



# Applied Aspect of Shat-Chakra and its Importance in Our Life

<sup>1</sup>Divya Verma <sup>2</sup>Dr. H. H. Awasthi

<sup>1</sup> Department of *Rachana*

**1** Research Scholar, Rachana Sharir Vibhag, Faculty of Ayurveda, IMS, BHU, VNS

**2** Senior Prof, Former Head, Rachana Sharir Vibhag, Faculty of Ayurveda, IMS, BHU, VNS

## Abstract-

Currently, *Shat-Chakra Nirupan* is an age-old method that works with *Kundalini* Yoga, a specific type of Tantric yoga. Through the practice of meditation, the *hindu* masters of the discipline of yoga found that every brain center has its own power and can be stimulated and activated by focusing on a certain body chakra. The relationship between consciousness, the mind, and the soul and the many *Nadi Kendras* (nerve centers) found in the *Meru Danda* (vertebral column) is the basis of the knowledge of Shat Chakras. Because chakras are connected to particular regions of physical glands or glandular systems, they are sometimes referred to as the body's subtle glands. Chakra balance and healing aid in the treatment of numerous physical and mental illnesses. It is crucial to combine food and lifestyle modifications with disease-modifying medications in an efficient manner. Thus, chakra healing can be beneficial when used alone or in conjunction with other therapies.

**Keywords-** Ayurveda, *Shatchakra*, *nadi*, *kundlini*, *Vata Dosha*,

## Introduction-

In along with spiritual knowledge, Ayurveda is a medical science. It describes a wide range of spiritual issues, including *Adhyatmika Guna*, *Adhyatmika Dravya*, *Mana*, *Atma*, and *Paramatma*.

The Chakra is significant in Ayurveda. *Muladhara*, *Svadhistan*, *Manipura*, *Anahat*, *Vishuddha*, and *Ajna* Chakra are the six principal Chakras. Two further centers of waking exist beyond the six, namely *Bindu* and *Sahasrara*. These centers may only be perceived at considerably advanced stages of consciousness<sup>1</sup>. Yoga is a means to reach Moksha in Ayurveda.

The *Sukshma sharira* is a portion of our body and the moderator of the entire body, according to Yoga *Shastra*. In India, Yogis, Rishis, and Sages from many traditions have found the Chakras<sup>2</sup>.

## Connotation of Chakras

In Sanskrit, chakra means "wheel." Chakra is a literary term that means "wheels of light." Through the ages, the wheel has been an important part of and witness to human evolution. These are energy centres located throughout the body that provide a pathway for energy to enter and exit our bodies and help to regulate all types of energy flow, including physical, mental, emotional, and spiritual. Anatomically, these Chakras may represent nerve plexuses with varying functions depending on their area of supply. These plexuses are shaped like spokes on a wheel

Life depends on energy, which we get from a variety of sources. On its own, life is energy. Energy powers

every physiological and mental function in the body. The sources of this energy are the energy transmitters, which are thought to be wheels. The term "chakras" refers to these energy wheels that are constantly rotating in our aura, parallel to our spine, from the base of our tailbone to a few inches above the top of our heads.

## NUMBER OF CHAKRAS

Chakras are wondrous light and *color* wheels. They are *colorful* and emit light. Our Aura is reflecting our subtle life energies. Knowledge of Chakras and methods for working with and balancing them allows us to heal our lives and reach our full potential by balancing our energies and trimming our physical, mental, and emotional health.

There are six classical chakras. They are known as Shat - Chakras. These Chakras are located in front of our spine at regular intervals, one above the other, with some space between them. There is also a seventh Chakra Situated a few inches above the crown of our head, it is positioned directly top of the line of our body. Six additional chakras that run parallel to the spine are in communication with this one

The main *Nadi* in the middle of the spine, known as the *susumna* channel, is where the seven major chakras are located. *Nadis* are channels for the body's vital energy; they are ethereal or subtle energies<sup>3-4</sup>.

<i>Mooladhara</i> : Root Chakra	- pelvic plexus, sacral plexus and coccygealplexus. <i>Swadisthana</i> : Sex
chakras	-superior and inferior hypogastric plexus, arotic plexus. <i>Manipura</i> : navel
chakra	- celiac plexus and its 10 associated plexus.
<i>Anahata</i> : Heart Chakra	- cardiac plexus and pulmonary plexus .
<i>Vishudha</i> : throat chakra	– cervical plexus and carotid plexus.
<i>Agya</i> : brow chakra	– cerebral thalamic-hypo physical axis and plexus .
<i>Sahasrara</i> chakra crown chakra	– gyri and sulci of cerebrum <sup>5</sup>

## CHAKRAS RELATION WITH ENERGY

Life can be defined by the energy provided by the energy wheels known as Chakras. The universal life force flows through us and provides us with the experience of life. As a result, Chakras represent different frequencies in the universe. The Chakras interact with the electromagnetic energy field, converting it into our bodies and sustaining our lives. The universal energy is thought to flow from the earth, up into the lower Chakras at the base of our spine, and then ascend to the upper Chakras. This energy flow is cyclic rather than linear, and it flows in both directions<sup>6</sup>.

## BALANCE OF CHAKRAS

Balancing the Chakras is a combination of various methods such as visualization techniques, breathing techniques, chanting, quietening and stimulating fragrances, essential oil use, exercising and meditating over the Chakras, *color*, sound, and light therapy using *colors* and sounds to heal and balance the Chakras, and so on. Chakra imbalances can cause energy imbalances in the body at various Chakra levels. This will result in a variety of physical and mental disorders. One or more Chakras can be disturbed or imbalanced at the same time, or the balance of one Chakra can cause the imbalance of other Chakras<sup>7</sup>.

## AYURVEDIC CONCEPT OF CHAKRAS

In Ayurveda, the concept of Chakras is not explained or mentioned. These Chakras are explained solely in Yoga literature, with no regard for anatomical or physiological grounds. However, many aspects and concepts of Chakras are related to *Ayurvedic* concepts. Good results have been seen when Chakra healing has been used after *Ayurvedic* disease diagnosis. When *Ayurvedic* medicine, treatments, dietary changes,

meditation, Yoga, and Chakra healing techniques and methods are used effectively, they can aid in the comprehensive healing of many psychosomatic disorders<sup>8</sup>.

### Chakras and Ayurveda

Ayurveda has no mention of or explanation of the idea of chakras. These chakras are only in the context of yoga literature, with no reference to anatomical or physiological principles. However, there is a connection between many features of Chakras and *Ayurvedic* beliefs. Positive outcomes have been observed when *Ayurvedic* illness diagnosis is followed with Chakra healing. When properly integrated, *Ayurvedic* medicine, therapies, dietary modifications, yoga, meditation, and chakra healing techniques and procedures have assisted in the total cure of several psychosomatic ailments<sup>9</sup>.

### Practical Aspects of Shat-Chakras

**Shat-Chakra and Endocrine Gland Relationship** It is also believed that the hormone glands are connected to the latent centres of supernormal energy, or chakras. Not only are physical activities in the body linked to their stimulation, but mental and emotional activities as well. The Shat Chakras are penetrated and stimulated in a systematic manner during *Kundalini Jagrana's Sadhanas*. Consideration of the everlasting link between the Shat Chakras and the endocrine glands may help us understand, in technical terms, the impacts of related processing inside the body<sup>9</sup>.

### The connection between Vata Dosha and Shat Chakra

*Swadhisthana*, *Muladhara*, and *Apana Vata* are related because *Linga* and *Guda* are *Sthana* of *Swadisthana* and *Muladhara* Chakra, and *Apana Vayu* plays a significant role in *Nishkraman* of *Mutra*, *Shukra*. The association between *Prana Vayu* and *Anahat* Chakra is established by the fact that *Hrudaya* is the *Sthana* of *Anahat* Chakra and that *Prana Vayu* serves in *Hrudaya*. The association between *Udana Vayu* and *Vishudha* Chakra is established by the fact that *Udana Vayu's* function is *Vakpravrutti* with the help of *Kanth*, and *Vishudha* Chakra's *sthana* is *Kantha*. *Manipur Chakra* and *Saman Vayu* are related because *Manipur Chakra's Sthana* is *Nabhi* and *Saman Vayu* is *Agni Samipastha*, which is at the level of *Nabhi*.

### BENEFITS OF THE CHAKRAS

Chakra balancing and healing aids in the treatment of many diseases of the body and mind. It is critical to effectively combine disease-modifying medications with dietary and lifestyle changes. Chakra healing can thus be beneficial as both an individual and a combined therapy. Chakra healing and balancing aids in the creation of energy in the body. Chakra balancing aids in the elimination of negative energies and the accumulation of positive energies in the body and mind. Chakra balancing assists us in remaining strong, focused, oriented, healthy, and immune. Chakra balancing aids in the balance of glandular functions and hormone imbalances, which are the root causes of many diseases<sup>8</sup>.

### CONCLUSION

Understanding the Chakras is one of the most effective ways to access the various levels of consciousness at your disposal. It's a simple system to grasp, but it's profound as a guide to the inner world. The Chakra model allows you to identify the type of energy you are feeling, such as survival, pleasure/sexuality, power, love, creativity, intuition, and spirituality. The seven Chakras animate each of these seven levels of energy. Chakra knowledge, Chakra balancing, and Chakra healing are unconventional yet comprehensive methods of healing the body and mind and curing many diseases. Daily meditation and Chakra work assists in living a healthy, immune, and disease-free life.

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