

Chakras

Chakra is a Sanskrit word meaning wheel. Chakras or plexus are a collection of glands and sub-glands. Each chakra is at the intersecting points of the three main nadis (subtle energy channels) Ida, Pingala and sushumna.

Sahasrara or the crown chakra is generally considered to be the chakra of consciousness. Symbolized by a lotus with a thousand petals, it is located at the very top of the head. It is held as the chakra of awareness and of light. It is associated with the pineal gland which is a light sensitive gland that produces the hormone melatonin which regulates sleep and awakening.

Sahasrara Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Beyond Elements	Beyond Sound	No inferences	No sense organs	Pineal gland

Yoga asanas for Sahasrara - Shashaungasana (Hare), Meditation, Dhryana

Ajna is connected to the Pituitary gland which secretes hormones to coordinate to the rest of the endocrine system and it also connects to the central nervous system via the hypothalamus. Ajna is also connected to the frontal lobe and to the intellect, governing knowledge. The thalamus is thought to have a key role in the physical basis of consciousness. Ajna is symbolized by a lotus with two petals.

Ajina Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Beyond Elements	AUM	No inferences	No sense organs	Pituitary gland

Yoga asanas for Ajna - Siddhasana (Perfect pose), Shashaungasana (Hare), Padahastana (Foot-hand), Bhavasana, Jnanasana, Meditation.

Vishuddha, the throat chakra relates to communication and growth, growth being a form of expression. This chakra is parallel to the thyroid and Parathyroid glands. The Thyroid gland produces thyroid hormone, responsible for growth and maturation. Symbolized by a lotus with sixteen petals.

Vishuddha Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Space Akasha	ham	Sound	Ear	Thyroid & Parathyroid gland

Yoga asanas for Vishuddha - Matsyendra (Fish) Sarvaungasana, Pashvina (Plough), Bhujangasana (Cobra), Shashaungasana (Hare), Shalabhasana (Locust), Bhavasana (Corpse), Matsyendrasana (Twist)

Anahata or the heart chakra is related to complex emotion, compassion, love, equilibrium and well-being. It is related to the thymus gland, located in the chest. The thymus is an element of the immune system and is being part of the endocrine system. It produces T cells responsible for lending of disease and may be adversely affected by stress. Symbolized by a lotus with twelve petals.

Anahata Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Air Vayu	Yam	Touch	Skin	Thymus gland

Yoga asanas for Anahata - Halasana (Plough), Bhujangasana (Cobra), Shalabhasana (Locust), Bhavasana (Corpse), Matsyendrasana (Twist), Sarvaungasana (Shoulder stand), Sarvaungasana (Shoulder stand)

Manipura (also Nabhi) is related to the transition from simple or base to complex emotion, energy, assimilation and digestion, and is held to correspond to the roles played by the pancreas and the outer adrenal glands, and the adrenal cortex. These play a valuable role in digestion, and the conversion of food matter into energy for the body. The adrenal glands are chiefly responsible for regulating the stress response through the synthesis of corticosteroids and catecholamines, including cortisol and adrenaline. Symbolized by a lotus with ten petals.

Manipura Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Fire Teja	Ram	Sight	Eyes	Adrenal glands Pancrease

Yoga asanas for Manipura - Catasana, Nadasana (Boat), Ushat Pashchimotta (Head to knee), Siddhasana (Perfect pose), Mayurasana (Peacock), Bhadrasana (Bottom), Shashaungasana (Hare), Padahastana (Foot-hand), Bhavasana (Corpse), Matsyendrasana (Twist), Sarvaungasana (Shoulder stand)

Swadhisthana or the sacral chakra is located at the root of the pelvic bone, and is related to base emotion, sexuality and creativity. This chakra is considered to correspond to the testicles or the ovaries that produce the various sex hormones involved in the reproductive cycle which may cause dramatic mood swings. Symbolized by a lotus with six petals.

Swadhisthana Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Water Jala	Vam	Taste	Tongue	Gonads Testes Ovaries

Yoga asanas for Swadhisthana - Ushat Pashchimotta (Head to knee), Gomukhasana (Cowhead), Bhadrasana (Bottom), Shashaungasana (Hare), Bhavasana (Corpse), Matsyendrasana (Twist), Sarvaungasana (Shoulder stand), Sarvaungasana (Shoulder stand)

Muladhara or the base or root chakra is related to instinct, security, survival and also to base human potentiality. This centre is located in the region between the genitalia and the anus. It is associated with the pineal gland and the coccyx. This is the place where all desires and urges are born, it is also the seat of the Kula Kumbhakar, or coiled serpent before it starts the spiritual journey up the spine.

Muladhara Chakra

Element	Bija Mantra	Tanmatra	Indriya	Gland
Earth Prithvi	Lam	Smell	Nose	Perenium

Yoga asanas for Muladhara - Ushat Pashchimotta (Head to knee), Gomukhasana (Cowhead), Bhadrasana (Bottom), Janushasana (Head to knee), Shashaungasana (Hare), Bhavasana (Corpse), Matsyendrasana (Twist), Sarvaungasana (Shoulder stand)

Chakras are like sub centers of the mind because each Chakra has a collection of Vrittis that govern thoughts feelings and emotions based on the associated endocrine gland and its secretion.

Element = Fundamental factor associated with each chakra

Bija mantra = Seed sound

Tanmatra = External bits of each element that hits the senses and causes sensation

Indriya = sense organ associated with each Chakra

Gland = Endocrine gland associated with each Chakra (may differ from one system to another).

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