



**ORIGINAL RESEARCH**

**An Analytical Study of the Muladhara Chakra and Its Structural Correlation**

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**Abstract**

The Muladhara Chakra represents the very foundation of the human energy system, serving as the base from which the higher Chakras evolve and ascend. It is the root source of vitality and spiritual nourishment, grounding both the body and mind. Located at the base of the spinal column, this Chakra is often referred to as the Root Chakra, symbolizing stability, balance, and the fundamental connection with the Earth element.

From a structural perspective, the Muladhara Chakra corresponds anatomically to the sacro-coccygeal plexus, situated at the same vital region in the body. Positioned between the origin of the reproductive organs and the anus, it serves as the chief seat of Apana Vayu—the downward-moving life force responsible for the excretion of solid and liquid wastes and the regulation of reproductive and eliminative functions.

Spiritually, this Chakra represents the seat of dormant energy, known as Kundalini Shakti, which, when awakened, ascends through the central channel (Sushumna Nadi) to higher centers of consciousness. Understanding the Muladhara Chakra and its structural correlations provides deeper insight into its role as the physical and energetic root of the human system, bridging the gap between spiritual awareness and anatomical function. It reminds us that true spiritual evolution begins with grounding and stability at the most fundamental level of existence.

**Introduction**

The Sanskrit term *Chakra* literally denotes a wheel or circle; however, in yogic philosophy, it is more precisely interpreted as a vortex or dynamic whirlpool of energy. These Chakras are

considered subtle centers through which vital life force, or *Prana*, flows, maintaining harmony between the physical, mental, and spiritual dimensions of existence. According to various



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*Yoga Samhitas*, there are six principal Chakras arranged along the spinal column, each governing specific physiological and psychological functions.

Among these, the first and most fundamental is the *Muladhara Chakra*, which forms the foundation of the body's entire energy system. It is at this point that the individual's stability, grounding, and sense of security are established. The yogic tradition places great emphasis on balancing and awakening these energy centers, as spiritual evolution is believed to begin from the Muladhara itself. While classical texts often highlight the metaphysical and spiritual significance of the Muladhara Chakra, there remains a need to understand its anatomical and physiological correlates. The present study therefore endeavors to integrate traditional yogic understanding with structural anatomy, providing a comprehensive perspective that unites spiritual philosophy with scientific reasoning.

### Materials and Methods

The present study is based on a comprehensive review of authoritative classical texts, including *Rachana Sharir*, *Kriya Sharir*, *Yoga*, and *Swasthavritta*. These foundational Ayurvedic scriptures provided insights into both the anatomical and philosophical understanding of the human body and mind. In addition, relevant references from contemporary scientific literature, peer-reviewed journals, and credible online resources were consulted to establish a connection between ancient yogic concepts and modern anatomical science.

During the course of the review, it became increasingly clear that the *Muladhara Chakra* occupies a pivotal position among the *Shadchakras*, serving as the root and basis of the body's subtle energy network. This realization highlights the importance of exploring its structural and physiological correlations alongside its spiritual dimensions. Such an integrated approach not only enriches our

comprehension of yogic anatomy but also strengthens the bridge between traditional Ayurvedic wisdom and modern biomedical understanding.

### Muladhara Chakra in Ayurvedic Shastra

The Muladhara Chakra is situated at the very base of the spinal column, positioned between the root of the reproductive organs and the anus. It forms the foundation of the human energy system and is symbolically represented as a lotus with four radiant petals, each inscribed with a golden Sanskrit syllable. These four petals symbolize the primary aspects of human consciousness—Mind (*Manas*), Intellect (*Buddhi*), Consciousness (*Chitta*), and Ego (*Ahamkara*)—which collectively govern perception, reasoning, awareness, and individuality.

At the center of this symbolic lotus rests a luminous yellow square, representing the *Prithvi Tatva* or the element of Earth, enclosed within a deep red inverted triangle. This triangle denotes the inward pull of cosmic energy and the awakening of higher awareness, illustrating the balance between grounding stability and ascending spiritual force. Within this sacred space lies the dormant *Kundalini Shakti*, the coiled spiritual energy believed to reside in every individual. When awakened, this energy ascends through the *Sushumna Nadi*, uniting the physical, mental, and spiritual planes, thus initiating the journey toward enlightenment.

- Number of Petals: 4
- Color: Red
- Element (Tatva): Prithvi (Earth)
- Presiding Deity: Lord Ganesha
- Goddess: Dakini
- Bija Mantra: Lam
- Qualities: Joy, Purity, Integrity

### Anatomical Location and Nadi Correlation

According to Swami Satyananda Saraswati, the *Muladhara Chakra* serves as the root energy center of the human subtle body. In males, it is

functionally and energetically associated with the testes, while in females, it corresponds to the cervix, perineum, and anus. Anatomically, this Chakra is positioned just below the *Sushumna Kanda*, at the vital junction where the three principal energy channels—*Ida*, *Pingala*, and *Sushumna Nadis*—intersect. Its exact location is described as being approximately two fingers above the anus and two fingers below the genitals, marking the point from which the ascending current of spiritual energy originates. These three major Nadis form the central energy network of the subtle system. *Sushumna* represents the central channel corresponding anatomically to the spinal cord, while *Ida* and *Pingala* may be compared to the sympathetic and parasympathetic chains situated on either side. Together, they regulate the harmonious flow of *Prana* throughout the body, linking the lower energy centers to the higher ones within the brain.

Given its position at the base of the spinal column, the *Muladhara Chakra* shows a close structural correlation with the sacro-coccygeal plexus. Both share a common anatomical location and are responsible for fundamental physiological processes such as excretion, reproduction, and the maintenance of postural and energetic stability within the body.

#### **Anatomy of the Sacro-Coccygeal Plexus**

The sacral plexus is formed by the anterior rami of sacral nerves S1 to S4, along with contributions from the fourth and fifth lumbar spinal nerves. This plexus provides motor and sensory innervation to the posterior thigh, most of the lower leg, the entire foot, and part of the pelvis. Located on the posterior pelvic wall, anterior to the piriformis muscle, the sacral plexus converges toward the lower part of the greater sciatic foramen and forms a flattened band from which several major nerves arise—superior gluteal, inferior gluteal, posterior cutaneous, femoral, obturator internus, sciatic, fibular, tibial, and pudendal nerves.

The coccygeal plexus is formed by the union of the ventral rami of S4, S5, and the coccygeal nerve, uniting on the pelvic surface of the coccygeus muscle. The anococcygeal nerve arises here, passing through the coccygeus and sacro-tuberous ligament to supply the skin of the post-anal region. Nerves from the sacro-coccygeal plexus supply the pelvic muscles, anal organs, and perineum. The pudendal nerve specifically innervates the external anal sphincter, external urethral sphincter, and levator ani, and provides sensory input to the penis, clitoris, and perineal skin.

#### **Conclusion**

The *Muladhara Chakra* forms the foundation of the *Shadchakra* system and is responsible for maintaining several essential physiological and energetic functions of the human body. It governs the most fundamental aspects of life—stability, vitality, and survival—serving as the energetic base upon which the higher Chakras develop and function.

From an anatomical perspective, this Chakra can be closely correlated with the *sacro-coccygeal plexus*, as both share a similar location at the base of the spinal column. Each plays a pivotal role in regulating the excretory, sensory, and motor activities of the pelvic region, ensuring coordination between the physical and subtle energy systems.

Hence, the *Muladhara Chakra* may be viewed as both a spiritual and structural cornerstone of human existence. It symbolizes grounding, strength, and balance, while simultaneously representing the anatomical and physiological root of energy and vitality within the body. Awakening and harmonizing this Chakra are therefore fundamental steps toward achieving holistic well-being and higher consciousness.

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