

EFFECTIVENESS OF CHAKRA BALANCING ON PHYSICAL WELL BEING: A MULTIPLE CASE STUDY RESEARCH.

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ABSTRACT

This paper is aimed at exploring the effectiveness of Chakra Balancing (Plexus Balancing) for improving physical well-being of an individual. 8 participants were purposefully selected and based on their physical ailments like diabetes, Blood Pressure etc. further, chakra balancing treatment plan has been made focusing their specific issues. This treatment plan includes pranayama, Chanting of specific beej mantra, mudras (Hand Gesture) guided meditation and specific affirmations. Then further their pre and post SUD (Subjective Unit of Distress) / Medical reports were compared. At the end all the participants have shown improvement in their physical well-being.

Key words: Chakra, Beej Mantra, Affirmation

Introduction

The Chakra is the Sanskrit word literally means “plexus,” “wheel,” or “vortex.” The Chakra system is rooted in Indian ancient wisdom between 1500 and 500 BC described in the oldest texts of human history called the Vedas. Chakra refers to energy centres in the body located around the spinal region (not anatomically visible). The chakras are beyond our perception can't be seen with the eyes. There are seven major chakras and each Chakra represents a specific kind and level of consciousness. It connects 72000 nadis which literally means “channel” which is actually a network of channels through which energy travels through the body. This entire system has much significance in ancient Indian medical sciences. They are thought to be spinning disks of energy that should stay active and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being. To function at their best, these chakras need to be balanced. If they get blocked, people may experience physical or emotional symptoms associated to a particular chakra.

Each of these seven main chakras has a corresponding number, name, colour, specific area of the spine from the sacrum to the crown of the head, and health focus. The basic details of these chakra has given below.



Root chakra (Mooladhar)



The root chakra, or Muladhara, is located at the base of your spine. It provides a base or foundation for life, and it helps feeling grounded and able to withstand challenges. Root chakra is also responsible for the sense of security and stability.

Gland- Adrenal Gland

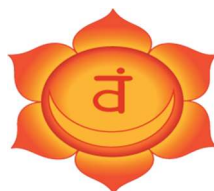
Physical Body Parts Affected- Legs, Skin, Bones, Large Intestine, feet and Hair

Psychological signs of Imbalance- Fear, survival, self-preservation and security

Beej Mantra- "Lam"

Colour – Red

Sacral chakra (Swadhisthan)



The sacral chakra, or Svadhisthana, is located just below the belly button. This chakra is responsible for sexual and creative energy. It's also linked to how one relates to his/her emotions as well as the emotions of others.

Gland- Gonads (Testes, Ovary and Uterus)

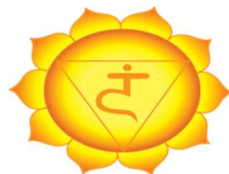
Physical Body Parts Affected- Genitals, Kidneys and Bladder

Psychological signs of Imbalance- Guilt, issues with emotional identity and self

Beej Mantra- "*Vam*"

Colour – Orange

Solar plexus chakra (Manipur)



The solar plexus chakra, or Manipura, is located in stomach area around navel region. It's responsible for confidence and self-esteem, as well as helping to feel in control at one's life.

Gland- Pancreas

Physical Body Parts Affected- Pancreas, Gallbladder, and digestive system

Psychological signs of Imbalance- Shame, issues with ego identity and giving self-definition

Beej Mantra- "*Ram*"

Colour – Yellow

Heart chakra (Anhada)



The heart chakra, or Anahada, is located near heart, in the centre of the chest. It comes as no surprise that the heart chakra is all about our ability to love and show compassion and felt loved.

Gland- Thymus

Physical Body Parts Affected- Lungs, Heart, Circulatory system

Psychological signs of Imbalance- Lack of Love, acceptance, grief and social identity

Beej Mantra- "*Yam*"

Colour -Green

Throat chakra (Vishuddhi)



The throat chakra, or Vishuddhi, is located in the throat. This chakra has to do with our ability to

communicate verbally.

Gland- Thyroid and Parathyroid

Physical Body Parts Affected- Throat, ear, mouth, shoulder and neck

Psychological signs of Imbalance- Lack of creative identity, self-expression and communication issues

Beej Mantra- "Ham"

Colour – Blue

Third eye chakra (Agyan)



The third eye chakra, or Ajna, is located between eyebrows. This chakra plays role in intuitive powers. It's also linked to imagination and foresight.

Gland- Pituitary

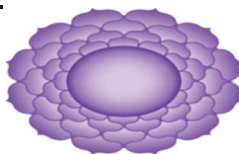
Physical Body Parts Affected- Eyes, Base of skull, eyebrows, forehead

Psychological signs of Imbalance- Illusion, stubborn belief system, lack of intuition and foresight

Beej Mantra- "Aum"

Colour – Indigo

Crown chakra (Sahasradha/Sahasrara)



The crown chakra, or Sahasrara, is located at the top of your head. Your Sahasrara represents your spiritual connection to oneself, others, and the universe. It also plays a role in ones life's purpose.

Gland- Pineal

Physical Body Parts Affected- Central Nervous System

Psychological signs of Imbalance- Attachment, lack of self-knowledge, judgemental attitude

Beej Mantra- "Aum"

Colour – Violet

Review of related literature:

Huang WL (2021), found in the case of a 60 years old lady with the Myocardial infarction with nonobstructive coronary arteries (MINOCA), That there very low energy level in all her chakra (Blocked Chakra) , which could be the the probable reason behind stagnation of blood flow in the body resulted in the above mentioned disease.

Marathe C.D and Acharya J (2020), described chakra as vortex and centers in the body. Originated from India and the knowledge of this system was propagated Aryans world wide. They further explained that these chakras are associated with the “major nerve networks within the body and also connects the brain/spine, via the major Vagus nerve, to the glands responsible for hormone production and the overall functioning of the body”. There is a vital connectivity between the position and role of each plexus and various glands in the endocrine system.

Huang WL (2019), conducted his study on three patients having an eye conditions that damage the optic nerve called as Glaucoma. In his study he found that these patients have very low energy in all the chakras but after chakra treatment there was dramatic drop in the Intraocular Pressure (IOP) in their eyes.

Research Gap: There are very limited researches on the treatment of physical ailment through chakra balancing. Though effectiveness of chakra balancing on emotional and mental health is well established.

Research Methodology: For the current paper 8 participants of both the genders, of any age group or socioeconomic status with severe physical discomfort were purposefully selected for the study.

For the diagnosis case history taking and crystal have been used.

For the treatment Chakra Meditation, Beej mantra along with mudra (Hand Gesture) for specific Chakra and affirmation based on their specific mental/ emotional postulates have been conducted on the the clients for atleast 21 days to maximum one month.

They were instructed to take medications and follow diet plan as prescribed by their physicians.

To assess the effectiveness of the treatment Subjective Unit of Distress (Pre and Post), medical reports (Pre and Post, If any) and feedback of the participants were analyzed.

Participants' written consent and feedback has been documented.

Case Studies:**CASE 1**

XXX, 39 years female, with the chief complaints of fatigue and low energy for last five years and overthinking. She has been just diagnosed with Borderline diabetes and had a history of gestational diabetes five years back. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Root Plexus (Mooladhar) were found to be blocked. Root Chakra for low energy and Solar for Diabetes were dealt with the sessions. Subjective Unit Distress pretreatment was 8 (where 10 is the maximum and 0 is the minimum)

For Root Chakra, Chakra mediation, chanting of Beej Mantra “Lam”, color red (to wear or visualize) and affirmation “I have strong foundation that supports my growth and expansion” were used for one month.

For Manipur (Solar) Chakra, chakra meditation, Beej Mantra “Ram”, Yellow color (to wear or visualize) and affirmation “I release fear and embrace new opportunities with open arms ” was given to practice for one month.

After one month practice SUD was reduced to 3.

Participant's Feedback - *"Over thinking issues reduced considerably, feeling energetic, motivated and active during the day. Enjoyed chanting Beej mantra the most for a calming effect"*

CASE 2

XXX, 28years female, with the chief complaints of spine and lower back pain, gets easily disturbed with events around her. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Root Plexus (Mooladhar) were found to be blocked. Root Chakra for muscular pain and Solar for lower emotions were dealt with the sessions. Subjective Unit Distress pretreatment was 9 (where 10 is the maximum and 0 is the minimum)

For Root Chakra, Chakra mediation, chanting of Beej Mantra "Lam", color red (to wear or visualize) and affirmation (I am grounded and secure in my being) were used for one month.

For Manipur (Solar) Chakra, chakra meditation, Beej Mantra "Ram", yellow color (to wear or visualize) and affirmation (I am in control of my emotions and choose to respond with positivity and grace) was given to practice for one month.

After one month practice SUD was reduced to 1.

Participant's Feedback- *"There is significant reduction in back pain after 3 weeks of procedure, and I can't believe that I could be relieved from such pain in 3 weeks without any medicines"*.

CASE 3

XXX, 45years Male, with the chief complaints of insomnia, fatigue, anxiety and overthinking. During crystal dowsing three Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra), Agya Chakra and Crown Chakra were found to be blocked. Solar for anxiety and overthinking, Agya for sleep disturbance and Crown for both the above complaints, were dealt with the sessions. Subjective Unit Distress pretreatment was 7 (where 10 is the maximum and 0 is the minimum)

For Solar Plexus, Chakra mediation, chanting of Beej Mantra "Ram", colour yellow (to wear or visualize) and affirmation "I release all self-doubt and embrace my personal power with open arms" were used for one month.

For Agyan Chakra, chakra meditation, color indigo (to wear or visualize) Beej Mantra "Om", and affirmation "I trust my inner voice and have faith that it will always lead me in the right direction" was given to practice for one month.

After one month practice SUD was reduced to 2.

Participant's Feedback - *"In 1st week itself the sleep pattern improved, leading to reduced anxiety and overthinking. I stopped taking sleeping pills after 3 weeks of the therapy"*

CASE 4

XXX, 78 years female, with the chief complaints of Diabetes for last 20 years and muscle pain in lower legs for almost 4 years now. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Root Plexus (Mooladhar) were found to be blocked. Root Chakra for muscle pain and Solar for Diabetes were dealt with the sessions. Subjective Unit Distress pretreatment was 8 (where 10 is the maximum and 0 is the minimum)

For Root Chakra, Chakra meditation (connecting to mother earth), Affirmations "I am grounded in the present moment and find peace and calmness in the stillness of my mind", color red (to wear or visualize) were used for one month.

For Manipur (Solar) Chakra, Chakra meditation, beej mantra RAM, color yellow (to wear or visualize) and affirmation "I release fear and embrace new opportunities with open arms" was given to practice for one month.

After one month practice SUD was reduced to 2. The client is a senior person and was on insulin, after the regular Chakra therapy the diabetes was dropped to the half.

Participant's Feedback- *“I Felt energetic after 7 days and the diabetes reduced from 405 to 200 with the help of medication, therapy and diet regulation.”*

CASE 5

XXX, 25 years female, with the chief complaints of Skin issue from last 4 years and hair problems for last 7 months. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Root Plexus (Mooladhar) and Crown Chakra were found to be blocked. Root Chakra for skin and hair problems and Solar and Crown for low self-esteem were dealt with the sessions. Subjective Unit Distress pretreatment was 7 (where 10 is the maximum and 0 is the minimum)

For Root Chakra, Chakra meditation, Mudra, Beej Mantra (*LAM*), affirmations “I am worthy of abundance and prosperity”, and color red (to wear or visualize) were used for one month.

For Manipur (Solar) Chakra, Chakra meditation, Beej Mantra (*RAM*), affirmation “My emotions and my life are under my control and choose to respond with positivity and grace” color Yellow (to wear or visualize) was given to practice for one month.

For Crown Chakra, Chakra meditation and affirmation “I am one with the universe and the universe is one with me” and color violet (to wear or visualize), was given to practice for one month.

After one month Practice SUD was reduced to 3. The client has included Beej mantra chanting and Mudra meditation for a duration of 30 minutes in her daily routine and reported positive changes in herself.

Participant's Feedback - *“I Started thinking good things about myself and can see the improvement on my hair and skin issues”.*

CASE 6

XXX, 47 years female, with the chief complaints of muscular pain from last 3 years and guilt feeling from past 6 months. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Root Plexus (Mooladhar) were found to be blocked. Root Chakra for muscular problems and Sacral chakra for guilt were dealt with the sessions. Subjective Unit Distress pretreatment was 8 (where 10 is the maximum and 0 is the minimum)

For Root Chakra, Chakra mediation, Beej Mantra (*LAM*) color red (to wear or visualize) and affirmation “I am at peace with my past and fully present in the moment” were used for one month.

For Sacral (Swadhisthan) Chakra, Chakra meditation, Beej mantra (*VAM*) and color Orange (to wear or visualize) and affirmation “I honor and respect my body, threatening with care and nurture” was given to practice for one month.

After one month Practice SUD was reduced to 2.

Participant's Feedback - *“My Pain reduced to a considerable extent and felt relaxed and rejuvenated and I promise to practice the same for at least 2 days in a week”*

CASE 7

XXX, 37 years female, with the chief complaints Diabetes and Headache from last 3-4 months and lack of insight, feeling low. During crystal dowsing two Chakras specially associated with above symptoms were Solar Plexus (Manipur Chakra) and Third eye (Agya) were found to be blocked. Solar for diabetes and feeling low and Third eye for Headache were dealt with the sessions. Subjective Unit Distress pretreatment was 8 (where 10 is the maximum and 0 is the minimum)

For Third eye Chakra, Chakra mediation, Beej Mantra (*Om*), color indigo and affirmation “I am open to receive divine inspiration and insight” were used for one month.

For Manipur (Solar) Chakra, Chakra meditation, Beej mantra (*RAM*) and color yellow (to wear or visualize) and affirmation “I honor my uniqueness and express my authentic self with confidence” was given to practice for one

month.

After one month Post SUD was reduced to 3.

Participant's Feedback - *"I am enjoying each and every aspect of chakra meditation and feeling better day by day. By working on beej mantra and mudra, my diabetes came under control and I continued this for some more days. Diabetes came down to 130 from 250"*

CASE 8

XXX, 73years Male, with the chief complaints of bulge around right eye, pain and itching. During crystal dowsing two Chakras specially associated with above symptoms were Third eye(Agya) and Crown were found to be blocked. Subjective Unit Distress pretreatment was 10(where 10 is the maximum and 0 is the minimum)

For Third eye Chakra, Chakra meditation, Beej Mantra (Om), color indigo ((to wear or visualize) and affirmation "I am open to receive divine inspiration and insight" were used for one month.

For Crown Chakra, Chakra meditation, Beej mantra (Om), color violet and affirmation "I am divine being of light and love and I am always connected to my higher self" was given to practice for one month.

After one month Post SUD was reduced to 0. Client use to have eye pressure from quite long which caused multiple eye conditions. With chakra healing, a non-medical intervention the problem eradicated from the root.

Before Treatment

After 10 days

After 2 weeks



Participant's Feedback - *"I am Quite happy with the outcome. I Had eye issues before as well which got sorted with chakra healing".*

Conclusion: In all the case studies it is evident that chakra therapy has been quite effective in providing symptomatic relief to the patients. On an average Subjective Unit of Distress have been reduced to 2 or 3 from 8 or 10. Client's feedback is also indicating towards the effectiveness of chakra balancing in improving physical health and relieving the symptoms.

Discussion: Chakra system is the scientific ancient wisdom of India. Indian sages used to treat various diseases by balancing chakara and Naadis. In the current research paper researchers have tried to assess and analyze the effectiveness of this ancient technique for bringing symptomatic relief to the participants, struggling with the physical ailments or pains. Significant positive changes are evident among all the participants in their mental/emotional state as well as physical comfort.

It is a noninvasive and non-pharmacological modality which has no side effects, less time taking and cost

effective. It also brings additional spiritual benefits as well. Thus at the end, we can conclude that this technique can serve as one of the most effective alternative or adjunct therapeutic modality for the treatment of various physical ailments and can enhance physical, mental, emotional and spiritual wellbeing of an individual.

Limitations and suggestions for further study:

1. Sample size could be increased.
2. Addressing a specific issue like cancer, Diabetes etc. will give insight about dealing the specific ailment through chakra balancing and this could be contributing in developing standardized modules of the treatment.

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