



Available online on 15 Jun, 2022 at <http://www.hjhs.co.in/index.php/hjhs>

Himalayan Journal of Health Sciences

Published by Himalayan Group of Professional Institutions
Associated with Himalayan Institute of Pharmacy

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Review Article



Ayurveda concept of *Yoga Chakras* and their Anatomical aspects

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Abstract

The ancient texts of Ayurveda and various yoga traditions referred term *Chakra* which indicates energy centre. The word *Chakra* means itself says about the wheel which circulates energy and governs many physiological processes inside the body. The blockage of *Chakra* causes abnormal physiology inside the body. *Chakras* are responsible for positive influence and induce natural healing process of body. *Chakras* contributed towards the spiritual and moral conducts of individuals. The flow of energies maintained by *Chakras* provide internal and as well as psychic strength. Root *Chakra*, Sacral *Chakra*, Solar Plexus *Chakra*, Heart *Chakra*, Throat *Chakra*, Third Eye *Chakra* and Crown *Chakra* are major seven *Chakras* of body within which the *Vishwaprana* (universal life force) flows.

Keywords: Ayurveda, Yoga, Chakra, Vishwaprana, Adharas

Article Info: Received 06 Jun 2022; Review Completed 15 Jun. 2022; Accepted 15 Jun. 2022



Cite this article as:

Patil VC, Vyas P. Ayurveda concept of *Yoga Chakras* and their Anatomical aspects. Himalayan J H Sci [Internet]. 2022 Jun 15 [cited 2022 Jun 15]; 7(2):25-28. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/133>

DOI: 10.22270/hjhs.v7i2.133

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1. Introduction

The word “*Chakra*” means “wheel”, with relation to the human body it refers to the energy centers of body. The specific *Chakra* associated with particular organs of body and these *Chakras* maintain *Prana* of body. *Chakras* can be considered as gateways of cosmic life power and subsidiary satellites of the *Chakras* referred to *Adharas*. The *Adharas* acts as reservoirs of energies and regulates flow of energy into the subtle bodies with the help of *Chakras*. The *Chakras* should be open or in balanced condition, the blockage of *Chakras* may lead physical and psychological problems. (1-4)

The ancient texts described seven main *Chakras* as depicted in **Figure 1**, which reside along the spine, starting from the root of spine and extended to the crown **Table 1**. Anatomical and physiological correlation of *Chakras*

of head. These *Chakras* works as whirling disks of light which having specific color and qualities, each *Chakras* resembles particular physical and psychological states therefore offers spiritual and emotional qualities. (4-6) The anatomical and physiological correlation of *Chakras* is depicted in **Table 1**.

2. Seven Chakras

a) Root Chakra (*Muladhara*)

The root *Chakra* referred to *Muladhara*, anatomically it is located at the base of spine. It located at the base thus termed as root *Chakra* or *Muladhara* that provides foundation of life and gives strength to withstand challenges. This *Chakra* is responsible for stability and sense of security.

Chakra	Anatomical Correlation	Physiological Aspect
<i>Muladhara</i>	Coccygeal plexus	Excretory and reproductive functions
<i>Swadhisthana</i>	Sacral plexus	Influence gonads
<i>Manipur</i>	coeliac plexus	Digestive function
<i>Anahat</i>	Cardiac plexus	Respiration, cardiac function
<i>Vishuddhi</i>	Cervical plexus	thyroid and parathyroid function, regulate speech
<i>Ajna</i>	Pituitary and pineal gland	Empowers mind
<i>Sahasradhar</i>	Cerebral cortex	---

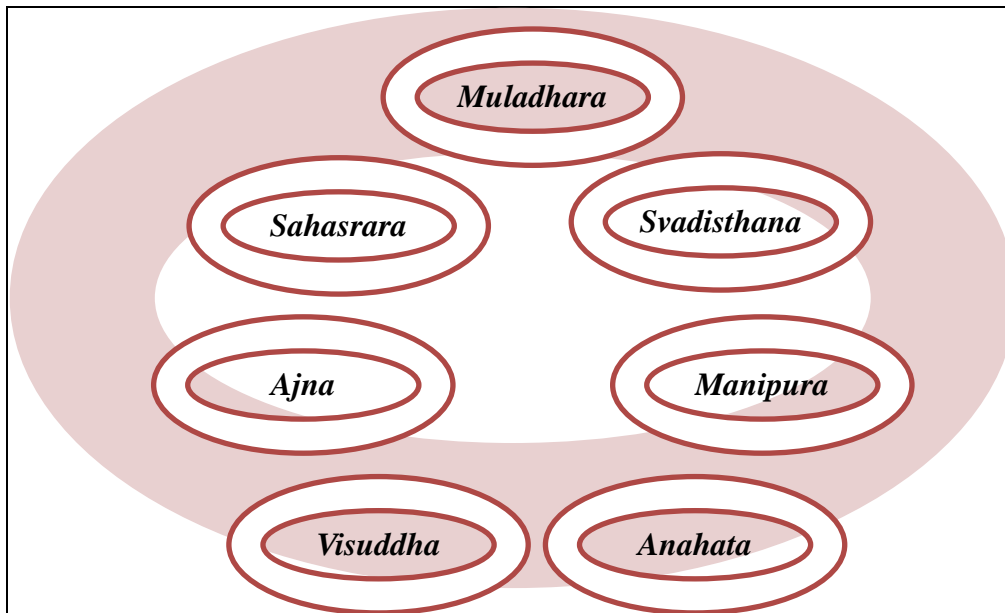


Figure 1. Seven *Chakras* of body

Physiologically *Muladhara chakra* deals with physical and atomic structure of human body. It associated with process of healing and empowers organs of the human body. This *chakra* provides positive energies which associated with material phenomena.

b) Sacral *Chakra*

The sacral *Chakra* referred to *Svadhithana* which is located below the belly button. This *Chakra* is associated with sexual and creative energy. This *Chakra* related with own emotions and how person connects with others emotions. *Swadhishthana chakra* also associated with neurological energies, emotional desires and lust. It is self-centered *chakra* and governs egotism in a person. Physiologically it deals with the fluids of body i.e.; lymph and blood especially in case of abnormality. The energies of this *Chakra* if get purify then this positive energy manifested as gentleness, sensitive behavior, helpfulness and scarification while negative energies manifested anger, jealousy, resentment and lust.

c) Solar plexus *Chakras*

The solar plexus *Chakra* referred to the *Manipura* that is located in the stomach area, associated with confidence and self-esteem. The positive energy of this *Chakra* helps to control vitality of life. This navel *Chakra* related with metabolism and assimilative powers of human body. It is associated with desires to control, acquire and encompass. Since it is related with digestive system thus controls metabolic activities. The positive energies of this *Chakra* manifested as strength of will power that controls sense of order and contributed towards the moral conduct while negative energies contributed towards greed, negative ambition and possessiveness, etc.

d) Heart *Chakra*

The heart *Chakra* referred to the *Anahata* that is located near to the heart at the center of chest. It is

responsible for manifestation of love and compassion. *Anahata Chakra* deals with metabolism and associated with cardio system of body. It also related with feelings of affection and altruism. It deals with sight thus provides basic perception, connected with immune and circulatory systems. The positive energies of this *Chakra* manifested as lovingness, kindness and helping behavior while negative energies manifested as dominated desire and selfishness.

e) Throat *Chakra*

The throat *Chakra* referred to the *Vishuddha* that is located in the throat region. This *Chakra* governs verbal communication and deals with intellectual development along with power of speech. It also controls thyroid, will power and higher intuition up to some extent. The positive energies of this *Chakra* manifested as wise, healing speech and uplifting power while negative energies manifested as meaningless, foolish, negative and manipulative speech.

f) Third eye *Chakra*

The third eye *Chakra* (*Ajna*) is located between eyes, responsible for a strong gut instinct and intuition. *Ajna Chakra* is linked to the imagination and controls functions of those beneath it. It deals with spiritual conduct, intuition and will power of good conduct. The positive energies of *Ajna Chakra* manifested as spiritual perceptions and intuition while negative energies manifested as negative psychic experiences, whimsical and negative will power, etc.

g) Crown *chakra*

The crown *chakra* referred to the *Sahasrara* which is located at the top of head. *Sahasrara* associated with spiritual connection and harmonization with yourself, others and with the universe. It defines purpose of life, the pure energy of crown *Chakra* connects spiritually and only affected by spirit of existence. (5-7)



Figure 2. Various types of Yoga Chakra

The other two Chakras

a) Talu Chakra

The *Talu Chakra* is a switching station, transmuted energies and the *Kundalini* move towards the spine from *Muladhara* to *Vishuddha chakra*. There after they moves forward and reach to the *Ajna chakra*.

b) Nirvana Chakra

The *Nirvana Chakra* referred to the center at where *Moksha* is experienced and attained. As like *Talu chakra*, the *Nirvana chakra* also required to be activated before the movement of energies. The *Nirvana Chakra* is also termed as *Jalandhara chakra* since it acts in both ways as subtle energy network for *Chakras* and *Samsara* itself. It controls the other seven *Chakras* founds beneath it.

Table 2. Anatomical location of Chakras

S. No.	Chakras	Anatomical location
1	<i>Muladhara</i>	Located at the base of the spine
2	<i>Swadhishtana</i>	Located in the spine, between the base of the spine and the area opposite the navel
3	<i>Manipura</i>	Located in the spine opposite the navel
4	<i>Anahata</i>	Located in spine opposite to the mid of sternum bone
5	<i>Vishuddha</i>	Located in spine opposite to the hollow of throat
6	<i>Ajna chakra</i>	Located between the eyebrows as “third eye”
7	<i>Brahmarandhra</i>	Located at the crown of the head

The other two *Chakras Talu chakra* and *Nirvana chakra* located at the root of the palate and in the midst of the brain respectively.

Sahasrar chakra is energy centre of the upper part of skull, at this point frontal, parietal and temporal bones intersect. *Ajna-chakra* is energy centre at the mid-brow region; *Vishuddha-chakra* is the energy centre at the throat region. *Anahat-chakra* is the energy centre at the mid-chest level; this point locates at two-third distance between the lower end of the throat and the upper end of the solar plexus. *Manipur-chakra* is the energy centre of the naval. *Swadhishtan-chakra* is located at the point three cm above the *Muladhar-chakra*. *Muladhar-chakra* is the energy centre that locates at the level of coccyx of vertebral column or near the anal opening.

3. Imbalance of Chakras

The imbalance in *Chakras* causes physical, mental and spiritual misconduct, this all happens when *Chakras*

get blocked. The improper functioning of energy centre is associated with depletion of energy flow or excessive flow of energy and related activities. The blockage of *Chakra* resembles low level of energy thus related manifestations get prevented. The properties associated with *Chakras* also get affected when specific *Chakra* gets blocked. *Chakra* leads both physical as well as emotional effects. Depression, insecurity anxiety, lack of enthusiasm, spiritual and moral misconduct, etc. are major symptoms associated with improper functioning of *Chakras*.

The organs which are in the close proximity to that *Chakra* also get affected when *Chakras* blocked or over expressed. Bones, joints and other tissues near to the *Chakras* get hampered in case of improper expression of these energy centers. The imbalances in the *Chakras* mainly causes emotional disturbance including anger, fear and sadness, etc.

Stress, poor physical activities, sedentary life style, unhealthy food habits, immoral conduct and awful behavior, etc. are responsible for imbalance in *Chakras*; this imbalance further leads illness, musculoskeletal problems, physical and psychological health problems, etc. (6-8)

4. Balancing therapy for *Chakra*

- Yoga
- Meditation
- Aromatherapy
- Color therapy
- Sound therapy
- Spiritual conduct
- Physical exercise

5. Conclusion

Muladhara is root *Chakra*, which is red in colour, responsible for basic trust, sense of safety and security, etc. *Svadhithana Chakra* is associated with spleen, orange in colour and responsible for pleasure, sexuality and enjoyment, etc. *Manipura Chakra* is related with solar plexus, yellow in colour and responsible for self-esteem and personal strength. *Anahata* is heart *Chakra*, green in colour, responsible for love and compassion. *Visuddha* is throat *Chakra*, which is blue in colour and responsible for expression and communication. *Ajna* is third eye *Chakra*, which is indigo in colour and responsible for inspiration, awareness and intuition. *Sahasrara* is crown *Chakra* which is violet in colour and responsible for spirituality and enlightenment.

Acknowledgements

We shall like to express our sincere gratitude to HJHS Journal for publishing our article

Financial Disclosure statement: The authors received no specific funding for this work.

Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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