

Swadhishtana Chakra

When a child is born, Mooladhara Chakra allows the newborn to survive under the protective care of the mother. The earth element keeps the child grounded. By 6-7 months, child's Swadhishtana chakra becomes functional coordinating with the Mooladhara chakra.

Swadhishtana chakra is located in the inner aura, at the lower abdomen. Sex chakra is the synonym of this chakra by its association with the endocrine organ, testis (in males) and ovary (in females). By six months, child starts crawling and before two years, it starts walking. This is the stage of probing the outside world. As the body grows, crawling to standing, walking is in continuous sequence. As the child starts walking, he moves a little away from the mother, but at the same time, expects protection when there is fear.

Swadhishtana chakra is associated with the sense of touch. It is easily understood when we see a child walking and trying to touch objects, identifying and feeling them. As the organs of motion becomes functional, enabling the body to walk, the tendency to explore by touching the objects increases. The child experiences different kinds of sensations by touch, which gets registered in the subconscious mind. At this stage, body learns to correlate sensations, actions and reactions in to an organized sense of self.

Linking the experiences at this stage (6 months to 24 months), results in primary connection between mind and body. Tender protective care, proper response from the parents, especially from the mother for guiding is essential. The lack or response leads to disinterest and the child loses the sense of expression. The vital connection between experience and life is lost. Rigidity, disinterest, emotional failure are the net results. Emotion is the first language of the child when Swadhishtana chakra starts blooming. Since sex organs are associated with pleasure, sexual abuse can produce emotional numbness. Emotions and sensuality are to be handled with gentle care. Numbness may result in hatred towards sex or marriage.

It is obvious that Swadhishtana chakra (sex chakra) is associated with touch and pleasure at childhood. The action and reactions registered in the mind and body at this tender age decides how and what or she would be as an adult. A balanced Swadhishtana chakra in adulthood can be recognized by the person's behaviour. As sensation of touch, locomotion, emotions are registered between the age of 6-24 months, the person with a well balanced Swadhishtana chakra would show emotional stability. His movements would be smooth. He can appreciate and respect the emotions of others. He knows how to enjoy materialistic pleasures with boundaries.

How to correlate sex chakras' traumas with a person's behaviour?

The traumatic experiences in early childhood i.e. at the commencement of the chakra's functioning, are permanently registered in the subconscious mind. Sometimes, the reactions are expressed immediately or subconsciously may be exhibited during adult life.

Suppression of emotions at this tender age may result in rigidity in walking, stammering, shyness etc.. These symptoms may manifest either in childhood or in adulthood. The child may lose interest in learning, enjoying the pleasures of life, like taking proper care of self, dressing neatly or socialize with other children and deny himself the joys of life.

In contrast, the child may develop a sense of addiction, like indulging in sexual abuse, alcohol addiction, emotional imbalance. The pleasures of life, denial of love in early stage reflect in the later stage. For such people, pleasure is derived through addiction to alcohol, excessive sexual urge and they are emotionally imbalanced.

Diseases related to Swadhishtana chakra.

Physical diseases

As the chakra is associated with the sex/reproductive organs, malfunctioning of this chakra relates to diseases associated with these organs. In women, ovary, not only produced ovum but also synthesizes oestrogen, development of secondary sexual organs and other hormones for ovulation and maintaining pregnancy.

In puberty, regular menstrual cycles, ovulation, fertilization, pregnancy, normal foetal growth, delivery, undeveloped breasts depends upon ovaries, controlled by this chakra, which in turn is controlled by the ajna chakra (pituitary gland).

Diseases commonly encountered in case of ovary – excessive or deficient production oestrogen which leads to other diseases. Delayed puberty, irregular menstrual cycle, excessive bleeding, infertility, ovarian cysts, tumor or cancer are often reported.

Fallopian tube – tubal block is a common disease

Uterus –infertility, infantile genitalia, abortion????????????

Fibroid, tumor, cancer.

Cervical cancer has been identified as a common problem after menopause.

Menopause is a normal physiological process in a woman's life. Of late, hormonal treatment or hysterectomy or both are advised. But the body has the capacity to balance itself, if given sufficient time. Out of fear, treatment is given for menopause which leads to several complications, including breast tumor.

Diseases of male reproductive organs.

Testis is the major organ. Due to hormonal imbalance, sperm reproduction would be less. Inguinal????????? Hernia, androgen deficiency or excess, prostate liquid gland enlargement, cancer are common diseases.

In addition to reproductive organs, large intestine and part of the urinary system ie..urinary bladder and urethra are located in the lower abdomen.

Large intestine is the terminal part of gastro-intestinal system. Constipation is common to all age groups, which in the long run may lead to appendicitis or piles. Diarrhea, ulcerative colitis, crohn's disease, irritable bowel syndrome, colon cancer are diseases resulting due to the malfunctioning of the Swadhishtana chakra.

Healing is directed towards balancing all chakras and correcting Ajna, Swadhishtana and Mooladhara chakras.

Part of the urinary system, urinary bladder and urethra are also located in the lower abdomen and are controlled by Swadhishtana chakra. Common disease encountered are urinary infection, calculi, nocturnal enuresis, urinary incontinence, urethral stenosis etc..

HEALING

Scanning the Swadhishtana chakra reveals either deficiency or congestion of sex chakra. Based on this, the Swadhishtana chakra has to be healed.

The body mind coordination commences at the time of commencement of Swadhishtana chakra. Since the mind is also affected, the disease could be physical or psychosomatic. Physical diseases listed above are due to malfunctioning of sex chakra. As this chakra is dependent on the Mooladhara chakra and both are controlled by Ajna chakra, all the three chakras are to be cleansed or remove the negative energy and then healed by cosmic energy. Emotional trauma and suppression may manifest psychosomatic disease. Rigidity in walking, stammering, emotional instability, shyness, infertility, sexual abuse, alcoholism, urinary incontinence, nocturnal enuresis, irritable bowel syndrome, not enjoying life, obsessive compulsive disorder(OCD) are diseases of childhood. In early childhood, difficulty in walking, speech, autism, hyperactive are few of the diseases.