








# Chakra Summary

No. Chakra	Region	Symbol	Gland Corollary and Function	Yogic Description
7 Sahasrara	Crown		<b>Pineal gland</b> - The pineal gland is a small endocrine gland in the brain. It produces melatonin, a hormone that affects the modulation of wake/sleep patterns and photoperiodic (seasonal) functions.	<b>Spirituality</b> - meditative connection to God/Spirit/Universe, worship, prayer, enlightenment, freedom from attachments of people, emotions, things
6 Ajna	Forehead/eyes		<b>Pituitary gland</b> - The pituitary gland secretes hormones regulating homeostasis, including tropic hormones that stimulate other endocrine glands.	<b>Vision</b> - daydreaming, visualization, imagining, remembering, intuition, sensing without visual evidence
5 Vishuddha	Throat		<b>Thyroid gland</b> – controls how quickly the body burns energy, makes proteins, and how sensitive the body should be to other hormones.	<b>Conversation</b> - internal chatter, ability to maintain honesty in your actions, expressing yourself, planning responses
4 Anahata	Heart		<b>Thymus gland</b> - produces hormones that stimulate the production of certain infection-fighting cells. It is of central importance in the maturation of T cells.	<b>Relationships</b> - compassion for others, how are your relationships developing
3 Manipura	Solar plexus		<b>Adrenal gland</b> - secretes several steroid hormones, and epinephrine. Responsible for the production and release of adrenaline under stressful conditions,	<b>Activity</b> - accomplishments, what you're going to/should do
2 Swadisthana	Navel		<b>Pancreas</b> - secretes digestive enzymes and the hormones insulin and glucagon	<b>Emotions and Sexuality</b> – thoughts of romantic sex, how you feel about emotional events, longing
1 Muladhara	Genitals		<b>Testes (male)/Ovaries (female)</b> – the organs responsible for: (1) the production of testosterone and sperm in the male; and (2) the production of eggs in the female.	<b>Survival Issues</b> - thoughts of security, job/finances, home, your body, need for procreation