

Role of *Manipur Chakra* in polycystic ovarian syndrome- a case report

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ABSTRACT:

BACKGROUND

Manipur chakra is a solar plexus situated in abdominal vicinity and influences various abdominal organs to perform their functions like digestion and hormonal secretions. The present case focuses on stimulation of *Manipura* chakra through various yoga poses and *beej mantra* meditation which varies according to chakra.

AIM

To evaluate the effect of Manipur chakra stimulation in polycystic ovarian syndrome through *yogasanas*.

MATERIAL AND METHODS

A study of 27 year old female patient diagnosed as PCOS is made to perform the asanas influencing Manipur chakras and beej mantra meditation for 3 months everyday for 45 minutes under the guidance of a yoga instructor.

Ultra sonography of ovaries is done before and after completion of 3 months.

OBSERVATION

The course leads to the withdrawal of periods after 3 months, and continuation of process for 3 months leads to reversal of PCO symptoms and clear ovaries.

CONCLUSION

Yogic poses and pranayama that influences the pancreas governed by Manipur chakra has significant role in changing the autonomic activity either sympathetic or parasympathetic.

KEY WORDS - *Manipur chakra*, PCOS, *Yoga* poses

INTRODUCTION

This article is aimed to propitiate a better perspective of the application of ancient medical techniques in lifestyle disorder. To explain the importance of Chakra imbalances in the diagnosis and

treatment of the most varied pathology like Poly-cystic ovarian syndrome (PCOS).

Therapeutic Chakra

As per *Sushrut Acharya* Along with balanced *Dosha, Dhatu, Mala and Agni*, in Ayurveda, the functions of the sensory and motor organs and mind have been given special importance. When these are not in equilibrium and not discharging there functions properly, it will lead to a state of disease. The state of mental health is more important than physical health of a person. *Chakras* play an important role in maintaining the physical and mental health of a person by regulating the flow of energy (Prana).

Chakras are the circular vortex of energy lying across the seven different points on your spinal column. The seven *chakras* are related to different glands and organ in body for uniform distribution of energy. The six *chakras* explained in hath yoga and tantra yoga, viz. *mooladhar chakra, swadhisthan chakra, Manipur chakra, Anahata chakra, Vishuddha chakra, Gnyna chakra* as mentioned in *tantrika sharira*, are explained in relation with autonomic nervous system and various endocrine glands situated at that position.

Asanasa (Yoga poses) influencing *Manipur Chakra*

Postures performed on abdominal vicinity affects through a basic anatomical entity *Manipura Chakra*. *Manipura Chakra* can be correlated with coeliac plexus also called Solar plexus. *Yoga* poses for solar plexus are *Virabhadrasana* (warrior pose-I), *Paripurna Navasana* (boat pose), *Ardha Matsyendrasana* (fish pose), *Dhanurasana* (bow pose), *Urdhva Prasarita Padasana* (upward extended feet pose) and *Agnisar Kriya* (activity which causes stirring of abdomen) are best methods for regulation and activation of this *Chakra*.

Beejmantra Meditation

Seed Mantra meditation can be done by 'RAM' pronouncing as rum. Sitting away from any support in cross legged or lotus pose with deep breaths. Visualizing the color yellow in the region of the Chakra, 'RAM' should be chanted for three times followed by chanting of 'OM' for three times by which feeling of flow of energy vibrating from head to toe is perceived. This procedure can be repeated as per individual individual practice.

PCOD - Poly-cystic ovarian syndrome is characterized by endocrine, metabolic, and genetic disorders, chronic

absence of ovulation of poly cystic ovary and clinical and biochemical presentations of hyperandrogenism.

Delayed or irregular menses, insulin resistance and type 2 DM is common and entities important PCOS

CASE REPORT

27 years old unmarried patient was diagnosed with PCOS since 2015. In August 2019, Her BMI was normal. Latest USG report was of September 2019 and was showing poly cystic ovaries. Her constant complaints were delayed menses upto 4 months and heavy bleeding during menses for which she was put on hormone therapy by Allopath. She received hormones and other medications from Allopath for 3 years. She took withdrawal medicines intermittently .

Patient has stopped all medications at the end of 2018. After stopping all the medications, she suffered same complaints of delayed menses and menorrhagia along with stress in form of loss of interest in surrounding. She was advised *Beejmantra* Meditation. *Virabhadrasana* (warrior pose-I), *Paripurna Navasana* (boat pose), *Ardha Matsyendrasana* (half fish pose),

Dhanurasana (bow pose), *Urdhva Prasarita, Padasana* (upward extended feet pose) and *Agnisar Kriya* (activity which causes stirring of abdomen) *Vajrasana, Shashankasana, Ushtrasana, Marjariasana, Padhastanasana, Dhanurasana, Trikonasana, Pawanmuktasana, Ardhamatsyendrasana, Mayurasana and Paschimottanasana* along with basic life style changes which are for continues 21 days, which lead to withdrawal of periods after 3 months. With diet changes and continuation of procedure for 3 months, followup USG reports did show the normal ovaries. During three months of *Yogasana* and meditation patient got the second period with one month gap. The complaint of loss of interest gradually subsided. Female started feeling sense of well being as she continues the practice during the period of 4 months.

DISCUSSION

Manipur is third *Chakra* which consists of cluster of nerves having structure like sun rays radiating from center. "On a physical level, *chakras* are associated with the major nerve plexuses and endocrine glands in the body. Many *Asanas* have particularly powerful and beneficial effect on one or more of these glands or plexuses; *Chakras* are not the

physical entity and reside in energy body, but help us to understand the body functions and emotions. As they are psychoactive energy centers in human body they are directly related to physiological and psychological health of human being. The unavoidable stress in lifestyle has blocked the entire chakra system and imbalance in the energy flow causes various diseases. Mechanism of yoga effects is the most visible in the systems of *chakras* and *Nadis*, which specifically and the most directly correlates with nervous and endocrine system.

The *Manipur chakra* influences pancreas which is the key factor in insulin resistance of PCOS. Also as per Ayurveda *Raja* is *Upadhatu* of *Rasa* formed in GIT, Main are of *Manipur chakra*. Meditation Also Works through Cortisol thus managing stress of PCOS.

The ten subdivisions of coeliac plexus supply to different viscera of abdomen including digestive system. As *Moolsthana* of *Annavaha Srotas* (ANS) are *Amashaya* and *Aannavha Dhamanis*. This *Srotas* is controlled by coeliac plexus of ANS. The role of parasympathetic activity is major in case of digestion and metabolism. *Acharya Vagbhata* has rightly quoted 'all diseases are due to *Mandagni* (lack of digestive

power) and *Udara* (abdominal disturbance) like Practicing different poses of *Yoga* like Lion pose, boat pose have stimulation effect on ANS and set right their mechanism indirectly. In case of some *Aasanas* where abdominal pressure is raised the blood circulation to terminal parts of abdominal viscera also improves and the sub mucosal plexuses as stated earlier become operational too. The *Aasana* like *Vajrasana*, *Shashankasana*, *Ushtrasana*, *Marjariasana*, *Padhastasana*, *Dhanurasana*, *Trikonasana*, *Pawanmuktasana*, *Ardhamatsyendrasana*, *Mayurasana* and *Paschimottanasana* through its effects will regularize the ANS activity when it is perverted. Studies also reveal that the *Yogic* procedures and *Pranayama* has significant role to change or regulate Autonomic activity either sympathetic or para-sympathetic.

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