



“Conceptual study on *Adnya Chakra* and it’s correlation between *Sharir Rachna* and modern anatomy.”

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ABSTRACT–

The *Chakra* represents as energy center along with the Spinal Cord. The *Chakra* are the energy points of Human body, which is mainly described in the Yogic science and Ayurveda. The main 3 *Nadis*, *Ida*, *Pingla* and *Sushumna* runs along the Spinal Cord. These *Nadis* are subtle energy channels of the body and they conduct *Prana* throughout the whole body. And the Crossing points of these *Nadis* being the Site of *Chakra*. There are Six primary *chakra* described in the *Yogic Science*. These are, *MuladharChakra*, *Swadhishtan Chakra*, *Manipur Chakra*, *Anahat Chakra*, *Vishudha Chakra*, *Adnya Chakra* and *Sahastrasar Chakra*. These *Chakras* located align the Spine, starting from the base of spine

through to the Crown of the Head. To visualize a *chakra* in body, imagine a Wheel of energy where matter and consciousness meet. *Adnya chakra* is located in between the eyebrows. It is also called as third eye *chakra*. These *Chakra* are considered to be important points for the Consciousness, energy nodes linking with the Spiritual.

Key Words- *Chakra*, *Adnya Chakra*, *Shatchakra*.

INTRODUCTION

Chakras are part of the ancient belief system associated with *Yoga*. The meaning of *Chakra* is ‘wheel’ or ‘circle’ but in Yogic context a better translation of the *Sanskrit*

word is 'vertex' or 'whirlpool'. The *Chakras* are vertices of psychic energy and they are visualized and experienced as circular movement of energy at particular rates of vibration. *Chakras* are an energy point, which is thought to flow among them along pathway called *Nadis*. *Chakras* are believed to be a part of the subtle of body, not to the physical body, more importance is given to *Shatchakra* in *Yoga Vigyan* for stability. *Chakras* are six in number these primary six *Chakras* namely *Muladhara*, *Swadhisthana*, *Manipura*, *Anahat*, *Visuddha*, and *Adnya Chakra*. These six *Chakras* are situated along the spine and each has special function. One more *Chakra* described in Ayurvedic literature "*Sahasrara*" is supreme; It is final culmination of *Kundalini Shakti*. It is the seat of higher awareness. These *Chakras* are placed at regular interval, one above the other.

The *Chakras* relates to anatomical, physiological and psychic centers whose structures correspond more or less with the traditional description's. There are six *Chakras* in the human body which are directly connected with the higher unilluminated centers of the brain.¹

Muladhara- Base or Root Chakra

Swadhisthana- Sacral Chakra

Manipura- Solar plexus Chakra

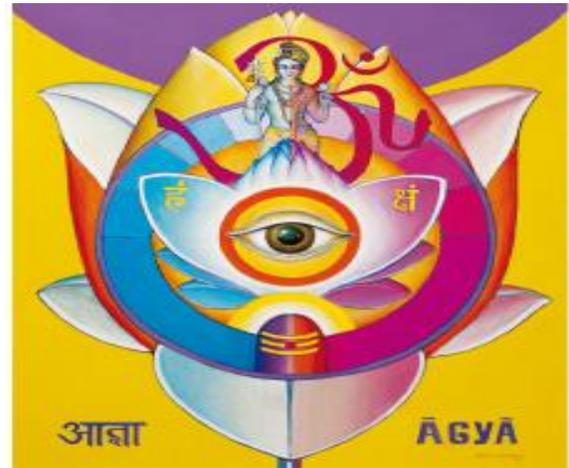
Anahata- Heart Chakra

Vishuddha- Throat Chakra

Adnya- Brow or Third eye Chakra and

Sahasrara – Crown Chakra. Each *chakra* is different in shape and size and spin with different frequencies. Similarly they transmit energy also in different frequencies. These *chakras* are connected to each other.²

Adnya chakra



The word *Adnya* comes from the *Sanskrit* root which means to know to obey or to follow. *Adnya chakra* is the command center. It is the sixth energy center in the human being. It is present between the both eyebrows. From the point of view of regional anatomy it is situated in the region of the *glabella*. This region lies between both the eyebrow at forehead on the frontal bone just superior to the rim of the orbit on each side are the raised *superciliary arches*.³ Between these arches a small depression area, called *Glabella* is present.⁴

Adnya Chakra, also called the dwelling place of the meditative ability. This is the position also where the women apply *bindi*, and most of the people put *Tilak* as the symbol of blessing. *Adnya Chakra* in the form of neural plexus lies in this region. The

region of *Adnya Chakra* lies posterior to Glabella including the structures *crista galli*, *cribiform plate*, *cavernous sinus*, *hypophysial gland*, *hypothalamus* and

colliculus nuclei and associated plexuses. So the expanse of *Adnya Chakra* may lie in antero-posteriorly areas from *cavernous sinuses* to *hypothalamus*.

The sixth *Chakra* and its associated characteristic⁵

English name	The third Eye <i>Chakra</i>
Physical location	The center of brow.
Seed mantra	<i>Om</i>
Vowel sound	<i>Hmmm</i>
Color	White deep blue (Indigo)
Symbol	A lotus with two petals
Figure	<i>Lingakar</i> (Lord Shiva)
Yantra	Lightening colored triangle
Basic Hymns	<i>Haam, Kshamm.</i>
Guna	<i>Sattvic</i>
Energy of Diety	<i>Hakini, Shiva</i>
Animal	<i>Hawk</i>
Elements	Light Mahat (the essence of all other element)
AnupadaTattav	Guru Tattav
Mudra for chakra	Nirvan mudra Mudra of liberation
Spiritual Action	Mediatiation.
Marma	Sthapani marma situated between eyebrows.
Associated system	<i>Nervous system</i>
Nerve plexus	<i>Hypothalmus</i>
Physiological system	Endocrine and nervous

Associated spinal area	First cervical vertebra
Endocrine gland	<i>Pineal and pituitary</i>
Controlling hormone	serotonin Melanin
Development stage	Adolescence

MATERIAL AND METHODS

Study Design

The Objectives of this study were-

- » To study in detail of *Adnya Chakra*.
- » To establish correlation of *Adnya Chakra* according to *Sharir Rachna* and *Modern Anatomy*.

MATERIALS:

To elucidate the Anatomical structure of *Adnya Chakra* a variety of references from *Upanishad, Samhitas, Yogic and Tantric* literature, journals, research papers along with various databases were studied and corroborate with supportive references from modern Anatomy.

To study location of *Adnya Chakra* following materials have been used

- 1) A well preserved cadavers. (4 adult male cadaver)
- 2) A pair of toothed and plain forceps.
- 3) B.P. handles with scalpel.
- 4) Scissors.
- 5) A Bone Saw.
- 6) A digital camera

Method-

1) Review of Literature:

References regarding *Adnya Chakra* were collected from Ancient Books and Ayurvedic texts, modern text books, The references were classified according to derivation, definitions, synonyms, etc. and were rearranged. Locations of *Adnya Chakra* mentioned only in Ayurvedic and Ancient text were compared with modern anatomy.

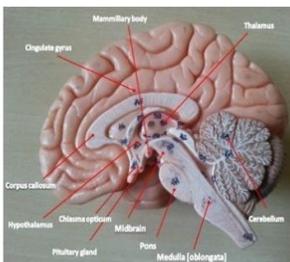
In the literature it is mentioned that, the location of *Adnya Chakra* is at “*Bhruvamadhya*”.⁶

Site of *Adnya Chakra* mentioned in literature will be designated on the cadaver, specific site of skull and brain dissection will be carried out in this frame work. To accomplish the objective of this study, dissection of 4 cadavers of males was done in the dissection hall in the department of Rachana Sharir, Faculty of Ayurveda. Step by step of dissection has been followed systematically under the guidance of modern anatomy dissection⁷. First marking were done on the cadaver regarding the position of the region of the *Adnya Chakra* at the front of the head with another area for the purpose of removal of the vault. Removal of a vault or calvaria marking also follow the instruction of modern literature⁸. After marking, a hole was

made by a screw and inserted in the anteroposterior direction of *Adnya Chakra*. The purpose of this procedure was to follow all the anatomical structures which lie in the area of *Adnya Chakra*. Fine dissections were done carefully to correlate the structures. The required information has been collected from step wise dissection and was correlated with various modern and ayurvedic literatures. After that conclusion was drawn.



Surface marking of *adnya chakra* structure-*thalamus*



structure-pituitary gland medial surface of cerebrum⁹

Observations:

1. With the help of fine dissection it was found that the structures that were pierced by big screw behind the region of *Adnya Chakra*, were *hypophysial fossa (Pituitary), Thalamus, Hypothalamus, and the pineal body*.
2. *Adnya chakra* concept can be emphasized through main circle with thalamus, two petals with the Hypothalamus, both *Beejakshar* with *pituitary and pineal gland*.
3. This cadaveric study showed all the related structures of the *Adnya Chakra* and its petals with centred hypothalamus nuclei and its plexuses.

DISCUSSION

Ayurveda is also a science of medicine, along with spirituality. The *chakra* are the energy points of Human body, which is mainly described in the Yogic science and Ayurveda. *Chakras* are the major energy center of the body that play an important role in our physical, mental and spiritual wellbeing. These are represented as the energy centre along with the Spinal Cord. The main three *Nadis, Ida, Pingla and Sushumna* runs along the Spinal Cord. These *nadis* are subtle energy channels of the body and they conduct *Prana* throughout the whole body. And the Crossing points of these *Nadis* being the Site of *Chakra*. There are not only seven but many other chakras also. However, seven considered the main primary *chakra*. The two petalled *Chakra*

called the *Adnya* is situated between the two eye brows and has the letters *h* and *ksh*. Its presiding adept is called *Shukla Mahakala*, it's presiding goddess is called *Hakini*. In *Yogshikhopnishat* that has been described as, the superior plexus know as *Adnya* is situated with two petals in the middle of the eyebrows. *Adnya* represents Inteliengence deep insight and connection with the cosmic mind.

In present study the anatomical structures of *Adnya chakra* was assessed, therefore as per the above reference the cadaveric study was conducted to understand the anatomical structures. Site of *Adnya Chakra* mentioned in literature was designated on the cadaver, specific site of skull and brain and also study of sulcus and gyrus and dissection was carried out. This methodology was adopted because in present study the aim is to understand the anatomical structures of *Adnya chakra*. Therefore careful dissections to explore the area is required. Dissection with fineness is very essential as the structures are very delicate and compact.

Adnya Chakra lies posterior to *Glabella* including the structures *crista galli*, *cribiform plate*, *cavernous sinus*, *hypophysial gland*, *hypothalamus* and *associated plexuses*. So the expanse of *Adnya Chakra* may lie in antero-posteriorly areas from cavernous sinuses to hypothalamus. *Adnya Chakra* is “centre of command” or regulating centre on the basis of its applied physiological aspects. The *Hypothalamus* (representing the circle of *Adnya Chakra*) with the help of it's all associated nuclei can act as a ruling personality over most of the physiological

activity of body and mind. Meeting point of three *Nadis* (*Ida*, *Pingala* and *Sushumna*) forms a triangular circle called as *Triveni of Sangama*, from where the information may communicate (receive and relay) with the other parts of body and mind. This *Triveni* point represents the thalamus also known chief relay station. Supra chiasmatic nucleoli and paraventricular nucleus with the supraoptic nucleus of hypothalamus regulates the functions of the pineal and pituitary endocrine glands which act like two petals with *Beejakshar Ham* and *Ksham* respectively. Preoptic region of hypothalamus participates in regulating the autonomic activities. Through this hypothalamus controls and integrates balancing activity of sympathetic and parasympathetic nervous system, represents the power of Lord *Hakini Shakti*.

On the basis of described functions and structure of the *Adnya Chakra* in various ancient literature, it is found that *Adnya Chakra* is very similar in functions and structure to the thalamus, hypothalamus and limbic system as a group in which thalamus acts as an important component of the pathways within the brain that control pain sensation, attention, and wakefulness. The hypothalamus has a number of very important connections with the pituitary gland and produces a diversity of hormones. Almost all the endocrine glands along with pituitary glands are under control of hypothalamus through hypothalamo-hypophyseal relationship.

The hypothalamus controls the functions of all the endocrine glands by secreting releasing or inhibitory hormones acting on

the pituitary gland. In that response pituitary gland secretes many stimulating hormones which act on different endocrine glands. The hypothalamus is a major controller of visceral activities including regulation of heart rate, oxygen demand and prepares the body for emergency conditions.¹⁰

Conclusion

On the basis of the above discussion anatomically the *Adnya Chakra* is very close to the triangular center inside the *Chakra* with thalamus, circle of the *Chakra* with the hypothalamus and both petals with *Beejamaantra* related to the pituitary and the pineal gland From the Anatomical perspective

Hypothalamus, Thalamus, Pineal, pituitary simulate the most with the description of *Adnya Chakra*. Hence with all due respect to the varied authorities for their view on *Adnya Chakra* and its correlation, my sincere opinion/conclusion in regard to *Adnya Chakra* is as mention above. This study can need further research.

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