

Importance of NADIS (Channels) and CHAKRAS (Energy Wheel) for Energy Healing

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Abstract: *The physical body may be a very complex system and within this is often an invisible network unknown to several, at rock bottom of the spine lies the Kundalini Shakti, the Cosmic Force which, when activated, breaks through the spine with Sushmananadi and joins the head of the so-called Sahasrara Chakra and the two unions and its higher or in other words gains enlightenment. According to Ayurveda where heart rate and intensity can determine underlying health problems. In the past, many more studies have been done on this pulse-based discovery to analyze three doses in our body - Vata, Pitta and Kapha. It shows that inequality between doshas can lead to mental, physical, and emotional stress. Both nadis are believed to be stimulated by different Pranayama practices, including nadishodhana, which includes breathing through the left and right nostrils, which may move the left and right sides of the brain respectively. The Purpose of the present study was to the role of nadis and chakras and its utility to maintain holistic health, wellbeing and spirituality of an individual.*

Keywords: Nadis (Channels), Chakras (Energy Wheel), Energy Healing and Health