

Meditation and Energy Chakra Balance: A Systematic Review of Scientific Evidences (PRISMA 2020)

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Abstract

This review looks at how meditation affects energy chakras, which is an idea that comes from ancient spiritual practices such as Hinduism, Buddhism and Ayurveda. This review attempts to bring together scientific and medical research on the topic to determine how it affects the charkas of the body and impacts general wellbeing. In order to connect traditional with modern science, this paper investigates the neurological, physiological and psychological changes in chakra balance due to meditation. A systematic search of PubMed, Scopus and Google Scholar identified 1297 articles relevant for reviewing but only 19 high-quality studies met rigorous inclusion criteria. How meditations works through different chakras has been Indian meditative lore. That calming effect and peace as you advance is a literal take away from this ancient tradition of meditation. Surprising, neurobiological studies have also shown to demonstrate meditative role of brain wave activity supporting its calming effect and possible cognitive enhancement. Moreover, how sleep quality improves with Ajna Chakra meditation in insomnia patient or loving kindness balances heart Chakra improving emotional health etc. Furthermore Kundalini Yoga or Nada Yoga apply chakra based meditation techniques that substantially improved physical, emotional wellbeing as well as wellbeing spiritual wise. Long-time research studies have shown how meditation promotes neuroplasticity changes, enhances cognitive functions, and boosts immunity. This article highlights the value of considering meditation as a whole health care intervention and its integration with standard medicine and psychology. Additional assessment is needed to see if mediation has long term positive effects on energy chakras.

Keywords: Chakra Meditation, Energy Healing, Kundalini Yoga, Neurophysiological Effects, PRISMA 2020

Introduction

Meditation, an ancient practice, has been hailed for its immense gains on mental, emotional and physical health for many years. Many types include the practice of energy chakra as central elements in meditation which are considered to be centers within human bodies that channel life being or prana. These chakras are believed to play significant roles in physical well-being, psychological balance and spiritual advancement by such spiritual and healing traditions as Hinduism, Buddhism and Ayurveda. In the recent past scientific investigations have sought to bridge traditional concepts with modern knowledge. Researchers have conducted investigations into the

impact of mediation on these energy centers along with insights from neuroscience and physiology.

This systematic review aims at pooling available scientific evidence about the influence of meditation on the energy centers (energy chakra balance) in terms of neurobiological, physiological and holistic health perspective. It does so to bring forth potentials of using meditation as therapy to facilitate overall well-being and bridge the gap between ancient practices and modern health sciences.

Significance of the study

This study is important because it can be used as a means to connect old spiritual activities with new scientific knowledge whereby an in-depth

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understanding of how meditation influences energy chakras and general well-being could be offered. The aim of this study is to explore the neural, physiological, and psychological effects of diverse forms of meditation towards justifying traditional ideas about chakra energy centers. One intention behind this investigation includes not only strengthening the credibility for meditation as an intervention for holistic health but also contributing to growing literature that calls for the inclusion of mind-body techniques into conventional medical-psychological therapies. Furthermore an understanding of how it can possibly affect our energy chakras opens up novel ways of disease prevention with management and control over our emotions to more spiritual personal development based holistic approach towards health and wellbeing agendas.

Objectives

Review purpose to assess the efficacy of meditation and its impact on energy chakras -

- How does Anjana Chakra Meditation affect sleep quality among patients experiencing primary insomnia?
- What are the Neuro-physiological changes linked with Chakra Meditation?
- Can Practice of Kundalini Yoga Meditation Enhance Cognitive Abilities?

Review question

How does yoga contribute to the regulation of Impact on Energy Chakras, and related health concerns?

Population	Intervention	Comparison	Outcome
The population is correlated with individuals who have engaged in yoga exercises and meditation.	The procedures consist of yoga exercises and meditation.	This comparative group comprises individuals who engage in yoga exercises and meditation.	The result is related to yoga exercises and meditation.

Table 1 PICO framework for a review question (Kloda et al., 2020)

Method

This review adhered to the PRISMA 2020 guidelines.

Literature search

The data collection was done systematically using PubMed, Scopus and Google Scholar. The search strategy used appropriate key words like “yoga,” ‘Kundalini Meditation,’ ‘Asanas,’ ‘Insomnia,’ “Crown Chakra,” “Chakra Medication,” “Psychosexual” and “Heart Chakra’ among others based on prior knowledge. Human studies published in the English language between 2004 and Nov 2024 were sought,

with exclusion of editorials, commentaries case studies, qualitative enquiries book chapters and book reviews. Duplicates were removed post initial search across the three databases. Titles of articles were then screened based on inclusion/exclusion criteria during quality assessment stage.

Inclusion/Exclusion Criteria and Analysis

This original review paper is a result of our research conducted to understand the impact of meditation over energy chakras. We included studies done on meditation and chakras published after year 2004, from various peer-reviewed journals and reliable online sources that have the participants above the age of 18 years. Only articles written in English language were considered and those done in languages other than English were excluded (Figure 1). The studies with no keywords ‘meditation’ or ‘energy chakra’ or ‘focused attention over specific body plexuses/plexus’, were not included. Studies published in academic journal papers were considered for our review and book chapters, book reviews, editorials, case reports, qualitative studies, conference proceedings/reports were deliberately avoided for stringent standard evidences as well as to make it more recent evidence to evaluate multifaceted benefits an

individual attains by concentration on energy centers-chakras through practicing meditation techniques.

Descriptions of all study findings:

For this systematic review, the selected studies focused on evaluation of effectiveness and impacts of yogic exercise while meditation and chakra balance was studied. After conducting search from three databases (PubMed; Google Scholar and Scopus) 1297 potential relevant references were obtained.

Post-consolidation of search results and removal of duplicates, 623 articles remained. Automation tools flagged 118 records as not meeting the inclusion criteria. The remaining articles were excluded when they were found to not meet one or more inclusion criteria after a full-text review by SR and SD (n=38). In total, 57 articles met the inclusion criteria in the second level screen resulting in 19 studies that met the final inclusion/exclusion criteria.

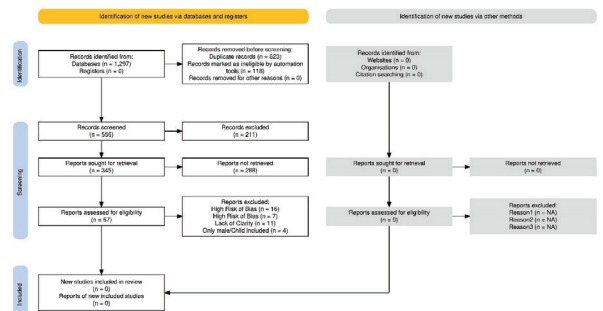


Fig.1 PRISMA flow chart 2020 (Haddaway et al., 2022)

Result and Discussion

Anjana Chakra Meditation and Insomnia

M. C. Rajalakshmi (2019) presented data from a study on "Efficacy of Ajna Chakra Meditation in Primary Insomnia." This research demonstrated significant improvement in sleep quality for patients with primary insomnia who practiced Ajna chakra meditation due to energy balance and pineal gland activation causing better melatonin secretion thereby improving sleep quality suggesting that chakra mediation particularly focusing at Ajna charka may show benefit as an adjunctive treatment for insomnia (Nd(Osm), Msc(Y&n), Pgdy, PgdM, Dnhe, 2019).

Loving-Kindness Meditations and the Heart Chakra

Fredrickson & Losada, (2005) examines positivity resonance effects of loving-kindness meditation on emotional well-being which impacts human flourishing as the heart chakra is caused to resonate more positively. This study demonstrates how these meditations can be used to improve our emotional health including relations with others.

Spiritual Enlightenment and the Crown Chakra

Walsh & Shapiro, (2006) integrate meditative disciplines with Western psychology and demonstrates how spiritual practices can enliven and balance the crown chakra. This article provides profound information on how meditation generate not only spiritual enlightenment but also mental health generally.

Neuro-Psychobiological Perspectives

Aftanas & Golocheikine, (2001) investigated the effects of meditation practices in brain activities specifically on theta and alpha waves. Their study reveals that meditation creates a state of emotionally positive inward-attention modifies higher theta and reduced alpha activity at anterior and frontal midline sites projecting continuation towards the neurophysiological basis for meditation's stress-reducing effect as well as it potentials to facilitate heightened conscious states.

Energy Healing Perspectives

Cho et al., (2019) examined the effects of chakra-based meditation to energy healing. Results showed a reduction in physical pain, increased energy, and improved emotional well-being with people receiving chakra meditation from trained practitioners. Objective evaluations including bio feedback and thermography have added evidence to participants' observed energetic shifts and associated healing benefits post-chakra meditation interventions.

Meditation and Short-Term Physiological Effects

A randomized controlled pilot study by Veerabrahmachar et al. (2023) reported significant increases in energy levels of the Muladhara, Manipura, Anahata and Vishuddha chakras after 45 minutes of

Nada Yoga meditation using sound frequencies to resonate with energy centers compared to supine rest, indicating the potential ability of Nada Yoga to potentiate the body's subtle energy systems.

Chakra Meditation and Long-Term Effects

Goldstein et al., (2012) conducted a longitudinal study, to explore longterm effects of chakra meditation among a sample of healthy subjects on a broad range of health outcomes; the results indicated that participants who practiced this method regularly experienced significant and

lasting improvements in physical health, psychological well-being and overall quality of life over one year period. This finding implies that regular practice of chakra meditation can have lasting holistic health benefits. Moreover, prolonged effects of chakra meditation were examined by Lazar et al., (2005) focusing on brain structure using magnetic resonance imaging (MRI). Results showed people with years of experience in meditating on energy centers displayed increased cortical thickness in regions associated with sustained attention sensory information registration interoception multitasking states the body is- "the insula".

Chakra Meditation and Immunity

Bat (2021) investigated the positive effects of Reiki, an energy healing modality that involves chakra rebalancing, on blood pressure, anxiety, and stress as well as on immune function. The results of their randomised control study revealed significant reductions in both blood pressure and anxiety levels related to Reiki treatments. This indicated that the sessions promoted increased relaxation and better management of stress among participants. Moreover, there was also evidence of enhanced immune function among participants suggesting that chakra-based energy modalities have an effect on some physical processes in health by interfering directly with the body's physical response to stress.

Suresh Shimpi & Jitendra Shimpi, (2023) and Res & 2021, (2021) explore traditional perspectives with the former showing how chakras were considered by Ayurvedic tradition and beyond the domain of anatomical constraints. Huang related deficient chakras to Dementia as well as Chakra dattayukteswaran/Mayana proposed that it is effective to resolve Qi imbalances using holistic practices for better treatment outcomes on dementia cases. Xiang et al., (2019) discuss treating energy imbalances in patients with cancer disease using Traditional Chinese Medicine explaining how restoring Yin, Yang, Qi and Blood balance are prescribed through diet counseling, acupuncture therapy interventions and homeothermal therapy practice and motivated reasons for treating patients with these cancers by looking at their other imbalance

symptoms positive effects from such study reinforces theoretical study. Sonesh & Krishnan also reported significant increase in athletes' root chakra energy level after applying 8 weeks meditation facts noted could suggest similar positive results occurphetamine use on sports games.

Mental and Physical Health Perspective

In a meta-analysis, Goyal et al., (2014) found significant effects of meditation programs in reducing psychological stress and enhancing well-being the evidence regarding the health

benefits of multiple meditation programs and reviewed randomized controlled trials, which suggested meditation also leads to a reliable boost in resistance to physical ill-health. Yoga practices that incorporate chakra meditations may lead to beneficial changes in health Ross & Thomas, reported that 87 Tibetan yoga practitioners showed lower levels of stress compared with a control group after assessment with the Perceived Stress Scale (Cohen et al., 1983) and the Symptom Check List – 90.

Kundalini Meditation on Anxiety

Khalsa et al., (2009) has explored the consequences of Kundalini Meditation in relation to anxiety and mental health. According to the authors, participants who performed Kundalini Meditation for a period of 12 weeks significantly reduced their anxiety levels compared to a control group improving on overall mental health and emotional regulation implicating that this type of meditation can be an effective tool connecting to managing anxiety.

Chakra meditation and Psychological Well-being

The study of Leichsenring et al., (2022) also examined the effects of chakra healing and energy therapy mental health. The findings show that people practicing Chakra Meditation became more emotionally stable, less stress, and had overall increasing well being. This highlight the potentiality of chakra medication in improving mental health as well as emotional.

Kundalini Meditation and Cognitive Function

Shannahoff-Khalsa, (2004) in a study focused on particular Kundalini Yoga meditation techniques as applied to psychiatric illness compared to secular relaxation exercises demonstrated reductions in anxiety, depression, and stress with regular practice suggesting possible application of the method for psychopathology.

Kundalini Yoga Meditation and Energy Chakra Activation

Similar to biofeedback training, some forms of meditation increase awareness through focusing on manual or instrumental feedback (Jerath et al., 2006). A study by Shannahoff-Khalsa, (2004) investigated

the effects of Kundalini Yoga Meditation on chakra activation. The results showed significant increased subjective reports of energy flow through the chakras after a 12 week practice in participants taking part in a Kundalini Yoga Meditation programme. Participants reported increased feelings of vitality, emotional well-being and spiritual connectedness strongly suggesting that regular practice of Kundalini yoga meditation may promote chakra activation and holistic well-being.

Emotional Regulation and Meditation

Hofmann et al., (2010) meta-analytic review demonstrates the efficacy of mindfulness-based therapy not only in reducing both anxiety and depression, but in enhancing emotional

regulation suggesting that its therapeutic effects could be beneficial to people suffering from mental health conditions. In a different line of research Lane et al., (2007) evaluated emotional recovery from trauma through chakra meditation. Participants followed a heart and sacral chakras focused chakra meditation which resulted into pronounced decrease in PTSD symptoms and emotional distress meaning that effectiveness of other types of chakras-focused meditation hoping on assisting trauma survivors on emotion healing are pegged on this assumption.

Psychosexual and Educational Perspectives

Hofmann et al., (2010) discusses the psychosexual aspects of Kundalini awakening theory, presenting a model in which the release of sexual energy contributes to transpersonal experiences. Kumar & Valliamma, (2015) found that Vethathiri Maharishi's Nine-Center Meditation programme promotes physiological soundness and psychosomatic well-being among students whereby improved academic skill enhances interpersonal relationship.

Conclusion

The systematic review of literature depicted that meditation practices significantly influence energy chakras, contributing to the overall physical, mental and emotional well-being. The studies exposed that the wide array of meditational techniques like Grounding (Muladhara), Loving-Kindness (Anahata) and Nāda Yoga (Vishuddhi) enhances the equilibrium and operations of particular energy centres resulting in diverse health benefits These observations concretise the fact that meditation practice, viewed traditionally or from contemporary scientific perspectives is holistic; developing chakra energy balance not only helping stress and emotion management but also supporting immune health as well as spiritual progression. A need for further research is emphasized wherein the uniform methodologies should be implemented in order to analyse prolonged impact.

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