

Role of *Manipur Chakra* activation in treating diabetes mellitus.

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ABSTRACT:

Chakras are the circular vortex of energy lying across the seven different points on your spinal column. On a physical level, chakras are associated with the major nerve plexuses and endocrine glands in the body. Many *asanas* have particularly powerful and beneficial effect on one or more of these glands or plexuses. Chakras are not the physical entity and reside in energy body, but help us to understand the body functions and emotions. As they are psychoactive energy centers in human body they are directly related to physiological and psychological health of human being. The unavoidable stress in lifestyle has blocked the entire chakra system and imbalance in the energy flow causes various diseases. We have the great ancient knowledge with us to regulate the energy flow through chakras and get cured from various disorders related to that chakra. Mechanism of yoga effects is the most visible in the systems of

chakras and *nadis*, which specifically and directly correlates with nervous and endocrine system. This study is a small effort to prove the effect and application of Manipur chakra activation in management of life style disorders especially diabetes mellitus.

KEYWORDS:

Manipur chakra, diabetes mellitus, chakra activation, *Ayurvedic*.

INTRODUCTION:

Human health is a treasure and in today's stressful world, lifestyle disorders are increasing day by day. The mindset of being successful in every aspect of life, compromises everything including health. Leading a stressful, unhealthy, sedentary life is the commonest cause of Diabetes mellitus. Along with *Allopathy* medicine, alternative medicines are also playing an important role in maintaining and reducing diabetes mellitus. Manipur chakra is situated near umbilicus in the

body, manifest as heat in the solar plexus, as the center of vitality. The activation/stimulation of Manipur chakra through meditation will enhance the function of pancreas and stress reduction may decrease blood sugar level. This study is an literature study to form a relationship between active manipur chakra in the treatment of diabetes.

AIMS AND OBJECTIVES:

Role of Manipur chakra stimulation/activation in treating diabetes mellitus.

MATERIAL AND METHODS:

This study is initiated to find out the role of Manipur chakra in treating diabetes, for which literature from different traditional yogic science and contemporary science, relevant research papers and references from internet are thoroughly revised for the study.

OBSERVATION AND DISCUSSION:

Manipur chakra is the third chakra, the jewel city (Manipura) or lustrous gem is situated in the region of the navel and extends upto the breast bone.(1) It is yellow in colour, in classical tantra it is blue colored(2), and in Nath tradition it is red colored. The fire element manifests in the body as heat in the solar plexus, it is the center of vitality. It controls our energy balance to strengthen and consolidate our health.

The activated Manipur chakra is said to destroy the disease and pain, all desires are fulfilled and the time is vanquished and the seeker can enter into other people body. He acquires the gift of making gold and other precious substances.

Appearance:

It has ten golden petals bearing the letters d,dh, n, t, th,d, dh, n, p and ph. Here abides the realized being, providers of boons, named rudra. The host deity of the centre is the supremely virtuous goddess *lakini*.(3)

Functions:

Manipur chakra is situated near navel region and regulates the function of organs and glands situated in that area. As a seat of digestive fire, this regulates the function of pancreas and digestive organs. Blockages in this centre can cause many health problems such as digestive disorder, circulatory diseases, diabetes and fluctuation in blood pressure.(4)

Relationship with *samana vayu*:

The *sthana* of *samana vayu* is *agni samipastha*, where *agni* is said to be *grahani* which is at the level of *nabhi*, it induces the secreation of *pachaka pitta*, *anna graham*, *anna pachan* and *sara kitta vibhajan* is the fuction of *saman vayu*(5), thus possibility of relationship between Manipura chakra and *samana vayu* can be established.

However, a strong and active Manipur chakra greatly supports good health and assists us in overcoming many illnesses related to digestive system as ayurveda explains that all diseases are originated from abdomen or digestive system.

Relationship with celiac plexus:

The celiac plexus is the large collection of nerve fibers under the aortic hiatus of diaphragm along with ganglia connected with the root of celiac trunk and superior mesenteric artery. The ganglia related to celiac plexus consist of 2 celiac ganglion

viz superior mesenteric ganglion and two aortic-corenal ganglion.

The celiac plexus is the biggest sympathetic plexus of body. It covers the beginning of celiac artery as well as superior mesenteric artery, laterally adrenal gland is present, above-aortic opening of diaphragm and below-root of renal artery is there.

It is located at the level of first lumbar vertebra, on the first position of the abdominal aorta, anterior towards the curare of diaphragm.

It gets its primary innervations through Preganglionic- thoracic splanchnic nerves that are greater splanchnic nerves-t5 –t9, lesser splanchnic nerves- t10-t11, and lowest splanchnic nerve-t12.

Post Ganglionic fibers innervates majority of abdominal organs and after synapse travels towards plexus.

Other essential roots of celiac plexus are abdominal sections of Vagus nerve, divisions of last thoracic ganglion, first and second lumbar ganglion.

Celiac ganglion: a paired celiac ganglion is situated inside the celiac plexus. The left ganglion is situated close to the midline and partially on aorta and right ganglion on right crus of aorta.

In some cases, both ganglia fuse together and form a ring shape, also called as solar ganglia and solar plexus(6). These plexus are the part of autonomous nervous system thus having no voluntary control. Here the role of meditation starts to get control over these plexuses to regularize and influence their activities.

Manipur chakra has 10 *dalas* and celiac plexus has 10 subdivisions. This

similarity in branching can be a key for co relation.(7)

10 main branches if celiac plexus	10 petals of manipur chakras
Phrenic	Da(M)
Hepatic	Dha
Lineal	na (k)
Superior gastric	ta (r)
Supra renal	Tha (fk)
Renal	Da(n)
Ovarian	Dha (k)
Superior mesenteric	Na (u)
Abdominal aortic	Pa (i)
Inferior mesenteric	Pha (Q)

Relationship with endocrine glands:

Endocrine glands are the glands of endocrine system that secrete their hormones directly into blood stream instead of any duct. The major endocrine glands are pineal gland, pituitary gland, parathyroid gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus and adrenal gland. The glands are associated with latent centers(chakras) of energy. Their stimulation is associated not only with the activities at the physical level in the body but also at the mental and emotional levels. The *sadhanas of kundalini jagarana* involves penetration and stimulation of shatchakras in orderly pace. The effects of associated processing within the body may be understood in gross scientific

terminology and if we consider the eternal connection of shat chakras with endocrine glands. This approach would explain how the spiritual sadhanas are useful in regulating all the aspects of personality development and opening the paths of all round progress and elevation in a natural way.(8)

Manipur chakra activation through meditation

Concentration on navel area, visualization of yellow colour Manipur chakra, chanting of beej mantra RAM in sputa vajrasana will stimulate the chakra. Meditation causes beneficial psychological effects, such as faster reactions to stimuli and being less prone to various forms of stress, anxiety reduction and blood pressure control, positive effects on sugar levels.(9)

Diabetes mellitus and role of manipur chakra:

Stress can be a major barrier to effective glucose control. Stress hormones in your body may directly affect glucose levels. If you are experiencing stress or feeling threatened, your body reacts. This is called as fight and flight response. This response elevates your hormone levels and can cause your nerve cell to fire.

During this response, your body releases adrenaline and cortisol into the bloodstream and your respiratory rates increase. Body directs blood to the muscles and limbs, allowing you to fight the situation. Your body may not be able to process the glucose released by your firing nerve cells if you have diabetes. If you can't convert the glucose into energy, it builds up in the bloodstream. This causes your blood glucose levels to rise.

Also a consistent, never-ending pattern of negative emotions like fear, anger, resentment, anxiety, jealousy, clogs our energy body with negative energy, disallowing the flow of healthy energy, eventually affecting our emotional center i.e Solar plexus or manipur chakra.

The environmental factors like poor feedback, lack of affection, criticism, rejection, and being ignored or unappreciated, also plays a part in blocking manipur chakra.

When Manipur chakra becomes blocked and weakens, resulting in weakened functioning of all the organs and glands it governs. The pancreas is unable to produce the quantity and quality of insulin required to help our body absorb the glucose and convert it into energy.(10)

First step to remove diabetes is to clean the energy body and strengthen the Solar plexus chakra. This will enable it to supply sufficient healthy energy to the organs and glands it governs, in turn strengthening the functioning of the pancreas, enabling production of the right quality and quantity of insulin.

RESULT AND CONCLUSIONS:

With the help of all the literature studied and reviewed, it can be concluded that manipur chakra is a subtle energy body which is not an particular anatomical structure but it influence the functions of glands and organs situated in their vicinity. with the help of meditation on manipur chakra, the effects on secretion of pancreas can be seen thus reducing the blood sugar levels.

If meditation is done in supervision of an expert with continuous sincere efforts and monitoring of patients it can give positive results. Affecting the lives of diabetic patient without medication will also be a milestone in life.

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