



RESEARCH ARTICLE

SAPTA CHAKRAS- THE SCIENCE OF SILENT LIFE

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ABSTRACT

India has a rich heritage of its own culture since ancient time. It has given many invaluable things to the world. Ayurveda is one of the best gifts given by India. It is life as well as medical science being accepted globally. A chakra in Sanskrit means spinning wheel which symbolizes motion. The Sapta[seven] Chakras are explained in very different ways with respect to a grown up human body in yogic, tantric and psychic systems. A common system of chakras outline that there are 7 main energy vortices. A chakra is the place where nadis cross each other and create an energy spiral. The system of chakras have been associated with color, sounds, Elements, Orientation to Self, Consciousness, emotions, mind/body/spirits, Prana/Life force, Human characteristics, Spirituality, Herbs, Gemstones, planets and even deities. Hence Sapta chakras assume a mystic definition, interpreted differently and are in the domain of spiritualists mostly. Many scholars and researchers try to explain the system of chakras in many different ways ranging from religious to rational. Seven Stages of Growth (movement) of Child in Mother's womb which depict the stages of evolution of Universe, Sapta chakras depicts the stages of growth of a child in a mother's womb. Sapta Chakras/seven wheels/seven movements, actually depict the movement or growth of child in a mother's womb. The child moves from one stage to another and also moves physically inside the mother's womb. In fact it rotates inside the mother's womb. Hence the movement of child and the growth of the child can be denoted in a larger view as a chakra, symbolizing motion.

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INTRODUCTION

Literally "chakra" means "wheel." These centres are named as such because of the circular shape to the spinning energy centres which exist in our subtle etherised body, the non-material energetic counterpart to our physical body. There are seven main chakras and they are located along the spine extending out the front and back of the body. Each *chakra* has a number of specific qualities that correspond to the refinement of energy from the base-level material-self identity, located at the first chakras, up to the higher vibration spirit-level awareness of being at our crown. These energetic centres represent our highest level of integration split, prism like, into a spectrum of colours. Our opportunity in studying them is to learn how to master each *chakra's* essence and unite them all into a unified field of brilliance. As such, we re-unite our disparate parts into a radian light of full self-awareness. The *chakras* are formed at the junction of three connected energy shafts that ascend the spine, one on each side of the central channel, the *Shushumna*.

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The two lesser channels of energy - the *Pingala* on the right and *Ida* on the left - run parallel to the spinal cord. *Chakras* both take up and collect *prana* (life force energy) and transform and pass on energy. Our material bodies could not exist without them for they serve as gateways for the flow of energy and life into our physical bodies. [3] Each *chakra* is associated with a certain part of the body and a certain organ which it provides with the energy it needs to function. Additionally, just as every organ in the human body has its equivalent on the mental and spiritual level, so too every *chakra* corresponds to a specific aspect of human behaviour and development. Our circular spirals of energy differ in size and activity from person to person. They vibrate at different levels relative to the awareness of the individual and their ability to integrate the characteristics of each into their life. The lower *chakras* are associated with fundamental emotions and needs, for the energy here vibrates at a lower frequency and is therefore denser in nature. The finer energies of the upper chakras correspond to our higher mental and spiritual aspirations and faculties. The openness and flow of energy through our *chakras* determines our state of health and balance. Knowledge of our more subtle energy system

empowers us to maintain balance and harmony on the physical, mental and spiritual level. All meditation and yoga systems seek to balance out the energy of the *chakras* by purifying the lower energies and guiding them upwards. Through the use of grounding, creating “internal space,” and living consciously with an awareness of how we acquire and spend our energy we become capable of balancing our life force with our mental, physical and spiritual selves. [4] It's believed that there are many chakras in the subtle human body, but there are seven chakras that are considered to be the most important ones as follows-

SAHASRARA

Meaning: 1000 Petals / Crown Chakra / Symbolized by sacred spirits / I know.
 Element: Beyond Thought / fire / silence.
 Planets: Uranus.
 Structure: 1000 Petals lotus.
 Color: White – Gold.
 Crystals: Quartz, Diamond.
 Sense: Will / Beyond.
 Prana Vayu: Beyond.
 Kosha : Anandamaya the soul, the Karmic (Causal body)
 Work organs: Beyond.
 Dhatu : Semen (The essence of all Other)
 Development stage: Beginning of Adulthood.
 Place: Top of the Head.
 Plexus: Carotid Plexus.
 Glands: Pineal / Pituitary (regulates Biological cycles including sleep / controls intuition / consciousness).
 Organs & systems: Upper part of Brain, right eye, controls cerebrum, hemisphere, central nervous system, spinal cord and brain system.
 Tone- 172.06 Hz = F
 Deficiency/Excess: Constant sense of frustration, no joy, destructive feelings, migraine headaches and depression.
 Excess of energy in this chakra causes confusion, spiritual addiction, and dissociation from body.

AAGNA

Meaning: to know/to obey/to follow
 “The perception centre”, “the command centre, the third eye chakra/to command or order/
 Symbolized by spirit/I see.
 Element: light
 Planets: Jupiter
 Structure: 2 petals lotus
 [48 inner petals connected within each]
 Color: indigo/purple
 Sense: intuitiveness [6 th sense]
 Organ: mind
 Pranavayu: all five
 Kosha: vijinanamaya [the high mental body]
 Work organ: mind
 Dhatu: marrow
 Development stage: adolescence
 Place: 3 cms above eyes/middle of the forehead/nape [c1-c2]
 Plexus: carotid plexus
 Glands: pituitary, pineal
 Organ: lower part of the brain, ears, nose, left eyes, nervous systems, sinuses, forehead, marrow Ajna
 Tone- 221.23 Hz =F

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

VISHUDDHA

Meaning: Vishuddhi = “Purity” / Throat Chakra
 Vishuddha =”Pure” / Purification / I Talk / Symbolized by the Human Race / I heard.
 Element: Sound.
 Planets: Mercury.
 Structure: 16 Petals Lotus.
 Color: Light – Blue / Blue.
 Crystals: Turquoise, Azurite, Blue Topaz,
 Sense: Hearing.
 Organ: Ears.
 Prana Vayu: Udana Vayu.
 Kosha : Vijnanamaya (The Mental Body).
 Work Organ: Vocal Chords.
 Dhatu : Rasa.
 Development Stage: From 7 to 12 Years.
 Place: Throat, Cervical, Neck (c3-c7).
 Plexus: Pharyngeal Plexus.
 Glands: Thyroid, Para thyroid (Regulates Body Temperature & Metabolism).
 Organs & Systems: Respiratory System, Cervical Vertebrae, Throat, Jaw, Neck, Tonsils, Larynx, Mouth, Voice, Vocal Card, Esophagus, Bronchus, Arms, Hands.
 Tone- 141.27 Hz =F
 Deficiency/Excess: Chronic throat problems, mouth ulcers, laryngitis and thyroid problems, ear infections, headaches, and pain in the neck and shoulders.

ANAHATA

Meaning: “Unstuck” / “Unbeaten” / Heart chakra / Unharmful / I Love Symbolized by Four Legged Mammals.
 Element: Air.
 Planets: Venus.
 Structure: 12 Petals Lotus.
 Color: Green / Pink.
 Crystals: Emerald, Kunzite, Malachite.
 Sense: Touch.
 Organ: Skin.
 Prana Vayu : Prana Vayu.
 Kosha : Manomaya.
 Work Organ: Hands.
 Dhatu : Blood.
 Development stage: From 4 to 7 years.
 Place: Heart Region at the center of the chest.(T1-T5).
 Plexus: cardiac Plexus.
 Glands: Thymses.
 Organs & Systems: Heart, Lungs, Respiratory system, Circulatory system, Vagus nerve, Ribs Cage, Thoracic Vertebrae, Chest, Breast, Upper back, shoulders, Arms, Skin.
 Tone- 136.10 Hz = F
 Deficiency/Excess: Disorders of the heart or lungs, asthma, allergies, immune deficiency problems, and tension between shoulder blades.

MANIPURA

Meaning: mani=jewel; pura=city
 Solar plexus chakra/shining jewel
 Symbolized by birds/ I can

Element: fire
 Planets: mars/sun
 Structure: 10 petals lotus
 Color: tallow
 Crystals: citrine, amber, tiger eye
 Sense: sight
 Organ: eyes
 Prana vayu: samana
 Kosha: pranamaya [the astral body]
 Work organ: feet
 Dhatu: flesh
 Development stage: bet 8 th months to 4 yrs
 Place: 2' below navel/diaphragm dome/base of the rib cage [t5-t9]
 Plexus: solar
 Glands: liver, pancreas, adrenal glands [regulates metabolism]
 Organ & systems: sympathetic and autonomic nervous system, upper spine, lower back muscles, stomach, douodenum, diaphragm, liver, colon, gall bladder, spleen, pancreas, bladder, respiratory system.
 Tone- 126.22 Hz = F
 Deficiency/Excess: Stomach and liver problems leading to digestive disorders, diabetes, pancreatitis, arthritis and allergy.

SWADHISHTANA

Meaning: swa=one's own; adhishtan=dwelling place
 Sacral chakra symbolized by a fish/I feel
 Element: water
 Planets: moon
 Structure: 6 petals lotus
 Color: orange
 Crystals: coral, carnelian, gold topaz
 Sense: taste
 Organ: tongue
 Pranavayu: vyana
 Kosha: pranamaya [ethereal body]
 Work organs: sex organs, kidneys
 Dhatu: fat
 Development stage: between the 6 th and the 24 th month of life
 Place: 2-3 cms below the navel/sacral vertebrae/lower abdomen [T9-l4]
 Plexus: lumber/sacral plexus.
 Glands: gonads [testes in men/ovaries in women]
 Organs & systems: sacrum, lumber vertebrae, lymphatic system and all body fluids, large intestine belly, sciatic nerve, genital reproductive organs, bladder, kidneys, spleen, liver, gall bladder Svadhishtana
 Tone- 210.42 Hz = F
 Deficiency/Excess: Chronic back pain, sciatica, loss of appetite, blood cancer, diabetes; dysfunction of reproductive organs, spleen and urinary system.

Muladhara

Meaning-mula=root, adhara=support, root chakra/kundalini.
 Symbolized by a snake or dragon
 Element: earth
 Planets: Saturn/earth
 Structure: 4 petals lotus
 Colour: red/black
 Crystals: ruby, red jasper
 Sense: smell
 Organ: nose
 Prana vayu: apana vayu

Kosha: annamaya [physical body]
 Work organ: anus
 Dhatu: bone
 Development stage: from per nate to 12 months
 Place: base of the vertable column L5-S5
 Plexus: coccygeal plexus & lumber plexus
 Glands: adrenal, prostate glands
 Organ & systems: vertebral column, spine, bones, bone marrow, teeth, nails, anorectum, legs, feet, bladder, kidney, genitals Muladhara
 Tone- 194.18 Hz =F
 Deficiency/Excess: Disorders of the bowel and large intestine, eating disorders, depression and immune related disorders, chronic lower back pain and lack of energy [1] [2].

DISCUSSION AND CONCLUSION

There are three important factors in our body; they are movements, functions and psychological aspects. These are controlled by three different systems in our body. [1]- Movement by central nervous system, [2]- Psychological by brain and heart, [3]- functions by endocrine and organs. Movement, functions and psychological aspects are governed by 7 major nerve circuits in our body in ascending order starting from tail end of the spinal cord to the brain. These 7 major Nerve circuits are also called chakras in yogic language. Any chakra which is deficient or excessive could affect the moments, function and psychological aspects however provided the chakras are balanced it offers more beneficial effects in our life , So it is essential for every one of us to know about these chakras (circuit Systems) to keep ourselves healthy by all means in the interest of universal harmony. [5] The chakras are the human energy system. They are not something physical, we can't see them. They are aspects of our consciousness. But, chakras help us to understand the close relationship between our consciousness and our body, or what we call as the mind-body relationship. Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a subtle system of channels (nadis) and centres of energy (chakras) which look after our physical, intellectual, emotional and spiritual being. Each of the seven chakras has several spiritual qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed [6] [7].

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