



MANIPUR CHAKRA: A FUNCTIONAL AND MYSTICAL ANATOMY AFFECTING HUMAN HEALTH

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ABSTRACT:

We have made by five bodies, 'Manomaya Sharira' is one of them and that is made by thousands *Nadis* but *Ida*, *Pingala* and *Sushumna Nadis* are major, called subconscious mind (Subtle body) and it is stratified into seven dimensions (Seven *Chakras*), in which 'Manipur Chakra' (Umbilical plexus) is more significant. The Umbilical plexus is variable but however it is located in the umbilical plane, amid L-3 and L-4 of spine which cannot be seen being a subtle entity. Our *Prana-vayu* is always connected with umbilical plexus, called *Samana Vayu*. There are four stages like breathing, gestation period, deep sleep and *Samadhi*, during and it all micro breathing is going on from *Manipur Chakra*. It is the centre that connects to body. It is the centre of fear that plays a major role in metabolic activities and cause of many incurable diseases. *Manipur Chakra* is transitional state of mind between conscious and subconscious mind. The mechanism of *Chakra* is firstly derived from *Upanishads* and *Shiva* school of *Tantra* tradition in India. The human's life has been seen as a totality of pleasure by the Indian medicine and Indian philosophy which is called 'Swasthya' that means 'Constant in it-self not the health' and that is the higher conscious state of mind where not any mental or physical disorder. And while modern medical science is based on the treatment of only physical body and it is notable that 'Swasthya' and 'Health' both are the different term.

Keywords: Swasthya, Nadis, Samadhi, Prana-vayu, Tantra.

INTRODUCTION:

The *Chakras* (Plexuses) are centre of the mystical energy which is gradually seated on the vertical axis of spine from the downward to upward direction. Our life is fully governed by *Chakras* system. As we connect with physical world by using the seven knowledge sensory organs and same like that there seven *Chakras* (Plexuses) in the astral body connects us with the subtle world. And order to the mechanism of umbilical plexus and pineal gland is the connecting device between physical and astral body^[1].

Basically the Indian Medicine is based on two conception first *Sthula Sharir* (Physical Body) and second *Tantra Sharir* (Astral Body). On one hand the physical body has been explained by Indian *Ayurveda* from the medical point of view, led by *Charaka* and *Sushruta Samhita*, and other hand the astral body has been explained by Indian *Tantra* (Occult) from the mystical point of view, led by *Tantra* school of *Natha* and *Siddha* tradition. But we will talk here the *Manipur Chakra* in context of *Tantra Sharir* (Astral Body) particularly^[2].

In accordance with the mystical medicine, the '*Tantra Sharira*' (Astral body), one of five bodies is known as *Manomaya Sharira* (Outer subconscious mind) in which there are thousands *Nadis* which makes seven *Chakras*

(Seven Plexus) in the astral body parallel with spine in which the third more significant *Chakra* is called '*Manipur*', and that mean 'City of gem' or 'Centre of fire' and Centre of fear. Anatomically it is known as Coeliac or umbilicus or solar plexus that is variable but however it is located in the umbilical region. It can be seen only by way of deeper practice of *Tantra Yoga* or clairvoyant technique in the guidance of real spiritual master (*Guru*)^[3].

About the Chakra system:

As our physical body is made of sensory and motor nerves system and same like that, In accordance with Indian philosophy, *Yoga* and *Tantra* tradition our subtle body is made by thousands invisible *Nadis* system, and *Nadis* are made by etheric elements i.e. quantum elements. The Pranic energy to be entered from cosmic strata to thousands invisible *Nadis* via *Sahasrara Chakra*, and this cluster of *Nadis* joint each-other on the various seven point from downward to upward axis parallel with spine, called subtle body as a result the seven *Chakra* came into existence that can be seen by method of clairvoyant and deeper *Yoga* practice, and that is connected to different-different state of consciousness which is given bellow^[4,5].

1. *Muladhara Chakra*: Sacral Plexus -
2. *Svadhithana Chakra*: Hypogastric plexus -

3. *Manipura Chakra*: Coeliac plexus

Above three are related to transitional mind between conscious and subconscious state (Sleep, Deep sleep and Swoon state of mind)

4. *Anahata Chakra*: Cardiac and pulmonary plexuses - Outer subconscious mind.

5. *Vishudha Chakra*: Various nerves plexuses in neck - Inner subconscious mind.

6. *Ajna Chakra*: Hypothalamo-hypophyseal axis - Collective unconscious mind.

7. *Sahasrara Chakra*: Cranial cavity of upper head - Cosmic conscious mind.

Our mind regular travels among above seven *Chakras* or different state of consciousness, bellow the *Ajna Chakra*, the mind is in matter form and above the *Ajna Chakra*, the mind is in energy form. On state of the consciousness of *Ajna Chakra*, any object or matter can be transformed into energy as the Einstein has proved in their doctrine ($E= mc^2$) and that is my personal experience also in the deeper *Yoga* [6]. These all *Chakra* has been seen and got ESP (Extra sensory perception) by the many *Yogi* and *Yoga* practitioners [7].

***Manipur Chakra* and Black energy:**

Naturally our subtle body is jointed strictly with physical body through the *Manipur Chakra* (Novel plexus) because here the 7200 *Nadis* make junction. Due to, facing sudden horrible scenery or sudden to be feared at a time an inter-space in the novel plexus is

created on the junction of subtle and physical body so just subtle body is shrunk, as a result the negative soul (ghost) enters in our subtle body via this inter-space to fulfill their empty lust and desires who lives long period and it is occurs also in case birth to birth. This is called black energy or negative energy and some time we call that *Bhuta* (Ghost). And many times the negative soul creates mental disorder that is called psychosomatic diseases such as anxiety, over sexuality, addiction, mental phobia and many neurotic disorders [8,9].

The lower (Forth) subtle dimension, most near to us is the exporter of higher negative energies and which is easily accepted by us because most of people (Approx 80%) of world are directly or indirectly involve in the behavior of drugs, addiction, alcohol, meat, nonwage, pornography, violence, sexual activity, woolly wood movie, adult material, tight fit under garments and inner wears etc. and these all happening is cause the damage of *Manipur Chakra* as a result the negative soul attract to us and creates many personality and psychic disorders [10].

On one hand after death the Tama and Raja soul, called demons or devil go to the fourth subtle dimension (Negative dimension) where nothing is available for fulfillment of their desires, so they enter in someone body on

other hand *Sata* soul after death go to higher dimension (Positive dimension) where everything is available for their needs⁸. But in Indian medicine (*Ayurveda*), *Sushruta* was discussed the named *Bhuta vidya* in the chapter of *Sharirasthana* where the psychic disorders are discussed and causes by affecting negative soul^[11]. At Present time American society for psychic research and Cambridge society for psychic research are doing work significantly on the psychological and psychiatric disorder and in India spiritual science research foundation is also active in this field but in past theosophical society was numerous^[12].

Key role of Manipur Chakra:

The *Manipur Chakra* is the core centre of digestive fire, breathing and fear. The breathing pressure is regulated by this plexus instead of lungs in period of the gestation, frozen and '*Samadhi*'. It controls the metabolic rate also and along with it is very sensitive which can become cause of death while it injured or assaulted. The solar plexus controls many organs like: Liver, spleen, stomach, Duodenum, Kidney, Pancreas, Ileum, and Intestine. And there are many diseases, occurred while it becomes unbalance such as: As cites, Imitable bowel syndrome, Digestive sufficiency, Food poisoning, Psycho-somatic disorder etc. and thereby the solar plexus can

be reconciled by using the *Yoga* technique, chanting the '*Bijamantra*' and taking the appropriate food behavior in the routine life^[13].

Functional Anatomy of Manipur Chakra:

Anatomically, the *Manipur Chakra* is known as Coeliac, umbilicus or solar plexus and, its position is variable but actually, it is on the junction of third and fourth vertebrae of the lumbar spine. The *Manipur Chakra* is very sensitive, and it can become cause of death or danger for life while it injured/assaulted. There are many peripheral organs of the *Manipur Chakra* like- liver, spleen, stomach, duodenum, kidney, pancreas, ileum and intestine. If any component of this *Chakra* is broken or leaked, cause the sudden death. *Manipur Chakra* is the centre of fire, fear and *Pranic* energy in which the *Chakra* stimulates digestive fire, provides safety from fearful situation and connects body with soul by *Pranavavu* (Breath). The breath circulation during the gestation and *Samadhi* period is fully stopped and that is slightly driven from *Manipur Chakra* instead of lungs^[14, 15].

Socio-Medical aspects of Manipur Chakra:

For the rich, blissful and healthy life *Manipur Chakra* must be balanced, if this plexus occurs unbalanced by the any causes so it happen several challenges in the life which is given below-

- **Para-psychosomatic disorder and Abnormal behavior:** Our soul and body both are strongly inter-connected by the Manipur Chakra while this inter-connection are broken by any causes, so created an 'Inter-space' between the astral and physical bodies which rapidly attract the different type of black energy i.e. ghost from the fourth dimension of universe. And this black energy becomes cause of various Para-psychosomatic disorder and abnormal behavior^[16].

Incurable Diseases: The various viral and incurable diseases are occurred due to be unbalanced the solar plexus and along with the general diseases related this *Chakra* such as- As cites, irritable bowel syndrome, Digestive in sufficiency and Food poisoning and etc.

- **Mendacity, Hunger and Poverty:** Mendacity, Hunger and Poverty have spread at the wide scale on the globe that causes only to be unbalanced the umbilical plexus and their lord of this plexus is '*Laxmi*' (Goddess of wealth), connected from the seventh dimension of universe, is not in active mode.
- **Anti-social and unnatural behavior of human race:**

Whatever immoral, illegal, offensive, negative, unlawful, unnatural activities and other peculiar character of the human race in the civil society, most of them due to entrance of black energies by way of 'Inter-space' of the solar plexus that is rooted in the fourth dimension of universe such as- violence, mass-killing, genocide, robbery, rape, terrorism, racial conflict, bilateral dispute, smuggling, drug addiction, human trafficking, violation of human right, unnatural right, over sexuality, LGBT Issues, pragmatic culture and concerned hundreds of hundred trade and behavior of the human being^[17].

DISCUSSION:

There are two types of energy first Positive energy- that is reflecting continues from the fifth to tenth dimension of universe that is constructive by nature and cause of goodness and second Black energy- that is reflecting continues from the fourth dimension of universe that is destructive by nature and cause of evilness. Basically, the black energy is that person who has not taken rebirth for a long time due to not to be fulfilled their desire of previous life and fulfillment of it desires the ex-negative soul enters into another living body via inter-space of umbilical plexus. The

black energy (Ex-negative soul) can't be entered into everyone but it enters such a person who has inferiority complex, fearful nature, drug-addicted, violent nature, eating over meat, over sexual and using adult material etc^[18,19].

West projected soft domination and pragmatic culture in the recent era is destroying the local cultural and moral values in the different region of the world and consequently the solar plexus has been negatively affected at the large scale. Its major causes are modernism and post modernism ideology. Today we are suffering from many challenges like anxieties, depression, frustration, inferiority and superiority complex, hunger, poverty, conflict, violence, drug-addiction etc.^[20,21]. The globalization is created many mental and psychiatric diseases and highly affected to *Manipur Chakra* ^[22].

CONCLUSION:

The goal of human's life is to get pleasure in totality but the pleasure must come by the voluntary means and resources, and second things is that in this concern, it is most needed the strong and balanced relation between astral and physical body on the junction of *Manipur Chakra* for rich, blissful and healthy life. We should be considered such a technique like practice of deep Breathing, inter-discipline, *Yoga* and psychic therapy.

Quickly we must drop out the fearful nature, inferiority complex and self-guilty and other so many ethical rules should be followed in this concern.

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