



ISSN 2456-3110

Vol 5 · Issue 4

July-Aug 2020

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Applied aspect of *Shadchakras* and its importance in *Shaarir Vigyan*

Dr. Sandeep R. Desai¹, Dr. Rajashree Chitre²

¹Ph.D. Scholar, ²Professor, Department of Samhita Siddhanta, Faculty of Ayurveda, Parul Institute of Ayurveda, Waghodia, Vadodara, Gujarat, INDIA.

ABSTRACT

Shadchakras are having importance as per as Vedic background, it opines that it exist in mind. They are *Muladhara* residing at anal part, *Svadistana* near to genital part, *Manipura* is in Navel part, *Anahata* is at *Hrudaya Pradesha*, *Vishudha* is at root of neck, *Agna Chakra* is between eyebrows. After gaining a knowledge of these six *Mandalas*, one should enter *Sukhamandala*, drawing up *Vayu* and sending it upwards. He become one with *Brahmanda*, the macrosm, who practices thus control of *Vayu*. *Vayu*, *Bindu*, *Chitta* and *Chakra* should be mastered by him. There are three *Nadis*, *Ida*, *Pingala* and *Sushumna Nadis* if these are purified they are ready for *Kundali Jagarana*. Here the process of *Kundali Jagarana* from *Muladhara* to *Agna Chakra* will make one to get rid of *Trividhadukha* i.e. *Adidaivika*, *Adhyatmika* and *Adibhoutika*. The applied aspect of these *Shatchakras* are highlighted, each one of *Chakra* are awakened and the related organ diseases are cured and it has come to know that the understanding the significance of *Shatchakra* is beyond the mind. There is lot of importance has been explained about *Shadchakra* in *Yoga Shastra* and clinically as well as preventive aspects both have been highlighted. So *Shadchakra* plays importance role in the applied aspect of *Shareera Vignana*.

Key words: *Shadchakras*, *Kundali*, *Trividha Dukha*.

INTRODUCTION

Ayurveda is life science which deals with physical, mental, social, spiritual and gives solution to all these problems. The concept of *Shareera* has been explained as, the combination of *Panmahabhoota* and *Atma* is termed as *Purusha* where in treatment is conducted.^[1] The *Dosha*, *Dhatu* and *Mala* together form the *Shareera*, if any impairment in these leads to

disease, in normal state they leads to healthy life.^[2] In *Darshana Shastra*, *Yoga Darshana* describes about ultimate aim of attainment is *Moksha*. In *Veda* and *Upanishad* explanation about *Shat Chakra* is mentioned, *Surya Upanishad*, *Hamsashodopanishad*, *Yogakundalyupanishad*.^[3] The *Chakras* located in this human body are the centres of marvellous energy powers. All these *Chakras* are interlinked together starting from root to top of *Sushmna Nadi* (spinal cord). These are eight in number, in normal state they lie undeveloped with face downward, on getting right stimulus through observance of *Brahmacharya*, *Pranayama* and yogic procedures like *Dhyana*, *Bandha*, *Mudra* etc. their supernatural powers are developed. The concrete pictures of *Chakras* are merely symbolical in conveying their subtle nature. Similarly english translations like pelvi plexus etc. does not convey their actual location.^[4]

REVIEW OF CHAKRAS

In this *Shareera* (*Ayodhya*) there are *Eight Chakras*, *Nava Dwara*, where in resides golden treasure which

Address for correspondence:

Dr. Sandeep R. Desai

Ph.D. Scholar, Department of Samhita Siddhanta, Faculty of Ayurveda, Parul Institute of Ayurveda, Waghodia, Vadodara, Gujarat, INDIA.

E-mail: desaisandeep17@yahoo.com

Submission Date: 12/07/2020 Accepted Date: 18/08/2020

Access this article online

Quick Response Code



Website: www.jaims.in

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Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
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is over flowing with endless, immense, limitless happiness, peace, bliss and celestial luminosity.^[4]

Muladhara Chakra

This *Chakra* is located 2 digits above and below the base of anus and urinary organ respectively. *Sushmna Nadi* runs through its centre, *Ida* and *Pingala Nadi* through left and right respectively. Therefore it is called *Muktatriveni*.^[4] It is the seat of *Kundalini Shakti*, so it is called *Muladhara Chakra*. This *Kundalini Shakti* is the mother of 3 *Gunas*, *Satwa*, *Rajas*, *Tamas*. It is subtle and has a flame of fire; sometimes it rises up and at other times it falls down, this energy is called *Swayumbu Linga*. The four petals of it are designated by letter *V*, *Sha*, *Sh*, *Sa* presiding goddess called *Dakine*, in the centre of that lotus is the *Yoni* where resides the *Kundalini* and circulates bright energy. Person become brilliant, his agni function is improved and freedom from all diseases, his *Vak Chaturya* improves and obtains *Mantra Siddhi*.^[5]

Applied aspect

On the awakening of this *Chakra* destroys old age, death, freed from all sins (*Purva Janma Kruta Karma*) by this *Karmaja Vyadis* are vanished. Whatever mind desires he gets and gives salvation which in turn cures all mental illness.^[6] As it is place of pelvic region it helps in curing dreadful diseases like Infertility, *Dhatugata Vikara*, disorders of genitals organs etc.^[7]

Svadistana Chakra

This *Chakra* is located near the hypogastrium, 2 digits above the *Muladhara*. According to *Tantra* literature, the fruit of meditating on this *Chakra* is the capability of creation, presentation and decimation and invocation of *Saraswati* on ones' tongue.^[8] It has six petals designated by letter *B*, *BH*, *M*, *Y*, *R*, *L*. Its stalks are called *Swadistana*, the colour of lotus is red blood, its presiding deity is called *Bala* and its goddesses is *Rakini*. He who daily meditates on this *Chakra*, becomes an object of love and adorable to all beautiful goddesses. He fearlessly recites the various *Shastras* and science unknown to him before, becomes free from all diseases. He gets victory over death, he obtains highest psychic powers (*Astasiddhis*).

Vata moves in the body properly, *Rasa Dhatu* will be nourished properly, the ambrosia exuding from etherial lotus also increase in him.^[9]

Applied aspect

This *Chakra* contains right - left kidneys, urinary bladder, posterior part of urinary organ, urinary ducts, semen carrying ducts on right - left testis, prostate gland, penis, so by awakening of this *Chakra* urinary disorders, kidney diseases are cured, semen become potent, so *Sukra Dosha* are cured.^[10]

Manipura Chakra

It is located at the root of navel (*Nabhi*). It provides energy to the whole digestive system and pancreas. In a *Yoga Darshana Sutra*, *Nabichakre Kayavyuhajanam*. The result of meditation on this centre will make you knowledgeable of *Shareera Vignana* (anatomy).^[11] It is golden color, having ten petals, designated by letters *D*, *DH*, *N*, *T*, *TH*, *D*, *DH*, *N*, *PH*. Its presiding goddesses is *Lakini*. When *Yogi* contemplates on this *Chakra* he gets power of *Patala Siddi* - the giver of constant happiness. He becomes lord of desires, destroys sorrow and diseases and can enter another body. He can make Gold and discover newer medicines for diseases and see hidden treasures.^[12]

Applied aspect

By awakening of this *Chakra* the diseases like constipation, indigestion, flatulences and disorders of metabolism like diabetes etc. will be cured. The location comprises stomach, liver, spleen, pancreas, small bowel, so disease related to this are cured.^[13]

Anahata Chakra

This *Chakra* is located at the heart region. The *Tantra* literature speaks of oratorical skills, poetic talent and conquer over sense among its benefits. *Shivsaara Tantra* says that *Anahata Dvani* originating from this spot is *Udgita (Om kara)* which is always beneficent to all.^[14] It has twelve petals designated with letters, *K*, *KH*, *G*, *GH*, *N*, *CH*, *CHH*, *J*, *JH*, *NT*. Its colour is deep blood red it has a seed of *Vayu* and very pleasant spot. In this lotus is a flame called *Banalinga* by contemplating on this, one gets power on the objects of seen and

unseen universe. Its presiding adept is *Pinaki* and goddesses is *Kakini*. He who contemplates on this lotus of heart is eagerly desired by celestial maidens. He gets immeasurable knowledge, knows about past, present, future time, listen from far places, see from far place (*Divya Drusti*) and walk in the air whenever he wishes. He sees the adept and goddesses knows as *Yoginies*, obtain power known as *Khechari*.^[15]

Applied aspect

As the result of awakening of this *Chakra* bones and muscles starts getting healthy and strong. Divine virtues like love compassion, service and sympathy are developed by meditation, diseases and disorders related to heart are cured.^[16]

Vishuddha Chakra

Its location is the region of throat.^[16] Its colour is like brilliant gold and it is adorned with 16 petals and is seat of vowels sound. Its presiding adept is called *Chhagal* and goddesses is *Sakini*. One who contemplates on this lotus, he will become truly lord of *Yogis* and deserves to be wise. *Yogi* once understand the four *Vedas* with mysteries. *Yogi* enjoys inner world by becoming unconscious of external world, his body never deteriorate and he retains his full strength for thousand years and become harder than diamond.^[17]

Applied aspect

On awakening of this *Chakra* one does not suffer from thyroid and lung diseases. The diseases and disorder related to respiratory system will be cured completely.^[18]

Ajna Chakra

This *Chakra* is located in between the two eye brows, with *Pranyamas* like *Kapalabhati*, *Anuloma-Viloma*, *Nadishodan* etc. the mind and *Prana* become calm and stable which makes the autonomic and voluntary nervous system tranquil, healthy and balanced. The whole *Nadi* system is connected with *Ajna Chakra*, with the awakening of this *Chakra* the *Nadi* system becomes completely healthy and strong. *Ida Pingala* and *Sushumna* flowing upwards as separate stream out of *Muladhara Chakra* make a confluence on this spot. Therefore this spot is called *Triveni*.^[18] This is two

petaled *Chakra* called *Ajna Chakra* letter J,KSH, its presiding adept is called *Shukla Mahakala*, its presiding goddess is *Hakini*. There is great light held secret in all the *Tantra*, by contemplating on this *Chakra* one obtain highest success, there is no doubt of it. The two *Nadis*, *Ida* and *Pingala* are real *Varana* and *Asi*, the space between them is called *Varanasi* (the holy place of *Shiva*).^[19]

Applied aspect

By awakening of this *Chakra* the diseases related to nervous system, such as paralysis, fainting, autoimmune disorders can be prevented, the mind related diseases *Apasmara* can be cured.^[20] *Ida* is called *Ganga*, *Pingala* the *Yamuna*, *Sushumna Nadi* runs between two is called *Saraswati*. The spot of confluence of this *Treveni* is called *Tirtharaja*. The seeker who immerse himself in it is vanished of all his *Papa* (sins), by this *Karmaja Vyadis* will be cured.^[21]

Sahasrara Chakra

This *Chakra* (thousand petal) located in the cerebrum above the fontanelle (*Brahmarandra*) is the centre of all divine powers. By fixing and restraining the *Prana* and mind (*Manas*) on this *Chakra*, the mental modifications, viz *Pramana* (correct knowledge), *Viparyaya* (mistaken knowledge), *Vikalpa* (imaginary knowledge), *Nidra* and *Smriti* are restrained and *Asampragnati Samadhi* is attained.^[22] The space in its centre, dwells the moon from that triangular space, elixir is continually exuding. This moon-fluid of immortality unceasingly flows through the *Ida*. The elixir flows in a streams - a continuous stream going to left nostril, it receives from *Yogis* the name of the Ganges.^[23] Applied aspect - All the endocrine glands including the pituitary and the pineal are connected with *Sahasrara Chakra*, by awakening of this *Chakra* whole endocrine system gets balanced.^[24]

Kundalini Shakti and its ways of Awakening

The divine power lying in the *Muladhara Chakra* has been called *Kundalini Shakti* in the latter day *Tantra* literature and *Brahmavarchas* in the vedic literature. Normally *Pranashakti* flows through *Ida* and *Pingala Nadis* only. When one practices *Pranayama* and yogic procedures like meditation etc. with proper restraint,

the marvellous powers lying dormant in sensual enjoyments is transformed by the practice of *Yoga* and it starts moving upwards.^[25] Under the *Siddhayaoga* the awakening of *Kundalini* is done by *Shaktipata*, with the process of *Shaktipatha* by a noble preceptor (*Sadguru*) a seeker does not have to work very hard, his time is saved, and he gains success quickly in his *Sadhana*. At present the awakening of *Kundalini* through pranic energy has become quite significant. In *Yoga*, the body is purified in *Yogaagni* by procedure like *Shatkarma*, *Asana*, *Pranayama*, *Mudras*, *Bandas* etc. After the cleansing of *Nadis* by the disciplining of *Prana*, the sense organs are diverted inwards through the practice of *Pratyahara* with the stabilisation of mind through *Dharana*. A seeker conquers the *Panchamahabhuta* penetrating the *Chakras* and by awakening the *Kundalini* through *Dhyana*, the *Jivatma* realises *Parama Shiva*.^[26]

Patanjali Yoga Sutra

The Maharshi Patanjali explains about the different modality and practise they are *Samadi Pada*, *Sadhana Pada*, *Vibhuti Pada*, *Kaivalya Pada*. In *Samadi Pada* restraintment of fluctuations of mind is explained, by avoiding the five fold fluctuations, memory is recollected, through practice and dispassion arises restraintment, then dedication to *Ishvara* by reciting *Pranava* (om) *Mantra* the obstacles are cleared leading to *Samadi*. The *Sadhana Pada* the techniques of *Yama*, *Niyama*, *Asana*, *Pranayama*, *Prathyara Dharana*, *Dhyana* and *Samadhi*, the *Astanga Yoga* has been explained. The *Vibhuti Pada* explains about various powers attained by the practice of *Astanga Yoga*. *Kaivalya Pada* deals with the return to the origin of the three *Gunas* by attaining *Nirvana*.^[27]

Bhagvatgeeta says, perform all the actions with mind concentrated on the divine, renouncing attachments and looking upon success and failure with equal eye, spirituality implies equanimity. In *Karma Yoga* he tells without expectation the *Karma* to be done with your conscious mind that will lead to path of purification of mind. In *Dnyana Yoga* says about the path of wisdom. In *Bhakti Yoga* he explains when continuously indulging in worship of the god in this path he will be

immersed in god.^[28] *Bhaktiyoga* is trick to soften the violent emotions. It may be a reaction of anger, fear, jealousy triggered by demanding situation. So major practice at *Manomaya Kosha* is devotion.^[29]

The Astanga Yoga and meditation

The life *Chakras* - the base, sacral and navel *Chakras* - ensure the stability of the individual at the physical level and in society. The heart and throat *Chakras* are the love *Chakras*, integrating our energy with others around us and governing communication. The last two *Chakras* are light *Chakras*, the brow *Chakras* brings clarity of perception and intuitive insight, and the crown *Chakra* unites individual with the whole of creation. The *Muladhara Chakra* ensures our physical existence, nourishing and energizing the whole *Chakra* system. The heart *Chakra* is at the centre of the main *Chakras* and is the balance point for the system. It also governs our interactions as we reach out to touch and embrace other people.^[30]

Lalitasahasranama - The goddess *Lalitambika* who resides at *Muladhara Chakra*, she breaks the *Brahmagranthi* knot helps to cross the ties due to our birth. She who exists in the *Manipura Chakra* full dressed in her fineries. She who breaks the ties of *Vishnu Granthi*, she helps us to cross the tie due to our position. She who lives in between eye brows in the form of she who orders. She who breaks the ties of *Rudra Granti*, helps us cross the ties due to our violent thoughts and nature. She who has climbed *Sahasrara* the thousand petalled lotus which is the point of ultimate awakening. She who makes nectar flow in all our nerves from *Sahasrara* i.e. she gives the very pleasant experience of ultimate.^[31]

Hatayoga

The *Yogi* has to undergo various practices to attain disease free and gain longivity. The advanced *Yogi* has to overcome from fatigue by practicing *Asanas* after that should practise purification of *Nadis* and manipulation of *Prana* and *Mudra*. *Asanas*, different types of *Kumbhaka*s, practices called *Mudra*, *Nadanusandhna* - is the sequence of *Hata Yoga*.^[32] *Asana* makes body firm then *Pranayama* is practised. If *Nadis* have impurities then *Vayu* will not travel in

the middle (*Sushumna Nadi*). If these *Nadis* get purified that *Yogi* is capable of regulating *Prana*. So one has to practice regularly *Pranayama* do get rid of all the diseases.^[33] The aspirant should do *Pranayama* (the *Kumbakas*) after getting rid, by means of the *Shatkarmas* the obesity, disorders of *Kapha Dosh* and impurities are cured. When by different groups of *Pranayama Nadis* get purified *Vayu* penetrates *Sushmna* and attains the *Manonmani*, state of mind steadiness. *Mulabanda* and *Jalandarabanda* are two main *Bandas* performed.^[34] The practices of *Bastrika* cures the diseases of *Vata*, *Pitta* and *Kapha* and increase the *Agni*. It awakens the *Kundalini* soon purifies and proves to be beneficiary to him, and removes the vitiated *Kapha* from body. It helps to effectively break the three knots of *Sushmna Nadi*.^[35] *Nadis* are channels through which the *Prana* flows to all organs, there are 3 major channels for this *Prana* to be drawn up from bottom of spine. The central one is *Sushumna Nadi*. The left *Nadi* is the *Ida* and *Pingala* the right one may activate parasympathetic and sympathetic respaly. Both these are having opposite functions which provide the best possible way of maintaining homeostatis.^[36] Slimness of the body, luster on the face, clarity of eyes, freedom from disease, control over ejaculation of semen, stimulation of gastric power and purification of *Nadis* are success of *Hatayoga*.^[37] *Kshaya*, skin diseases, constipation, glandular enlargement, indigestion are completely destroyed by practicing *Mahamudra*. *Mahaveda* destroys wrinkles grey hairs and tremors. *Mahaveda*, *Mahabanda* and *Mahamudra* the triads of *Mudra* delays old age and death, gastric fire and brings supernatural powers (*Siddis*) *Animadi*.^[38] The *Charakacharya* explains *Yoga* is one which gives solution to *Dukha (Vedana)* and to attain *Moksha*, *Yoga* is the main motivation. By attaining *Moksha* several *Siddis* are attained they are *Avesha*, *Chetaso Jnana* etc. can be correlated to *Animadi Siddis*.^[39] The *Yogi* who has command over *Kechari Mudra* devoid of disease and death, fatigue, sleep, hunger, thirst.^[40] Just as salt dissolve in water and becomes one with it, like wise *Atma* and *Manas* become one and this union is *Samadhi*.^[41] *Dhyana*, *Nada*, *Rasanada* and *Layasiddi* are accomplished by *Shambhavi*, *Bhramari*, *Kechari*

and *Yoni Mudra* respectively. The fifth by *Bhakti Yoga*. The sixth is *Manomurcha*, these are six aspects of *Rajayoga*.^[42] Assuming *Yoni Mudra* and role of his *Shakti* become one with *Paramatma* as with beloved. Unity with *Brahman* is attained by saturated with *Anand* which ensures *Samadhi*.^[43]

DISCUSSION

The concept of *Shat Chakra* is the hidden topic of *Yoga Darshana* but having very much clinical importance when we go through the detail study, there is lot of importance as curing of disease aspect of *Shareerika* and *Manasika* is considered. The dreadful diseases will be cured due to awakening of these *Chakras* and disorders will turn into functioning in order. Mean while the *Kundali* awakening is most psychological and spiritual one which help to get rid of both psychosomatic diseases and also way to attain *Moksha* which is one among the *Chaturvidha Purushartha*. The *Patanjali Yoga Sutras* will give knowledge about the importance of *Raja Yoga* and help us to know the significance of *Astanga Yoga*, how it plays role in prevention of disease, *Yama*, *Niyama*, *Asana* and *Pranayama* are having the clinical importance when followed in a systematic manner. *Pratyahara* explains about the *Patya Apatya Ahara*. *Dharana*, *Dhyana* and *Samadhi* will help in curing the disease related to mental illness. Lastly the concept of *Hatayoga* deals with the some of important procedures *Shatkriya* which helps to cleanses the body and help to detoxify inside. Advanced postures have been explained to tone up the body and help to maintain the straightening of spinal cord which is must for awakening of *Kundali*, the *Mudras* and *Bandas* will also help to prevent and help to get rid of diseases. So these points are very necessary to know about significance of *Shatchakra* on the *Shareera*.

CONCLUSION

The relation between *Shareera*, *Manas* and *Atma* are interlinked with each other. So the topic *Shatchakra* and its applied aspect is the most wonderful relevance with the *Shareera Vignana*. Ultimate aim of the *Ayurveda* and *Darhana Shastra* is to get rid from the *Trividha Dukha (Adidaivika, Adhyatmika, Adibhoutika)*

and to attain *Moksha* i.e. free from diseases. So here to conclude with nut shell the awakening of *Kundali* and knowledge about *Shat Chakra* play an important

role in achieving the goal (*Moksha*) and help the mankind for both preventive and curative aspects.

Table 1: Chakras and its details

Name of Chakra	Gross form	Location	Number of petals	Mahabhuta	Beeja Mantra	Kosa	Cosmic sphere	Pradhan Devata	Shakti Tatva	Diseases due to non awakening of Chakras
Sahasrara	Cerebral Gland	Cerebellum	1000	Mahattatva (Pure potentiality)	-	-	Satyam	Paramshiva	-	Hormonal Imbalance, Metabolic Syndrome etc.
Ajnacakra	Medullary Plexus	Between Eyebrows	2	Manas	Om	-	Tapah	Shambhu	Hakini	Epilepsy, Faintaing, Nervous System etc.
Visuddha	Carotid Plexus	Throat	16	Aakash	Harh	Anandamaya	Janah	Sadashiva	Sakini	Asthama , Lung disorders etc.
Anahata	Cardiac Plexus	Heart	12	Vayu	Yam	Vijnamaya	Mahah	Isha	Kakini	Heart Diseases, High B.P. etc.
Manipura	Epigastric Plexus	Near Navel	10	Agni	Ram	Manomaya	Svah	Rudra	Lakini	All disorders of digestive system
Svadhista	Hypogastric Plexus	1''- 1.5''above Muladhara	6	Aap	Vam	Pranamaya	Bhuvah	Vishnu	Rakini	Urinary disorders
Muladhara	Pelvic Plexus	Apporx. 1'' inside between Anus & Genitals	4	Prithvi	Lam	Annamaya	Bhuh	Brahma	Dakini	Infertility, Disorders of genitals

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How to cite this article: Dr. Sandeep R. Desai, Dr. Rajashree Chitre. Applied aspect of Shadchakras and its importance in Shaarir Vigyan. J Ayurveda Integr Med Sci 2020;4:118-125.

Source of Support: Nil, **Conflict of Interest:** None declared.

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