

# CHAKRA

The word chakra literally means "wheel" in Sanskrit and symbolizes the flow of energy in our body. The 7 chakras present in your body are actually **energy centers and are known to regulate emotions**. Their origin can be traced to early Hinduism and Buddhism and both of them talk about the shifting nature of chakras

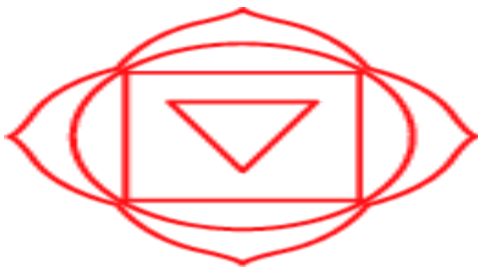
Chakras are the energy centers of the body. They are located in the astral body, along the spine, starting at its base and running upwards to the crown of the head. The astral body is the energy residing inside our physical body. Each physical body part has a corresponding astral body part. The astral body cannot be seen or touched. This is also a reason why we cannot see the chakras.

The chakras radiate a specific colour and energy. Since each chakra relates to specific spiritual, emotional, psychological, and physical aspects of our being, it is believed that their blockage or malfunction can lead to physical, psychological, and emotional disorders. The conscious awareness and balancing of these energy centers, on the other hand, is believed to lead to well-being and good health.

## Types of Chakras

Mostly, we hear about the 'seven chakras' but, there is an infinite number of chakras in the human body. A specific vibration, color, and sound are associated with all 7 chakras. Depending on whether these energy centers are healthy or blocked, you may experience different attributes of your physical, mental, and emotional health.

### 1) Muladhara Chakra – Root Chakra



#### Colour – Red; Element – Earth

The Muladhara Chakra is located at the base of the spine, between the anus and the genitals. It is characterized by the emotions of survival, stability, ambition, and self-sufficiency. When this chakra is out of balance, a person starts feeling unstable, ungrounded, lack of ambition, lack of purpose, fearful, insecure and frustrated. However, when the root chakra is balanced, these are replaced by more positive emotions, and you feel stable, confident, balanced, energetic, independent, and strong.

**How can I strengthen my Muladhar chakra?**To keep Muladhara chakra in order, one

should activate the lower limbs by performing standing exercises or yogic postures, like virabhadrasana, warrior pose, garudasana, eagle pose, trikonasana, triangular pose, tadasana, mountain pose, and vrikshasana, tree pose.

## 2) Svadhishthana Chakra – Sacral Chakra

**Color – Orange; Element – Water**



The Svadhishthana Chakra is located in the lower abdomen, about four fingers below the navel. Its attributes include the basic need for sexuality, as well as creativity and self-worth. When the sacral chakra is imbalanced, a person may feel emotionally explosive and irritable, sense a lack of energy and creativity, feel manipulative, or obsessed with sexual thoughts. When balanced, it makes one feel more vibrant, happy, positive, satisfied, compassionate, and intuitive. It is connected with the sense of taste, (the tongue) and with reproduction (the genitals).

It is often associated with the [testes](#) and [ovaries](#). They produce the hormones [testosterone](#) or [estrogen](#), which influence sexual behaviors. They are stored in areas where genetic information lies dormant, in the same way that samskaras lie dormant within Svadhishthana

### **What happens when sacral chakra is blocked?**

Urinary problems, kidney dysfunctions. Hip, pelvic, and low back pain. Inability to express emotion or desire. Constant fear of betrayal

## 3) Manipura Chakra – Solar Plexus Chakra



**Color – Yellow; Element – Fire**

**Manipura chakra** is shown as having ten petals,

The Manipura Chakra is located at the solar plexus, between the navel and the bottom of the rib cage. It is characterized by emotions like ego, anger, and aggression. An imbalance of the solar plexus chakra can manifest physically as digestive problems, liver problems, or diabetes. On an emotional level, one might struggle with depression, lack of self-esteem, anger, and perfectionism. By balancing this chakra, we feel more energetic, confident, productive, and focused.

मणिपुर चक्र तंत्र और योग साधना की चक्र संकल्पना का तीसरा चक्र है। मणि का अर्थ है गहना और पुर का अर्थ है स्थान। यह नाभि के पीछे स्थित होता है। इसका आधार तत्व अग्नि होने के कारण इसे 'अग्नि' या 'सूर्य केन्द्र' भी कहते हैं

#### **4)Anahata Chakra – Heart Chakra**



**Color – Green; Element – Air**

**Anahata is represented by a lotus flower with twelve petals**

In Sanskrit, “anahata” means unhurt, unstruck and unbeaten. It is the fourth primary chakra and serves as our center of love for oneself and others, compassion, empathy and forgiveness. The anahata chakra is associated with **unconditional love, compassion, and joy**

As the name implies, the Anahata Chakra is located in the heart region. This chakra is the seat of balance, and it is characterized by emotions of love, attachment, compassion, trust, and passion. When the heart chakra is imbalanced, a person may deal with emotional issues like anger, lack of trust, anxiety, jealousy, fear, and moodiness. By harmonizing this energy center, a person begins to feel more compassionate, caring, optimistic, friendly, and motivated.

### 5) Vishuddha Chakra – Throat Chakra



**Color – Blue; Element – Space**

The Visuddha Chakra is located at the base of the throat, coinciding with the thyroid gland. It is associated with inspiration, healthy expression, faith, and the ability to communicate well. A blockage in the throat chakra may be experienced as timidity, quietness, a feeling of weakness, or the inability to express our thoughts. When this chakra is balanced, it enables creativity, positive self-expression, constructive communication, and a sense of satisfaction. Throat Chakra is stimulated in poses like [Shoulderstand](#) ([Sarvangasana](#)) and [Plough Pose \(Halasana\)](#).

### 6) Ajna Chakra – Third Eye Chakra



**Color – Indigo; Element – None**

हिन्दू परम्परा के अनुसार आज्ञा चक्र छठवां मूल चक्र है। ध्यान करने से आज्ञा चक्र होने का अभास होता है आग्या का अर्थ है आदेश। आज्ञाचक्र भौंहों के बीच माथे के केंद्र में स्थित होता है। यह भौतिक शरीर का हिस्सा नहीं है लेकिन इसे प्राणिक प्रणाली का हिस्सा माना जाता है।

The Ajna Chakra (pronounced as ‘Agya Chakra’) is located between the eyebrows. Also known as the Third Eye Chakra, it is often used as a focal point during asana practice to develop more concentration and awareness. It is said that meditating upon this chakra destroys the karma of past lives and brings liberation and intuitive knowledge.

Its attributes are intelligence, intuition, insight, and self-knowledge. When imbalanced, it may make you feel non-assertive and afraid of success, or on the contrary, it can make you more egoistical. An imbalance can manifest as physical problems like headaches, blurry vision, and eye strain. When this chakra is active and balanced, a person feels more vibrant and confident, both spiritually and emotionally. In the absence of the fear of death, one becomes his own master and remains free of all attachment to material things.

### **7)Sahastrara Chakra – Crown Chakra**



**Color – Violet/White; Element – None**

The Sahastrara Chakra is located at the crown of the head. The seventh chakra is the center of spirituality, enlightenment, and dynamic thought and energy. It allows for the inward flow of wisdom and brings the gift of cosmic consciousness. When it gets imbalanced, one might suffer from a constant sense of frustration, melancholy and destructive feelings.

Balancing Sahasrara Chakra can be done by practicing [Headstand \(Shirshasana\)](#).

Read our article to know more about the [Crown Chakra](#).



Crown Chakra  
SAHASRARA



Third Eye Chakra  
AJNA



Throat Chakra  
VISHUDDHI



Heart Chakra  
ANAHATA



Solar Plexus Chakra  
MANIPURA



Sacral Chakra  
SVADHISHTHANA

