

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

Arnab Ghosh¹ and Kishore Mukhopadhyay²

Assistant Professor, Department of Physical Education¹

Associate Professor, Department of Physical Education²

Union Christian Training College, Berhampore, Murshidabad, West Bengal, India

kishore.km2007@gmail.com

ORCID iD: <https://orcid.org/0000-0001-5384-837X>

Academia iD: independent.academia.edu/KishoreMukhopadhyay

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

I. INTRODUCTION

Nāḍī (Sanskrit: नाडी, lit. 'tube, pipe, nerve, blood vessel, pulse') is the name of the channels where, in traditional Indian medicine and spiritual knowledge, a prana-like physical body, hidden from the body and causal body is said to flow. Within this philosophical framework, the nadis are said to connect to specific specialized areas, the chakras. (1) All communities are said to be from one of the two institutions; heart and shoulder, the latter is an oval-shaped lump in the genital area, just below the navel. (2-3).

The Sanskrit word 'nadi' translates into 'tube' or 'flow', or as we call Nadis, a channel.

According to Nadis, it refers to the astral channels that use the power or psychic power to run through the astral body. Just as our body has a complex sensory system, so does our astral body also - the Nadis network - which you can detect by light.

Because these tubes or channels are not as hard as the arteries and veins, it is not something that people have been able to research or do research on so you will not find it in your anatomy book.

According to ancient Eastern health sciences such as Ayurveda (4), all living things work because of the pranic forces (life force) that revolve around their bodies through the hidden channels of Nadi.

Nadis follows the same path with our sensitive sensory system. But beyond this broader network, there are many other means of power (e.g., so many channels that each hairline in the body is connected). It is like a big river that flows into the valleys of small streams, flowing to different parts of our body.

Just as Traditional Chinese Medicine uses energy methods called 'meridians' to ensure the continuous movement of 'Chi' or 'Qi' (life force energy), Ayurveda and Yoga use Nadis to use vital energy for prana. Prana can only reach all parts of your body where the Nadis are strong and clear. But when Nadis encounters a ban, the flow of energy reduces physical and mental problems.

Some branches of yogic teaching, especially those under Hatha yoga (5), discuss the balance of the sun and the moon in our body in order to achieve the perfect balance between body, mind, and soul. When performing asanas (yoga poses), mudras (hand movements), pranayama (breath control exercises), and bandhas (locks), these forces form and flow the spine, interacting with the main Sushumna Nadi to the Ajna chakra. The Ajna chakra (the third chakra of the eye), is located between the eyebrows.

The human body is a very complex system and within this is an invisible network unknown to many, at the bottom of the spine, lies the Kundalini Shakti, the Cosmic Force which, when activated, breaks through the spine with Sushumana Nadi and joins the Shiva located at the head of the so-called Sahasrara Chakra and the two unions and its higher or in other words gains enlightenment (9).

When this happens, Sushumna Nadi creates a force that pushes all the chakras together towards the Sahasrara chakra, setting the path for enlightenment. This liberating experience is one of the main goals of any hata yoga practitioner.

One can also learn from Nadi Pariksha (analysis) (7), a well-known health screening system in Ayurveda where your 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 dosas in our body - Vata, Pitta, and Kapha. It shows that inequality between doshas can lead to mental, physical, and emotional stress (8).

II. ENERGY POWER CHANNELS AND TRANSMITTERS

NĀDĪS are energy channels through which PRĀNA - high energy, health, and awareness - streams. Within the human body is a hidden and complete network of 72,000 Nādīs that distribute this life force throughout the body. At the physical level, the Nādīs are associated with the nervous system, but their influence extends beyond the starry and spiritual planets of our lives. If all the Nādīs work well then we are healthy and often feel happy. But almost all of us have a physical or mental problem, which means that some Nādīs are not functioning properly and need to be balanced. PRNA is powerful, which means that the Nādīs also transmit knowledge. With Nādī one can see and hear things from afar and move to other levels of consciousness. There are many reports from people who died at the clinic and then rose again. Almost all described how they walked in a tunnel that lit up the light at the end. This tunnel is Nādī where life comes out of the body.

We can also have "such experiences" in astral dreams and journeys. With these, we are not out of the body but in a transformed state of consciousness. The Nādīs enable us to take an intellectual journey to be discovered all over the world. With their help our consciousness is able to move about anywhere we would like the body to move at all (9).

III. NADIS AND THE NEUROLOGICAL SYSTEM

In the physical body, Ida and Pingala nadis are similar to Parasympathetic and Sympathetic systems respectively.

The sensory nervous system responds to external stimuli and regulates related bodily functions. It is responsible for quickly performing body-related processes such as increased heart rate, dilating blood vessels, increasing respiratory rate, and increasing sensitivity to sensors such as the ears, eyes, and nose.

On the other hand, the parasympathetic nervous system performs different functions of the sensitive sensory system. It soothes the body, reduces heart rate and respiratory flow, aligns blood vessels, and brings the body into a state of peace and relaxation (10).

IV. NUMBER OF NADIS

The human body is a very complex system and within this, there is an invisible network that is unknown to many, at the base of the spine lies the Kundalini Shakti, The Cosmic Force which if activated travels through the spine through the Sushumanadi and unites with Sahasrara Chakra. Prana the vital energy flows through these energy channels called Nadis. They transport Pranic energy through both the subtle and physical body. There are 72,000 Nadis in the human body (11). Since it is humanly impossible to single out each of these Nadis, the experts have categorized them into 14 important Nadis and 3 main Nadis.

The three main Nadis are:

- Ida
- Pingala and
- Sushmana

Nadi Locations

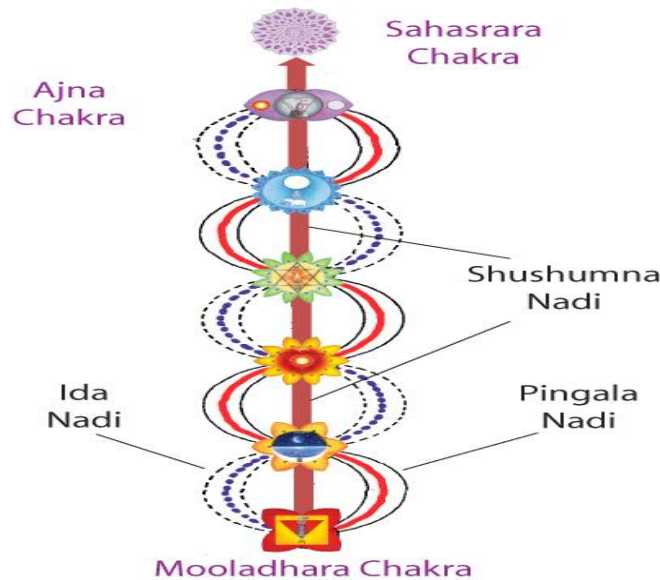


Fig-1: Position of Nadis (12)

Ida Nadi: The Passive Channel

Ida Nadi – left channel – left nostril – right brain – Parasympathetic nervous system – rest and relaxation.

Known as the 'energy station of the moon', Ida Nadi represents the power of a woman in our body. It is an active energy channel, the yin of the pranic body. It flows to the left side of Sushumna Nadi, from the base of the spine, at the junction of Pingala Nadi at the Ajna chakra, ending at the left nostril.

Ida Nadi works with our mental powers. Its subtle quality of vibration is mapped in white. Linked to the moon, the energy flowing through Ida Nadi is considered to be artificial. Ida's powerful people like to be supportive and accurate. But they may not be confident, confident, and courageous enough to gain worldly knowledge.

Pingala Nadi: The Active Channel

Pingala Nadi – right channel – right nostril – left brain, Sympathetic nervous system – fight & flight

Known as the 'solar power station' and the 'tawny energy channel', Pingala Nadi represents the male energy in our body. It is the active yang energy channel of the astral body. It flows to the right of Sushumna Nadi and has the power to admire Ida Nadi.

From the Muladhara chakra, Ida and Pingala Nadis interact in each chakra and eventually cross paths to the Ajna chakra. Pingala Nadi then ends at the right nostril.

Pingala Nadi marks the origin of the prana. Its vibrant quality is represented by a red color and is symbolically associated with the sun. Pingala's superpowers tend to be talented, confident, and sophisticated. But they may lack the monthly qualities such as the empathy, understanding, and self-awareness needed to receive a spiritual resurrection.

Sushumna Nadi - Central Channel

ShushumnaNadi – both channels – both brains – neutral

Sushumna nadi, "a very kind energy channel," is a neutral energy channel that passes through the spine to a hidden body. It starts at the Muladhara chakra and runs through the hidden spine to the brahmarandhra at the top.

Sushumna is a manifestation of the perfect balance of neutrality between Ida nadi and Pingala nadi, the higher aspects of our personality. Bringing ida and pingala to balance means absorbing the subtle energy, representing the great focus of Hatha Yoga — most importantly, in fact, the word hatha symbolizes this balance. Although the word hatha literally means "coercion" in Sanskrit, it is composed of ha and tha, two mantras of soterichija (seeds). It does not represent the qualities of the solar panel; tha represents monthly ida attributes.

Balancing the Sun and the Moon, or pingala and ida, aids in the rise and fall of kundalini shakti with sushumanadi and, consequently, the awakening of higher consciousness. Some yoga teachings claim that as long as the ida or pingala rules, the sushumna remains closed and the power of the kundalini dormant.

In yoga, we try to make prana (energy force energy) work in shunnanadi, also known as brahma nadi. When energy flows mainly through sushumna for a long time, we become "dead on earth," and enter into samadhi. Figuratively, sushumna is associated with the Fire element (tejas tattva) and is considered sattvic (harmonious) in nature (13).

V. AUTONOMIC NERVOUS SYSTEM

The Autonomic nervous system (ANS) a section of the CNS is responsible for the body's involuntary functions. The ANS is subdivided into the sympathetic nervous system, or Pingala Nadi, and the Parasympathetic nervous system, or Ida Nadi.

Functions of Nadis

Ida nadi is associated with the energy of the moon. It controls all mental processes and carries the power of Pranic energy. It nourishes and cleanses the body and mind. It is a channel that empowers our emotional faculties (14).

Preganglionic parasympathetic axons are myelinated and are derived from the oculomotor, facial, gloss pharyngeal, vagal, and accessory nerves and the second and fourth nerves. In the cranial part of the parasympathetic system there are four with peripheral ganglia: -

- ***Cilia ganglia***
- ***Pterygopalatine ganglia***
- ***Lower ganglia***
- ***Optical ganglia***

The vagus nerve contains fibers of the preganglionic parasympathetic fiber from its dorsal nucleus and travels to the muscles and lungs, heart, esophageal, stomach, intestines, and other branches (15).

Pingala starts on the right side of the Sushumna and studies from the right testicle for men and ends at the right nostril (16).

This sympathetic chain consists of two separated stems and their branches, plexuses, and supporting ganglia. It has a much wider distribution than the parasympathetic as it absorbs all the sweat glands arrectores' pylorum, wall of many arterial muscles, heart, lungs, and respiratory tract, abdomen-viscera stomach, abdomen, iris eye muscles, and immature urogenital tract muscles, eyelids, and other areas (17).

. Sushumna travels from the Muladhara Chakra (second coccygeal vertebra) to Brahmarandhra. The Canalis centrails are the trench between the spinal cord. The spinal cord is suspended in the spinal column and is composed of gray and white brain materials. In the same way, Sushumna is thrown into the spine and has subtle sections. When we study the structure, location and function of the spine and Sushumna Nadi, we can easily say that the spine can be considered as Sushumna Nadi.

Table-1. Comparison of Ida and Pingala Nadi. (18)

| Features | <i>Ida</i> | <i>Pingala</i> |
|-------------|---------------------|----------------------|
| Breath | Traced left nostril | Traced right nostril |
| Temperature | Cold | Hot |
| Sex | Female | Male |

| | | |
|---------|---------------------|----------------------|
| Quality | Mental | Physical |
| Metal | Silver | Gold |
| Color | Blue | Red |
| Energy | Negative | Positive |
| Nerves | Parasympathetic | Sympathetic |
| River | Ganga | Yamuna |
| Planet | Moon | Sun |
| Breath | Traced left nostril | Traced right nostril |

VI. CHAKRAS

Chakras (Sanskrit: चक्र, IAST: cakra, Pali: cakka, lit. "wheel, circle"; English (19) are various focal points used in a variety of ancient meditation practices, collectively denominated as Tantra, or the esoteric or inner traditions of Hinduism (20-22). Chakras are an aspect of early Indian religious traditions. According to belief, these internal energy centers correspond to different colors and areas of the body. Each also governs a different part of life. The word chakra translates to "wheel" or "circle," and people often visualize the seven centers as spinning discs at each energy node. Similar ideas exist in most cultures, but the concept of chakras is the most detailed and has been adopted by people throughout the world.

The concept of chakras comes from the idea that all life is made up of both a physical and an energetic body. The energetic body or subtle body reflects our psychological, emotional, spiritual, and mental energies. The chakras are where the energy of the subtle body concentrates. The seven main chakras line up along the spine from the seat to the top of the head. Practitioners believe balanced chakras free from blockages allow energy to move through the body, leading to a harmonious life.

Chakra, also spelled Cakra, Sanskrit Çakra, ("wheel"), is any of a number of psychic-energy centers of the body, prominent in the occult physiological practices of certain forms of Hinduism and Tantric Buddhism. The chakras are conceived of as focal points where psychic forces and bodily functions merge with and interact with each other. Among the supposed 88,000 chakras in the human body, six major ones located roughly along the spinal cord and another one located just above the crown of the skull are of principal importance. Each of these seven major chakras (in Buddhism, four) is associated with a specific colour, shape, sense organ, natural element, deity, and mantra (monosyllabic prayer formula). The most important of these are the lowest chakra (mūlādhāra), located at the base of the spine, and the highest (sahasrāra), at the top of the head. The mūlādhāra encircles a mysterious divine potency (kuṇḍalinī) that the individual attempts, by Yogic techniques, to raise from chakra to chakra until it reaches the sahasrāra and self-illumination results (20).

Overview

The Chakras are part of esoteric medieval-era beliefs about physiology and psychic centers that emerged across Indian traditions (23-24). The belief held that human life simultaneously exists in two parallel dimensions, one "physical body" (sthūlasarira) and other "psychological, emotional, mind, non-physical" it is called the "subtle body" (sukshmasarira). (25) This subtle body is energy, while the physical body is mass. The psyche or mind plane corresponds to and interacts with the body plane, and the belief holds that the body and the mind mutually affect each other. The subtle body consists of nadi (energy channels) connected by nodes of psychic energy called chakra. The belief grew into extensive elaboration, with some suggesting 88,000 chakras throughout the subtle body. The number of major chakras varied between various traditions, but they typically ranged between four and seven (21-22) Nyingmapa Vajrayana Buddhist teachings mention eight chakras and there is a complete yogic system for each of them.

The important chakras are stated in Hindu and Buddhist texts to be arranged in a column along the spinal cord, from its base to the top of the head, connected by vertical channels. The tantric traditions sought to master them, awaken and energize them through various breathing exercises or with the assistance of a teacher. These chakras were also symbolically mapped to specific human physiological capacity, seed syllables (bija), sounds, subtle elements (tanmatra), in some cases deities, colors, and other motifs (26-27).

The chakras are described as being aligned in an ascending column from the base of the spine to the top of the head. New Age practices often associate each chakra with a certain colour. In various traditions, chakras are associated with multiple physiological functions, an aspect of consciousness, a classical element, and other distinguishing characteristics; these do not correspond to those used in ancient Indian systems. The chakras are visualized as lotuses or flowers with a different number of petals in every chakra (28).

The chakras are thought to vitalize the physical body and to be associated with interactions of a physical, emotional, and mental nature. They are considered loci of life energy or prana (which New Age belief equates with shakti, qi in Chinese, ki in Japanese, koach-ha-guf (28) in Hebrew, bios in Greek, and aether in both Greek and English), which is thought to flow among them along pathways called Nadi. The function of the chakras is to spin and draw in this energy to keep the spiritual, mental, emotional, and physical health of the body in balance (29).

RESEARCH IS REVEALING that the body is made of unique molecular liquid crystalline structures. These living structures can create, transmit, and receive biophotons to facilitate communication between tissues and molecules. This communication also relies upon a quantum field of biophotons. These two processes—the crystalline and the quantum—interact to spread information around the body. This crystal matrix is critical for health, as it interconnects a person's internal self with the environment. Light travels through the body's crystal matrix into the DNA, which then produces "bio-holograms" that create the body. The most conductive light matrix is the connective tissue, the largest organ in the body. The connective tissue is crystalline in nature; the collagenous molecules that encase the organs are liquid crystals and the other, firmer tissues are considered solid crystals. The collagen molecules are also interesting in that they are semiconductors, able to convey electricity and information. The connective tissue can therefore process information just like the semiconductor chips in your computer (30).

A fluorescent microscope image of fascial tissue cells, stained to show the nuclei (blue) and filament structure (green). Many researchers suggest that the meridians operate through the connective tissue. The meridians have a lower electrical resistance compared to the surrounding skin. When stimulated, the meridian points cause the production of endorphins and cortisol. (Nonmeridian points do not create this effect.) The connective tissue is therefore considered one of the primary participants in the subtle energy anatomy, interlinking the biophoton and quantum, or subtle, with the physical (31).

Types of Chakras:

The chakras are not physical structures but each one is associated with specific systems of the body and can impact physical ailments. Even though the chakras are not considered to be physical structures, their locations do correlate with large plexuses of nerves and endocrine glands. In other words, there is anatomical evidence that communication between the nervous system and the endocrine system is heightened in these areas of the body.

These are the seven chakras. The Sahasrara chakra or the crown chakra crowns our beings. The Ajna, popularly called the third eye chakra, is right at the center of our forehead. The Visuddhi chakra also called the throat chakra, is dominant at the throat. The heart chakra, known as the Anahata chakra, is at the center of our beings, the heart. The Manipura chakra or the solar plexus chakra lies at the abdomen. The Svadhithana or sacral chakra lies below the abdomen. The Muladhara chakra, also called the root chakra, lies at the base of our body. The Seven Chakras are as follows:

- 7. The Crown Chakra (Sahasrara Chakra)**
- 6. The Third Eye Chakra (Ajna Chakra)**
- 5. The Throat Chakra (Vishuddi Chakra)**
- 4. The Heart Chakra (Anahat Chakra)**
- 3. Solar Plexus (Manipur Chakra)**
- 2. The Sacral Chakra (Svadhithan Chakra)**
- 1. The Root Chakra (Muladhara Chakra)**



Fig-2. Seven Chakras in Human Body (32).

The TheRoot Chakra (Muladhara Chakra):

Sanskrit: Muladhara

Location: Base Of The Spine

Scent: Vetiver

Mantra: Lam

Color: Red

Element: Earth

Yoga Pose: The Tree Pose

Stands For: Being Secure And Grounded, Prosperous

The first chakra is called the word 'Muladhara' in Sanskrit and is similar to the base of the spinal area/tail of the body; and legs and feet. The Muladhara chakra represents our root connection with the earth, our entire body, and the roots of our ancestors. It is associated with survival and physical safety. This is the space where the forces of Kundalini are gathered waiting to be awakened and ascended by other chakras towards the crown chakra (33).

The Muladhara chakra represents our foundation in life and our sense of belonging. It is also connected with matters of money and financial independence, as well as basic survival needs such as food and shelter.

The Muladhara / Root Chakra represents the element of the earth and is therefore related to our survival conditions and our connections or physical bodies with the earth, as well as the visible plane. This chakra allows us to have health, prosperity, and a solid foundation for our health and to feel human and have a safe place in this world.

When the Root chakra is clear and open then one feels more weighty, stable, and secure. Feelings of trust and belonging here and now become more natural. When this chakra is overused, a person may begin to have materialism or greed. This can lead to a greater focus on safety and survival and resistance to change. When the root chakra is strong the block or less active can feel unwelcome or insecure and may be scared or nervous.

Balance or Awaken the Root Chakra:

- Meditate till you feel refreshed and cleansed. As you meditate, visualize a closed red flower and powerful energy passing through it.
- Close your eyes and concentrate on this chakra that lies between your anus and genitals. Gain complete awareness and clearly chant 'LAM'
- Practise of Tree pose or Vrivasana.
- Muladhara bandha practicing.

Copyright to IJAR SCT

www.ijarsct.co.in

DOI: 10.48175/IJAR SCT-18780



The Sacral Chakra (Svadhishthan Chakra):

Sanskrit: Svadhishthana

Location: Lower Abdomen

Scent: Tangerine

Mantra: Vam

Color: Orange

Element: Water

Yoga Pose: The Goddess Pose

Stands For: Emotional Stability, Flexibility, Creativity

The Svadhishthana chakra is the supreme energy center of the moon. Its quality is similar to Ida Nadi which is cool, soothing, and cool. It goes with the water thing.

6 Nadis comes from the Svadhishthana chakra. Also, the vibrations produced by these Nadis are reflected in the lotus leaves of this chakra.

These six sections represent the six obstacles to progress: anger, hatred, greed, envy, cruelty, laziness. Ida Nadi controls all these obstacles of the Svadhishthana chakra and its excessive activity can be silenced by making the right nasal breathing (34).

The six petals are said to represent modes of consciousness or Vrittis.

Svadhishthan Chakra is associated with unconscious emotions, creativity, passion and pleasure, relationships. It is connected with the sense of taste (the tongue) and with reproduction (the genitals). Potential karmas or Sanskaras lie dormant in Mooladhar Chakra whereas Swadhishthan / Sacral Chakra where these Sanskaras find expression (35).

Balance or Awaken the Sacral Chakra:

- Meditation with mantra chanting VAM.
- Practise Deviasanabaddhakonasana
- Strengthening lower abdomen

3. Solar Plexus (Manipur Chakra) :

Sanskrit: Manipura

Location: In Between The Solar Plexus and Base of the Sternum

Scent: Lemon

Mantra: Ram

Color: Yellow

Element: Fire

Yoga Pose: The Boat Pose

Stands For: Power, Purpose, Self-Esteem

The third chakra, the manipura, or "navel chakra" (also called the "solar plexus chakra"), acts as the body's energy center. When closed, you may find yourself feeling powerless, stiff, or irritable. In the manipura chakra, the qualities of the solar power station namely Pingala Nadi are very important. It is associated with the element of fire. As Pingala Nadi is known for its courage, emotion, and Rajasic quality, the Manipura chakra is a donor of physical strength and art.

It is found in the neval region or nabi. Nabi in Sanskrit means Navel. But since the Chakra area is located in the area of the spinal cord, that is why the Manipura Chakra is located just below the Navel in the spinal region (in the hidden body). Two-finger diameters below the navel, secondly the navel, and thirdly the solar plexus with a width of two or three fingers above the navel.

There are 10 nadis from the manipura chakra represented by the mantra inscribed on this chakra mark. In a complete body, these functions of Nadis are associated with the digestive system and pancreatic hunger.

In general, this institution is associated with our sense of human power as well as awareness and enforcement of all aspects of personal boundaries. It is our pranic hub, which feeds all the tissues, from the worst to the most hidden, throughout the body. The internal fire (agni) of this chakra destroys all the dhatu agnis, the fires, or cellular and physical processes, of the major types of tissues (dhatus) that make up our body. Ultimately, the health and vitality of

the manipura chakra have a profound effect not only on our digestion, but also on our ability to break down, absorb, and absorb all the elements of truth that we see.

The manipura chakra and its related functions of human energy, pranic nourishment, and protection are found within the organs, connective tissues, and nerves of our abdomen. Most of the connections between the manipura-related area and the brain are mechanically and naturally triggered by the release of certain hormones. But it is also influenced by the third most important factor in its overall state which can completely change the state of the stomach and greatly affect our consciousness, no matter what we think. This semi-autonomous element is the knowledge of a combination of colonic bacteria that live in our digestive system - also known as "gut microbiota." (36).

Balance or Awaken the Manipur Chakra:

- a) Practising asanas such as Chakrasana, Dhanurasana, Marjariasana, Matsyasana, Yoga mudrasana, Paschimottanasana, Ushtrasana, and Uddiyana Bandha are particularly useful.
- b) Practise of Agnisar, Nauli
- c) Manipura Chakra Meditation with Ram Chanting,
- d) Uddiyana Bandha also helpful
- e) Kapalbhathi Practicing

The Heart Chakra (Anahat Chakra):

Sanskrit: Anahata

Location: Center Of The Chest

Scent: Eucalyptus

Mantra: Yam

Color: Green

Element: Air

Yoga Pose: The Camel Pose

Stands For: Love, Empathy

The heart chakra is located in the middle of the chest at the height of the thymus gland (behind the sternum). In Sanskrit, this chakra is called Anahata, which means 'infinite', 'harmless' or 'infinite'. The heart is a bridge between the lower triangle (root, sacral, and plexus chakras of the sun) and the upper triangle (throat, third eye, and crown of chakras). The heart chakra is located in the middle of the chest. It is in the middle of the chakras, so it separates the two parts of the body from the bottom and the top. The chakra is best known for its ability to love itself.

Anahata is considered the seat of Jivatman and Parashakti. For the Upanishads, this is described as a small flame inside the heart. Anahata is so named because the wise men believed that they could hear the sound (Anahata - comes without the beating of two things together). (37) It is associated with spirit, touch, and gestures.

Anahata is associated with the ability to make decisions outside of the realm of karma. In Manipura and below, man is bound by the laws of karma and destiny. In Anahata man makes decisions ("follows the heart of man") based on his superiority, not the unfulfilled feelings and desires of the lower nature. As a result, it is known as the heart chakra. It is also associated with love and compassion, kindness to others, and healing of the mind. Meditation on this chakra is said to bring the following (skills): he becomes the master of speech, he is attractive to women, his presence controls the senses of others, and he can leave and enter the body at will.

The heart chakra is the center of higher emotions such as kindness, patience, joy, peace, care, and empathy. Low-level emotional energy can be transferred to higher levels of emotional energy by activating the Heart chakra. Mentally ill patients should get used to it.

- The frontal heart chakra energizes and regulates the heart and thyroid gland.
- The posterior heart chakra controls and energizes the lungs, heart, thymus gland, and circulatory system.

Balance or Awaken the Heart Chakra:

Practicing Yog Nidra

Heart-opening poses in yoga can also help to activate the Anahata chakra. Poses such as the upward-facing dog, camel, and bridge drive the chest toward the sky and open the heart.

Meditation with YAM Mantra Chanting

Heart full Meditation

Practices of Pranayama

Practicing ujjin Bandha

the Valsalva maneuver practices

The Throat Chakra (Vishuddi Chakra) :

Sanskrit: Visuddhi

Location: Throat Or Base Of Neck

Scent: Lavender

Mantra: Ham

Color: Blue

Element: Ether

Yoga Pose: The Shoulder Stand Or The Bridge Pose

Stands For: Self Expression

Yoga Pose: The Shoulder Stand Or The Bridge Pose

Stands For: Self Expression

Vishuddhi Chakra or throat chakra is a cleansing center. In Sanskrit, Suddhi means cleansing, and Chakra means wheel or vortex or power. The Vishuddhi chakra harmonizes with all the different patterns of thinking. It is in the center of nectar and toxins. In Indian mythology, Lord Shiva is said to have drunk the poison to save the world, which could look like a blue tinge in his throat. According to tantric texts, there are seven chakras or plexuses. Vishuddhi is the fifth plexus.

The Vishuddhi chakra is located behind the larynx in the cervical plexus. The larynx or thyroid gland may be the first place for the development of chakra during meditation. The chakras are deeply connected to the pranic body. The Vishuddhi chakra is not a part of the body but has an effect on the pharyngeal and laryngeal arteries. In tantra, the Vishuddhi Chakra is related to the ears and the sense of hearing.

The Vishuddha chakra is known as a cleansing center, where the amrita nectar descends from the Bindu chakra and is divided into a pure and toxic form. In its incomprehensible way, it is associated with high prejudice and is associated with art and self-expression. It is believed that when the Vishuddha is closed, a person experiences decay and death. When it is open, negative experiences are transformed into wisdom and learning. Success and failure in one's life are said to depend on the state of the chakra, whether dirty or clean. Feelings of guilt are presented as the most important reason for this chakra to prevent the Kundalini forces from ascending. It is associated with the Akasha element, or Ether, as well as the sense of hearing, and the act of speaking (38).

Meditation on this chakra is said to bring about various siddhis or magical powers: a vision of three ages, past, present, and future; freedom from disease and aging; destruction of accidents; and the ability to move three worlds.

Balance or Awaken the Vishuddi Chakra:

Stretches that open the area around your neck with inhalation through the nose and exhalation with the mouth may help balance your throat chakra.

Practise of yogic asanas such as sarbanga asana, sasangasana, halasanaetc,

Pranayama is helpful for healing throat chakras,

HAM mantra chanting,

Mindful meditation practice,

Khechri mudra practicing

The Valsalva maneuver Practices

The Third Eye Chakra (Ajna Chakra)

Sanskrit: Anna

Location: Between Your Eyebrows

Scent: Vanilla

Mantra: Om

Color: Indigo

Element: Light

Yoga Pose: The Easy Pose

Stands For: Intuition, Decision Making, Where The Mind And Body Converge.

The Third-Eye Chakra, also called the Ajna Chakra, is the center of sight, consciousness, and understanding. It is called the 'Agya Chakra' and is a place to focus on the time of asana or meditation practices.

The Third Eye Chakra is located between the eyebrows, in the center of your head. While the eyes of both bodies see past and present, the third eye reveals an understanding of the future. This chakra establishes contact with the outside world with an internal perspective. Focusing on the third eye motivates us to move beyond the world's desires and distractions.

The growing desire for material things separates us from our true Self. There are impatience, expectations, burdens of the past, and many other negative thoughts that block our thinking. This distance from spirituality obscures our sense of unequal Ajna Chakra. Other symptoms include hesitation, confusion, a lack of focus and purpose, or depression. The struggle to achieve your goals becomes more difficult with less self-confidence and less thinking.

Excessive Ajna is less common because the visible truth prevails in modern life. However, in exceptional cases, the extreme Third-Eye Chakra leads to strong emotions. Psychic activities are multiplied by experiences such as physical activity. This can also lead to the perception of ideas and total isolation from the real world (39). Ajna translates as "authority" or "command" (or "they") and is regarded as the eye of feeling and understanding. Its associated brain organ (40-41).

Balance or Awaken the Ajna Chakra:

Ajna Chakra Breathing: Sit in any meditative pose with spine erect. Breathe normally. Concentrate on the location of the chakra (In the spine at the level of the center of the chest). Take a slow and deep breath and imagine that you are breathing in through the Ajna chakra and then breathing out slowly through it and try to visualize it.

OM Mantra chanting,

Shambhavi Mudra or eyebrow gazing can awaken Ajna Chakra,

Trataka is another powerful way to awaken Ajna chakra,

Anulom Vilom Pranayama or the alternate nostril breathing can awaken the Ajna chakra,

Practices of padmasana and sukhasana.

The Crown Chakra (Sahasrara Chakra)

Sanskrit: Sahasrara

Location: Top Of The Head

Scent: Jasmine

Mantra: Silence After Om

Color: Violet, White

Element: Cosmic Energy

Yoga Pose: The Lotus Pose Or The Corpse Pose

Stands For: Detachment Of Ego, Enlightenment.

'Sahasrara' in Sanskrit also corresponds to the top of the head of the physical body and extends above and beyond it. The Sahasrara chakra represents pure consciousness, pure power, and unity with all; it is also about ignorance. The crown chakra connects to the ketheric body and is associated with spirituality and higher wisdom; our communication with, and encounters with the personality of the whole world.

The Sahasrara chakra represents the ability to connect fully and spiritually in all things. It affects understanding the inner and outer beauty and the experience of pure happiness.

The Crown chakra represents the concept of Thought itself and a higher knowledge of truth and understanding. It is an endless, void space of pure knowledge. This is where we have pure knowledge. It represents our spiritual connection to the vast world beyond, and to the endless, uncluttered space of all who know it. It is our sense of divinity through God / Source.

When the Sahasrara Chakra is active, it brings a positive outlook on life. There are tangible changes in our habits and attitudes. The Self is no longer ruled by the ego. Emotions such as gratitude, compassion, and acceptance become our true Self. It is the rejection of all negative thoughts that bring unhappiness and stress into our lives. The balanced Crown Chakra brings spiritual understanding and peace with a clear vision. When the Crown Chakra is uneven or blocked, it may experience embarrassment, boredom, depression, and restlessness (42)

When the chakra of the crown is clear and open, one feels more receptive and connected to others and to the world around them. The person acquires more knowledge and wisdom is developed. Excessive or excessive force on the crown chakra can lead to over-learning. Spirituality can be addictive and can lead to or disregard physical needs. When the Power of this chakra is inactive or blocked then a person may be more assertive or prejudiced and may not be open or spiritually conscious (43).

Anatomically, The Crown chakra is associated with the pituitary & pineal glands and linked with the hypothalamus in the brain, which regulates hormone secretion in the body. Sahasrara position made it closely associated with the brain and the whole nervous system.

In Sahasrara, Ida and Pingala channels, which already have met at Ajna chakra, connect with the Sushumna channel. When both Nadi channels are fully open and all chakras are balanced, the energy flowing from the Muladhara chakra to the Sahasrara connects us to our highest self (44).

Balance or Awaken the Sahasrara Chakra :

The practice of asanas such as Headstand (Sirsasana), Corpse Pose (Savasana), Savasana.

Mindful meditation

OUM mantra chanting,

Yoga Nidra

Importance of Nadis and Chakras on Health

Ida and Pingala nadis are sometimes modern readings that translate as two brain hemispheres. Pingala is extroverted (Active), solar nadi, and fits the right side of the body and the left side of the brain. Ida is the introduction, lunadinadi, and corresponds to the left side of the body and the right side of the brain (rather than contralateralization). These nadis are also said to have additional functions, which play a role in sensitive and natural responses. 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 word nadi comes from the Sanskrit nad root meaning "channel", "stream", or "flow". Special breathing techniques are performed to influence the flow of prana within this nadis. According to this definition, these mechanisms purify and enhance these two powerful currents and can lead to the rise of kundalini (45).

Resulting from this 'loosening', consciousness, in the form of energy, flows through the whole system. The net result of all this is that consciousness, as inseparable from energy, 'recognizes' the 'oneness' of energy and the interdependence of it, directly. One sees that the energy flow in the body equally affects thoughts, feelings, and well-being, and that there are no distinguishable hard lines that could be described as definitive boundaries such as me or mine or you and yours. On an intellectual level, this does not work and is nonsense and can only lead to misunderstanding. This then is not a view or opinion; it is only valuable as an experience. When held in the right way the experience of interdependence then conspires to undermine a dualistic relationship to life that always divides, creating the polarities that underpin war, strife, violence, and separation and all that creates doubt, confusion uncertainty, and fear (46).

Chakras are energy vortices with physical, mental, and spiritual functions. In fact, these centers can be compared to a system that is independent or sensitive to us. This nervous system regulates the body's voluntary activity and is usually

not under the influence of our conscious mind: much like our integrated chakra system. Chakras are directly related to a person's physical, mental and emotional health. Chakra healing is an excellent way to balance your chakras and find balance in your body and mind. Increase openness, memory, concentration, and awareness. Chakras serve as distribution centers. They distributed five pranas in their respective local districts. For example, the root chakra will spread the 'papana prana' to the pelvic region and provide organ strength in this area. When the chakra is blocked or dysfunctional, the circulatory system is disrupted, and physical or emotional / energy issues arise.

VII. CONCLUSION

Ayurveda and Yoga use Nadis to use vital energy for prana. Prana can only reach all parts of your body where the Nadis are strong and clear. But when Nadis encounters a ban, the flow of energy reduces physical and mental problems. There are 72,000 Nadis in the human body. Since it is humanly impossible to single out each of these Nadis, the experts have categorized them into 14 important Nadis and 3 main Nadis such as Ida, Pringala and Sushmana and each nadi performs a specific flow of pranic energy to the human body. On the other hand, there are seven chakras associated with five elements of the human body which are closely associated with the nadis. The first thing to recognize is that one does not heal a chakra in isolation. Heal anyone chakra or energy center can affect the entire chakra system-(Y- E - S). These nadis and chakras are very important to maintain the holistic health, wellbeing, and spirituality of an individual.

REFERENCES

- [1]. B. K. S. Iyengar (2010). Light on Pranayama. the Crossroad Publishing Company. pp. Chapter 5: Nadis and Chakras.
- [2]. Mallinson, James; Singleton, Mark (2017). Roots of Yoga. Penguin Books. ISBN 978-0-241-25304-5. OCLC 928480104.
- [3]. [https://en.wikipedia.org/wiki/Nadi_\(yoga\)#CITEREFMallinsonSingleton2017](https://en.wikipedia.org/wiki/Nadi_(yoga)#CITEREFMallinsonSingleton2017)
- [4]. <https://www.brettlarkin.com/ayurvedic-diet-ayurveda-three-dosha-types>
- [5]. <https://www.brettlarkin.com/what-is-hatha-yoga>
- [6]. <https://www.shivohamyogaschool.com/basic-yoga/the-three-main-nadis-ida-pingala-and-sushmana>
- [7]. <https://www.sciencedirect.com/science/article/pii/S0975947617302620>
- [8]. https://www.brettlarkin.com/nadis-in-yoga/#The_Science_Behind_Nadis
- [9]. <https://www.chakras.net/yoga-principles/nadis>
- [10]. <https://chakraguide.net/what-are-nadis-in-yoga>
- [11]. <https://www.shivohamyogaschool.com/basic-yoga/the-three-main-nadis-ida-pingala-and-sushmana/>
- [12]. <https://hridaya-yoga.com/the-three-main-nadis/>
- [13]. <https://thevisualityblog.wordpress.com/2016/05/29/the-nadis-their-functions/>
- [14]. Gray's anatomy by Churchill livingstone 38th edition 1997, published by Chaukhambha Sanskrit series, Page no.1298
- [15]. Caraka Samhitaby R.K. Sharma, 5 edition 1997 published by chowkhambasanskrit series office, Varanasi, chapter no. 30, Shloka no. 3-4
- [16]. Gray's anatomy by Churchill livingstone 38th edition 1997 published by Chaukhambha Sanskrit series, Page no.1298
- [17]. Elements of Shaarira Rachana by Prof. D.G. Thatte, first Edition 2016 published by Chaukhambhaorientalia, Varanasi, Page no. 523
- [18]. Elements of Shaarira Rachana by Prof. D.G. Thatte, first Edition 2016 published by Chaukhambhaorientalia, Varan.
- [19]. Wells, John (2008). Longman Pronunciation Dictionary (3rd ed.). Pearson Longman. ISBN 978-1-4058-8118-0.
- [20]. <https://www.britannica.com/topic/chakra>
- [21]. Grimes, John A. (1996). A Concise Dictionary of Indian Philosophy: Sanskrit Terms Defined in English. State University of New York Press. pp. 26, 30, 100–101, 265. ISBN 978-0-7914-3067-5.

- [22]. Lochtefeld, James G. (2002). The Illustrated Encyclopedia of Hinduism: A-M. The Rosen Publishing Group. p. 137. ISBN 978-0-8239-3179-8.
- [23]. White, David Gordon. Yoga in Practice. Princeton University Press 2012, pages 14–15.
- [24]. Pradhan, Basant (2014). Yoga and Mindfulness Based Cognitive Therapy: A Clinical Guide. Springer. pp. 154–155. ISBN 978-3-319-09105-1.
- [25]. Staal, Frits (2008). Discovering the Vedas: Origins, Mantras, Rituals, Insights. Penguin Books. p. 34. ISBN 978-0-14-309986-4.
- [26]. Klostermaier, Klaus K. (2010). A Survey of Hinduism (Third ed.). State University of New York Press. pp. 238–243. ISBN 978-0-7914-8011-3.
- [27]. Leland, Kurt (2017). "The Rainbow Body: How the Western Chakra System Came to Be". Quest Magazine. Theosophical Society in America. 105 (2 (Spring 2017)): 25–29.
- [28]. https://en.wikipedia.org/wiki/Helena_Blavatsky
- [29]. Neff, Dio Urmilla (1985). "The Great Chakra Controversy". Yoga Journal (November–December 1985): 42–45, 50–53.
- [30]. Robert O. Becker, Cross Currents (New York: Penguin, 1990), 15.
- [31]. Dale Cynde, 2009, The Subtle Body : Encyclopedia of your energetic anatomy, Sounds True, Inc. Boulder CO 80306.
- [32]. <https://in.pinterest.com/pin/848365648530069619/>
- [33]. <https://www.naturalchakrahealing.com/muladhara-chakra.html>
- [34]. <https://www.fitsri.com/articles/nadis-and-chakras>
- [35]. <https://reikiamaz.com/what-is-the-sacral-chakra>
- [36]. <https://www.yogajournal.com/yoga-101/chakras-yoga-for-beginners/intro-third-navel-chakra/>
- [37]. Woodroffe, J. The Serpent Power – Dover Publications, New York, 1974 p. 120
- [38]. https://en.wikipedia.org/wiki/Vishuddha#cite_note-4
- [39]. <https://www.arhantayoga.org/blog/ajna-chakra-your-third-eye-chakra-awakening/>
- [40]. Thill, Scott (2013-03-22). "4 Things You Should Know About Your "Third Eye"". AlterNet. Retrieved 2017-03-31.
- [41]. "Benefits of Opening The Third Eye | PsychicGurus.org". www.psychicgurus.org. Retrieved 2017-03-31.
- [42]. <https://www.arhantayoga.org/blog/crown-chakra-divine-energy-of-sahasrara-chakra/>
- [43]. <https://naturalchakrahealing.com/sahasrara-chakra.html>,
- [44]. <https://www.fitsri.com/articles/crown-chakra-sahasrara>
- [45]. [https://en.wikipedia.org/wiki/Nadi_\(yoga\)](https://en.wikipedia.org/wiki/Nadi_(yoga))
- [46]. <https://www.vajrasatiyoga.co.uk/nadis-and-chakras>