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RESEARCH ARTICLE

A CONCEPTUAL STUDY OF SHATCHAKRA ACCORDING TO AYURVEDA

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Abstract

The chakras are vortices of supernatural power and they're visualized and experienced as round movements of energy at unique costs of vibration. these chakras are placed within the spinal cord, but they widely paintings within the frame. We can not discover these chakras from dissection but it is associated with our control gadget of body and they are aspect of consciousness. these six chakras function switches for turning on different elements of the brain. The awakening that's introduced approximately inside the chakras performed to the higher facilities within the brain through the nadis. There are also higher centers within the mind that are commonly mentioned in kundalini yoga: bindu and sahasrabindu is located on the pinnacle lower back of the head. Bindu feeds the whole optic gadget and it is also seat of nectar or amrit. sahasrara is superlative: final end result of kundalini shakti. it is seat of better awareness and located on the top of the top, anatomically correlated to the pituitary gland. Chakras are like a source of power from which energy run to one-of-a-kind places. The nadis which pop out from every chakra transmit prana in both guidelines. The outgoing and the incoming reaction input and leave the chakra inside the form of this pranic float within the corresponding nadis. in accordance tantras, there are seventy two lots of nadis, wherein three are fundamental nadis and in the space outdoor the Merudanda (spinal column) placed at the left and the proper is the two Nadi-Ida and Pingala, the NadiSushumna is inside the middle. The Ida, pingala meet SushumnaNadi on the Muladhara Chakra and make a knot. This junction is referred to as Mukta Triveni. Ganga, Yamuna and Saraswati reside in Pingala, Ida and Sushumna. This confluence area is known as Brahma Granthi. these meet once more on the Anahataand Ajna Chakra. Ida flows through the right nostril and Pingala through the left nostril. Ida [Sasi, Lalana, Pitryana] is referred to as Chandra (Moon) Nadi, in its course it conveys lunar power.

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Introduction:-

Chakra has an exacting number of petals with a Sanskrit alphabet on each petal. The letters exist in the petals in a dormant form. These can be manifested and the vibrations of the Nadis felt during meditation. "The number of

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petals in each Chakra is determined by the number and positions of the Nadis around the Chakra. From each Chakra particular number of Yoga Nadis crop up.¹

The Chakra seems like a lotus with the Nadis as his petals. The sound is produced by means of the vibrations of the corresponding Sanskrit letter. The Chakras with their petals cling downward whilst Kundalini is on the Muladhara Chakra. when it's far awoke, they flip closer to Brahmrandhra. They always face the facet of Kundalini. The 5 factors from which all concept is show up are on hand via 'Chakras' positioned inside the spinal area. The Chakras are energy centre in the Linga sharir corresponding to five locations in the spinal region and two in the area of the brain. Muladhara chakra, it represents stability and support. Swadishthan chakra, it represents joy and general sense of well being. Manipura chakra, it represents power and wisdom. Anahata chakra represents love, forgiveness, compassion to all. Vishuddha chakra represents faith in our own selves, trust in others, creativity. Ajna chakra represents knowledge, dignity, and intuition. Sahasrara chakra represents perfect balance, oneness with the universe.^{2,3}

Chakra	Location	Element
Muladhar	Pelvic floor	Earth
Swadishthan	Above the pelvic bone and below navel	Water
Manipur	Navel	Fire
Anahat	Heart	Air
Vishudh	Throat	Ether
Ajna	Between the eyebrow	Light
Sahasrara	Crown of the head	All elements

Objectives:-

- 1) To reviewshatchakras from various Ayurvedic samhita.
- 2) To study and correlateshatchakraswith contemporary science.

Importance-

In sharir kriya vigyan, described their body structure. Many researchers have been describing the action of shatchakra is associated with the features of vayu. The chief characteristic of Apana Vata is Urination, Defecation, and Ejaculation. Linga, Guda is the Sthana of Swadisthana and Muladhara Chakra. The Muladhara Chakra governs the immune machine, skeletal gadget, lower digestive tract, i.e. colon, rectum, anus. If the electricity is blocked or dangerous, it would appear in bodily signs and symptoms inclusive of arthritis, constipation, haemorrhoids; obesity and weight troubles; foot, knee and leg problems; poor balance; lower back pain or sciatica. Swadhisthana Chakra controls lymph, mucus, urine, and energy controls maintenance of water level in body. According to ayurveda all these functions are controlled by Apanvayu. Hence making a full circle of interrelationship and resulting in relationship between the Swadisthana and Muladhara Chakra and Apana Vata.^{4,5}

Manipur Chakra and Saman Vayu: SamanaVata is Agni Samipa and Sthan of Manipur Chakra is nabhi (navel). Saman Vayu situated between naval and the diaphragm. Manipur Chakra is the seat of digestive fireplace. consequently, that is setting up relationship between Samana Vayu and Manipur Chakra.⁶

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 along with coronary heart and lungs are maintained via Prana. The primary function of respiration and pumping of heart is controlled by way of Prana. further, Anahat Chakra controls respiratory device and circulatory system. a few breathing troubles like bronchial asthma, persistent bronchitis associated with imbalance of Anahat chakra. subsequently that is organising interrelationship among Anahat Chakra and Prana Vayu.

Vishudh Chakra and Udan Vayu: is located in the Kantha Pradesh (throat) and regulates speech, growth. And Kantha Pradesh is the Sthan of Vishudh Chakra. The function of UdanaVata is auditory work and for these purpose KanthPradesha 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 get blocked, person

prone to sore throats, speech impediments, eating disorders, deafness, teeth clenching, thyroid imbalance. So that it is establishing interrelationship between Vishudh Chakra and Udan Vayu.⁷

Aspect Of Shatchakra-⁸

Mooladhar Chakra

The first chakra is comprised of whatever grounds to stability in life. For stability in life our basic needs such as food, water, shelter, and safety are necessary, as well as your more emotional needs such as letting go of fear also necessary. After fulfil of these needs, we feel grounded and safe, and tend to worry less day to day. If there is an imbalance in the chakra, it may cause anxiety disorders, unfounded fears, or nightmares. Physical problems may occur like problems in colon, with the bladder, with elimination, or with lower back, leg, or feet issues. In men, prostate problems might occur. Eating disorders may also be a sign of a root chakra imbalance.

Swadishthan Chakra

The focus of chakra is creativity. As humans, it is part of nature to create. When use creative energy – whether it is through cooking, baking, gardening, procreating, or even finding a new solution to an old problem – these are opening second chakra. A balanced Swadishthan chakra leads to approach of wellness, wealth, happiness, and enjoyment. When this chakra is out of balance, experience emotional instability, creative blocks, fear of change, sexual dysfunction, depression, or addictions.

Manipura Chakra

Manipura chakra is open and healthy, the person is self-confident and self-motivated. Having clear goals, desires, and intentions allows moving forward and achieving them. Each small step while honoring the larger intention helps to strengthen third chakra. If third chakra is imbalance, can be suffer from low self-esteem, have difficulty making decisions, and may have anger or control issues. The digestive fire, called Agni, is also present in the third chakra – weak digestion may indicate a blockage.

Anahat Chakra

The Sanskrit word for the fourth chakra is Anahata, which means “unstruck” or “unhurt.” The name implies that beneath the pains and grievances of past experiences lies a pure and spiritual place where no hurt exists. When anahat chakra is open, individual is flowing with love and compassion. A closed chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward you and others. Physical imbalances may manifest as heart conditions, respiratory problems, or upper-back pain.

Vishudh Chakra

Work on the lower chakras will help prepare for this level of communication. For example, when align the first and second chakras, it helps with overcoming fear. Opening the third chakra helps to feel personal power and have the confidence to express our self. Knowing what’s in your heart comes when you align the fourth chakra. Then, verbalizing your needs, desires, and opinions. If vishudh chakra is imbalance, this may manifest as difficulty in communication and express feelings, indecision, and mood swings, Thyroid problems, a sore throat or stiff neck, and tooth and gum issues.

Ajna Chakra

Institution is like a “sixth sense” that grows stronger as open third eye, something you can look to for guidance in making the right decisions. With a fruitless sixth chakra, only the mind, intellect, and ego are used in the decision-making process. When the third eye is open, however, the soul becomes involved as well. Pay attention to a hunch or a subtle feeling of moving forward or holding back. Imbalances in the third eye chakra, if there are an imbalance in the sixth chakra may experience poor intuition, lack of concentration, impaired judgment, confusion, or depression. Physical imbalances may manifest as headaches, trouble sleeping, or nightmares.

Shaswara Chakra

While many people have the demands of daily living and the busy minds that accompany these demands, reaching enlightenment may not be as far off as it appears. Practicing meditation, prayer, or daily silence is disciplines that lead to increased moments of spiritual connection. Once established a daily practice of these activities that connect universal conscious.

Materials And Methods:-

The literary resources for the existing have a look at was amassed by means of ayurvedic samhitas like Charaka Samhita, Sushruta Samhita, AstangSangrah, etc. it will likely be correlated with the contemporary available books, literature, journals, web sites, and studies paper as according to examine.

Discussion:-

According to Ayurveda Shatchakra is part of SukshmaSharir. Anatomically the individual cannot see or contact it, because SukshmaSharir is the electricity of our body and Chakras are the power centres. it's far a complex strength-undertaking network positioned inside the frame that gets and tactics what has been known as diffused power or bio-strength. this contemporary expertise emphasizes the conceptual similarity between Ayurveda and modern-day science. This concept gives a scientific cause for plenty info of Chakra's concept that had previously been unexplained and offers a new orientation to conceptualizing and studying such subjective phenomena.

Conclusion:-

In historical era there are not any fundamental parameters to measure the stableness, power, and intellectual fame of the body. They believe approximately chakras, these chakras are feeling of existence and stability the body. They glide the strength in body so power can continue to exist. concept of Chakra defined in historic literature could be very an awful lot relevant in current technology. The Chakra is conceived as a focus or nexus that is related to the interplay of a bodily, intellectual, emotional, and spiritual nature or frame physiology thru main structures: The endocrine machine and the second one is worried device. each the device operates by intercellular gap junction communication gadget of our body. The Autonomic worried device makes use of impulse conduction and neurotransmitters release to transmit statistics & the responses are fast and localized at the same time as the endocrine gadget and offers a specific physiological impact.

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