



APPLIED ASPECTS AND ROLE OF SHAT CHAKRA IN ANORECTAL DISEASES

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ABSTRACT

Chakra plays importance in balance of body. The Sukshma sharira (subtle body) is the part of our body and it is the moderator of the Whole body. There are six primary Chakras namely Muladhara, Swadhisthan, Manipura, Anahat, Vishuddha and Ajna Chakra. In addition to these six are two other centers of awakening are Bindu and Sahastrara chakra. It requires consistency and significantly evolved states of consciousness for acquiring its perception. Yoga is the way to achieve the ultimate Moksha.

INTRODUCTION

The Sukshma sharira is the part of our body and it is the moderator of the Whole body according to Yoga shastra. In Veda and Upanishad explanation about Shat Chakra is mentioned, Surya Upanishad, Hamsashodopanishad, Yogakundalyupanishad.¹ The discovery of Chakra was done by Yogis, Rishis and Sages of various traditions in India and throughout the world. It is not possible to Chakra by physical dissection of the body, but by psychic introspection. According to Acharya Charak the word Chakra means wheel in Sanskrit. Chakra means "Wheels of light" according to literary text. Wheel represents center of energy it has been an essential part of human evolution through ages. Wheel are located throughout the body and it can be considered passage for energy to enter and exit our body and help to regulate all type of energy flow, i.e. physical, mental, spiritual and emotional. Various nervous plexus can be represented by Chakra which is having different functions according to their area of supply. These plexuses look like form of spokes around wheel. Life is energy by itself by which we derive from various things. Physical and mental activities of the body require energy, this is derived from chakra which transmitters of energy. Chakra are continuously spinning in our Aura, right from the bottom of our tailbone, to a few inches above the crown of our head. The concrete pictures of Chakras are merely symbolical in conveying their subtle nature. Similarly english translations like pelvi plexus etc. does not convey their actual location.²

AIM AND OBJECTIVE

To Study role of Shatchakra in the management of anorectal diseases.

MATERIALS AND METHOD

Various ayurvedic texts, published review articles, research papers, and from the internet have been reviewed for this article.

BALANCING THE CHAKRAS

Combination of various techniques help for balancing the chakras, visualization techniques, breathing techniques, chanting, quietening and use of essential oils, stimulating fragrances, exercising and meditating over the Chakras, sound, color and light therapy using the colors and sounds which heal the Chakras and bring about their balance etc. Proper balance of chakra is very important as imbalance can lead to imbalance of energies in the body at various levels of Chakras, thus this may lead to many physical and mental disorders. One or more of the Chakras can be disturbed or imbalanced at a time or the balance of one Chakra can cause imbalance of all other Chakras. Person become brilliant, his agni function is improved and freedom from all diseases, his Vak Chaturya improves and obtains Mantra Siddhi.³

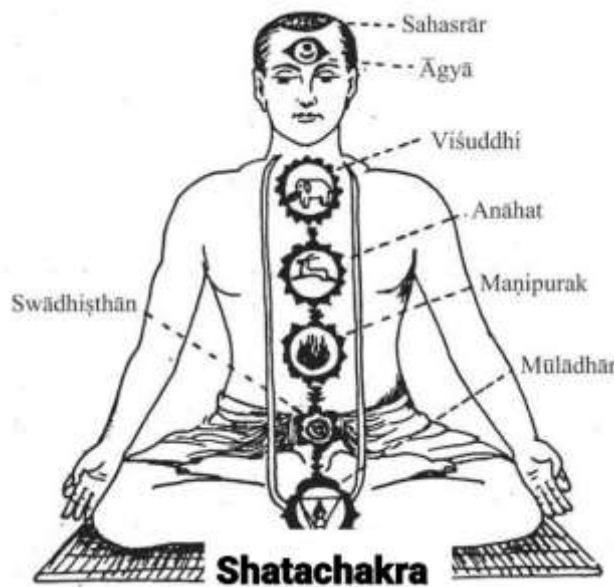
APPLIED ASPECTS OF SHAT - CHAKRAS RELATION BETWEEN SHAT - CHAKRA AND ENDOCRINE GLANDS

The hormonal endocrine and exocrine glands are also considered to be associated with the Chakras of supernormal energy. As it is place of pelvic region it helps in curing dreadfull diseases like Infertility, Dhatugata Vikara, disorders of genitals organs etc.⁴ The stimulation of chakra is associated with the activities at the physical level, mental and emotional levels in the body. The meditation of Kundalini Jagrana leads to penetration and stimulation of the Shat Chakras. The association of processing within the body may be understood in gross scientific terminology by considering the eternal connection of the Shat Chakras with the endocrine glands. By Vatadosha Chakra might be controlling Endocrine glands present in same area, if the site of endocrine glands and Shat Chakra in the body is considered. The seven Chakras are associated with each one of the seven endocrine glands, and also with a group of nerve plexus. Each Chakra can be related with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that Chakra.

Relation Between Shat – Chakra and Vata Dosha- Sthana of Swadisthana and Muladhara Chakra is Linga and Guda. The function of Apana Vayu is Nishkrama of Mutra, Shukra thus establishing relationship between Swadhisthana, Muladhara and Apana Vata. Hrudaya is the place of Anahat Chakra and vital function of Prana Vayu is in Hrudaya that is establishing relationship between Anahat Chakra and Prana Vayu. Sthana of Vishudh Chakra is Kantha and plays the function of Udana Vayu is Vakpravrutti with the help of Kanth hence establishing relationship between Vishudha Chakra and Udana Vayu. Nabhi is the Sthana of Manipur Chakra and Saman Vayu is Agni Samipastha which is at the level of Nabhi thus developing relationship between Manipur Chakra and Saman Vayu. Ajna Chakra represents union of Prakriti and Purush i.e Avyakta hence not related to any Vayu. Thus Ayurveda has stated that Shat -Chakra and Vata Dosha which actually works together as a system to balance physical and mental health of an individual.

ROLE OF SHAT CHAKRA IN ANORECTAL DISORDERS

Muladhara Chakra- The important function of Apana Vata is Nishkrama of Mutra, Shukra in males through the Linga Marga and Nishkrama Karma of Purisha through the Guda Marga⁵. The Muladhara Chakra governs the immune system, skeletal system (i.e. support); lower digestive tract, i.e. colon, rectum, anus.⁶ The Muladhara chakra or root chakra is said to be responsible for diseases related to pelvic region. If this Chakra is blocked then physical issues like constipation, arthritis, colon disorders etc. The Kundalini yoga of this chakra helps in unblocking of this chakra. By practising meditation of this chakra helps in activation of this chakra. Unblocking of this chakra helps to relieve the constipation. Constipation is one of the main cause of Anorectal diseases. Passage of hard faecal matter causes ulceration that leads to to formation of fissure. Chronic constipation is said to be cause of fistula in ano. Concentration on muladhara chakra helps to regulate the passage of motions.



Swadhisthana chakra- This chakra is situated in lower abdomen. Concentration at this chakra helps to prevent diseases of lower abdomen and heal it. Kundalini practices that helps to control and balance the energy in Svadhisthana chakra include vajroli mudra (contraction of the genitals), ashwini mudra (contraction of the anus), which helps in improving musculature of pelvic floor, which prevents the prolapse of haemorrhoids.

Manipura chakra - This chakra controls the coelic plexus, thus helps to control the diseases of abdominal region. Concentration on this chakra plays helps to control digestion. It is also helps in metabolism as place of Agni is in manipura chakra. Indigestion is said to be root cause of all diseases, hence it is necessary to maintain the digestive system in its proper state. Concentration on this chakra helps to unblock this chakra which helps in improving the digestion. Thus helps to relieve the constipation and reduce the ama formation.

Anahata chakra- This chakra is said to be bridge between upper chakra and lower chakra of the body. It is also known as heart chakra. If the heart chakra is blocked then it directly affects the heart, lungs, chest, arms and hands. When misaligned, poor circulation, high or low blood pressure, other lung and heart condition can result. Concentration on this chakra will help to improve function of heart, improve the blood circulation, purify the blood, lower the blood pressure. Thus directly or indirectly will help to prevent or cure anorectal disorders.

Vishuddha chakra – This Chakra is also known as throat chakra. This chakra represents inspiration and expression. The word vishuddha itself means purifying the body from harmful substances. The throat chakra restores the energy by removing and detoxifying the impurities from body and mind. It allows mind to become stay still. Thus concentrating on this chakra will help to remove toxic impurities from body.



Ajna chakra- This chakra is also called third eye chakra. It is known as centre of perception, consciousness and intuition. The person with blocked ajna chakra has indecisiveness, confusion, lack of focus, depression. The imbalance in ajna chakra has effects on neurons of brain, eye problems, migraine, headache, brain disorders, insomnia, endocrine imbalance and disorders in pituitary and pineal gland, hypothalamus. Concentration on this chakra helps to improve consciousness of mind, and helps to relieve stress. Stress is one of the factor for causing anorectal disorders.

Sahasrara chakra- This is chakra is located on the top of the head, it is also known as crown chakra. The word Sahasrara means thousand or infinite. The awakening of this chakra leads to universal balance of body, mind and spirit. If this chakra is blocked then there is lack of inspiration, desire to oversleep, confusion in mind. The meditation on this chakra promotes self-awareness, emotional regulation and relaxation. The unblocking of this chakra leads for balancing and peace of body. Thus it is necessary to concentrate on this chakra which helps to relieve stress and help to prevent anorectal diseases.

DISCUSSION

Ayurveda & Chakras - These Chakras are explained in Yoga literature alone without any base of anatomical or physiological grounds. Concepts of Chakras have association to the Ayurvedic concepts. Chakras are placed at regular intervals, one above the other. The main task of Chakras is to distribute Prana to our physical bodies.(3)

The mixture of Ayurvedic medicine, treatments, diet changes, Yoga, meditation and Chakra healing techniques and methods when combined in effective way, have helped in comprehensive healing of many psychosomatic disorders.

CONCLUSION

The relation between Shareera, Manas and Atma are interlinked with each other. So the topic Shatchakra and its applied aspect is the most wonderful relevance with the Anorectal diseases.

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