

IMPACT OF YOGIC CHKRAS ON THE PHYSICAL AND PSYCHOLOGICAL FUNCTIONING OF HUMAN BEING

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ABSTRACT

It is essential and beneficial to understand the power of Yoga and its chakras and their impact on Human. Many people do believe in Sciences but ignore the scientific features of Yoga and Chakras. As per Yoga there are seven Chakras observed in human body from Head to Toe. These Chakras are particularly located along the spine. They are thought to be spinning disks of energy that should stay active because it is quite important for our well being.Though there are many positive effects of Chakras on human body but it is missing in the writings and researches of the yoga scholars. Therefore, in the present paper we tried to describe the facts that how Chakras are important, their types and how doesit effects the human body in physiological and psychological manners.

KEYWORDS- Yoga, Chakra, Physical and Psychology link.

INTRODUCTION

The history of yoga describes that yoga is a system of power which smoothens the life. All of we are part of this system and every interaction involves exchange of energy. In today's busy world it is difficult to feel this energy but due this energy our nervous systems works smoothly and pave the way for our emotions and thought process. The Yoga described the presence of seven chakras which are the centre of power in our body. From the ancient times Many Saints and Yogis keep motivating the people to realize the inner power of body through these chakras and encourage to use it in daily life. The word Chakra means wheel and disk in Sanskrit, or motion that is not possible without energy.

There are many people in this world those are owner of an intelligent brain but if we get in touch with them their lives are not that smooth or systematic. They are confident enough but they are enable to utilize their potential at fullest. Majority of people spend their lives in search of success, they can have their own identities but they associate themselves with different associations. Their cravings for status and identity causes pressure and stress in their lives. To create milestones in the society and to achieve success these kind of people are not able to deal with full of their capabilities. So while dealing with this stress and pressure they limit their power and potential unknowingly.

The Seven Chakras are describing as

1. **Mooladhara Chakra :-**

The term "root center" comes from the Sanskrit words mool, which means "root," and adhara, which means "place." It is the Lowest chakra which located at the cervix in a woman's body and the perineum in a man. The Mooladhara chakra is linked to the anus and the sense of smell. A deep red lotus with the bija mantra "Lam" and the prithvitattwa, the earth element, serve as its symbols. The linga is encircled by a red serpent that is three and a half times coiled, signifying the dormant kundalini. An elephant with seven trunks supports the red triangle, signifying the earth's solidity and unity.

A balanced root chakra is an emotional strength like free from social disorder and security. Any disturbance in root chakra can lead to mental illness and stress in Human. Feelings of depression, panic attack and digestive disorder are the main symptoms of an imbalanced root chakra.

2. SwadhisthanaChakra :-

Swa denotes "self" and sthan implies "dwelling place" in Sanskrit. The focus point for swadhisthana, or "one's own habitation," This chakra lies in the spine, about two fingers' breadth above the mooladhara chakra. This chakra is represented as a six-petalled, deep-red lotus. "The bija mantra of this chakra is 'Vam' and it represent water element. The crocodile-mounted crescent moon yantra and the bija mantra represent the underlying motion of karmas.

The pursuit of security and pleasure is directly related to the swadhisthana chakra. Swadhisthana also places a strong focus on getting over fear, enjoying life, experiencing joyful sensations, and having sexual relations. It might be seen reproduction and intestine related problems when some disturbance occurs in this chakra. People experience lower back pain, urinary tract infections, etc. when this chakra is out of harmony.

3. Manipura Chakra :-

In Sanskrit Mani means "jewel" and pura means "city". Hence it means "city of diamonds." Manipura chakra is located in the back of the naval. Being the fire center, it is lustrous like a gem and glistens with vigor and energy, which is why it is given the name "fire center."

This chakra is centered on the ability to rule, vision, ambition, and will. Adrenaline secretions into the blood during an emergency are caused by this chakra. It has effect of accelerating all physiological processes, resulting in a sharper, more alert mind as well as faster heartbeats and breathing rates.

4. Anahata Chakra :-

The Anahata literally translates to "unstruck." The Anahata chakra is located at heart level in the spine, behind the sternum. In the manifested universe, all sound is created by the collision of two objects, which causes vibrations or sound waves to be created. Visualize a blue lotus or a blue hexagon created by two interlocking triangles with a tiny, bright flame burning at the center for your meditation on the Anahata chakra.

This chakra has an immediate impact on the hands, arms, chest, lungs, and heart. High and low blood pressures can be visible by the imbalance of this chakra, which also led to impaired circulation. People may also experiencesPeace, loneliness, sensitivityand a fear of closeness.

5. Vishuddhi Chakra :-

The shuddhi means purification and the prefix 'Vi' emphasizes this attribute. Visuddhi chakra, the purifying center, is located at the back of the neck, behind the throat pit. A

violet circle, the akasha tattwa yantra, the ether element, and the bija mantra Ham are used to represent it.

The larynx region, the thyroid, and the parathyroid glands are all under the control of the Vishuddhi chakra. It is considered as communication related center. The people notice symptoms like a mouth ulcer, sore throat, gum disease, etc. when this chakra is out of balance.

6. Ajna Chakra :-

The Ajna chakra is located near the top of the spine in the midbrain, behind the center of the eyebrow. It is believed as third eye 'jnana chaksh' the eye of wisdom triveni, the confluence of three rivers, guru chakras, and the eye of Shiva.

When the Ajna chakra is blocked, eye issues, headaches, migraines, brain disorders, endocrine imbalances and disturbances visible. This point serves as the link between the cerebral and psychic dimensions on the psychic plane. As a result, supramental abilities like clairvoyance, clairaudience, and telepathy are controlled by the ajna chakra.

7. Sahasrara :-

The meaning of Sahasrarain Sanskrit is "one thousand." Sahasrara, the adobe of highest consciousness, is located at the top of the head. Sahasrara is pictured as a thousand-petalled, brilliant lotus that contains all fifty letters of the Sanskrit alphabet twenty times. It has a physical connection to the cerebral cortex and the central nervous system. It is also in charge of psychological processes including consciousness and comprehension.

CONCLUSION-

In conclusion we can say that chakra's help in the physiological and psychological understanding, to live a better and healthy life. If the human life is going in a spectacular way within us that is ultimate success and Chakras can do it. When people are aware enough about the energies associated with chakras they can become master of body, mind and soul. So we must go through it and try to understand different parts of yoga and its benefits. We must understand its value and must give a special space to it in our daily routine.

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