Yoga Psychology

Cakras	Vrttis (Propensities of Mind)	Position	Level	Factor and Source	Glands	Hormones	Function	Natural Therapy	Asanas
Sahasrára Cakra (Occult Plexus) Guru Cakra	1000	Crown of head	Soul		Pineal	Melatonin	Controls mind and body Master gland Introversion of mind (night) Biological clock Counters stress Bliss	Meditation	Hare
Ajiṇá Cakra (Lunar Plexus, Shashi or Candra Maṅḍala)	1. Apará (mundane knowledge) 2. Pará (spiritual knowledge)	Between eyebrows	Mind		Pituitary	TSH GH ACTH FSH LH Oxytocin	Controls all lower glands Balances spiritual and mundane tendencies Extroversion of mind (day) Stimulated by Hypothalamus Inhibited by Pineal	Concentration Positive ideation Morality	
Vishuddha Cakra (Sidereal Plexus, Nakśattra Maṅḍala)	1. Saḍaja (sound of peacock) 2. Ŕśabha (sound of bull or ox) 3. Gándhára (sound of goat) 4. Madhyama (sound of deer) 5. Paiṇcama (sound of cuckoo) 6. Dhaevata (sound of donkey) 7. Niśáda (sound of elephant) 8. Oṇm (acoustic root of creation, preservation, dissolution) 9. Hummm (sound of arousing kulakuṅḍalinii) 10. Phaṫ (practication, i.e. translating theory into practice) 11. Vaoṡaṫ (expression of mundane knowledge) 12. Vaṡaṫ (welfare in the subtler sphere) 13. Svāhá (performing noble actions) 14. Namah (surrender to the Supreme) 15. Viśa (repulsive expression) 16. Amŕta (sweet expression)	Throat	Body	Etherial (space)	Thyroid Parathyroids	Thyroxine PTH	Controls whole body metabolism Intellectuality and rationality (PTH) Speech Moustache Self-reliance Stimulated by Pituitary (TSH) Inverse relationship to lymph glands	Kiirtan	Shoulderstand Fish
Anáhata Cakra (Solar Plexus, Saora Maṅḍala)	1. Áshá (hope) 2. Cintá (worry) 3. Ceśtá (effort) 4. Mamatá (love/mine-ness) 5. Dambha (vanity) 6. Viveka (conscience/discrimination) 7. Vikalatá (mental numbness due to fear) 8. Ahaṁkára (ego) 9. Lolatá (avarice) 10. Kapatatá (hypocrisy) 11. Vitarka (argumentativeness) 12. Anutápa (repentance)	Centre of chest		Aerial (air)	Thymus	Thiamine	Consumes most hormones from above Receives light from celestial bodies Circulation and respiration Immune system Love Base of all higher human wonts Beard/breasts	Proper breathing Fresh air	Cobra Corpse Táṅḍava
Maṅipura Cakra (Igneous Plexus, Agni Maṅḍala)	1. Lajjá (shyness) 2. Pishunatá (sadistic tendency) 3. Iirśá (envy) 4. Suśupti (staticity/sleepiness) 5. Viśáda (melancholia) 6. Kaśáya (peevishness) 7. Tŕśńá (yearning for acquisition) 8. Moha (infatuation) 9. Ghṁá (hatred/revulsion) 10. Bhaya (fear)	Navel		Luminous (sun)	Adrenals Pancreas Prostate	Adrenaline (Epinephrine) Insulin Prostatic (and female counterparts)	Shelter of body heat and energy Centre of the body Digestion “Fight, fright, flight” response (adrenaline/epinephrine) Glucose metabolism (insulin/glucagon) Shyness (Prostate)	Heat Sleep Exercise	Peacock
Svádhiśthána Cakra (Fluidal Plexus, Tarala Maṅḍala)	1. Avajiṇá (belittlement of others) 2. Múrcchá (stupor, lack of common sense) 3. Prashraya (indulgence) 4. Avishvása (lack of confidence) 5. Sarvanáśha (thought of sure annihilation) 6. Kruratá (cruelty)	Base of genital organ		Liquid (water)	Testes Ovaries	Testosterone Estrogen Progesterone	Reproduction Sense of duty and responsibility Rationality Intelligence Pubic hair Stimulated by Pituitary (FSH)	Water Cleanliness	Cowshead
Múládhára Cakra (Terrainian Plexus, Bhaoma Maṅḍala)	1. Dharma (psycho-spiritual longing) 2. Artha (psychic longing) 3. Káma (physical longing) 4. Mokśa (spiritual longing)	Base of spine		Solid (earth)		Semen Sweat Urine Stool	Base of the body Gives stability to the structure Home of the force of the “sleeping divinity” Hormones secreted directly outside the body (exocrine)	Proper food Proper posture	

All information credited to Shrii Shrii Ánandamúrti (P.R. Sarkar)
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