

A Critical Review on Muladhara Chakra

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ABSTRACT

Throughout the body, chakras are centers of prana energy. In the human body, they serve as channels for energy to enter and leave. By regulating the flow of energy, different types of physical energy, mental energy, emotional energy, and spiritual energy can be regulated. There are seven major chakras in the human body. They extend from the base of the spine to the top of the head and each serves a particular purpose. As far as anatomy is concerned, each chakra is composed of two plexuses and subplexuses, which correspond to specific organs and their supply lines. Therefore, it is necessary to identify every anatomical structure related to chakras. The Muladhara chakra is the first chakra on the chakra pyramid. Due to its location at the base of the spinal column, Muladhara chakra is the foundation from which we ascend the Chakra ladder. The majority of muladhara chakra literature showed different anatomical, physiological, and spiritual aspects. A possible correlation between muladhara chakra components and the inferior hypogastric plexus has been discovered. One of the basic necessities of life is the Muladhara chakra.

KEYWORDS: Chakra, Energy, plexus, Muladhara chakra, Inferior hypogastric plexus.

I. INTRODUCTION

The word "wheels of light" is chakra. These are energy centres located throughout the body that give a conduit for energy to enter and exit our bodies as well as help to manage all sorts of energy flow, including physical, mental, emotional, and spiritual. In our bodies, we have seven major Chakras. Along the spine, there are seven Chakras, each of which has a distinct function. These Chakras may anatomically resemble nerve plexuses with a range of functions depending on where they receive their supply. These plexuses resemble the spokes of a wheel.

Muladhara Chakra is the first of seven chakras and is located at the base of the spinal column. It is located at the base, hence the name root Chakra and offers the foundation of existence as well as the strength to withstand challenges.¹

Efforts have been made in this exploratory literature review to describe the hidden aspects of muladhara chakra with clarifications.

II. MATERIALS AND METHODS

All references regarding the muladhara chakra have been gathered from the Vedas and yogic literature.

The modern literatures from Books, various journals were also explored.

MULADHARA CHAKRA

The Muladhara Chakra is located between the anus and the genitalia. It is connected to the Sushumna's (spinal cord) mouth and is placed under the genitals and above the anus. Muladhara Chakra is shown as a golden square lotus encircled by eight sparkling spears on each side, with four crimson petals (dala) at each corner.²

- Number of petals – 4
- Colour – Red
- The region of Tatva - Prithvi
- Presiding dev - Ganesha
- Goddess - Dakini
- Bija Mantra - Lam
- Letters of petals – vam, sam, sham, sham

Muladhara chakra is the meeting point of three major nadis: Ida, Pingala, and Sushumna. These nadis are represented by the chakra's downward facing triangle. All the nadis emerge from the kanda, which is located at the point where the sushumnanadis connect with the muladhara chakra.³



Figure 1: petals of Muladhara Chakra with its related symbol

We can easily state that the spinal cord was called susumanadis when we study the construction, location, and function of the spinal cord and susumanadis. It extends from the muladhara chakra to the brahma randhra chakra. (head region).

Muladhara chakra is a triangular space in the centre of the body, with the apex pointing downwards like a yoni. It contains a source of energy known as Dakini shakti, which represents the sensory impulses travelling through the neuronal plexuses.⁴

Shiva is the divine power of the muladhara chakra. Lord Shiva is associated with awareness and liberation. Liberation also entails the elimination and annihilation of all negative and harmful elements. Lord Shiva maintains control over the animal powers. The muladhara chakra separates animal and human awareness, and it is here that the transition from sleeping to awakened, creative, conscious occurs. As a result, the first chakra is where spiritual evolution starts.⁵

Bija mantra of muladhara is LAM. We resonate with the energy of the associated chakra when we chant the bija mantras, which helps us concentrate on our own instinctive knowledge of our body and its needs.⁶

Anatomical position

Muladhara chakra is said to be situated near the base of the spinal column, beneath the sacrum, near the coccygeal plexus, with its superficial activation point between the perineum and the coccyx. The area below the genitals and above the anus are just markers, but the entire pelvic region (perineum) is muladhara chakra territory. The triangular structure of the muladhara chakra is supported by data from ancient literature. Muladhara chakra is represented anatomically by the inferior hypogastric plexus.⁷

Table 1: Different authors view regarding correlation of Dala of Muladhara chakra with various plexuses

Petals (Dala)	Correlated plexuses			
	According to Dr. Athwale ⁸	According to Dr. Mahendra ⁹	According to Mauroy et al. ¹⁰	According to Joshi BC. ¹¹
Vam	Inferior hemorrhoidal plexus	Inferior hemorrhoidal plexus	Inferior hemorrhoidal plexus	Middle hemorrhoidal plexus
Sam	Vesical plexus	Vesical plexus	Vesical plexus	Vesical plexus
Sham	Spermatoc plexus/uterine Plexus	Spermatoc plexus/uterine Plexus	Uterine Plexus	Cavernous nerves
Shham	Prostatic plexus/vaginal Plexus	Prostatic plexus/vaginal Plexus	Vaginorectal plexus	Prostatic plexus/vaginal Plexus

