



Anatomical Consideration of “Shatchakra”.

Dr. Devendra Nijai¹, Dr. Avinash T. Vipra²

¹P.G Scholar Dept. of Rachana Sharir, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra.

²Asso. Professor Dept. of Rachana Sharir, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

ABSTRACT

Shatchakra is the Yogic Wheels of consciousness. Shat-Chakra Nirupan is an ancient method that works with Kundalini Yoga, a specific type of Tantric Yoga.

The ancient masters of the science of Yoga discovered through the technique of meditation that each centre in the brain has its own power and could be energized and ignited through focusing on a specific chakra in body. The knowledge of Shat Chakras is based on the relationship of consciousness, mind and soul with different Nadi Kendras (nerve centres) present in the Meru Danda (vertebral column).

The chakras are vortices of supernatural power and they're visualized and experienced as round movements of energy at unique costs of vibration. Although these chakras are located in the spinal cord, they are extensively depicted in the picture. Although we are unable to identify these chakras by dissection, they are a part of awareness and are connected to our body's control mechanism. The six chakras serve as function switches to activate various parts of the brain.

Keywords: *Shat-Chakra Nirupa, science of yoga, Meru Danda.*

INTRODUCTION

Together with spiritual science, Ayurveda is a medical science. In it there is a description of many topics related to spirituality such as Mana, Atma, Parmatma, Adhyatmika Guna, Adhyatmika Dravya, etc. In Ayurveda the Chakra has its own importance. The Muladhara, Svadhistan, Manipura, Anahat, Vishuddha, and Ajna Chakras are the six principal Chakras. In Ayurveda, Yoga is a way to achieve the Moksha. As per the Yoga Shastra, the Sukshma sharira is a component of our body that serves as the moderator for the entire body. In India and around the world, Yogis, Rishis, and Sages from diverse traditions have found the Chakras. They have been observed through introspection of the mind rather than through physical dissection of the body. In various traditions, Chakras are associated with multiple

physiological functions, an aspect of consciousness, a classical element and other distinguishing characteristics.

REVIEW OF LITERATURE

Meaning of Chakra

Chakra in Sanskrit means wheel. Chakra is defined as "Wheels of light" in literary texts. For all of human evolution, the wheel has been a vital component and observer. The body is made up of several energy centres, which allow energy to enter and exit the body and aid in the regulation of all type of energy flow, i.e. physical, mental, emotional and spiritual. These Chakras may anatomically reflect nerve plexuses with varying functions based on their respective areas of supply. These plexuses are in the form of spokes around wheel. Life is dependent on the energy which we derive from various things. Life is energy by itself. Energy powers all bodily function, both mental and physical. The source of this energy is fictitious wheels, which act as energy transmitters. These energy wheels are always turning within our aura, running parallel to our spine from the base of our tailbone to a few inches above the crown of our head are called Chakras.

Classical Chakras are six in number. They are called Shat – Chakras. These Chakras are placed at regular intervals, one above the other, each Chakra interspersed with some space, in front of our spine. Shatchakra interacts with the physical body through nervous system with a group of nerves called a plexus.

In Shairrachna Vigyan, these chakras are hidden from view and cannot be identified through dissection; yet, they are connected to our body's control system and widely works in the body. We can corelate these Shatchakras with nerve plexus in our body as follows.

1)Muladhar Chakra

This is a 1st Chakra cosider in body, lies between anus & genital organs. If anyone get control on this chakra by yogkundalini practice then they will get control on other chakras, too. This chakra is a place of Apan vayu .The first chakra is comprised of whatever grounds to stability in life. We can corelate 1st chakra with coccygeal plexus anatomicaly.

Coccygeal Plexus

S5 and the coccygeal ventral rami normally form the coccygeal plexus, and S4 typically sends a short descending branch to it. It is typically thought of as a pudendal plexus subdivision. After emerging from the sacral hiatus, the S5 ventral ramus wraps around the sacrum's lateral margin beneath its cornu and passes through the ischiococcygeus from below to reach the pelvic surface. The coccygeal ventral ramus, which arises from the sacral hiatus, and a descending branch of the S4 ventral ramus join it here. This results in the formation of the coccygeal plexus, a tiny trunk.

2) Swadishthan Chakra

This is 2nd chakra lies at base of genitals. It is a place of Apan vayu & organs in pelvis are controlled by its nadi. The focus of chakra is creativity. It is in our nature as humans to construct. A balanced Swadishthan chakra leads to approach of wellness, wealth, happiness, and enjoyment. . We can corelate 2nd chakra with hypogastric plexus anatomicaly.

Hypogastric Plexus

The sacral promontory, near the bifurcation of the common iliac arteries, is home to the bilateral superior hypogastric plexus, a retroperitoneal structure situated at the level of the upper third of the first sacral vertebral body and the lower third of the fifth lumbar vertebral body. The right and left hypogastric nerves split out from the superior hypogastric plexus and descend lateral to the sigmoid colon and rectosigmoid junction before joining the two inferior hypogastric plexuses. The sigmoid colon, the ovarian and testicular plexuses, and the plexus encircling the internal and common iliac arteries are all branches of the superior plexus. A bilateral structure, the inferior hypogastric plexus is located on either side of the rectum, lower section of the bladder, and the uterine cervix and vaginal fornices in women, or the prostate and seminal vesicles in men. The inferior hypogastric plexus extends posteroanteriorly and parallel to the pelvic floor, with a configuration more transversely orientated than the superior hypogastric plexus, which is mostly longitudinal in nature.

3) Manipura Chakra

It is 3rd chakra place at base of umbilicus and anterior to vertebral column. It is a place of Saman vayu & mainly all abdominal organs controlled by its nadi. . We can corelate 3rd chakra with Celiac plexus anatomicaly.

Celiac Plexus

The celiac plexus (CP) is a dense network of ganglia that varies greatly in size, quantity, and location. It is situated deep within the retroperitoneum, covering the anterolateral surface of the aorta at the level of the celiac trunk (CeT).. It originates from sympathetic fibers of splanchnic nerves, extending from T5 to T12, and containing preganglionic splanchnic afferent fibers, preganglionic parasympathetic fibers and postganglionic sympathetic fibers. In the epigastrium, the CP surrounds the CeT, the superior mesenteric arteries, and the aorta. It is located anteriorly to the diaphragmatic pillars and posterior to the stomach and pancreas. Pancreas, diaphragm, stomach, liver, spleen, small bowel, transverse colon, suprarenal glands, kidneys, abdominal aorta, and mesenterium are among the organs and structures associated with visceral pain communicated by the CP.

4) Anahat Chakra

The Sanskrit word for the fourth chakra is Anahata, which means “unstruck” or “unhurt.” It lies at Heart & it is place of Praan Vayu. The organs of thorax i.e. Heart & Lungs are control by its nadi. The term Anahat suggests that there is a pure and spiritual area where there is no hurt behind the sorrows and frustrations of the past. An individual is flowing with love and compassion when their anahat chakra is open. We can corelate 4th chakra with Cardiac plexus anatomically.

Cardiac Plexus

Cardiac plexus is a meshwork of neurons and ganglia which provide nerve supply to the cardiac tissue. It is divided into two sub-parts: superficial and deep. The superficial cardiac plexus lies between the arch of aorta and the pulmonary trunk & the deep cardiac plexus lies deeply between the arch of aorta and the tracheal bifurcation. The sympathetic and parasympathetic nervous systems provide neurons to the superficial and deep cardiac plexus.

5) Vishudha Chakra

It is 5th chakra lies at neck region & it is a place of Udaan Vayu. The organs related to neck region & oral cavity are controlled by its nadi. The Visshudh Chakra To get ready for this level of communication, work on the lower chakras. One way to assist overcome fear is to align the first and second chakras. It is easier to feel powerful and confident in our ability to express ourselves when we open the third chakra. Aligning the fourth chakra allows you to know what's truly inside. We can corelate 5th chakra with Cervical plexus anatomically.

Cervical Plexus

The cervical plexus is a collection of nerves mostly composed of cervical levels C1–C4. Additionally, the vagus nerve is connected to C1 and C2 via tiny branches of the plexus. C₁ and C₂ with the hypoglossal nerve, and C₂–C₄ with the accessory nerve. The cervical plexus is formed from the C1–C4 spinal roots and is located in the lateral neck. The sternocleidomastoid muscle and the internal jugular vein both cover the cervical plexus, which is situated deep within the upper neck. The ventral rami of the first four cervical nerves combine to generate it. The great auricular, transverse cervical, supraclavicular, and smaller occipital nerves are the superficial cutaneous branches of the plexus.

6)Ajna Chakra

It is a 6th Chakra lies at level of center between two eyebrows deeply in brain i.e. Thalamus. The Ajna Chakra Institution can assist you in making the best decisions by acting as a "sixth sense" that becomes more powerful as an open third eye. With a fruitless sixth chakra, only the mind, intellect, and ego are used in the decision-making process. However, the soul is also involved when the third eye is open. We can corelate 6th chakra with Thalamus anatomically.

Thalamus

Anatomically, the thalamus lies deep within the brain, adjacent to the midline third ventricle. The massa intermedia, also known as interthalamic adhesion, connects the paired thalami, one in each hemisphere. The arterial supply to the thalami is predominantly by branches of the posterior cerebral arteries, as well as by the posterior communicating artery. The majority of the lateral walls of the brain's third ventricle are made up of two enormous, ovoid organs called the thalamus. Neural impulses from different receptors are translated by the thalamus and sent to the cerebral cortex. The thalamus plays important roles in motor activity, emotion, memory, arousal, and other sensorimotor association processes in addition to its traditional activities as a sensory relay in the visual, auditory, somatosensory, and gustatory systems.

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, The treatment of sickness in Shareerika and Manasika is very important. The dreadful diseases will be cured due to awakening of these Chakras and disorders will turn into functioning in order The Patanjli 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

CONCLUSION

It is to be concluding that Shatchakra is basically those chakras in our body which are dealing related Anatomy. In ancient era there are no basic parameters to measure the stability, vitality and mental status of the body. They imagine about chakras, these chakras are feeling of life and balance the body. They flow the energy in body so vitality can survive. In today era, imagination of these chakras in body so one can say every chakra are regulate the whole body system and chakras are interrelated with each other.

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