

**Impact
Factor
4.574**

ISSN 2349-638x

Peer Reviewed And Indexed

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Journal

VOL-V

ISSUE-VIII

Aug.

2018

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

The Clinical Importance of Shatachakra

Vd. Sweta P. Pardhi

Post Graduate Scholar (MD – Rachana Sharir)

B.S.D.T's Ayurvedic Medical College and Hospital, Wagholi, Pune.

Abstract

In present scenario the people usually focuses on advanced techniques by neglecting the relevance of ancient science which is merely significant in ethics and spirituality hence we must concentrate on the points which we left behind like Tantra Sharira this includes Trividha Nadi, Kundalini, Shatachakra. In this the special preference is given to Shatachakra. Shatachakra comprises of two words one is Shat – six in number, while the other is Chakra – the common or verbal meaning of this is wheel but in Ayurveda based on Padarth Tantra Yukti we have consider the meaning of Chakra here as circle or depression of the body. These Chakras circulate the vital energy throughout our body and any sort of vitiation can disturb these by causing various diseases hence one must have the knowledge of Chakra.

Keywords – Ayurveda, Yoga, Shatachakra.

Introduction -

Shatachakras described in garudpuran. The chakras are not physical, we can't see them. But Chakras help us to understand the mind – body relationship. The chakras are the psychoactive energy centres in the human body. These are directly associated with physical mental and emotional health of a person. There are six chakras in the human body. They are located along the spine, starting at the base and running upwards to the crown of the head.

Formation of Chakra -

The points on the shushumna where Ida and Pingala cross each other form energy centres called chakras. The number of petals in each chakra is determined by the number and positions of the Nadis around the chakra. The hang downward when kundalini is at the Muladhara Chakra. When it is awakened, they turn toward Brahmarandhra. They always face the side of kundalini chakras with their petals.

Diseases Related To Chakra's Imbalance –

In a healthy body, the energy flow is harmonious and all the chakras are in equilibrium. In the blocked chakras the energy does not flow harmoniously. This results in imbalance of the chakras. The physical manifestation of each chakra is through specific in the endocrine system and the nervous system. An imbalance in the chakras is expressed through these systems resulting in physical and mental illness.

1) Muladhara Chakra (Coccygeal Plexus) –

Location – Between the root of genitals and anus.

Colour – Red

No. of petals – 4

Element – Earth

Sound – Lam

Gland – The Bartholin gland in female and Bulbourethral glands in males.

Deficiency/Excess – Disorders of the bowel and large intestine, eating disorder, depression and immune related disorders, chronic lower back pain, and lack of energy.

2) Swadhishtan Chakra (Hypogastric Plexus) –

Location – Lower abdomen (Below the navel)

Colour – Orange

No. of petals – 6

Element – Water

Sound – Vam

Glands – Gonads, Ovaries and Testis.

Deficiency/Excess – Chronic back pain, sciatica, dysfunction of reproductive organs and urinary system.

3) Manipur Chakra (Coeliac Plexus/Solar Plexus) –

Location – Solar plexus (above navel)

Colour – Yellow

No. of petals – 10

Element – Fire

Sound – Ram

Glands – Adrenal and Pancreas.

Deficiency/Excess – stomach and liver problem leading to digestive disorder, diabetes, pancreatitis, arthritis and allergy.

4) Anahat Chakras (Cardiac Plexus) –

Location – Chest

Colour – Green

No. of petals – 12

Element – Air

Sound – Yam

Glands –Thymus

Deficiency/Excess – Disorder of the heart or lungs, asthma, allergies, immune deficiency problem, and tension between shoulder blades.

5) Vishuddha Chakra (Cervical Plexus/Laryngopharygeal plexus)

Location – Throat

Colour – Light Blue

No. of petals – 16

Element – Ether

Sound – Ham

Deficiency/Excess – Chronic throat problems, mouth ulcers, laryngitis and thyroid problems, ear infections, headaches and pain in the neck and shoulders.

6) Adnya Chakra (Thalamus/Medullary plexus) –

Location – Between the eyebrows

Colour – Indigo

No. of petals – 2

Element – Space or Light

Sound – Om

Gland - Pituitary

Deficiency/Excess – Headaches, ear and eye problems, brain tumour, stroke, neurological disturbances, learning disabilities and spinal disorders.

7) Sahastrar Chakra (Crown Chakra) –

Location – Top of the head

Deficiency/Excess – Constant sense of frustration, no joy, destruction feeling, migraine, headaches and depression. Excess of energy in this chakra causes confusion, spiritual addiction.

Chikitsa and Shatachakra Correlation –

In Ayurveda katibasti give when symptom are related to back pain, sciatica. Nabhibasti give when symptom are related with pancreatitis, allergy etc. Hrudbasti give when symptoms are related with palpitation, disorder of heart. Kaval, Gandush and Mukhprakshalan give when symptom related with throat problem, mouth ulcer, laryngitis etc. Shirobasti, Shirodhara, Shiropichu are give when symptom related to headach, strock, neurological disturbances, constant sense of frustration, distuction feeling and its results are good.

So may be this panchkarm chikitsa stimulate respective chakra.

Different way to balance chakra –

- Archetype – By different stories understanding life and way to come out of trouble.
- Aromatherapy
- Colour therapy
- Sound therapy
- Yoga and Meditation
- Physical Exercise
- Always having a positive attitude in life.

Conclusion –

From above all discussion we can conclude that as this chakras are centers of psycho – vital forces by working on it we can get clinically positive result in many diseases.

Referance –

- 1) Sanshipt swasthvritta – Dr. Subhash Ranade and Dr. Rajendra Deshpande.
- 2) Textbook of swasthavritta – Dr. Bargale sushant Sukumar and Dr. Shashirekha H.K.
- 3) Park's Textbook of preventive and social medicine – K. Park
- 4) Dr. Reddy's comprehensive Guide to swasthavritta – Dr. P. Sudhakar Reddy.
- 5) A textbook of svasthavritta – Dr. Mangalagowri V. Rao.
- 6) Sat – Chakra Nirupana by swami Purnanda.
- 7) A Million Thoughts by OM swami.