

SHAT CHAKRAS – AIAPGET / NEXT EXAMINATION

- **Shat Chakras** are **six vital energy centers** located along the **Sushumna Nadi** (spinal cord) in the **subtle body**.
- They are part of **Yoga Sharira** and correspond to **psychophysical functions**.
- Mentioned in texts like:
 - **Shiva Samhita**
 - **Gheranda Samhita**
 - **Hatha Yoga Pradipika**
 - **Tantric texts**

Summary Table of Shat Chakras

No.	Chakra Name	Location	Element (Tattva)	Color	Beej Mantra	No. of Petals	Associated Gland
1	Muladhara	Base of spine (perineum)	Prithvi (Earth)	Red	Lam	4	Adrenal glands
2	Svadhithana	Lower abdomen (genital)	Apas (Water)	Orange	Vam	6	Gonads
3	Manipura	Navel region	Agni (Fire)	Yellow	Ram	10	Pancreas
4	Anahata	Heart center	Vayu (Air)	Green	Yam	12	Thymus gland
5	Vishuddha	Throat	Akasha (Ether)	Blue	Ham	16	Thyroid gland
6	Ajna	Between eyebrows	Mind (Manas)	Indigo	Om	2	Pituitary gland

Detailed Description of Each Chakra

1 Muladhara Chakra (Root Chakra)

- **Location:** Base of spine (perineum)
 - **Element:** Prithvi (Earth)
 - **Color:** Red
 - **Mantra:** Lam
 - **Petals:** 4
 - **Function:** Stability, security, survival
 - **Blocked by:** Fear
 - **Associated with:** Elimination, lower limbs, spine
 - **Awakening effect:** Instills strength and grounding
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2 Svadhisthana Chakra (Sacral Chakra)

- **Location:** Genital region (below navel)
 - **Element:** Apas (Water)
 - **Color:** Orange
 - **Mantra:** Vam
 - **Petals:** 6
 - **Function:** Creativity, pleasure, sexual energy
 - **Blocked by:** Guilt
 - **Associated with:** Reproductive system
 - **Awakening effect:** Enhances creativity and fertility
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3 Manipura Chakra (Navel Chakra)

- **Location:** Navel or solar plexus
 - **Element:** Agni (Fire)
 - **Color:** Yellow
 - **Mantra:** Ram
 - **Petals:** 10
 - **Function:** Digestive power, confidence, willpower
 - **Blocked by:** Shame
 - **Associated with:** Digestion and metabolic energy
 - **Awakening effect:** Improves digestion, self-confidence
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4 Anahata Chakra (Heart Chakra)

- **Location:** Heart center (mid-chest)
 - **Element:** Vayu (Air)
 - **Color:** Green
 - **Mantra:** Yam
 - **Petals:** 12
 - **Function:** Love, compassion, relationships
 - **Blocked by:** Grief
 - **Associated with:** Heart, lungs, immunity
 - **Awakening effect:** Promotes compassion and healing
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5 Vishuddha Chakra (Throat Chakra)

- **Location:** Throat
 - **Element:** Akasha (Ether)
 - **Color:** Blue
 - **Mantra:** Ham
 - **Petals:** 16
 - **Function:** Communication, expression, truth
 - **Blocked by:** Lies
 - **Associated with:** Thyroid gland, speech
 - **Awakening effect:** Enhances clarity and speech
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6 Ajna Chakra (Third Eye Chakra)

- **Location:** Between the eyebrows (bhrumadhya)
 - **Element:** Manas (Mind)
 - **Color:** Indigo
 - **Mantra:** Om
 - **Petals:** 2
 - **Function:** Intuition, insight, wisdom
 - **Blocked by:** Illusion
 - **Associated with:** Brain, pituitary, eyes
 - **Awakening effect:** Sharpens intellect, inner vision
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Associated Yogic Concepts

- **Kundalini Shakti** resides in **Muladhara**, and ascends through the Chakras during spiritual awakening.
- Chakras regulate **Pranic flow** and influence **psychosomatic functions**.
- Each Chakra corresponds to a **psychological emotion** and **specific endocrine gland**.

AIAPGET Focus Points

Topic Type	Example MCQ / Expected Q
Number of petals in Anahata?	12
Beej Mantra of Manipura Chakra?	Ram
Location of Svadhisthana?	Genital region
Element of Vishuddha?	Akasha
Ajna Chakra color?	Indigo
Chakra responsible for fear?	Muladhara
Chakra associated with fire?	Manipura

SHAT CHAKRAS – ONE PAGE SUMMARY

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2	Svadhishthana	Lower abdomen (Genitals)	Apas (Water)	Orange	Vam	6	Gonads	Creativity, pleasure
3	Manipura	Navel (Solar Plexus)	Agni (Fire)	Yellow	Ram	10	Pancreas	Digestion, confidence
4	Anahata	Heart center	Vayu (Air)	Green	Yam	12	Thymus	Love, compassion
5	Vishuddha	Throat	Akasha (Ether)	Blue	Ham	16	Thyroid	Communication, truth
6	Ajna	Between eyebrows	Manas (Mind)	Indigo	Om	2	Pituitary	Intuition, inner vision

KEY POINTS FOR AIAPGET

- **Total Chakras:** 6 (Shat Chakra)
- **Mentioned in:** Hatha Yoga Pradipika, Shiva Samhita, Gheranda Samhita
- **Energy Pathway:** Sushumna Nadi
- **Kundalini:** Resides in Muladhara, rises upwards
- **Beej Mantras:** Lam, Vam, Ram, Yam, Ham, Om
- **Most asked MCQs:**
 - Chakra with 2 petals → **Ajna**
 - Fire element chakra → **Manipura**
 - Chakra for speech → **Vishuddha**
 - Red colored chakra → **Muladhara**