, as well as biochemical indicators of illness development, according to research conducted on clinical populations^{38,39}. Reports of changes in physiological indicators and biochemical measurements as a result of meditation support these outcomes⁴⁰. ~~FinallyLastly~~, research has shown that regular meditation practice impacts higher-level CNS processes, which is evident in improved performance and different patterns of brain activity.^{41,42} The correlation between meditation and structural brain abnormalities is ~~poorly~~little understood. Results from cross-sectional research in normative populations (i.e., those who do not meditate) have ~~suggestedhinted to~~ alterations in the macro-structure of the brain, including an increase in gray matter (GM), as a result of rigorous training in various motor, sensory, and cognitive domains.⁴³ Longitudinal research has~~ve~~ provided ~~more~~ evidence that changes in brain structure may be produced by experience, stimuli, and practice.⁴⁴

CONCLUSION

All ~~of~~ the chakras worked together. Healing our energy centers can generally improve our health~~in general~~, but understanding chakras is a great starting step. Discordances in a person's chakra energy fields may reveal hidden feelings, physical symptoms, or health issues. It may not be feasible for everyone to spend a significant portion of their day

balancing their chakras via practices such as yoga, meditation, aromatherapy, prayer, and affirmations. We may explore other methods of self-help without relying on substances such as food, drinks, or medicine to address emotional and physical issues if we become aware of these unseen chakras and symptoms of imbalance.

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