

Chakra and meaning	Physical location	Nerve plexus	Endocrine gland	Body parts associated	Physiological influence	Sense	Element	Colour
Muladhara – ‘root place’ or root centre	Perineum in male Cervix in female	Sacral - coccygeal	Coccyx tip	Base of spine, legs, feet large intestine.	Urogenital system	Smell	Earth	Red
Svadhasthana – ‘ones’ own abode or place’	Below navel around genital region	Sacrolumbar	Gonads in men and ovaries in women	Hips, sacrum, lower back, genitals, womb, bladder and kidneys.	Urogenital system	Taste	Water	Orange
Manipura – ‘lustrous gem’ or ‘fiery gem’	Behind navel. Some texts say a little higher near tip of sternum	Solar	Adrenal glands	Abdomen and digestive system.	Digestive system	Sight	Fire	Yellow
Anahata – ‘unstuck sound’	In front of heart or sometimes said to be behind sternum in centre of chest.	Heart	Thymus gland	Chest, heart, lungs, upper back, shoulders and arms.	Circulatory system/ respiratory system	Touch	Air	Green
Vishuddha – ‘purity’	In the throat	Cervical ganglia medulla	Thyroid and Parathyroid glands	Throat, neck	Respiratory system	Sound	Ether	Blue
Ajna - ‘perception’	Midbrain, behind eyebrow centre at top of spine	Hypothalamus, pituitary plexus	Pituitary gland	Eyes	Central nervous system	N/A	N/A	Indigo
Sahasrara- ‘thousandfold’	Crown of head, sometimes said to be just above crown.	Cerebral cortex, pineal plexus	Pineal Gland	Head	Central nervous system	N/A	N/A	Violet

Chakra	Awareness	Balanced	Imbalanced	Asana / Yogic practice	Mantra	Symbol
Root	Survival, grounding. Basic needs for survival - water, food, shelter, air.	Stability, trust solidity.	Lethargy, obesity, Haemorrhoids, constipation, Sciatica, varicose veins	Tadasana, Uttanasana, Vrksasana. Mula Bandha	Lam	
Sacral	Sexuality, sensual pleasures, creativity	Sexually satisfied, passion for life, playfulness.	Insecurity, isolation, over sensitivity, feelings of guilt, hysteria, impotence, frigidity, menopausal problems, urinary troubles.	Baddha konasana, Upavista konasana	Vam	
Solar	Will power, courage to bring change in one's life.	Able to take risks, inner power, self-confidence.	Little energy, low self esteem, intimidation, controlling, competitive, stubborn. Ulcers, chronic fatigue, digestive problems	Surya namaska, Navasana, Virabhadrasana I and II Agni Sara, Uddiyana Bandha	Ram	
Heart	Love, understanding.	Kind, compassionate, loving to oneself and others.	Unkindness, unforgiving, lack of compassion, loneliness, critical, intolerant, relationship troubles, asthma, lung and heart disease.	Backbends for under active to open chest, forward bends for over active.	Yam	
Throat	Communication, expression of one's inner truth.	In tune with ones surroundings, voice is full, listening skills are good	Stuttering, sore throat, stiff neck, thyroid problems, teeth grinding, jaw disorders.	Setu bandhasana, Salamba sarvangasana Ujjayi, Jalandara Bandha	Ham	
Brow	Clarity, wisdom, intuition	Clear mind, good intuition, good memory and dream recall	Headaches, hallucinations, nightmares, difficulty concentrating, poor memory, eye problems, difficulty visualising	Eye exercises, Tratak, 'Third Eye' gazing, Balasana, Matsyasana, Nadi sodhana	Aum	
Crown	Spirituality	Open to divine intelligence, inner wisdom, at peace with ourselves, oneness with higher power, union.	Spiritual elitist or inability to relate spiritually, closed mind, rigid beliefs, difficulty thinking, disassociated from body, materialism.	Sirsasana, Padmasana, Visualisation, chanting Aum.	Aum	

