

## CONCEPTUAL STUDY OF AJNA CHAKRA W.S.R. TO PITUTARY GLAND

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Article Received on 25/09/2018

Article Revised on 15/10/2018

Article Accepted on 05/11/2018

## ABSTRACT

The Chakras are represented as energy centers aligned along the spinal cord, which form an integrating channel. They serve as collection and transmission centers for both subtle, and metaphysical, energy and concrete, or biophysical, energy. Chakras are even more involved with the Nadisconduits that disperse life energy (called Prana) throughout the body. The chakras are not really gross anatomical entities but are in the form of concentrated whirlpools of energy. They are centers from where the energy flows from one point to the other. The chakras represent the stages of spiritual growth from lowest state of awareness up to the highest level of consciousness.

**KEYWORD:** Chakra, Ajna Chakra, Pituitary Gland, Guru Chakra, Third Eye, Etc.

## INTRODUCTION

"kV~pdz kf.kifjKkRokizfolsRlq[ke.M  
ye~  
ewyk/kkjaLokf/k" Bkuaef.kiqje~  
r`rh;de~AA9AA  
vukgrafo'kq)a p vkKkpdza p  
"kVdevk/kkjaxqnfeR;aqDreLokf/k"  
Bkuarq ySfxadeAA10AA  
ef.kiwjaukfHkns'kag`n;Lfkeukgrae  
~AAfo'kqf)% d.Bewys p vkKkpdza  
p eLRkde~AA11AA  
;ksxdq.Mfyuhmifu" kn]  
"kV~pdzfu:i.k)

The sanskrit word "chakra" represent the concept that spinning "wheel" of energy of responsible for a number of a function that connect our body to our energy field and broader cosmic energy field, made up of various colors and located from the base of the spine to the top of the head, the chakra connect the meridian system and act as conductor for the "subtle anatomy" The special use of the word chakra with which we are at the moment concerned is its application to a series of wheel-like vortices which exist in the surface of the etheric double of man.

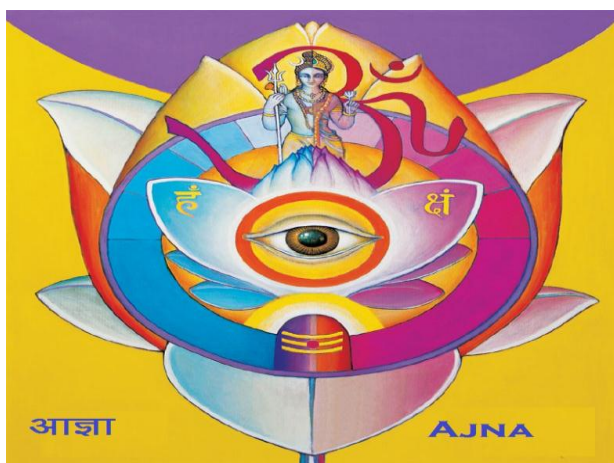
Chakras are the crux of the system and also called energy centers or energy organs. The main Nadis i.e. Ida, Pingla and Sushumna run along the spinal column in a curved path and cross one another several times. These Nadis

are the subtle energy channels of the body and they conduit Prana throughout the whole body. At the points of intersection Nadis form strong energy centers, known as Chakra. A Chakra is a center of activity that receives, assimilates, and expresses Prana. Each Chakra can be seen as a pair of conical vortices emanating from the front and the back of the body. Together, these vortices regulate our conscious and unconscious realities, the psychic and sensory energies, and our subtle and physical selves. Chakra are the major energy centre of our subtle. So there are not seven but many other chakra also called minor chakra. However six chakra are considered the main. Ajna leads an inner knowledge that will guide you if you let it. The chakras mentioned in these Sanskrit books are the same as those which we see today, except that as I have already said, they always substitute their Svadhishthanacentre for that at the spleen. They differ slightly among themselves as to the number of petals, but on the whole they agree with us, though for some reason they do not include the centre at the top of head, confining themselves to six chakras only, and calling the centre the Sahasrara Padma - the lotus of a thousand petals. The smaller chakra of twelve petals within this crown centre was observed by them, and is duly noted. They speak of two petals instead of ninety-six in the sixth chakra, but they refer no doubt to the two divisions of the disc of that centre, the discrepancies as to the number of petals are not important; for example, The Yoga Kundalini Upanishad speaks of sixteen petals in the heart chakra instead of twelve, and The DhyanaBindu Upanishad and The Shandilya Upanishad both mention twelve spokes instead of ten in the navel chakra. The minor chakras can be thought of as subtle-energy "defenders" of the body. The six major chakras, which play an important role in our biochemical balance, are

considered "initiators" of key body functions. Together, the major and minor chakras, the auric field and crossing/interpenetrating energy lines through out the physical body and energy fields form the matrix of all human life. may be holographically embedded into the fabric of space and matter/energy. In the future we will come to learn more about how parts of our DNA are switched on by interfacing with thisholographic information level.

### AJNA CHAKRA

vkKki|aHkzqokseZ?;s  
g{kksisraf}i=de~  
'kqYdkHkarUegkdKy% fl)kSnsO;=~  
gkfduhAA129;ksxdq.Mfyuhmifu"kn] "kV~pdzfu:i.k)



In the Ajna Chakra the development of our wisdom and humanity is completed and we reach the bridge to Divine Consciousness. It is located at the upper end of the spinal column, at the point of transition from the spine to the brain. Its radiation is, however, primarily perceptible in the centre of the forehead between the eyebrows. Therefore, it is also known as the "Eyebrow Centre" or "Third Eye". Another expression for the Ajna Chakra is "Guru Chakra – the Seat of the Master".

Who can give us orders? Whose instructions should we follow? Only an initiate can show us the correct path, for only that one has the knowledge gained through personal experience and mastery that can then be imparted to others.

In connection with this it is important to understand what an initiate, a Master (a Guru), is. Guru Tattva is the Divine Principle of the evolution of consciousness. Therefore, the Guru represents the universal, divine principle that leads us from darkness to light – which means from ignorance to knowledge, from death to immortality.

All holy incarnations have been "Gurus". Jesus was the Master of his disciples, Krishna was the Master of Arjuna, and he himself had a Guru. When disciple and Master unite, when the "Guru Principle" has been awakened in the consciousness of the disciple and the disciple begins to guide himself, the disciple then becomes his own master.

The Guru Principle is recognisable within a person as clarity, wisdom (Gyānā) and the ability to discriminate between truth and untruth, reality and unreality (Viveka). We do not need to seek truth; it is always in front of us. But in order to recognise it a person needs an open, pure consciousness and clear thoughts. While our mind remains cloudy, like a dirty mirror, we see everything hazily and unclearly. It is only in a purified mind and mature consciousness that Gyānā – wisdom and spiritual knowledge – can be broadened.

Until we are capable of anchoring our consciousness in the Ajna Chakra our mind oscillates constantly between the human Chakras – the Mūlādhāra, Svādhishthāna, Manipūra, Anāhata and Vishuddhi. While we are still lacking in discrimination we should listen to the advice of the Master in order to avoid mistakes. Everyone has experienced how painful it can be when we ignore the advice of an experienced person. But the more our consciousness evolves towards the Ajna Chakra, the freer and more independent we become in choosing correctly and making the right decisions.

### AIM AND OBJECTIVE

- Conceptual study of Ajna chakra.
- Applied and importance of Ajna Chakra.
- Establishment relation between Ajana Chakra and modern anatomical structure with functions and disorder.

### MAIN CHARACTERISTICS AT A GLANCE

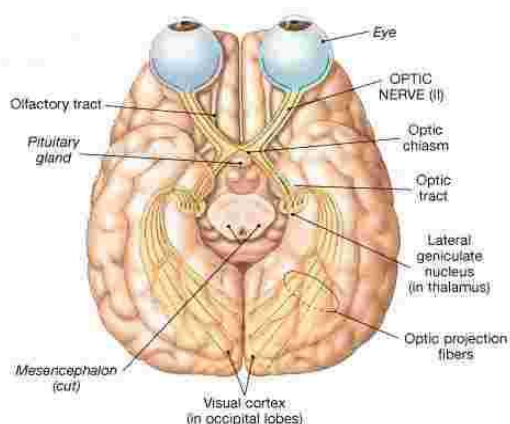
Petala	Two
Basic Hymns	Haam, Kshaamm
Energy of the diety	Hakini
Vehicle of the diety	Nada (Resonance)
Figure	Lingakara (Lord Shiva)
Color	White or deep blue
Key issues	Balancing the higher/lower selves and trusting inner guidance
Physical location	The center of the brow
Associated spinal area	First cervical vertebra
Physiological system	Endocrine and nervous
Endocrine gland	Pineal and pituitary
Nerve plexus	Hypothalamus
Inner aspect	Intuition
Emotional action	Clarity
Spiritual action	Meditation

### FUNCTION

- Ajna Chakra related to the mental clarity, spiritual thinking vision and physical body Chakra of time awareness etc.
- It is absolute perception of reality on CNS.
- It is linked to the modern anatomical some structures that is considered to be master gland due to its central role in endocrine physiological process .
- In Ayurveda we consider it our Ajna chakra, which regulator the relationship not only between system in our body but also the relationship between us and nature, our belonging and our emotion.
- If the relationship is harmony all hormol will be normal.

### Modern Scientific View

According to the modern medicine, optic thalamus in the brain may regarded as Ajna Chakra.



### Situation

According to the modern medical science, optic thalamus is part of the brain which is situated in the base of our skull. From Optic Thalamus, two optic nerve arise. The place of Ajna Chakra May be regarded in the Crossing of two optic nerve where in the most important endocrine gland called pituitary gland is situated.

### DISCUSSION

Chakras are the crux of the system and also called energy centers or energy organs. The Sanskrit meaning of Chakra is: "wheel of light." They are located at the main branching of the nervous system. They serve as collection and transmission centers for both subtle, and metaphysical, energy and concrete, or biophysical, energy. The Modern medical pituitary gland is present exactly in the same place where the ancient Yogic Ajana Chakra is thought to be situated. From the discription of the modern pituitary one can easily understand the importances of the Ajna Chakra. As we have already seen, Ajna Chakra is thought to control all the internal and external activies of our body. Hence it is rightly called as Ajna Chakra which gives order (Ajna).The modern medical pituitary gland is aptly called as the bandmaster of the endocrine orechestra which control all the other endocrine gland in our body. This striking similarity between the Ajna Chakra and the modern

medical pituitary endocrine gland is really wonderful !!. In Yoga science such concertaion method of AjnaChkara or third eye is advocated by Khecjari Mudra or Shambhavi Mudra in which concentration of both open eye is made in the centre between the eyebrows where in the modern nodle point is also thought to be situated. This striking similarty between the Yoga science and the modern medical science interlinks yoga with the modern psycho-neuro-immonology. Yoga science has regarded that Ajan Chakra has got only two branches(Dala). Modern medical optic thalamus of the same place has also got only two branches.The external marking of both the Ancient Ajna chakra and the modern pituitary gland and optic thalami in the Brain in the centre between the, two eyebrow wherein the Third eye is also thought to be situated.

### CONCLUSION

Chakras are energy transformers, capable of shifting energy from a higher to a The Ajna Chakra associated with the pituitary glandlower vibration and vice versa. Ajna Chakra or third eye is correlated with pituitary gland. In this Chakra we are able to acquire many psychic abilities, and it varies on which level we open our third eye. Ajna Chakra is best balanced through meditation and Pranayama. pituitary gland is known as the master gland as its control the entire glandular System. Ajna Chakra also control the all chakra hence it is called the guru Chakra. All the above fact lead to the unbreakable interlink between the very important six yogic Ajna Chakra and the modern medical optic thalamus and pituitary gland. anodel point is a place where in the recepercentres in our brain are more concentrated. The place of this modern nodal point is exactly the same as that of the Ancient Yogic Ajna Chakra.

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