



# “A Conceptual Review Article on Mooladhara Chakra”

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## Abstract-

The chakras are the seven energy wheels that flow down your spine from the top of your head, starting at the crown of your head. They serve as the body's energy centres and are crucial for mental, emotional, and spiritual comfort. On the spinal cord, where the confluence of energies from diverse neural centres causes the flow of energy to be more intense, they are situated. The relationship between each chakra and a particular endocrine organ aids in the repair of an energy centre that has become obstructed. There is a tonne of literature on the existence of chakras, but little is known about how they develop in the human body during embryogenesis. At the base of the spine, the first chakra, sometimes known as the "root chakra," serves as the foundation of the body. "Mooladhara" (root) refers to the ability to dig deep and feel firmly established in your life. It is related to the earth element. Because red is its related colour, it has connections to the earth. You could experience feelings of depression, anxiety, or even constipation, if your root chakra is out of alignment.

**Keywords-** Ayurveda, Yoga, Nadi, Chakras, Mooladhara Chakra.

## Introduction-

Chakras are an old idea, but comparing how they work to how our bodies work demonstrates how strongly these centres are connected to our actual bodies. The Sanskrit word chakra literally translates to "wheel" or "circle," but in a yogic setting, vortex or maelstrom is a better translation. This phrase describes the energy wheels that run throughout the body. The Chakras, which are points of psychic energy, are perceived and seen as circular movements of energy that occur at specific rates of vibration. The Yoga Samhitas primarily describe six chakras, the first of which is the Mooladhara Chakra, which is regarded as the core of the body's energy<sup>1</sup>. The yogic system places a strong emphasis on balancing these Chakras because this is where awakening starts. These six chakras act as switches to activate various brain regions. The awakening that occurs in the chakras is transmitted by the nadis to higher brain centres. The Nadis, a network of psychic conduits that resemble the nerves but are more delicate in origin, connect the Chakras, which are the nerve plexuses of significant nerves. Seven primary chakras make up the Sushumna (spinal cord) pathway, which runs from the caudal to the cephalic end. Sushumna functions as a conduit for cosmic and spiritual energy, which passes through its centre.<sup>2</sup> Some Acharyas associate certain brain regions with particular chakras. However, they are in a motionless, inactive state. The energy flow through the Nadis and other subtle channels can be regulated by engaging in yogic practises that activate these Chakras.

## History of Chakras-

Chakras are first mentioned in the Brahma Upanishad, Yogatattva Upanishad, and Vedas between 1700 and 1100 BCE.<sup>3</sup> Both the Vajrayana doctrine of Tibetan Buddhism and the Tantric Shakti theory of the chakras were developed using these Vedic models. Varying yoga traditions have varying numbers of chakras. Four chakras were mentioned in early Buddhist literature; these were eventually expanded. While some described a hundred and twelve chakras, others emphasized just seven<sup>4</sup>. The concept of seven primary Chakras was introduced in the West by Arthur Avlon's translation of two Indian books, the Sat-Cakra-Nirupana and the Padaka-Pancaka, into his book The Serpent Power.

The eight chakras were described as "Astachakra navadvaradevanampurayodhya" in the Vedas, the oldest book in existence. Five of the eight are located on the spinal cord, and the remaining three

are connected to the brain.<sup>5</sup> Every chakra has a connection to a particular endocrine organ, which aids in the recovery of blocked energy centres. There is a tonne of literature on the existence of chakras, but little is known about how they develop in the human body during embryogenesis.<sup>6</sup> Given that the fetus spine is one of the first structures to form and that the Chakra system is present in the spine, it makes sense to investigate how the foetal chakra system develops and influences the child's growth.

### Sadachakras-

The six chakras- Mooladhara, Svadhisthana, Manipura, Anahat, Visuddha, and Ajna- are the most important ones. Along the spine, there are six chakras, and each has a distinct purpose. These chakras are arranged one above the other at regular intervals. These six chakras act as switches to activate various brain regions. The awakening that occurs in the chakras is transmitted by the nadis to higher brain centres. Ayurvedic literature describes even another chakra. Sahasrara "is supreme; It is the Kundalini Shakti's final climax. It houses higher consciousness. Sahasrara is physically associated to the pituitary gland, which chakras each and every gland and system of the body, and is located at the top of the skull."<sup>7</sup>

Table- **Anatomical Location, Associated Gland and location of Chakras:**<sup>8,9</sup>

S.no	Chakra	Location	Derived from	Associated Endocrine gland
1.	Mooladhara	Base of spine	Mesoderm	Adrenal
2.	Svadhisthana	Below the navel	Mesoderm	Adrenal
3.	Manipura	Below the chest	Endoderm	Pancreatic
4.	Anahata	Center of the chest (Thoracic vertebra)	Mesoderm	Thymus
5.	Anahata	Thyroid and para thyroid	Endoderm	Thyroid
6.	Ajna	Center of the forehead	Ectoderm	Pineal
7.	Manas	Below the thalamus	Ectoderm	Pituitary
8.	Sahasrara	Top of the skull	Ectoderm	Pituitary

## Mooladhara Chakra-

The Sanskrit term "Mool" means "root" or "foundation," and this Chakra represents just that. Appearance of a four-petalled lotus, 2 fingers above the Gudha and 1 finger below the Medra, 4 fingers in width, chief Vayu-Apana, colour: deep red lotus, Mahabhuta at its centre: Prithvi, Beeja barer-Airvata (king of elephants), Beeja barer-Prithvi's square region. Kshetram does not exist in Mooladhara.<sup>10</sup> A plexus or chakra known as the Mooladhara Chakra, which is the rearmost point of the yoni (perineum), is said to be housed in the Mooladhara. The Sanskrit terms Moola and Adhara, which represent root and support respectively, combine to form the phrase "Mooladhara." The word "mooladhara" refers to a tree's sustaining root. The other chakras in our body that are located higher up, like the lower root of a tree, are supported by the Mooladhara Chakra, which is located in the base of our spine or vertebral column. Chakra stands for the rectum, uterus, bladder, and testis, the four pelvic organs.<sup>11</sup>

Hence, regarding location of Mooladhara Chakra, it may be mid-perineum area. It is the ground for Apana Vayu.<sup>12</sup> Apana Vayu is responsible for the expulsion of semen, urine, and faeces as well as the delivery of the foetus. The Shat Chakra Nirupana assigns the Mooladhara Chakra similar functions. These actions are performed by pelvic plexuses (inferior hypogastric plexus) as a reflex in contemporary sources<sup>13</sup>. The purpose of this research was to meticulously review and dissect cadavers in order to determine the potential location of the Mooladhara Chakra as it is described in ancient literature. To support the claims made in the ancient scriptures and provide focused clarity regarding the nature of the Mooladhara Chakra, a thorough review of contemporary literature was conducted for its anatomically associated structure (or nerve plexus).<sup>14</sup>

## Co-relation between Mooladhara Chakra and Rachna Sharir-

It is symbolised by the inferior hypogastric plexus, which functions as the Mooladhara Chakra's axle and both of which have a triangle configuration. There is a clear neuro endovascular entity close to the pelvis that controls, regulates, and mediates all pelvic function by sending signals through the tiny plexus to all pelvic organs. The four Dalas, Vama, Sama, Shama, and Shhama, stand for the uterine, vaginal, middle rectal, and vesicle plexuses, the four sub-plexuses of the inferior hypogastric plexus.<sup>15</sup>

## According to Ayurveda Concept of Chakra and Nadi-

The term "Chakra" is not present in Gabriel Van Loon's Charaka Samhita Handbook on Ayurveda, but the term "Nadi" does appear frequently as "Nadi-Sveda," which is a type of treatment method and is distinct from the idea of a "channel" in the human body as we typically understand it.<sup>16</sup> Additionally, the analysis of Kaviraj Kunjalal Bhishagratna's "An English translation for the Susruta Samhita" was then presented. We find that "Nadi" frequently appears as "Nadi-Vrana" and "Nadi-Sveda." Nadi-Sveda is exactly the same as what is described in "Charaka Samhita" as a form of treatment. Nadi-Vrana is actually Pilon Idal Sinus, a type of chronic ailment. In order to treat the patient's pain, a particular piece of equipment evaporates a solution of water and herbs, and the steam is then directed through a pipe to the area of the patient's body that is in pain. Additionally, "Susruta Samhita" does not elaborate on "Chakra" as an energy vortex in the human body.<sup>17</sup> It typically manifests as Chakra Taila (a type of therapeutic oil), Chakradatta (a text on Hindu medicine), Chakra-Marda (*Cassia tora*), and Chakravakas (Brahminy ducks). These 2 important publications do not contain the linked explanation of the Chakra System, which is made up of the 3 main Nadis and the 7 Chakras. As a result, we can state categorically that the Chakra System is not an Ayurvedic medical idea.

## Anatomical Position of Mooladhara Chakra and its Nadi correlation-

According to Satyananda, the Mooladhara Chakra is the root chakra that is eventually related in both sexes to the cervix, perineum, and anus in the female and the testes in the male. It appears immediately beneath the Shushumna Kanda at the intersection of the Ida, Pingla, and Shushumna Nadis. The Mooladhara Chakra is located in the region two fingers above the anus and two fingers below the genitals. These Chakras are linked to the brain via three crucial Nadis, primarily Ida, Pingla, and Sushumna. They can be compared to the spinal cord, which has two sympathetic and parasympathetic chains on either side, in the middle. At the base of the spine is the Mooladhara Chakra. Consequently, it is connected to the sacro-coccygeal plexus.<sup>18</sup>

## Discussion-

Chakra, which literally translates to "wheel," is considered to be an energy point or node in the subtle body. They are seen as centers of life energy and are connected to interactions of a physical,



emotional, and mental character. They are also thought to vitalize the physical body. In order to maintain homeostasis during rest and exercise, the nervous system and endocrine system coordinate and govern the actions of the many bodily parts. The immune system and the skeletal system, which supports the lower digestive tract, including the colon, rectum, and anus, are governed by the mooladhara chakra. Because the rectum and vagina in females are located on opposite sides of the inferior hypogastric plexus, which is a paired structure, damage to this structure is a well-known surgical complication that may result in urinary dysfunction, specifically urinary incontinence. A poorly functioning bladder, incompetent bladder neck, and fixed external sphincter line are all revealed by urodynamic testing.

### **Conclusion-**

Understanding the chakras is one of the finest methods to reach the various unconscious levels that are open to you. The chakra model allows you to recognise the type of energy you are encountering, including pleasure, strength, love, creativity, intuition, and spirituality. It is a simple concept to understand but profound as a map of the inner world. Each of these seven energy levels is animate by one of the seven chakras. The Shadchakra system, which governs essential bodily functions, is built around the Mooladhara Chakra. Based on its location and function- the nerve emerging from the sacrococcygeal plexus innervates the pelvic muscles, organs, and anal region- we can draw the conclusion that it is related to the sacrococcygeal plexus. Control lower limb sensory, motor, and excretory functions as well as anal tone. All of these tasks are likewise carried out by the Mooladhara Chakra, whose placement in the body is similar to that of the sacrococcygeal plexus.

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