

## A STUDY ON AJNA CHAKRA W.S.R. TO PINEAL GLAND

Dr. Teena Jain<sup>1</sup>Dr. Sunil Kumar Yadav<sup>2</sup><sup>1</sup> Ph.D. Scholar, Dept. of *Sharir Rachana*, NIA, Jaipur, Rajasthan, India<sup>2</sup> Assistant Professor, Dept. of *Sharir Rachana*, NIA, Jaipur, Rajasthan, India

## ABSTRACT

The *Chakras* are represented as energy centers aligned along the spinal cord, which form an integrating channel. They serve as collection and transmission centers for both subtle, and metaphysical, energy and concrete, or biophysical, energy. *Chakras* are even more involved with the *Nadis*: conduits that disperse life energy (called *Prana*) throughout the body. There are seven primary *Chakras*. From lowest to highest they are *Muladhara Chakra* (root *Chakra*), *Swadhisthana Chakra* (sacral *Chakra*), *Manipura Chakra* (solar or navel *Chakra*), *Anahata Chakra* (heart *Chakra*), *Vishuddha Chakra* (throat *Chakra*), *Ajna Chakra* (third eye *Chakra*) and *Sahasrar Chakra* (Crown *Chakra*). The *Ajna Chakra* is located in between the eyebrows. It is also called as third eye *Chakra* so it is our center of intuition. The pineal gland is a photosensitive organ and it is correlated with *Ajna Chakra*.

Key words: *Chakra*, *Ajna Chakra*, Pineal gland.

## INTRODUCTION

*Chakras* are the crux of the system and also called energy centers or energy organs. The main *Nadis* i.e. *Ida*, *Pingla* and *Sushmna* run along the spinal column in a curved path and cross one another several times. These *Nadis* are the subtle energy channels of the body and they conduit *Prana* throughout the whole body. At the points of intersection *Nadis* form strong energy centers, known as *Chakra*. A *Chakra* is a center of activity that receives, assimilates, and expresses *Prana*. Each *Chakra* can be seen as a pair of conical vortices emanating from the front and the back of the body. Together, these vortices regulate our conscious and unconscious realities, the psychic and sensory energies, and our subtle and physical selves.

*Chakras* are envisioned as either circular, or

when emerging from the body, vortices that are conical in shape. According to various Sanskrit sources, a circle holds many meanings. For example, it describes a rotation of *Shakti*, or feminine life energy, denotes *Yantras* (mystical symbols) that direct reality, and references the different nerve centers in the body.

The word *Chakra* is derived from “*Kriyate gatirenena*”. *Chakra* denotes a centre of power or energy. There are seven primary *Chakras*-

1. *Muladhara*- Base or Root *Chakra*
2. *Swadhisthana*- Sacral *Chakra*
3. *Manipura*- Solar plexus *Chakra*
4. *Anahata*- Heart *Chakra*
5. *Vishuddha*- Throat *Chakra*
6. *Ajna*- Brow or Third eye *Chakra*
7. *Sahasrar* – Crown *Chakra*

These seven *Chakras* located align the

spine, starting from the base of the spine through to the crown of the head. To visualize a *Chakra* in the body, imagine a swirling wheel of energy where matter and consciousness meet.

**Ajna Chakra-** *Ajna Chakra* is the sixth *Chakra*, is in the area of the third eye, which is found in the space between the eyebrows. So it is also known as the Brow *Chakra*, the third eye, the eye of wisdom, the inner eye *Chakra* or the command *Chakra*. An invisible yet powerful third eye, this is our center of intuition.

### The sixth *Chakra* and its associated characteristics-

- ✚ Sanskrit name: *Ajna-* to perceive, to command.
- ✚ Location- It is located in the pituitary gland, directly behind the center of the forehead. Its *kshetram*, or superficial activation site, is between the eyebrows at the position of the "third eye". The location makes it a sacred spot, where Hindus apply vermilion to show respect.
- ✚ Color- indigo, also yellow or violet.
- ✚ Sense- all senses, including extrasensory perception.
- ✚ Petals of the lotus- Two

The letter "*ham*" is written in white on the left petal and represents *Shiva*. "*Ksham*", written in white on the right petal, represents *Shakti*. These two petals also represent the manifest and the un-manifest mind, and are sometimes said to represent the pineal and pituitary glands.

- ✚ Seed sound- *Om*
- ✚ Vowel sound- *Mmmm*
- ✚ Basic principle- knowledge of being.
- ✚ Associated parts of the body- face, eyes, ears, nose, sinuses, cerebellum, central nervous system.
- ✚ Associated gland- pituitary (hypophysis)

The pituitary is sometimes referred to as the "master gland" because its secretional activities control the functions of the other glands. Like the conductor of an orchestra, it establishes the harmonious interaction of the other glands.

- ✚ Psychological function- Intuition, imagination.
- ✚ Deity- *Hakini Shakti, Ardhanarisver (Shiva-Shakti)*
- ✚ Associated astrological signs and planets-
  - ▶ Mercury: intellectual cognition, rational thought.
  - ▶ Sagittarius/ Jupiter: holistic thought, realization of inner correlations.
  - ▶ Aquarius/ Uranus: divinely inspired thought, higher knowledge, flashes of intuition.
  - ▶ Pisces/ Neptune: imagination, intuition, access to inner truths through devotion.
- ✚ Associated structure in physical body- pineal gland.



Fig.1 *Ajna Chakra*  
**Purpose and function of the sixth *Chakra***

- ▶ Conscious perception of being takes place through the sixth *Chakra*. It is the seat of our higher mental powers, our intellectual capacity to distinguish, our memory and our will. On the physical plane it is the highest center of command for the central nervous system.
- ▶ Its actual color is a clear indigo blue, but yellow and violet shades are also to be found. These colors indicate different functions at various level of consciousness. Rational or intellectual thought may produce yellow radiation, while a clear dark blue color indicates intuition

and holistic cognition. Extrasensory perception is shown in shades of violet.

- ▶ Every realization in our lives is preceded by thoughts and projected images which in turn can be nurtured either by subconscious emotional patterns or knowledge of reality. By mental power we are connected with the process of manifestation via the third eye.
- ▶ The creative process starts when being resting in itself become conscious of its existence. An initial relationship between the subject and object takes place, thus giving rise to duality. Being in its shapelessness manifests a firm pattern of vibration.
- ▶ On the basis of this first, primordial vibration each step forward in the development of awareness creates a new and differentiated pattern of vibration. Thus all levels of creation are contained in human life, from pure ethereal being to the densest of matter, and in turn are represented in the *Chakras* with their various levels of vibrations. Thus the process of manifestation also takes place within and through us.
- ▶ As the third eye is the seat of attainment of consciousness, it is here that we can manifest matter and dematerialize it. We are able to create new realities at the physical level and dissolve old ones.
- ▶ As a rule, however, this process takes place automatically and without conscious action on our part. Most of the decisive thoughts in our lives are controlled by unresolved emotional patterns and programmed by our opinions and prejudices and by those of others. Our mind, therefore, is often not the master but the servant of the emotionally loaded thoughts that sometimes dominate us.

- ▶ By developing our consciousness and increasingly opening the third eye, we can control this process more consciously, and our imagination can create the energy for the fulfillment our wishes. In conjunction with an open heart *Chakra*, we can send out healing energies, both close at hand and over long distances.
- ▶ At the same time we can gain access to all levels of creation beyond physical reality. Knowledge of this reaches us in the form of intuition, clairvoyance or hypersensitive hearing or feeling. Things that we had only vaguely suspected before are now perceived clearly.

#### **Harmonious functioning of the Ajna Chakra**

Nowadays there are very few people with the completely opened third eye that always accompanies an advanced state of consciousness. However, in spite of incomplete development, the sixth *Chakra* can function far more harmoniously than any of the other *Chakras*. This expresses itself in an active mind and advanced intellectual skills. The holistic pursuit of scientific research or the recognition of far-reaching philosophical truths may be a sign of a partly opened and harmoniously functioning third eye *Chakra*. We probably possess a well-developed capacity for visualization and the ability to comprehend many things intuitively. Our mind is composed, and at the same time opens to mystic truths. We realize more and more that the world of appearances is but an allegory, a symbol of a spiritual principle manifested on the physical level. Idealism and phantasy are the key elements of our thinking. We possibly notice from time to time that our thoughts or ideas come true. The more our third eye *Chakra* develops, the

more our thoughts are based on a direct inner awareness of reality. Increasing numbers of people are beginning to develop sixth *Chakra* skills, such as clairvoyance or sharpened sensitivity at particular levels of being; others achieve temporary insight into other dimensions of reality, for instance during sleep or meditation.

**Disharmonious functioning of the Ajna Chakra-** The most frequent consequence of a disharmoniously functioning sixth *Chakra* is “top-heaviness”, i.e. overemphasis of the mental sphere. Our life is determined almost exclusively by reason and intellect. Since we are trying to organize all aspects of our life in an intellectual manner, we only accept what we perceive with our rational mind. Our intellectual skills may be quite well developed and we may possess the gift of keen analysis, but we are lacking holistic way of seeing things and the capability of integrating all that we experience into a single cosmic law of natural balance. We can easily become a victim of intellectual arrogance. The only things we accept are those that the mind can comprehend, that can be demonstrated and proven by scientific method. We reject spiritual insight as unscientific and unrealistic. Another effect that a disharmoniously functioning third eye *Chakra* can have is that we may attempt to influence human being or events by the force of our mind, simply to demonstrate our power of to satisfy our personal needs. In this case, the solar plexus *Chakra* is usually out of balance and the heart and crown *Chakras* are only developed to a slight degree. If our third eye is opened relatively wide in spite of its blockages, we might even succeed in this undertaking, although our intentions are contrary to the natural flow of life. But sooner or later we will be beset by a feeling

of isolation and the satisfaction we strived for will not be long lasting. Another possible consequence of misdirected energies in the sixth *Chakra* occurs when the base *Chakra* is disturbed, and when the other *Chakras* are not functioning harmoniously. Although we have access to the subtler levels of perception. It can happen that we do not grasp the true meaning of the images and information we receive. Due to unresolved emotional patterns, they get mixed up with our own imagination. These subjective images can become so strong and dominating that we begin to consider them to be the only truth. We project them onto the external world and thus in the final analysis lose touch with reality.

#### **Insufficient functioning of Ajna Chakra**

If the flow of energies in the sixth *Chakra* is blocked to a considerable degree, the only reality we will see and accept is that of the external, visible world. Our life is dominated by material desires, physical needs and unreflected emotions. We find spiritual reflections and discussion a strain and a waste of time, and we reject spiritual truths because we view them as products of senseless dreaming without any practical use. Our thoughts are oriented along the established lines of society. We easily lose our head in demanding situations. We are probably also very forgetful. If our vision is impaired, an effect which often accompanies insufficient functioning of the sixth *Chakra*, we should look within our self-more closely and get to know the areas that lie beneath the surface. In extreme cases, our thinking will be muddled and confused, and completely determined by unresolved emotional patterns.

#### **Possibilities for cleansing and activating the sixth Chakra**

### ❖ **Experiencing nature**

The third eye can be stimulated by the contemplation of the starry, deep blue night sky. This experience of nature opens our mind to the boundless expanses of all manifestation in all its immensely varied forms of expression. It gives an idea of the subtle energies, structures and laws at work behind the visible plane of life, as are represented by the dance of the celestial bodies in the infinity of space.

### ❖ **Sound therapy**

- **Music:** We can utilize any sounds which relax and open our mind and which evoke images or feelings of cosmic dimensions. New age music will be particularly suitable in this respect, but there are also pieces of eastern or western classical music which will also stimulate and harmonize the third eye *Chakra*.

- **Vowel:** This *Chakra* is activated by the vowel-sound “e” (as in “easy”), which should be sung in A. It seats off an upward movement and represents the power of inspiration that leads to the new insights.

- **Mantra:** *Ksham*

### ❖ **Color therapy**

Transparent indigo has an opening and purifying effect on the sixth *Chakra*. It provides the mind with inner calmness, clarity and depth, and strengthens and heals the senses as well as opening them to subtle level of perception.

### ❖ **Gemstone therapy**

- **Lapis lazuli:** In the deep blue of the lapis lazuli we find golden inclusions of pyrite, scattered like stars in the sky at night. Lapis lazuli conveys a feeling of security within the cosmos to our soul. It leads the mind inwards, strengthens its energies and makes it recognize higher

principles. By stimulating our intuition and inner sight it makes us realize the hidden meaning of the material world and the energies at work beyond it. It also fills us with deep joy at the miracles of life and the universe.

- **Indigo-blue sapphire:** A clear, transparent sapphire opens our mind to cosmic knowledge and eternal truths and its vibrations have a purifying, transforming and renewing effect on our bodies and souls. It builds a bridge between the finite and the infinite and makes our consciousness flow with the stream of divine love and cognition. It also brings clarity to souls in search of truth on the spiritual path.

- **Sodalite:** The dark blue sodalite purifies our mind and enables it to think more deeply. It's still radiance fills us with serenity and strengthens our nerves. It also helps dissolve obsolete patterns of thought and gives us the trust and energy necessary to stick to our opinions and apply our ideas and knowledge to everyday life.

### ❖ **Aroma therapy**

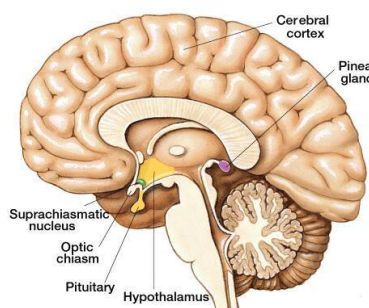
- **Mint:** The refreshing scent of mint dissolves blockages within the sphere of the third eye and helps rid oneself of old, confining thought patterns. It clears and brightens the mind and stimulates concentration.

- **Jasmine:** Though the fine, flowery scent of jasmine our mind is opened to images and visions which carry the messages of deeper truth. Its vibrations sharpen our senses and combine the energies of the third eye *Chakra* with those of the heart *Chakra*.

- ❖ **Forms of Yoga working primarily through the sixth *Chakra***

- **Jnana Yoga:** *Jnana Yoga* is the way of awareness based on the development of the mind's capacity to distinguish between the real and the unreal, the eternal and the transitory. The *Jnana Yogi* realizes that there is only one unalterable, everlasting and eternal reality: god. Through meditation and the power to differentiate, the devotee focuses exclusively on the absolute until his or her mind becomes one with the unmanifested aspect of god.
- **Yantra Yoga:** *Yantras* are pictorial symbols depicting geometrical forms which represent the divine being in all its aspects. They serve as an aid to visualization. The person meditating becomes completely immersed in the depicted aspects and visualizes them within by inner contemplation.

**Pineal Gland-** The pineal gland is a tiny, pea-sized endocrine gland which sits near the middle of the brain, between the two hemispheres behind, and just a little above the pituitary gland. The gland weigh is little more than 0.1 gm and it is large in children and begins to shrink with the onset of puberty. This gland produces melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions. The pineal gland is occasionally related with the sixth *Chakra* or *Ajna Chakra*. It is believed by some to be a dormant organ that



can be awakened to enable telepathic communication.

Pineal gland is activated due to head injuries or extreme pressure so that patients awaking from these injuries and often feel a more open reception to deeper realms of thought compared to other people.

## Fig. 2 Location of pineal gland

### DISCUSSION

- *Chakras* are the crux of the system and also called energy centers or energy organs. The Sanskrit meaning of *Chakra* is: "wheel of light." They are located at the main branching of the nervous system. They serve as collection and transmission centers for both subtle, and metaphysical, energy and concrete, or biophysical, energy.
- A *Chakra* is a circular-shaped energy body that directs life energy for physical and spiritual well-being. *Chakras* are part of the esoteric anatomy. They are interconnected with the *Nadis*, i.e. *Ida*, *Pingla* and *Sushmna* which are meridian-like channels that carry energy or *Prana* around the body.
- The *Chakras* interface with other energy bodies to assist in the rising of *Kundalini*, a type of life energy that invites union with the Divine. Through *Yoga*, one reawakens the *Kundalini* energy so it can rise through the higher *Chakras* and eventually transform one back into the highest state. In other words, the *Chakras* provide the path of returning to enlightenment.
- *Chakra* systems usually outline seven *Chakras*, which ascend along the spine from the coccyx area to the top of the head. They are often affiliated with: an aspect of consciousness or a major theme; a color; an element; a sound; a lotus (with differing numbers of petals); and interactions with the physical, emo-

tional, mental, and spiritual aspects of being human. Each *Chakra* is also frequently associated with a gland of the endocrine system and a nervous system plexus.

- *Ajna Chakra* is located between the eyebrows also called third eye *Chakra*. In physical body there are two eyes which views objects upside down and sends images to the brain which interprets the image and makes it appear right side-up to us. But in human body has another physical eye i.e. third eye or spiritual eye which is correlated with the pineal gland.
- Through meditation we activate the third eye or pineal gland after some time consciousness is centered in the region of pineal gland. There is a pathway from retina to hypothalamus called retinohypothalamic tract. This tract brings information about light and dark cycles to a region of hypothalamus called the supra-chiasmatic nucleus. From this nucleus the impulses travel through pineal nerve to the pineal gland. These impulses reduce the production of melatonin and when these impulses stop pineal inhibition ceases and melatonin is released. So the pineal gland is photosensitive organ and important timekeeper for human body.

## CONCLUSION

*Chakras* are energy transformers, capable of shifting energy from a higher to a

lower vibration and vice versa. *Ajna Chakra* or third eye is correlated with pineal gland. In this *Chakra* we are able to acquire many psychic abilities, and it varies on which level we open our third eye. *Ajna Chakra* is best balanced through meditation and *Pra-nayama* or *Brahmari* technique.

---

## REFERENCES

1. Amarakosa, Parameshwari Vyakhyanam.
2. Gray's anatomy. 40<sup>th</sup> ed. London, Churchill Livingstone Elsevier;2008.
3. <http://en.wikipedia.org/wiki/Ajna>.
4. [http://www.chakras.net/energy center's /Ajna](http://www.chakras.net/energy_center's/Ajna).
5. Richard L. Drake, Gray's anatomy for student. 2<sup>nd</sup> ed. London, Churchill Livingstone Elsevier; 2009.
6. Sir John Woodroffe Serpent power, Shat chakra nirupana, Ganesh and company, Madras.
7. Shatachakra nirupana.
8. The chakra handbook by Shalila Sharamon and Bodo J. Baginski, Motilal Banarasidass Publishers Pvt. Lt., Delhi,2006.

---

## CORRESPONDING ADDRESS

**Dr. Teena Jain**

Dept. of *Sharir Rachana*,

National Institute of Ayurveda,

Jorawer Singh Gate, Amer road,

Jaipur.302002

Email ID: [jainteena1186@gmail.com](mailto:jainteena1186@gmail.com)

---

**Source of support:** Nil

**Conflict of interest:** None declared