

## REVIEW OF SHATCHAKRA W.S.R TO VATAKARMA

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### ABSTRACT

The *Chakra* has its own importance in *Ayurveda*. They are considered loci of life energy, or *Prana (Shakti)*, which is thought to flow among them along pathways called *Nadis*. There are six primary *Chakras* namely *Muladhara, Svadhisthan, Manipura, Anahat, Vishuddha* and *Ajna Chakra*. *Sthana* of *Swadisthana* and *Muladhara Chakra* is *linga* and *gud* and important function of *Apana vata* is *Niskraman* of *mutra, shukra* hence establishing relationship between *Swadhisthana, Muladhara* and *Apana Vata*. *Hrudhaya* is the *Sthana* of *Anahat Chakra* and function of *Pranvata* is in *Hrudhaya* hence establishing relationship between *Anahat Chakra* and *Pranvata*. *Sthan* of *Vishudh Chakra* is *Kantha* and function of *Udana vata* is *Vakpravrutti* with the aid of *Kanth* hence establishing relationship between *Vishudh Chakra* and *Udana vata*. *Sthana* of *Manipur Chakra* is *Nabhi* and *Saman Vata* is *Agni Samipastha* which is at the level of *Nabhi* hence establishing relationship between *Manipur Chakra* and *Saman Vata*. *Ajna Chakra* represents *Avyakta* (union of *Prakriti* and *Purush*) hence not related to any *Vata*. *Shatchakra* and *Vata dosha* described in *Ayurved Samhitas* which actually works together as a system to balance physical and mental health of an individual. The effort is made to establish interrelationship of *Shatchakra* and *Vata dosha* according to *Vatakarma* in *Ayurveda*.

**Keywords:** *Shatchakra, Vata, Sthana, Vatakarma*

### INTRODUCTION

*Vata, Pitta* and *Kapha*, which have been considered as primary and most essential factors in situation of human organism and said that this *Vata dosha* is predominant in lower part of the body. The term *Vata* is derived from the root word "Va" with suffix "Ta" means *Gati* (to move) or *Gandhana* and has been told that there can be no organism without *Vata*. Term *Gandhana* explains various meanings i.e. continued effort, perseverance, hurting, injury, killing, manifestation, information etc. A state of equilibrium of bod-

ily humours (*Vata, Pitta, Kapha*) is one of the causative factor for health.<sup>(1)</sup>

According to *Ayurveda*, *Vata dosha* has prime control over all functions of the body. Firstly, *Pranavata* located in head and moves in the chest, throat supports mind, heart, sense organs and intelligence attends to expectoration, sneezing, belching, inspiration and swallowing. *Udana Vata* is situated in chest, it moves in the nose, umbilicus, throat helps in initiation of speech, effort, enthusiasm, strength, colour, memory.

*Vyana Vata* located in heart moves all over body and is responsible for all types of activities. *Samana Vata* located near digestive fire moves in *Koshta* withholds, digests absorbs and eliminates the food. *Apana Vata* located near large intestine moves in the waist, bladder, genitals and is responsible for elimination of semen, menstrual fluid, faeces, urine, fetus.<sup>(2)</sup>

In literary text, *Chakras* are said to be the centre of energy that are located throughout the body and provide a passage for energy to enter and exit our body and help to regulate all type of energy flow i.e. physical, mental, emotional and spiritual. These seven *Chakra* are situated along the spine and each has special function. The *Chakras* are six in number. These *Chakras* are placed at regular intervals, one above the other. The main task of *Chakras* is to distribute *Prana* to our physical bodies.<sup>(3)</sup>

As *Vata* is related with *Chakra*, therefore by considering *Sthana* and important *Karma* of that particular *Vata* as told in *Samhitas* hence making interrelationship between *Chakra* and *Vata*. And as *Vyana Vata* is present throughout the body, hence it is not related to any *Chakra*.<sup>(4)</sup>

Site of *Shatchakras*<sup>(5)</sup>:

*Muladhara Chakra*: Also called as *Root Chakra*, located at *Guda sthanam* (anal region). At the root of the spine, below the most bottom part or the tip of the back bone.

*Swadisthana Chakra*: Also called *Sacral Chakra*, located at the *Linga sthanam* or *Linga mulam* (root of genitals or genital area). Few inches below the navel and slightly above the pubis (root of genitals organs).

*Manipura Chakra*: Located at *Naabhi* (navel), few inches above and below the navel.

*Anahat Chakra*: Located on the spine, at the level of *Hridaya*, in the region of the heart.

*Vishuddha Chakra*: Located on the spine, at the level of *Kanta* (Throat).

*Ajna Chakra / Ajna Chakra*: Located at the level of *Bhru Madhya* (between Eye Brows), in front of the centre of forehead.

## DISCUSSION

*Muladhara Chakra*, *Swadhisthana Chakra* and *Apana Vayu*:

The important function of *Apana Vata* is *Niskramana* of *Mutra*, *Shukra* in males through the *Linga Marga* and *Niskramana Karma* of *Purisha* through the *Guda Marga*<sup>(6)</sup> and *Linga*, *Guda* is the *Sthana* of *Swadisthana* and *Muladhara Chakra*. The *Muladhara Chakra* governs the immune system, skeletal system (i.e. support); lower digestive tract, i.e. colon, rectum, anus.<sup>(7)</sup> If the energy is blocked or unhealthy, it might manifest in physical symptoms such as arthritis, constipation, haemorrhoids; obesity and weight problems; foot, knee and leg problems; poor balance; lower back pain or sciatica. *Swadhisthana Chakra* controls lymph, mucus, urine, seat of kidney energy, controls maintenance of water level in body. And according to *Ayurveda* all these functions are controlled by *Apana Vayu*. Hence making a full circle of interrelationship and resulting in relationship between the *Swadisthana* and *Muladhara Chakra* and *Apana Vata*.

*Manipur Chakra* And *Samana Vayu*:

*Samana Vata* is *Agni Samipa* and *Sthana* of *Manipur Chakra* is *Nabhi* (navel). *Samana Vayu* operates between navel and the diaphragm<sup>(8)</sup>. *Manipur Chakra* is the seat of digestive fire. Hence, establishing relationship between *Samana Vayu* and *Manipur Chakra*.

*Anahat Chakra* and *Prana Vayu*:

*Sthana* of *Anahat Chakra* is *Hridaya* (heart) which is also the *sthan* of *Prana Vayu*. All organs of the thorax including heart and lungs are maintained by *Prana*. The basic function of respiration and pumping of heart is controlled by *Prana*. Similarly, *Anahat Chakra* controls respiratory system and circulatory system. Physical problems such as asthma, chronic bronchitis connected with imbalance of *Anahat chakra*.<sup>(9)</sup> Hence establishing interrelationship between *Anahat Chakra* and *Prana Vayu*.

*Vishudh Chakra* and *Udan Vayu*:

*Udan Vayu* is located in the *Kantha Pradesh* (throat) and regulates speech, growth. And *Kantha Pradesh* is the *Sthana* of *Vishudh Chakra*. The most important function of *Udana Vata* is *Vak Pravrutti* and for these purpose *Kantha Pradesh* is used. *Vishudh Chakra* has

control over the region of neck, throat, oesophagus, thyroid and parathyroid glands, vocal cords, trachea, mouth, teeth, and gums, vocal cords. When its energy is blocked, person prone to sore throats, speech impediments, eating disorders, deafness, teeth clenching, thyroid imbalance.<sup>(10)</sup> Hence establishing interrelationship between *Vishudh Chakra* and *Udan Vayu*.

## CONCLUSION

By considering the important *Karma* of that particular *Chakra* and *Karma* of *Vata* as told in *Samhitas* and relating it to the *Sthana* of *Chakra* we may conclude full circle of interrelationship resulting in establishing the probable relation between the *Chakra* and *Vata*. *Prana Vata* is related to *Anahata Chakra*, *Udana Vata* is related to *Visudha Chakra*, *Samana Vata* is related to *Manipura Chakra* and *Apana Vata* is related to *Swadistana* and *Muladhara Chakra*. *Vyana Vata* is present throughout the body and is responsible for all the *Karmas* hence not related with any of the *Chakras* hence highlighting the relation of *Vata* with all of the *Chakras*.

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