



Exploring the Connection between the *Manipura Chakra* and the Gut-Brain Axis

Dr. Krishna Kumari¹, Dr. Rakesh Kumar Sharma²

¹PG Scholar (3rd Year), ²Associate Professor

P.G. Department of *Rachana Sharir*, UPGIAS&R, Jodhpur, Rajasthan (India)

Mail – drkrishnachoudhary584@gmail.com

ABSTRACT

The *Manipura Chakra*, a component of the ancient Indian *Chakra* system, is frequently associated with the solar plexus region and is thought to play an important part in the balance of one's physical, mental, and emotional well-being. Concurrently, modern research has discovered the tremendous impact of the Gut-Brain Axis (GBA) on overall health, which connects the gastrointestinal system and the brain via sophisticated communication networks.

Manipura Chakra is the third *Chakra* in the *Shad Chakra* (six plexus), which is also known as the Solar Plexus. According to current anatomy, these *Chakras* are part of the autonomic nervous system and are produced from the medial division of sympathetic ganglia. *Manipura Chakra* regulates various digestive system activities, which are even influenced by psychosomatic diseases.

KEYWORDS - Irritable bowel syndrome, Gut-brain axis, Enteric microbiota, central nervous system, enteric nervous system

Introduction

The term "wheel" refers to the six energy centers within the body that psychics perceive to be spinning vortexes. Each *Chakra* is related with a gland, system, or type of consciousness in the body. When the *Chakras* are activated, they run up the *Chakra* column. As they travel up the spine, they increase in intricacy and spirituality, but each *Chakra* is significant. The lower *Chakras* are the foundation and are just as vital as the upper *Chakras*. Various exercises, meditations, therapies, and rituals are utilized to balance and align the *Chakras*, which in turn balances and aligns health and consciousness. *Manipura Chakra* is number three in the *Shad Chakra*, which is also known as the Solar Plexus *Chakra*. According to contemporary anatomy, these *Chakras* are formed by the autonomic nervous system and the medial division of sympathetic ganglia. *Manipura Chakra*, located at the navel, is thought to be the source of personal power, confidence, and self-esteem, expressing the fiery core of one's essence. The energy of the *Manipura Chakra* is considered to influence not just cerebral and emotional aspects, but also physical activities such as digestion and metabolism.

The Gut-Brain Axis, on the other hand, is a relatively new scientific idea that investigates the bi-directional communication network between the gastrointestinal system and the brain. Recent study has shown that the gut, also known as the "second brain," plays an important role in regulating mood, cognition, and overall health. This communication takes place as a result of a complex interplay of neuronal, hormonal, and microbial interactions.

Aim and objective- To analyze the connection btw *Manipura Chakra* and Gut brain axis

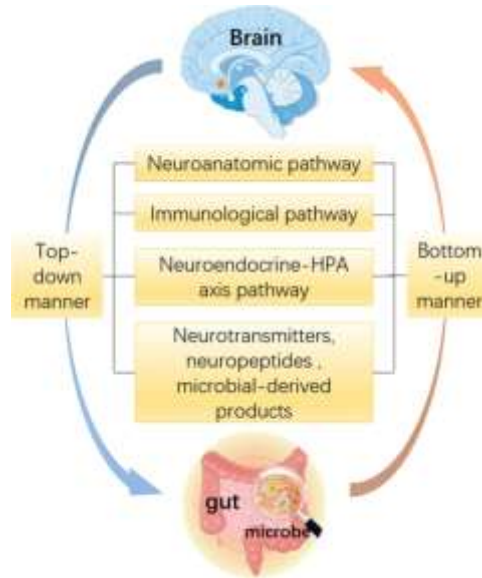
Materials & Methods- To interpret the connection of *Manipura Chakra* to gut brain axis, the literature of *Yogic* compendia as well as contemporary science and pertinent research papers are thoroughly analyzed.

CONCEPTUAL REASERCH

1. Traditional Perspective: *Manipura Chakra*

The *Manipura Chakra* is regarded to be the seat of our personal power and self-esteem in traditional Indian philosophy and *yoga*. It is related with the element of fire and is supposed to influence digestion, metabolism, and energy regulation. When this *chakra* is balanced, it is considered to provide confidence, self-worth, and the ability to take action in life. When it becomes obstructed or unbalanced, it can cause difficulties such as low self-esteem, digestive disorders, and a lack of motivation.

There is a definite relationship between the *Manipura Chakra* and the gut from a traditional standpoint. This *Chakra* is supposed to have a vital role in controlling the digestive system, and imbalances in this *Chakra* may appear as digestive disorders.



2. The Gut-Brain Axis from a Scientific Perspective

The gut-brain axis is a complex and bidirectional communication system that connects the digestive tract to the central nervous system (CNS), which includes the brain and spinal cord. This communication takes place via neurological, hormonal, and immunological channels. The enteric nervous system (ENS), also known as the "second brain" because of its large network of neurons in the gut, and the vagus nerve, which connects the gut to the brain, are important components of this axis.

The gut-brain axis is important in controlling different physiological and psychological processes, according to research in neurogastroenterology and psychoneuroimmunology. As an example

1. **Enteric Nervous System (ENS):** The gut contains a complex network of neurons known as the enteric nervous system, which is frequently referred to as the "second brain." The ENS regulates several GI activities on its own, including peristalsis (food movement through the digestive tract), release of digestive enzymes, and modulation of blood flow in the gut.
2. **Vagus Nerve** -The vagus nerve is the major neurological link between the gut and the brain. It is the longest cranial nerve, extending from the brainstem to the abdomen. The vagus nerve transmits impulses in both directions, allowing communication between the gut and the brain. It regulates several biological activities, including heart rhythm, digestion, and immunological responses.

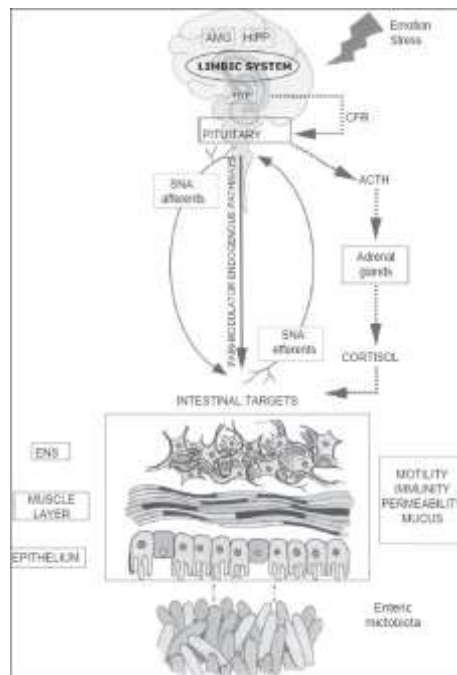


Figure- microbiomes gut brain axis

3. **Emotional and psychological factors;** might have an impact on gut function. Stress can cause changes in gut motility, increased permeability of the intestinal barrier, and changes in the makeup of the gut microbiota.

4. **Microbiota-Gut-Brain Communication:** The gut microbiota, a varied population of bacteria living in the gut, can create neurotransmitters and metabolites that regulate brain function and behavior.
5. **Hormonal Signaling:** Hormones and peptides produced by the gut can regulate hunger, metabolism, and other physiological functions. Hormones involved in hunger regulation, such as ghrelin and leptin, are produced in the gut and can signal to the brain.
6. **Neurotransmitters:** The gut produces a variety of neurotransmitters, including serotonin, which is involved in mood regulation. A large amount of serotonin is produced in the gut, and changes in gut serotonin levels can affect mood and behavior.
7. **Immune System:** The gut contains a major amount of the body's immune cells, and immune system activation in the gut can influence the brain and vice versa.

DISCUSSION

The interaction between the *Manipura Chakra* and the Gut-Brain Axis can be considered as a fascinating junction of Eastern and Western approaches to well-being from a holistic perspective that integrates traditional knowledge and current research.

1. Balancing Energy Flow:

- **Manipura Chakra:** In traditional practices like *yoga* and *Ayurveda*, balancing the *Manipura Chakra* involves working on the flow of energy (*Prana*) in this area. Techniques like *Asanas* (postures), *Pranayama* (breath control), and meditation can be used to harmonize the energy associated with the Solar Plexus Chakra.
- **Gut-Brain Axis:** Scientifically, when the gut-brain axis is in balance, it promotes overall health and well-being. This balance can be influenced by factors like diet, gut microbiota, and stress management. Practices that promote a healthy gut, such as a balanced diet rich in fiber and fermented foods, can contribute to this balance.

2. Emotional Resonance

- **Manipura Chakra:** This *Chakra* is associated with feelings of personal power, self-esteem, and confidence. Imbalances can show as anxiety, low self-esteem, or digestive problems, all of which can be seen as a reflection of one's emotional condition.
- **Gut-Brain Axis:** There is a proven scientific link between emotions and gut function. Stress and bad emotions can cause gastrointestinal issues, demonstrating how our emotional state can affect our gut. In contrast, gut imbalances can have an impact on mood and emotional well-being.

3. The Role of the Vagus Nerve:

- **Manipura Chakra:** The *Manipura Chakra* is related with the *Nadis* (energy pathways) in the body in traditional traditions. The flow of energy through the vagus nerve, which connects the gut and the brain, is a key part of *Manipura Chakra* balance.
- **The vagus nerve** is a major role in the gut-brain axis, according to science. It promotes bidirectional communication between the gut and the brain, impacting a wide range of physiological and psychological processes. Deep breathing and meditation, which activate the vagus nerve, may have a favorable effect on both the *Manipura Chakra* and the gut-brain axis.

4. Holistic Well-Being;

Manipura Chakra: By aligning the chakras and harmonizing energy flow throughout the body, traditional practices aim to achieve overall well-being. This method takes into account the physical, mental, and emotional elements of health.

Gut-Brain Axis: A holistic approach to health in modern medicine recognizes the interdependence of bodily systems, including the gut, the brain, and emotional well-being. Maintaining a healthy gut can benefit overall wellness by influencing not only digestion but also mood and cognitive function.

CONCLUSION

Finally, investigating the relationship between the *Manipura Chakra* and the Gut-Brain Axis provides an intriguing junction of ancient wisdom and modern scientific understanding of well-being. While these ideas come from various cultural and philosophical traditions, they all share fundamental themes and principles that highlight the interdependence of physical, emotional, and mental health.

Traditional beliefs relate the *Manipura Chakra* with personal power, self-esteem, and digestion, with activities such as yoga and meditation targeted at harmonizing energy flow in this area. Modern science, on the other hand, emphasizes the bidirectional link between the gut and the brain, which influences emotional and physical health.

The following are some key takeaways from this investigation:

- **Energy Balancing and Holistic Health:** Both approaches stress the need of balanced energy flow and holistic well-being. Achieving balance in these regions, whether through *Chakra* balancing or gut health, can contribute to overall energy and wellness.
- **Emotional Resonance:** There is a clear link between emotions and the Manipura Chakra as well as the Gut-Brain Axis. The importance of controlling stress and negative emotions is highlighted by the fact that emotional well-being can influence gut health and vice versa.
- **The Vagus Nerve's Role:** The vagus nerve acts as a link between these ideas. It is important in both traditional chakra rituals and modern understandings of gut-brain connectivity, providing opportunity for synergistic approaches to well-being.
- **Holistic Wellness:** Both traditions understand the importance of considering the mind-body link and the interplay of many systems inside the body. A holistic approach to well-being considers not just physical health but also mental and emotional factors.

References

1. N. J. Cooper, "A Brief History of the Chakras in Human Body," *Psychol. Rev.*, vol. 15, no. June, 2019, doi: 10.13140/RG.2.2.17372.00646.
2. S. Jha and S. G. Khedikar, "Influence of Manipur Chakra (Coeliac Plexus) on Annavaha Srotas (Gastro Intestinal Tract)," *J. Res. Tradit. Med.*, vol. 2, no. 4, pp. 113–116, 2016, doi: 10.21276/jrm.2016/183.
3. B. Hunt, *The solar plexus chakra. Create space publishing platform*, 2017.
4. W. P. Daniels Victor, Daniels N. Kooch, "The seven energy centers in your daily life," in *Awakening the chakras, Inner traditions/Bear*, p. 72.
5. Rhee SH, Pothoulakis C, Mayer EA, *Principles and clinical implications of the brain-gut-enteric microbiota axis* *Nat Rev Gastroenterol Hepatol* 2009; 6: 306-314.
6. Berrill JW, Gallacher J, Hood K, *An observational study of cognitive function in patients with irritable bowel syndrome and inflammatory bowel disease* *Neurogastroenterol Motil* 2013; 25: 918-e704.
7. S. Abaha, "Strengthen your mind, find inner peace and balance your aura through yoga, the 7 chakras healing and medication," *Create space independent publishing platform*, pp. 6–11.
8. L. Margaret, "Transform your reality using crystals, color, aromatherapy and the power of positive thought," in *Chakra awakening, U.S.:* Liewellyn worldwide, limited, 2011, p. 13.