



Review Article

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SCIENTIFIC EXPLORATION OF *CHAKRAS* AND THEIR THERAPEUTIC POTENTIAL IN CANCER IN PURVIEW OF BIOENERGETIC MEDICINE: A REVIEW

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ABSTRACT

Cancer is one of the most outrageous diseases of the present century. According to WHO, 9.6 million deaths in 2018 were due to Cancer which accounts for 1 out of 6 worldwide deaths. Out of these, 30-50% is preventable. Despite the modern scientific evolution, this enormous burden has not been reduced. The integrated approach of Cancer therapy is highly productive to improve quality of life and survival rate. To enhance the immunity of cancer patients, *Ayurvedic* treatment with a healthy diet, lifestyle modification, and mind-body medicine are beneficial. *Chakras* meditation is one of the tools to offer the optimal quality of life in cancer patients. *Chakras* are the “switches” in the path of energy flow in an individual, representing *Pranayama kosha* and are subtle. These *Chakras* in the body create a human energy field around each human being. Chakra’s healing is a highly established system of energy-based curative techniques that utilize “*PRANA*” to steadiness, harmonize and renovate the body’s vital energy. The foremost factor, i.e. *chakra* healing, is discussed in detail based on modern scientific knowledge. There is a massive impact of chakra healing in carcinoma as it is highly effective to improve quality of life.

Keywords: Cancer, *Chakras*, Non -Pharmacological Intervention

INTRODUCTION

In Cancer, abnormal cell growth symptoms spread to other parts of the body. Its signs and symptoms include abnormal bleeding, anorexia, prolonged cough, swelling or abnormal growth, weight loss, bowel movement changes, etc. According to the recent data of WHO, 9.6 million deaths in 2018 due to Cancer accounts for 1 out of 6 global deaths. Out of these, 30-50% is preventable. *Ayurveda* cancer is described either as inflammatory and non-inflammatory swelling or as *Granthi* or *Arbud* (minor or major neoplasm). The entire organ system is worked by *tridoshas* (*Vata*, *Pitta*, *Kapha*), balanced and essential for normal body function. In malignant tumours, *Tridoshas* gets aggravated and loses coordination, resulting in tissue damage and critical conditions. *Tridoshas* cause excessive metabolic crisis resulting in proliferation causes multiple diseases.¹ based on statistics, the leading type of cancers in the race as per mortality rates are-

- Lung Cancer – 18.4% of all cancer deaths i.e., 1.8 million
- Colorectal Cancer- 9.2% of all cancer deaths i.e., 881,000
- Stomach Cancer- 8.2% of all cancer deaths i.e., 783,000
- Liver Cancer- 8.2% of all cancer deaths i.e., 782,000
- Breast Cancer- 6.6% of all cancer deaths i.e., 627,000

Factors include certain processed chemical foods, stress, environmental pollutants, infections, exposure to ionizing radiation etc. The above factors lead to partly altering the genes of a cell. Scientifically many genes expression alterations are required before cancer develops. Although acquired genetic alterations predominantly accelerate cancer progression and initiation, it is clear that microenvironment-related epigenetic

changes play vital roles in neoplastic development. Epigenetics is defined as gene expression activity and expression that occur without alteration in DNA sequences but are sufficiently powerful to regulate gene expression dynamics. In contemporary science, cancer therapy is loaded with drug-induced toxic effects, hoping to cure the disease of the complementary and alternative medicine system.

Shadchakra healing therapy is a skillful approach that can ultimately lead us to balance our *Chakras*. *Chakra* is a gyrate sphere considered a point or nexus of energetic biophysical activity from the major nerve ganglia branching off the spinal column. Synchronizing the universal and human energy fields is crucial for the human body.² Disease can occur when its energy flow is disrupted or drained as the body experiences physiological and psychological changes. A stressful environment, life problems, losses, negative thoughts, or disquieting events can damage the Aura; they obstruct the flow of energy, causing gaps, and interrupting Prana, the life force shown into psychological symptoms such as depression, anxiety, and worry. *Chakras* curing therapies can help you reestablish the Prana in the system by corresponding the subtle body to restore health. In bioenergetic curing exercise, *Chakras* are the switches in the stream of energy flow that flows *Prana* perennial in *Nadis* (*Ida*, *Pingala*, and *Sushumna*) and correspondingly balanced sympathetic as parasympathetic activities and perform essential autonomous functions.

The central role of *Ayurvedic* medicine and alternative therapy is to find the leading cause of an illness. At the same time, the therapeutic approach of *Ayurveda* is divided into four groups *Prakritisthapani chikitsa* (individualistic treatment approach),

Rasayana chikitsa (antioxidant therapy for cells nourishment), *Roganashani chikitsa* (disease treatment), and *Naishthiki chikitsa* (spiritual method). Despite the current scientific advancements and achievements, this deadly disease has not been reduced. *The ayurvedic* approach of Cancer treatment is highly productive to improve quality of life and survival rate. Non-pharmacological therapy (*Daivavyapashraya chikitsa*) is the form of *Adravyabhuta chikitsa*, which maintains health and cures the disease in both ways, physically and mentally. *Adravyabhuta chikitsa* with *Dravyabhuta chikitsa* is an exceptional treatment procedure to get optimum and desired results in various pathological conditions and for maintaining the health of wellbeing. Multiple measures of *Adravyabhuta chikitsa* like Yoga, Mantra, *Pranic* healing Meditation.

To improve the immunity of cancer patients, *Ayurvedic* treatment with a healthy (*ahara-vihara*) diet, lifestyle modification, and mind-body therapy is beneficial. *Chakras* meditation is one of the tools to offer the optimal quality of life in cancer patients. *Chakras* are the “switches” in the path of energy flow in an individual, symbolic of *Pranayama kosha* and are subtle. These *Chakras* in the body create a human energy field around each human being. *Chakra's* healing is a highly emerging energy-based healing technique that utilises “PRANA” to balance, transform, and harmonise the body's vital energy. The foremost factor, i.e., *chakra* healing, is discussed in detail based on modern scientific knowledge. Numerous research throughout the world have separated the hidden mysteries of the physical body. Understanding of human body from an *Ayurvedic* standpoint is entirely different from the conventional understanding. *Chakras* are described as centres of the subtle body. Each *Chakra* is related to the physical body through the activities of the various glands and nerve plexuses. The anatomical correlation of each *chakra* to the nerve plexus and the glands are available in multiple ancient and modern literature. They are not made of nerves but are powerful and subtle energy centres. *Chakras* are an integral part of Yoga.³ These *Chakras* in the body create a human energy field around each human being. *Chakras* are physically unsegregated through gap junction mechanisms and arise during embryological development.

Scientific evidence provides tangible proof of the body's energy and its relation to health & wellbeing. There is explicit mention of treating *Prana* (bioplasmic body) in ancient science. Twelve *Prana- Agni, Soma, Vayu, Satva, Raja, Tama, Panchendriya, Bhutatma* ensure life to all creatures by its presence in the body explained by *Acharya Sushruta*.⁴ The National Institute of Health defines Bioenergetics as the scientific study of interactions between living organisms and electromagnetic fields, forces, energies, currents and charges.⁵ Bioenergetic medicine introduces the manipulation of bioenergetic fluxes to affect health positively.⁶ Bioenergetic medicine has been defined as a branch of integrative medicine that studies the therapeutic potential of subtle energies.⁷

DISCUSSION

Chakra balancing is a procedure that aims to balance and cleanse the life-force energy in a person's body. *Chakra* balancing can help people relax and may improve their quality of life. This therapy can be of great help in caring for cancer patients and reducing complications of the disease. The advancements in Cancer management techniques leave a significant imprint on the patients' minds and bodies. These therapies are expensive and harmful up to a certain level. Thus, hampering one at the physical and mental level. *Ayurveda* principle of maintenance of healthy and curing the disease is the actual need required in the present era. Therefore, Devoting much of our days to *chakra* balance

through meditation, *yoga*, aromatherapy, sound therapies, affirmations, and praying may not be realistic for everyone. But by being aware of these signs of an imbalance and invisible *chakras*, we can apply these new self-help methods beyond turning to things like food, alcohol or medication to tackle emotional and physical problems. Meditation can impact telomerase activity, and these activities prevent the type of telomere degradation typically associated with poor prognosis in breast cancer.^{8,9} Various researches have been done regarding the effect of *pranic* healing (bioenergetic medicine) in the 4th Metastatic cancer state¹⁰ and breast cancer¹¹. However, further studies are needed to discover the impact of *Shadchakras* healing on the additional clinically relevant step. *Sharira* is a broadly used term in *Ayurveda* that stands for *Rachana* and *Kriya*, and this study is called *Sharira Vigyan*. Most diseases are associated with psychological and pathological changes in the body, so the balanced condition of mind, body, and consciousness in *Ayurveda* is termed health. When one of them is affected, a lack of harmony further causes illness. The central role of *Ayurveda* and modern therapy is to find the leading cause of disease, while the therapeutic approach of *Ayurveda* is divided into four categories:

- *Rasayana chikitsa*, (restoration of normal function),
- *Prakritisthapani chikitsa* (health maintenance),
- *Roganashani chikitsa* (disease cure) and
- *Naishthiki chikitsa* (spiritual approach)

Despite the current scientific achievements and advancements, this deadly disease has not been reduced. *The ayurvedic* approach to cancer treatment dramatically improves the quality of life and survival rate. Non-pharmacological therapy (*Daivavyapashraya chikitsa*) is the form of *Adravyabhuta chikitsa*, which provide the cure of the disease and maintains health in both ways physically and mentally. *Dravyabhuta chikitsa* with *Adravyabhuta chikitsa* is an astonishing therapeutical procedure to get desired and optimum results in different pathological conditions and maintain health and well-being. Various measures of *Adravyabhuta chikitsa* like Mantra, Yoga, *Pranic* healing Meditation.

CONCLUSION

To improve the health of cancer patients, *Ayurvedic* treatment with lifestyle modification, a healthy diet, and mind-body therapy are beneficial. Now it is deciding to raise alertness and uplift implementation of *Ayurvedic* medicine to fight cancer and suggest an integrated approach in tumour treatment. Hence, mainly treat the patients by giving them a holistic approach and conventional therapy as therapeutic and supportive purposes both at the physical and psychosomatic levels. *Shadchakra* healing method is the most effective and practised psycho-immunological remedy for Cancer patients.

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