

MANIPURA CHAKRA

Manipura Chakra, also called 'Solar Plexus' is located at the tip of Xiphoid cartilage. The development stage commences at two years and extends up to the age of four. Development of Manipura chakra depends on the development of the lower two chakras Mooladhara and Swadhishtana Chakra. Both are meant for grounding since both earth and water, the elements associated with the above mentioned chakras are passive and dense. The dense stage is gradually transformed in to light stage. The fact that fire is the element associated with Manipura chakra, energy tends to move upwards. Ascending movements indicate dynamism. Movement indicates action and activity. All these are indicative of dynamism and genesis of ego at emotional level and body growth at physical level.

From 2-4 years, child starts moving away from the parents but continues to be conscious of the protection afforded by the parents. It is a transcendental stage from unconscious action to conscious action. Child starts to understand the language and starts reacting. This development stage is very crucial for grooming the child for his future.

Development of Manipura chakra is associated with the growth of the body and mind. Development of body includes muscular power and growth of brain. As the muscular power develops, the movement becomes more vigorous and is sometimes termed hyperactive. Active movements with parents' guidance make the child realize what he should do and should not. The absence of the guiding force (like uncaring parents) allows the child to become either too uncontrollable or too dull. Invariably such children land in school for special children.

Another aspect of the development is communication. The child starts talking, understands the language of the mother and starts responding. All these are associated with growth of brain. More positive information fed to the child, exposure to the society, listening to others, music etc. gradually gets registered in the brain. As the child starts developing these skills, the neurons in the brain multiply resulting in the growth of brain. Since what is fed to the brain through the five senses are processed through the mind and gets registered in the developing brain, this stage is development of ego, individuality, autonomy and character. In this crucial stage, if the child is exposed to violence, suppression of emotions, unhealthy domestic environment, these emotions get registered permanently in the subconscious mind of the child.

Excessive Manipura chakra symptoms may be anger, irritation, hatred resulting in the child's misbehaviour, disobedience, violence. Irritation of the mind paves way for autonomy, aggression, false ego, shame, insensitivity, over reaction and inflexibility. Suppressed emotions may manifest as psychological disease. Sometimes the child may fake various types of illness to draw attention of parents.

Love, affection, happiness, healthy environment at home and in society make a child grow as a healthy, ambitious, self dependent and good natured person. Deficiency in Manipura Chakra results in suppression of emotions. Deficiency makes a child grow with anger, jealousy, hatred, shame, lack of self confidence, lack of will power, avoiding responsibility, allowing others to decide for him.

Diseases

Physical diseases

Major part of digestive system is located in the upper part of the abdomen and the associated endocrine gland, i.e. pancreas

The organs are stomach, small intestine, liver, gall bladder, spleen and pancreas. The activities of all these organs are under the control of the Manipura chakra. At metaphysical level, it is the seat of wisdom. Hence it obvious that most of the diseases of gastrointestinal system are due to stress. Stress, anxiety, irritation, anger, jealousy, excessive sadness, fear weaken the Manipura chakra resulting in diseases in these organs.

Pancreas, being the associated endocrine gland, is the first to show the evidence of symptoms of Manipura chakra's involvement, either as congestion or depletion. Pancreas has both exocrine and endocrine parts. Exocrine part synthesizes several enzymes aiding digestion. Endocrine part of pancreas secretes hormones. The most important or most talked about enzyme is insulin, which is necessary for carbohydrate metabolism. Occasionally Exocrine pancreas may get inflamed-pancreatitis (acute or chronic). Sometimes it may develop tumor or cancer. Endocrine pancreas esp. insulin deficiency which is common results in diabetes.

Stomach – irritation of mind, stress, fear, sadness, anger may irritate the stomach leading to acidity, ulcer or cancer, diaphragmatic hernia, indigestion, weakening of sphincter leading to gastro oesophageal reflex disorder (GERD). Sometimes, allergy to certain food items may manifest as skin allergy, headache or migraine. Excessive anger, fear may result in high BP. In a few chronic cases, gastritis extends in to throat (cough), middle ear (pain).

Small intestine – mostly gastric ulcer extends in to the duodenum and gives rise to duodenal ulcer, cancer, excessive movement leads to intussusceptions Volvulus. Occasionally hernia, adhesions, develop as post operative complications

Liver- Due to weakening of Manipura chakra, immunity is lost resulting in liver diseases like jaundice due to hepatitis virus. Liver cancer, either primary or metastasis from other organs. Fatty liver, degeneration, excess of cholesterol are common conditions. Addiction to alcohol, drugs, smoke is due to lack of wisdom – weakens Manipura chakra – resulting in cirrhosis.

Gall bladder- inflammation, infection of gall bladder, gall stones are quite common; sometimes even warranting surgery.

Spleen – is part of immune system. Enlargement of spleen – usually seen in Malaria

Back Manipura Chakra - Lumbar region is controlled by back Manipura Chakra. Kidneys and adrenals are located in this region.

Lumbago, disc prolapse, back pain, sciatica, spinal injury, kidney failure, nephritis, renal calculi are diseases manifested in malfunctioning of back Manipura chakra.

Addison's disease, Adrenal tumour involves the Manipura Chakra.

Healing

Scanning Manipura chakra may reveal either depletion or congestion of the same. In cases where Manipura chakra is involved, invariably, Anahatha chakra also manifests blocks. Since Manipura chakra is at the junction of chakras for materialism. (Swadhishtana & Mooladhara) and spirituality (Anahatha, Vishudha, Ajna, Sahasrara) healing involves all the chakras initially. To raise Kundalini Shakthi, block in Manipura chakra has to be removed.

For children removal of blocks at Mooladhara and Swadhishtana chakras allows the Manipura chakras to function normally. This allows growth of the upper chakras at appropriate age. For hyper active children, heal Ajna, Manipura & Mooladhara. For dull, shy children, treat the lower chakras – Swadhistana, Mooladhara and Ajna.

For adults – Mostly chronic patients seek alternative medicine and for them, all the chakras to be cleansed. Specific chakras – Manipura and Ajna chakra are to be healed.

For back pain, disc prolapse, sciatica, back Manipura, back Swadhishtana & Mooladhara chakras are to be energized.

For deaddiction, emotional disturbance like anxiety, uncontrollable anger, excessive sadness, stress, heal Manipura chakra and Ajna chakra for inducing wisdom and calming the mind.

Meditation on Manipura chakra can heal both physical and psychosomatic diseases. For e.g. stress has resulted in congestion of Manipura Chakra. This has resulted in block for the flow of energy to the lower chakras and congestion of Anahatha and Vishudha. The symptoms are hyper activity, gastritis, weakening of sphincter, back flow of hydrochloric acid in to the oesophagus, in the thoracic region (controlled by Anahatha chakra) causing irritation, burning sensation in the chest. The acid may sometimes reach pharynx (throat) controlled by Vishudha Chakra, causing throat

irritation and cough. In these types of cases, Ajna, Vishudha Anahatha and Manipura chakra are to be healed for total recovery. A number of such cases have been healed successfully.



Manipura

Chakra -Manipura (seat of gold); Mani- Jewel, Pura- Place

Element - Fire

Endocrine Gland - Pancreas

Colour - Yellow

Development after birth - 2-4 years

Organs controlled - Physical - Pancreas, Stomach, Small intestine, Spleen, Liver, Gall Bladder, Lumbar Vertebra

Emotion - Wisdom

Mantram - Ram

**Dr.P.S.Lalitha
98400 44198**