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A Spiritual Review of *Muladharchakra* and its Structural Anatomy

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ABSTRACT

Muladharchakra is foundation from which we climb the ladder of the *Chakras*, the root from which we received the nourishment for our spiritual development, because it is located at the base of spinal column. It is also known as root *Chakra*. As *Muladhar Chakra* is located at the basal end of spinal column. So, it can be correlated to sacro-coccygeal plexus which is situated at the same vital point of the body. *Muladhar Chakra* lies between the origin of the reproductive organ and anus. Hence, it is the chief seat of *Apan Vayu* which work here for the purpose of excretion of solid waste and liquids. The thorough knowledge of *Muladhar Chakra* along with its structural correlation is very essential for understanding its role and its significance in our body.

Key words: *Muladhar Chakra, Yoga, Sacro-coccygeal plexus.*

INTRODUCTION

The Sanskrit word *Chakra* literally means wheel or circle, but in yogic context the better translation of this word is vortex or whirlpool. This term refers to the wheels of energy throughout of body. Mainly there is description of six *Chakras* in *Yoga Samhitas* out of which the first *Chakras* is *Muladhar Chakra* which is considered as the foundation of the body energy. Yogic system stresses the importance of stabilizing these *Chakras* because awakening begins here. The description of *Muladhar Chakra* found in various *Yoga Samhitas* has given more on its spiritual aspect. So, it is an attempt to explore its structural anatomy along

with its spiritual significance.

MATERIALS AND METHODS

Text book of *Rachana Sharir, Kriya Sharir, Yoga & Swasthvirita* were mainly referred. Supportive texts of contemporary science were also utilized to comprehend the ancient concept. Other reference from internet and various journals were also considered for conducting this study. While studying various text books available on *Muladhar Chakra*, it was noticed that it is one of the most significant *Chakra* among *Shadhchakras* and there is need of its structural correlation along with its spiritual study.

Study of *Muladhar Chakra* in *Ayurvedic Shastra*

Muladhar Chakra is located at the base of the spinal column. It lies between the origin of the reproductive organ and the anus. In the symbolic picture of *Muladhara Charka* which appears as petals of the lotus on each petal there is a Sanskrit letter written in gold. These petals represent the four function of the psyche mind (*Manas*), intellect (*Budhi*), consciousness (*Citta*) and ego (*Ahamkara*). In the per carp there is a yellow square and in the center of this square there is

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a deep red inverted triangle, which means that the cosmic energy is pulled in and guided downward and there is an upward expansion of consciousness. The great spiritual potential known as a *Yogic Shakti*.

- **Number of petals** - 4
- **Colour** - Red
- **The region of Tatva-** Prithvi
- **Presiding dev** - Ganesha
- **Goddess** - Dakini
- **Bij** - Lam
- **Qualities** - Joy, purity, integrity.

Anatomical Location of *Muladhara Chakra* and its *Nadi* correlation

According to Satyananda, *Muladhara Chakra* is the root *Chakra* ultimately connected in the male with the testes and in female with the cervix, perineum & anus both sexes. It presents just below the *Shushumna Kanda* and the junction where *Ida*, *Pingla* & *Shushumna Nadis* meet. Two fingers above the anus and two fingers below the genitals the space where the *Muladhara Chakra* is situated. The three important *Nadis* mainly *Ida*, *Pingla* and *Sushumna* connects these *Chakras* to the brain. They can be correlated with the spinal cord in the center with two chains sympathetic and parasympathetic chains on both side. As the *Muladhara Chakra* situated at the base of spine. So, it can be correlated to sacro-coccygeal plexus.

Anatomy of Sacro Coccygeal Plexus

The sacral plexus is formed by the anterior rami of sacral nerves S1, S2, S3, S4, along with the contribution of 4th and 5th lumbar spinal nerves. This plexus provides motor and sensory nerves for the posterior thigh, most of the lower leg, the entire foot and part of pelvis. It is located on the surface of the posterior pelvic wall anterior to the piriformis muscle. The nerve forming sacral plexus converge toward the lower part of greater sciatic foramen and unite to form a flattened band from anterior and posterior surface of which several branches arise namely-

superior gluteal, inferior gluteal, posterior cutaneous, femoral piriformis, Obturator interus sciatic nerve, fibular nerve tibial & pudendal nerve.

Coccygeal Nerve

This plexus is formed by the union of ventral rami of part of S4, S5 and coccygeal nerve that unite on the pelvic surface of the coccygeal muscle. Anococcygeal nerve arises from this plexus, coccygeous and sacrotuberous ligament to supply the skin of the post anal region. Various nerve arising from sacro-coccygeal plexus innervates the pelvic muscle, anal region and perineum. Pudendal nerve –innervates the external anal sphincter, the external urethral sphincter, levator ani and its sensory function involves innervations of penis, clitoris and most of the skin of the perineum.

CONCLUSION

Muladhara Chakra is at the root of the *Shadchakra* system which performs vital function of the body. We can conclude that, it can be correlated with sacro-coccygeal plexus on the basis of its location and function as the nerve arising from sacro coccygeal plexus innervates the pelvic muscles, organs, and anal region. Also control anal tone, excretory function, sensory and motor function of the lower limb. The *Muladhara Chakra* also performs all these functions and the location of *Muladhara Chakra* also resembles with the location of the sacrococcygeal plexus in our body.

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