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RESEARCH ARTICLE

CONCEPT OF SHADCHAKRA IN AYURVEDA AND MODERN PERSPECTIVE

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Abstract

Modern science serves as a bridge between Ayurveda and contemporary science, shedding light on old principles and making them more familiar to scientists. The scientific community has generally agreed that chakras affects 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 be produced via electrical conduction in conjunction with different junctions. In Ayurveda, Chakra healing measures (Adravayabhutachikitsa) 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 related to the physical body via the occurrence of various glands and nerve plexuses. To confirm and comprehend the healing potential of Shad chakras, this study aimed to investigate and evaluate this idea using metaphysical principles and anatomical details. Because of its physiological relationship with Sukshma Sharir and its anatomical link, the shad chakra has the power to influence our mental and physical well-being and maintain our standard of living.

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Introduction:-

Ayurveda is the science of life dealing with treating the mind, body, and soul to ensure an overall state of health, which comprises ancient and scientific knowledge. 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 Sapta Dhatu, which constitute the human body. The three elements that make up a human being are known as Doshas: Vata, Pitta, and Kapha. These three doshas are the main constituents in the human body, which, when in equilibrium, can provide good health to the human body; however, if there is a slight disturbance in the

equilibrium, Dosha can cause diseases. 1 The ultimate aim of Ayurveda science is to prevent and cure the disease (SwasthyaSwasthRaksana)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 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 harmony 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 energy centers called chakras, which are located 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 a fundamental aspect. They are not nerves but rather subtle energy centers that regulate things. Every Yoga practice revolves around chakras⁴. The existence of 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, bioenergetics is the study of how living organisms 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 to improving health⁷. A subspecialty of complementary and alternative medicine known as bioenergetics investigates the possible medicinal effects of subtle energies⁸.

Discussion:-

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

Many Researchers conclude that.

Ajnya Chakra might deal with the function of the Pituitary and Pineal glands through Pranavata¹⁰.

UdanaVata may be a pathway via which the Vishuddha Chakra regulates thyroid and parathyroid gland activity¹¹.

UdanaVata may be a channel via which Anahat Chakra regulates thymus gland activity¹².

The adrenal glands and pancreas might be under the Manipur Chakra's influence via Saman avata¹³.

Swadisthana and Muladhara Chakra might control the function of Gonads through Apana vata⁸.

Relation Between Shadchakra And Effects Of Imbalance In Body¹⁴

Muladhara Chakra:

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

Swadhisthana Chakra:

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

Manipura Chakra:

The Manipura chakra regulates the digestive system and pancreas; it is associated with the lower back, liver, spleen, gall bladder, pancreas, and insulin production. Disorders of the digestive system, ulcers of the stomach, pancreas, and gallbladder, diabetes, 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 blockage in this chakra.

Vishuddha Chakra:

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

Ajna Chakra:

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

Applied Aspect of Shadchakra

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

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 of its pronunciation. The quality of each sound reflects the meaning that it has the capacity to convey. As the "body" of a mantra, the auditory component is essential.

Pranic Factor:

Second, the quality of the sound produced by a mantra determines its importance. Making the same sound with different amounts of prana (life force energy), intensity, speed, or force changes the sound energy, meaning, and effect. The use of different tones and the connection between the mantra and breathing are emphasized here. The mantra's "life force" is analogous to this.

Mental Factor:

Third, our thoughts, meaning, intention, and emotions fuel a mantra, which determines its effect. These are the "mind and heart" components of the mantra.

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

Constant vibrational motion occurs in the cosmos, and every particle is part of it. These vibrations also occur 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 because 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 meridians or channels of the body, which can free up blocked channels and broaden them. The goal of healing is to eliminate these imbalances¹⁹.

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

Current and Contemporary Understanding

Ayurvedic medicine, which includes a balanced (Ahara-Vihara) diet, lifestyle changes, and mind-body therapy, can also improve patients' immune systems. One way to provide patients with the best quality of life is through chakra meditation. An individual'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 these 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 as these 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 electrocardiography and magnetic resonance imaging, to monitor the frequencies of this energy. These energy pathways and sites have been proven in several studies 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. 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. He thought that these were old-fashioned meridian lines. Since its discovery, 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 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 authors discovered that meridians are more than just skin-deep; they are a network of channels through which a fluid may circulate, with the potential to aggregate stem cells²⁴. Following the initial report 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, when we are deeply relaxed, they register at 5–8 Hz, according to previous research. Theta waves were observed 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

Several 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, there is little evidence that regular meditation and mindfulness practices can improve health by teaching people to better control their attention and emotions, as well as increase behavioral flexibility.³⁷ Meditation has been shown to alleviate a wide range of 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 outcomes.⁴⁰ Finally, 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 understood. Results from cross-sectional research in normative populations (i.e., those who do not meditate) have suggested alterations in the macrostructure 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 provided evidence that changes in brain structure may be produced by experience, stimuli, and practice.⁴⁴

Conclusion:-

All the chakras worked together. Healing our energy centers can generally improve our health, but understanding chakras is a great starting step. Discordance 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 affirmation. 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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