

# Chakras

Name of the Chakras	Location of chakras	Parts of the body or organs energized or controlled by the chakra or its functions	Disorders on malfunctioning of the chakra
1. Muladhara Chakra (Root support)	<ul style="list-style-type: none"> <li>➤ Located at base of the spine or <b>coccyx area</b> in coccygeal region;</li> <li>➤ Contains <b>red</b> prana;</li> <li>➤ Red prana are used in energizing and strengthening the <b>entire visible physical</b> body; and</li> <li>➤ Part of its energy is also used by <b>head</b>.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Influence the smell sense;</li> <li>✓ Muscular and skeletal system particularly legs;</li> <li>✓ Spine;</li> <li>✓ Production and quality of blood produced;</li> <li>✓ Adrenal glands;</li> <li>✓ Tissues of body and internal organs;</li> <li>✓ Growth rate of cells;</li> <li>✓ Growth rate of children;</li> <li>✓ General vitality;</li> <li>✓ Body heat;</li> <li>✓ Effect the heart; and</li> <li>✓ Functions of sex organs responsibility shared with next chakra.</li> </ul>	<ul style="list-style-type: none"> <li>○ Arthritis;</li> <li>○ Rheumatism;</li> <li>○ Spinal problems;</li> <li>○ Blood ailments and allergy;</li> <li>○ Slow healing of wounds;</li> <li>○ Growth problems;</li> <li>○ Cancer;</li> <li>○ Leukemia;</li> <li>○ Low vitality;</li> <li>○ Heart ailments;</li> <li>○ Brain ailments; and</li> <li>○ Sexual ailments.</li> </ul>
2. Swadhisthana Chakra (One's own place)	<ul style="list-style-type: none"> <li>➤ Located at the <b>pubic area</b>;</li> <li>➤ Contains <b>orange</b> prana;</li> <li>➤ Orange prana are used for <b>expelling</b> and <b>eliminating waste</b> matter from the body;</li> <li>➤ Part of its energy is used by <b>throat and head</b>; and</li> <li>➤ It is said <b>sex energy</b> is transmitted to creative energy to <b>activate the brain cells</b>.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Influence the sense of taste;</li> <li>✓ Balances all fluids in the body;</li> <li>✓ Adrenal gland;</li> <li>✓ Sex organs;</li> <li>✓ Kidneys;</li> <li>✓ Bladder and urethra;</li> <li>✓ Legs to a substantial extent;</li> <li>✓ Hypo-gastric plexus;</li> <li>✓ First few vertebrae of the sacral region;</li> <li>✓ Arms;</li> <li>✓ Energizes throat area; and</li> <li>✓ Energizes head area.</li> </ul>	<ul style="list-style-type: none"> <li>○ Urinary problems;</li> <li>○ Impotency;</li> <li>○ Sterility;</li> <li>○ Enlarged prostate gland; and</li> <li>○ Sexual ailments.</li> </ul>
3. Manipur Chakra (City of Gems)	<ul style="list-style-type: none"> <li>➤ Located on the naval;</li> <li>➤ Emerges from lumbar region of spine;</li> <li>➤ It responsible for circulation of prana within the meridian.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Small intestine;</li> <li>✓ Large intestine;</li> <li>✓ Appendix;</li> <li>✓ Speed of giving birth;</li> <li>✓ Pancreas;</li> <li>✓ Spleen;</li> <li>✓ Liver;</li> <li>✓ Often called second brain;</li> <li>✓ Affects general vitality;</li> <li>✓ Effect to anus also; and</li> <li>✓ Effect to eyes</li> </ul>	<ul style="list-style-type: none"> <li>○ Constipation</li> <li>○ Loose bowel movement</li> <li>○ Appendicitis</li> <li>○ Intestinal ailments</li> <li>○ Difficulty in giving birth</li> <li>○ Low vitality</li> <li>○ Ulcer due to tension</li> <li>○ Gallstones</li> </ul>
4. Anahata Chakra	<ul style="list-style-type: none"> <li>➤ Comes out between upper thoracic vertebrae and manifests through the cardiac plexus and the thymus gland.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Heart problem such as palpitations, tachycardia, upto angina pectoris and even cardiac infraction;</li> <li>✓ Disorder of lungs;</li> <li>✓ Entire tactile response from the skin; and</li> <li>✓ Procreative genital function</li> </ul>	<ul style="list-style-type: none"> <li>○ Negative emotions have detrimental effects on the physical heart in the long run.</li> </ul>
5. Vishudhi Chakra (Purity)	<ul style="list-style-type: none"> <li>➤ Located at the center of the throat; and</li> <li>➤ Last chakra on the spinal cord.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Thyroid gland (over or under active by mental stress);</li> <li>✓ Voice box called (larynx) ;</li> <li>✓ Air tube (trachea);</li> </ul>	<ul style="list-style-type: none"> <li>○ Impotency;</li> <li>○ Sterility;</li> <li>○ Throat related ailments like goiter, sore throat</li> </ul>

		<ul style="list-style-type: none"> <li>✓ Parathyroid gland</li> <li>✓ Pharyngeal plexus</li> <li>✓ Lymphatic system</li> <li>✓ Ear as sense; and</li> <li>✓ Sex chakra</li> </ul>	<p>etc;</p> <ul style="list-style-type: none"> <li>○ Loss of voice or disorder of voice;</li> <li>○ Asthma; and</li> <li>○ Deafness;</li> </ul>
6. Agya / Ajana Chakra (Command)	<ul style="list-style-type: none"> <li>➤ Started about where the eyebrows cross and extended where pituitary gland rests;</li> <li>➤ Its colors changes as per psychological state of a person;</li> <li>➤ It is center of WILL or DIRECTIVE function.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Nasociliary plexus;</li> <li>✓ Frontal lobes of the brain;</li> <li>✓ Pituitary gland;</li> <li>✓ Pineal gland;</li> <li>✓ All major chakras;</li> <li>✓ Endocrine system; and</li> <li>✓ Thereby entire body.</li> </ul>	<ul style="list-style-type: none"> <li>○ Diseases of endocrine system</li> <li>○ Eye ailments</li> <li>○ Cancer</li> </ul>
7. Sahasrara Chakra (Crown)	<ul style="list-style-type: none"> <li>➤ Located at the crown of the head;</li> <li>➤ Thousands of thousands brain cells;</li> <li>➤ It is entry point of the divine energy or electric violet pranic energy;</li> <li>➤ It is center of highest COSMIC CONSCIOUSNESS means understanding the subject matter without much study;</li> <li>➤ Feeling of oneness in all;</li> <li>➤ Loving kindness to all.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Controls and energizes brain; and</li> <li>✓ Pineal gland which is known very little.</li> </ul>	<ul style="list-style-type: none"> <li>○ Diseases of pineal gland and brain which may manifest as physical and psychological illness.</li> </ul>

