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VISHUDDHI CHAKRA'S ROLE IN NECK PAIN: A STUDY OF FUNCTIONAL AND ANATOMICAL CAUSES

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ABSTRACT

The neck region's Vishuddhi-chakra plays a critical role in our overall well-being. This study aims to compile and integrate previous research to comprehensively understand how this Chakra influences neck discomfort. Understanding the Vishuddhi-chakra's impact involves exploring its functional and anatomical connections with various nerve plexuses in the neck. Throughout history, various medical systems have addressed psychosomatic diseases, with Indian medicine (especially yoga) focusing on the mind, formed by chakras and millions of Nadis. The Vishuddhi-chakra, as an essential component of the mind, plays a crucial role in psychosomatic health. Allots of relevant studies were included if they examined the role of the Vishuddhi-chakra in neck pain including its anatomical connections to neck pain. The findings reveal a strong link between neck discomfort and disturbances in the Vishuddhi-chakra, highlighting a psychosomatic cause often overlooked in traditional medicine. The positive effects of balancing the Vishuddhi-chakra emphasize the need to incorporate traditional healing practices into modern therapies, particularly for psychosomatic conditions like neck pain.

Keywords: Vishuddhi-chakra, Neck-pain, Nadi-nerve-plexuses, Indian-psychosomatic Disorders

INTRODUCTION:

The Manomaya-sharira (third astral body) one of our five bodies comprises thousands of

Nadis, but the more important ones are Ida, Pingala, and Sushumna. So the yoga is seen in

Ayurveda as a means for achieving Moksha [1]. Sukshma-sharira (astral-body) was regarded by yoga texts as a component of our body. It is not visible or touchable to us because our bodies' energy flows through them. The Sukshma-sharira (astral body) contains specific important locations known as "Pranic Centers" or "Chakras. The body's energy centers, known as Chakras are vital to preserving our overall state of physical, mental, and spiritual well-being [2].

Any discomfort in the neck's structures is referred to as neck pain. Issues with the neck can hurt social, psychological, and physical functioning. Extended computer use during daily work is a common excuse. Recreational pursuits are a factor in neck discomfort. Extended usage with round shoulders, seated in front of the computer, and the incorrect neck position alters the lordotic curve's natural neck, which results in a mismatch of muscles and, as a result, discomfort in the neck [3]. Together, these three Nadis are known as the subconscious mind or subtle body, and they are arranged into seven dimensions, or seven Chakras, of which the "Vishuddhi-chakra" is the most important [1]. The fifth – Vishuddhi-chakra (throat chakra) wherein 'Vishuddhi' means 'purity' is the energy portal connecting the head and the lower body, and the concepts of communication and expression govern it.

We can feel the vibration of sounds moving from our throats into the atmosphere throughout our entire body, not just our ears. Vishuddhi-chakra helps harmonize with these external and internal vibrations. Which controls the body's energy processing through temperature, growth, and metabolism; it is located in the middle of the neck, at the level of the thyroid gland. The mouth, jaws, tongue, pharynx, palate, shoulders, and neck are connected to it [4].

The neck region's Vishuddhi-chakra plays a critical role in our overall well-being. It influences not just the physical framework of our body but also the subtler aspects of our existence, such as our subconscious mind. This energy center, often referred to as the throat chakra, bridges the lower body chakras associated with material existence and the higher chakras, which relate to spiritual awareness and cognition. Understanding the Vishuddhi-chakra's influence requires delving into both the functional and anatomical connections it shares with various nerve plexuses within the neck, as well as exploring its profound link to the subconscious mind. Anatomically, the throat region houses a complex network of nerve plexuses, including the pharyngeal and cervical plexus, among others. These nerve clusters play pivotal roles in sensory and motor functions essential for

swallowing, vocalization, and neck movements [2] [5].

From ancient times till now, various types of medical systems have been developed to solve the psychosomatic diseases of humans. Indian system of medicine holds a special and unique place among those various therapeutic systems. The Indian yoga tradition has been entirely successful in treating psychosomatic disorders. It is known that modern medicine is not wholly successful in treating psychosomatic diseases because allopathic medicine considers the body to be the ultimate cause of psychosomatic infection. Thus, the entire therapy of modern medicine is based on the body, not on the subconscious mind. Since modern medicine does not believe in the existence of the soul, it is not a complete treatment. On the other hand, Indian medicine (especially yoga) treats all psychosomatic

diseases because yoga believes in the existence of the soul [6].

According to yoga, the cause of any psychosomatic disorder is the Karma of the Pancha-vikaras (jealousy, anger, hate, greed, attachment) acquired in a previous birth, as a result of which the ratio of Raja and Tama increases due to which Tridosha (Vatta, Pitta, Kapha) is produced, which is responsible for all kinds of psychosomatic diseases. Therefore, the therapeutic solution to all psychosomatic disorders is considered Indian Medicine. Since the root cause of all diseases is in our mind, and the mind is formed by Chakras formed by millions of Nadis, including Muladhara, Svadhishtana, Manipura, Anahata, Vishuddhi, Ajna, Sahasrara Chakras, where in, the Vishuddhi-chakra is an essential component of the mind [7].

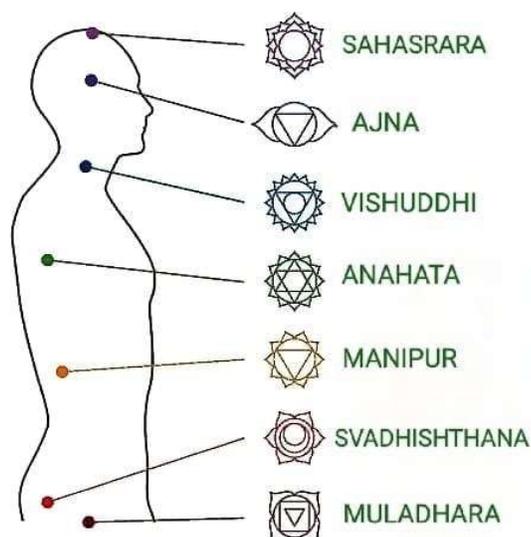


Figure 1: Shat-chakra

In the West, many people still do not recognize the energy linked to the body's Chakras because they think no scientific evidence supports their existence. Most people who work in modern medicine would not recognize it. All, nonetheless, acknowledge the existence of energy within the body. The mind is a thing to consider. Despite it being not easy to pinpoint its precise position within the body, everyone thinks that it exists. In the same way, one must embrace the idea of Chakras. Individuals who have experienced and believed in the reality of Chakras typically work in their therapeutic practices in addition to one or two complementary therapies, such as counseling and healing sessions [4].

METHODS:

A review methodology is used to investigate the Vishuddhi-chakra's role in neck pain, with an emphasis on its functional and structural reasons. The purpose of this study is to compile and integrate previous findings in order to get a thorough understanding of how this particular Chakra affects neck discomfort. An extensive lookup of electronic databases, including Google, PubMed, Google Scholar, and Cochrane Library, will be used to find pertinent publications. Indian medical system" will be used to find relevant papers. Studies will be included if they investigate the

role of the Vishuddhi-chakra in neck pain, as well as anatomical studies that link the Chakra's purported location and functions to neck health. All study types, from case studies to controlled trials, will be considered to capture a wide range of insights.

Criteria for Inclusion and Exclusion:

Studies that satisfied the following requirements were accepted:

- Peer-reviewed English-language articles.
- Research on the functional or anatomical aspects of the Vishuddhi-chakra.
- Studies investigating the connection between the Vishuddhi-chakra and cervical spine or neck pain.
- Books, Theoretical papers, clinical trials, or observational studies discussing the energetic influence of the Vishuddhi-chakra on musculoskeletal health.

Articles with empirical data or ones that addressed the Vishuddhi-chakra were excluded.

Extracting and synthesizing data:

A variety of study designs, sample sizes, methodologies, results, and essential conclusions on the function of the Vishuddhi-chakra in neck discomfort were taken from a few chosen studies. Subsequently, the

research was classified according to whether they focused on anatomical, functional, or both reasons. To emphasize recurring themes and inconsistencies within research findings, a narrative synthesis was employed.

RESULT AND DISCUSSIONS:

Analyzing from both functional and anatomical angles, the study investigated the function of the Vishuddhi-chakra in the presentation of neck pain. These results reveal a strong relationship between the frequency of neck discomfort and disturbances in the Vishuddhi-chakra, emphasizing a psychosomatic cause frequently disregarded in traditional medical methods. Vishuddhi-chakra is the energy center at the throat region [8]. A study discovered a strong link between techniques for relieving neck pain symptoms and balancing the Vishuddhi-chakra. These results point to the importance of the Vishuddhi-chakra, an energy center around the throat, in developing and treating neck pain, possibly via pathways involving energy flow and psychological balance.

Vishuddhi-chakra and Udana-vayu are located in the Kantha-pradesh (throat region) and regulate speech and growth. The function of Udana-vata is auditory work, and for this purpose, Kantha-pradesha is used. Vishuddha-chakra controls the function of Thyroid and parathyroid glands through

Udana-vata. When its energy gets blocked, the person is prone to sore throat, speech impediments, eating disorders, deafness, and thyroid imbalance. It establishes an interrelationship between the Vishuddhi-chakra and Udana-vayu [2]; all of the chakras are located along the spinal cord by anatomy, with the Vishuddhi-chakra located explicitly at the cervical part. This indicates that the chakra has physical and functional significance in the neck region. The cervical plexus is the source of nerve fibers that innervate the posterior and anterior regions of the neck, including this specific area [9].

These nerve fibers play a vital role in mediating the articulation and purity of sound, two aspects of the functions associated with the Vishuddhi-chakra. The chakra's extensive effect on this anatomical region is shown by integrating these nerves with the neck's muscles and other components [10]. Usually associated with speech production and purification, the Vishuddhi-chakra holds great spiritual significance in addition to its physical manifestation in the throat area.

The center of self-expression and purification is the Vishuddha-chakra, traditionally pictured as a sixteen-petalled purple lotus in the throat area. The thyroid gland is a gland in the neck that produces hormones. The thyroid gland is a gland in the neck that produces

hormones. Comprise two linked lobes. This Chakra is anatomically related to the thyroid gland. Tri-iodothyronine (T3), thyroxine (T4), and calcitonin are among the hormones secreted by the Thyroid that are essential for controlling anatomical and functional linkages may be the source of [11] the relationship between neck pain and the Vishuddha-chakra. Chakra disruptions may impact the thyroid gland's hormonal balance, resulting in developmental and metabolic problems that present as neck pain. Psychosomatic symptoms, such as persistent neck pain, might be caused by imbalances in the Vishuddha-chakra, which psychologically controls communication and self-expression. According to this study, treating Vishuddhi-chakra imbalances using conventional methods may offer a comprehensive method of treating neck discomfort that would supplement current medical interventions: g growth and development, protein synthesis, and metabolic rate.

Throughout history, a multitude of medical systems have developed to treat psychosomatic illnesses. The Indian medical system 'especially yoga' has a unique and potent place. The Indian yoga tradition differs from Western medicine system because it has proven highly effective in healing psychosomatic problems. Allopathic

medicine of today treats physical symptoms instead of treating underlying mental and spiritual causes since it believes that the body is the primary source of psychosomatic diseases. This body-centric approach, which downplays the importance of the subconscious mind and the soul, frequently fails to provide a complete resolution to psychosomatic diseases. Conversely, Indian medicine, especially yoga, provides a more comprehensive approach by acknowledging the soul's presence and impact on well-being. Yoga teaches that the accumulation of Karma from previous lives, especially the effect of the Pancha-vikaras (jealousy, wrath, hatred, greed, and attachment), is the primary cause of psychosomatic diseases. These negative feelings upset the equilibrium between the Raja and Tama characteristics, which causes an imbalance of the Tridosha (Vata, Pitta, and Kapha), which is thought to be the cause of many psychosomatic illnesses. Yoga's therapeutic approaches focus on the mind, closely related to the Chakras and energy centers of a web of Nadis (pranic channels). This helps treat these underlying issues. In this context, the throat-based Vishuddhi-chakra is essential since it regulates self-expression, communication, and emotional control. Disturbances in this chakra might appear as psychosomatic illnesses, especially those

about the throat and neck area. Through certain yoga practices, one can balance the Vishuddhi Chakra and bring harmony back to the mind and body, which can effectively alleviate psychosomatic disorders [7] [12] [13] [14].

An analysis of its anatomical and functional characteristics demonstrates a close relationship with neck pain and its underlying causes. From a yogic perspective, the energy that flows through the Vishuddhi-chakra influences these nerve plexuses, suggesting that imbalances in this chakra could potentially lead to physical manifestations, such as neck pain or discomfort. Through this particular lens, neck pain might be viewed as a symptom of deeper energy disturbances rather than just a physical problem. The connection between the Vishuddhi-chakra and the subconscious mind further deepens the complexity of understanding neck pain. It is thought that this chakra is essential to our capacity for clear communication and the expression of our deepest truths. Blockages or disharmony within the Vishuddhi-chakra can reflect unresolved subconscious patterns, thoughts, or emotions, manifesting physically as neck issues. This emphasizes the complex relationship that exists between our emotional and psychological states and our physical symptoms, supporting a holistic approach to

diagnosis and therapy. In essence, the Vishuddhi-chakra's role in neck pain illuminates the multifaceted nature of health, inviting consideration of both functional and anatomical causes alongside the energetic and psychological dimensions. Caring for the throat chakra and, by extension, the various nerve plexuses in the neck necessitates a comprehensive approach that addresses the physical, energetic, and subconscious aspects of our being. This holistic understanding not only paves the way for more effective management of neck pain but also enhances our overall well-being by fostering harmony between the body and mind [10] [15] [16].

CONCLUSION:

The study emphasizes the joint significance of the Vishuddhi-chakra and the cervical plexus in understanding the physical and functional reasons for neck discomfort. It makes a strong correlation between the two body parts. This relationship supports the idea of holistic health by connecting physical symptoms to energy or spiritual imbalances and creates opportunities for integrated therapeutic approaches.

The positive outcomes associated with balancing the Vishuddhi-chakra underscore the importance of incorporating traditional healing practices into modern therapeutic frameworks, especially for conditions with a

significant psychosomatic component such as neck pain. As highlighted by this study, an integrated approach that includes both functional and anatomical perspectives is necessary to manage neck pain and anomalies of the craniovertebral angle. With its emphasis on the physical body, modern medicine sometimes ignores the subtle, energetic aspects of health, which are essential to comprehending and managing psychosomatic diseases. By treating the underlying causes of these illnesses, which are believed to reside in the mind and spirit, the Indian yoga tradition, on the other hand, provides a comprehensive cure.

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