



## About Chakras

The term "Chakra" is a Sanskrit word, which means a wheel or a Spinning circle without an end (Janana Marana Chakra = Life and death cycle) . This term is also used in Yogas and Upanishats to denote an energy centre within the Human Energy field. The ancient book „Yoga Kundalyopanishat“ gives a clear explanation about the Chakras like their location, nomenclature, functionality and their individual properties. According to this Upanishat, the human physical body possesses a particular number of Nadi Centres, nerve Ganglions and each nerve centre contains a related Chakra in Energy level.



### **Functionality of the Chakras:**

These Chakras receive energy from nature and from other energy sources. They pass this energy to the human physical body through so-called meridians. Among all these Chakras, only seven Chakras are considered as Major Chakras.

### **The seven major Chakras:**

| Name of the Chakra            | Location            | Related Glands                         |
|-------------------------------|---------------------|--|
| 1. Mooladhaara – Basic Chakra | Base of the spine   | Adrenals                               |
| 2. Swadhishtana – Sex Chakra  | Reproductive organs | Gonads                                 |
| 3. Manipooraka – Navel Chakra | Navel region        | Digestive Glands and intestinal Glands |
| 4. Anahata – Heart Chakra     | Heart region        | Thymus                                 |
| 5. Vishuddha – Throat Chakra  | Throat region       | Thyroid and Para thyroid               |
| 6. Aghna – Brow Chakra        | Brow region         | Pituitary                              |
| 7. Sahastrara – Crown Chakra  | Top of the head     | Pineal                                 |

These Chakras considered as the seven major Chakras because they control the human in physical and emotional level by passing subtle energies to the related glands.

Due to this reason, great importance is being given to the these Chakras in the Yoga and Healing arts.