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Spiritual Understanding of Muladhara Chakra – A Review Study

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Abstract: ***The earliest references to Shatchakra concepts in India begin with the early indications of the subtle body and can be found in the Upanishads' Tantra and Yoga writings. A good explanation is necessary to uncover the concept of several regulatory Chakras in the human body. Chakras are pools of energy throughout the body that circulate energy into the vital system and govern consciousness and many physiological and psychological processes within the human body. The purpose of this study is to investigate Muladhara Chakra and the meaning behind Chakras in order to improve comprehension and provide greater insight into the ideas. Chakras are not physical entities, and we cannot perceive this fine channel with our eyes. As The thorough knowledge of Muladhara Chakra, along with its structural correlation, is very essential for yogic understanding and its significance in our body. The paper reviewed the Muladhara Chakra on the basis of Vedic or ancient literature.***
Keyword: Subtle body, Muladhara, Shatchakra, Chakra, Yoga, Chakra energy

I. INTRODUCTION

The word "*Chakra*," which means "wheel of energy," is found in the ancient Vedic, Puranic, Upanishad, and tantric scriptures, which indicate energy centres that govern health, consciousness, spirituality, and the moral integrity of individuals. The human body is known to include six *Chakras*, which are arranged from bottom to top in the *Merudand*: *Muladhara, Swadhishthan, Manipur, Anahata, Vishuddha*, and *Agya*[1]. The first human *Chakra*, *Muladhara*, is what separates animal consciousness from human consciousness.

The word *Muladhara* is derived from the combination of two words: *Adhara*, which means base or foundation, and *Mula*, which means root. It refers to something that is the foundation of something and the source from which our personalities evolve. That's why it's also called the root *Chakra*. The *Muladhara* Chakra is seen as the foundational point of one's spiritual path and the rung-by-rung ladder to the other subsequent Chakras in the context of yoga, meditation, and other spiritual traditions. The *Chakras* have been represented as *Yantras*, and appear in the form of lotuses with a particular number of petals with *Beejmantra*, symbols, colours, and deities[2]. Although we have many modern conveniences, our lives are also more mechanical than they have ever been. People have lost his peace of mind in the midst of plenty. They have become more mentally stressed, which has also affected his physical health and balance. India has been practicing yoga as a powerful means of self-improvement for thousands of years. The description of *Muladhara Chakra* found in various *Yoga Samhitas* has focused more on its spiritual aspect. So, it is an attempt to explore its structural anatomy along with its spiritual significance.

II. LITERATURE REVIEW

The *Muladhara Chakra* is said to be in the '*Kand'* place just between the genitals and the anus (perineum). More precisely, the area of *Muladhara Chakra* is 4 angula, 2 angula above the anus, and 1 angula below the penis[3]. The Root *Chakra* energetic core differs somewhat for men and women: in men, it is located just within or above the perineum, while in women, it is located on the back of the cervix[4]. *Muladhara Chakra's* Visual Aspect Similar to a lotus with four blood-red petals, these petals contain the letters *Vam, Sham, Sam*, and *Sham*. At the middle of the lotus lies the quadrangular zone of *Prithvi Mahabhuta*, with the *Bijakshar*: *Lam* and *Bija* Bearer: Airavata (King of Elephants) encircling a rectangle that contains an inverted triangle[5]. *Muladhara* is a triangular space in the midmost portion of the body, with the apex turned downwards like a young girl's *Yoni*. It is described as a red lotus of four petals, situated between the base of the sexual organ and the anus. "Earth" evolved from "water" is the *Tattva* of this *Chakra*. The *Muladhara Chakra* is a repository of diverse psychophysical energies that are triggered by *Prana*. when the element's flow transfers energy from one *Chakra* to the other. *Prana* operates on two levels: the subtle and the gross. Every *Tanmatra* force is symbolised by a seed sound that consists of power and frequency.

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A. Synonyms

1) *Tantra*: *Adhara, Brahma Padma, Bhumi Chakra, Chaturdala, Chatuhpatra, Muladhara, Mooladhara, Mula Chakra, Mula Padma*
2) *Vedas (*late *Upanishads): Adhara, Brahma, Muladhara, Mulakanda*
3) *Muladhara Chakra* associated with the following[6] Symbolism specific meanings, characteristics, and locations in the body.
4) Element – *Prithivi* (Earth); nourishes us
5) *Sensory Organ/ Senses- Nose/ Smell*
6) *Beej Mantra- Lam*
7) *Power: Stability & Security*
8) *Petals: Four; Manage 4 psychic functions: Man, Buddhi, Chitta, Ahankar*
9) *Animal: An Elephant with seven trunks*
10) *Deities: Ganesh, Shiv, Brahma and Dakini*
11) *Shakti: Dakini*

In *Ayurvedic* perspective, according to location, the Root *Chakra* is also closely associated with the *Vata*, which is present in the lower abdominal and abdominal areas. If any Individual has an imbalance in *Apanavata*, this will indicate that the *Muladhara Chakra* needs attention[7]. The Muladhara Chakra is home to Dakini Shakti. This creature has four arms and red eyes. This radiates brightness like a multitude of glowing suns. Tattvagyan and Shuddha Buddha are always enlightened by this[8]. The Svayambhu-Linga of the *Muladhara* and the Devi *Kundalini*, who surround it in serpentine shape, are manifestations of the dual principles of Shiva and Shakti, which in their dual form pervade the entire cosmos and are present in man. The Shabda-Brahma manifests as *Prana* (breathing beings), the Devi *Kundalini* in the human body, and appears as letters. The radiant life force known as *Jiva-shakti*, or *Kundalini*, appears as *Prana*. She has three and a half coils and sleeps in the *Muladhara Chakra*.

B. Modern Review

The perineum, or area between the anus and the genital area, is said to be the location of the *Muladhara Chakra*, which is thought to be situated at the base of the spine. It is situated deep under the midpoint of the line between the scrotum and anal opening in men and that between the vagina and anal opening in women. The yogic description of *Muladhara Chakra* and particularly its connection with *Kundalini* suggests sexuality as its primary physical manifestation, and therefore this *Chakra* is linked with the gonads, with testosterone in men, which is primarily made by the testes[9], and with oestrogen and progesterone in women.

III. DISCUSSION

It is important to keep in mind that different lineages and schools of thought within the yoga and Tantra traditions may have varied interpretations and understandings of the *Muladhara Chakra*, its constituents, and its deities. Therefore, in order to obtain a more horough and accurate grasp of these concepts based on their particular teachings and practices, it is often required to confer with a skilled teacher or guru within a particular tradition. Frequently regarded as the base *Chakra*, the *Muladhara Chakra* symbolises our link to the material world and offers a feeling of steadiness and protection. In this situation, it could be crucial for those who don't feel rooted or linked to their lives. The earth, also known as our "mother" and our base, is the *Chakra* and is what gives us energy. The *Muladhara Chakra* serves as the foundation and beginning point of our spiritual development, much as the womb of a mother provides the necessities for a foetus's development. It is the base from which we ascend the *Chakra* ladder and the source from which we derive our spiritual sustenance. Because of this, it is believed that the *Muladhara Chakra* is crucial for laying a strong foundation for both spiritual and human development. *Nasa,* or *Ghranendriya,* is the *Adhishthaan* of *Prithivi Mahabhuta* that has the property of *Gandha*. The earth element dominates the body's chemistry when breath flows from the nostrils. The *Muladhara Chakra* reflects the colour of its element and surroundings. Petals are Associated with purity, enlightenment, and spiritual development, the lotus blossom is a widely used emblem in many spiritual traditions. The *Muladhara Chakra* lotus, with its four petals, may represent the flowering or awakening of a person's spiritual journey from the base or root. The number four has multiple symbolic meanings, such as: four cardinal directions—North, South, East, and West—standing for the compass's four points. They also stand for the four aspects of the psyche that start in this Chakra: mind (manas), intellect (buddhi), consciousness (chitta), and ego (ahamkara). This *Chakra* deity is Lord Shiva, in his incarnation as Pashupati Mahadev, the "Lord of the Beasts," signifying the victory over the lower nature. Lord Shiva stands for emancipation and consciousness, and the eradication of everything detrimental and negative can also be synonymous with liberation[13].

The Ganesha is connected to the *Chakra*. As the lord of all beginnings, Ganesha is invoked for protection. Parvati ji created Ganesh ji from the dirt of her body and mixed it with the soil, which can relate to the earth element of *Muladhara Chakra*. He can break through barriers with the help of his four arms. The parents of Ganesha are Shiva and Parvati. Dakini is a dual feminine being or entity that may alternate between being a loving Goddess and an evil demon that devours flesh and vital essence. She can also be a threat to humanity or, conversely, a helper on the path to spiritual enlightenment[15].The Muladhara Chakra is represented by an elephant with seven trunks. In Indian mythology, the elephant is the carrier of Brahma, the creator, who bestowed wisdom and creation upon the elephant. Elephants generally stand for prosperity and wisdom. The seven trunks of the elephant stand for the seven fundamental *saptadhatus*, as well as the seven earthly minerals and valuable stones. Shabda, or sound, is the source of the Brahmanda and a property of Brahman. The term *Bija* is applied to monosyllabic *Mantra* because they are the fundamental component of *Mantra* and the germ of the fruit, *Siddhi*[16]. According to the Maheshwar Sutra, the earth element is originated by "LAM," which is called the *Beej Mantra* or *Beejakshar* of *Muladhara Chakra*. Deity is the *Mantra* itself.

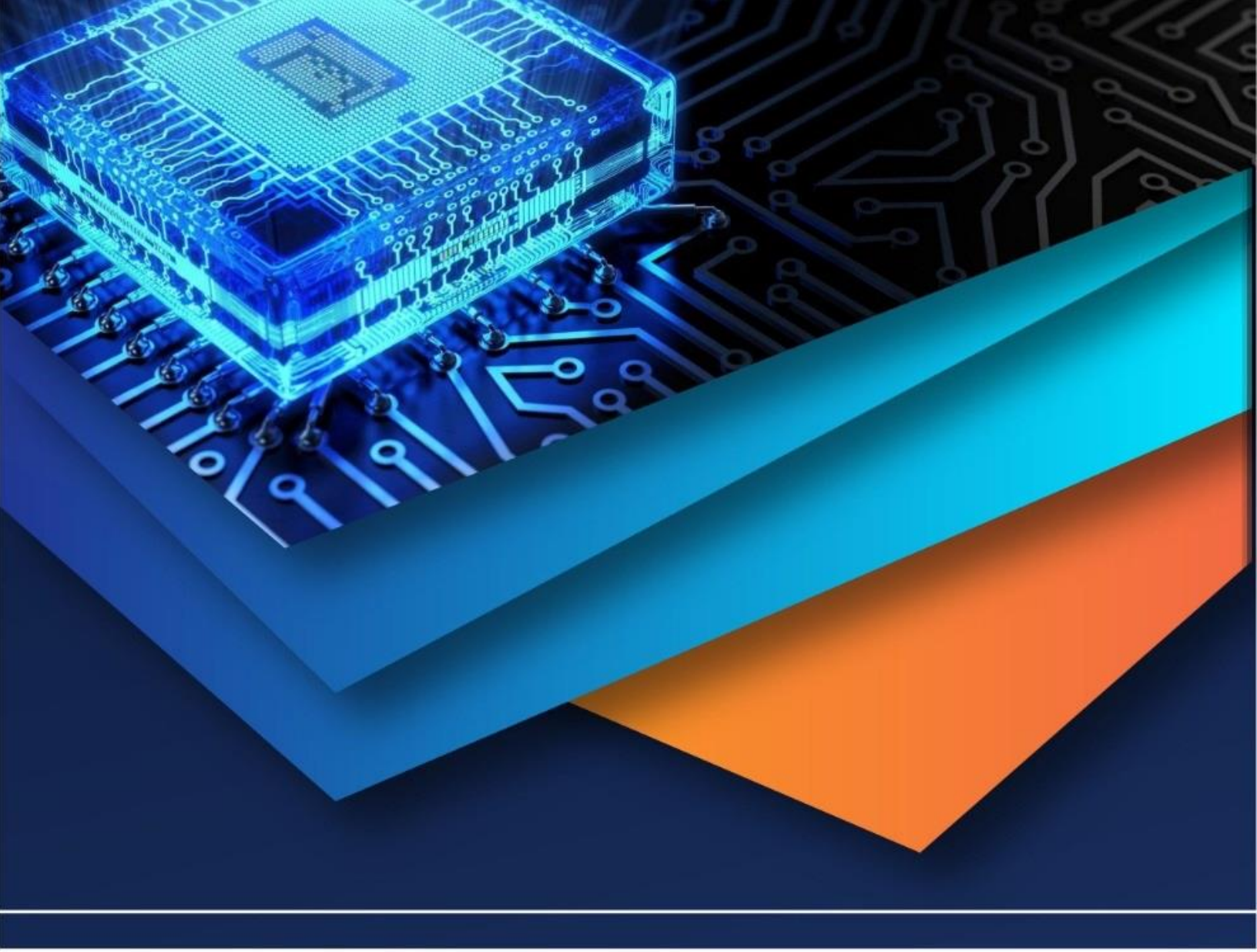
The worshipper awakens and vitalizes the *Chakra* to follow the *Bhutshuddhi, Shatkarma, Yama,* and *Niyamadi* practices with the chanting of the appropriate mantra by *chit-shakti* to the particular Devata whose presence is to be invoked in the *Yantra*[17]. Awakening of this *Kundalini means the* transformation of bioenergy *Kundalini from a* static or dormant state into an active or kinetic nature. The *Kundalini* that resides in the Root *Chakra* carries soul information from lifetime to lifetime. Living a life that will help ground the Root *Chakra* is especially important for those who are actively working on their spiritual development. *Muladhara Chakra* supports all other top *Chakras* in our body, much like the basal root of an upper tree. This dormant energy awakens, lifts its head, and flows freely into the channel of *Sushumna*. *Prithivi* has the qualities of solidity and inertia.. Yantras help the meditator develop a deep inner experience in meditation and in life. The dormant powers and energy in these chakras can be purified, balanced, strengthened, and activated.

IV. CONCLUSION

The *Muladhara Chakras*, which have the capacity to influence a person's health, emotions, consciousness, and spiritual development, are believed to be the site of interaction between the physical and subtle bodies. It is essential to balance the root chakra before addressing the other chakras because, without it, we lack the stability and sense of rootedness necessary for personal growth. Numerous spiritual and energy-based systems, including yoga, Tantra, and energy healing, depend on the connection between the *Muladhara* and the *Sukshma Sharira*. The root *Chakra* or *Prithivi* element, is the stabilising factor that allows the other elements and *Chakras* to develop in a balanced manner. If the root Chakra is unbalanced, it will be more difficult for you to clear and work on the other Chakras effectively.

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