

Parallels have often been drawn, by supporters of the existence of chakras, between the positions and functions of the chakras, and of the various organs of the endocrine system.

The base or root chakra, Muladhara, is related to security, survival and also to basic human potentiality. It is said the kundalini lies coiled here, ready to uncoil and bring man to his highest spiritual potential in the crown chakra. This center is located in the region between the genitals and the anus. Although no endocrine organ is placed here, it is said to relate to the **inner adrenal glands**, the adrenal medulla, responsible for the fight and flight response when survival is under threat. In this region is located a muscle that controls ejaculation in the sexual act. A parallel is drawn between the sperm cell and the ovum, where the genetic code lies coiled, and the legendary **kundalini**, ready to express itself as a fully developed human being.

The sacral chakra, Swadhisthana, is located in the groin, and is related to emotion, sexuality and creativity. This chakra is said to correspond to the **testes** or the **ovaries**, that produce the various sex hormones involved in the reproductive cycle, which can cause dramatic mood swings.

The solar plexus chakra, Manipura, is related to energy, assimilation and digestion, and is said to correspond to the roles played by the **pancreas** and the **outer adrenal glands**, the adrenal cortex. These play a valuable role in digestion, the conversion of food matter into energy for the body.

The heart chakra, Anahata, is related to love, equilibrium, and well-being. It is related to the **thymus**, located in the chest. This organ is part of the immune system, as well as being part of the endocrine system. It produces T cells responsible for fighting off disease, and is adversely affected by stress.

The throat chakra, Vishuddha, is said to be related to communication and growth, growth being a form of expression. This chakra is paralleled to the **thyroid**, a gland that is also in the throat, and which produces thyroid hormone, responsible for growth and maturation.

The Ajna Chakra, or third eye, is linked to the pineal gland. Ajna is the chakra of time and awareness and of light. The **pineal gland** is a light sensitive gland, that produces the hormone melatonin, which regulates the instincts of going to sleep and awakening. It also produces trace amounts of the psychedelic chemical dimethyltryptamine.

The highest crown chakra is said to be the chakra of consciousness, the master chakra that controls all the others. Its role would be very similar to that of the **pituitary gland**, which secretes hormones to control the rest of the endocrine system, and also connects to the central nervous system via the hypothalamus. The thalamus is thought to have a key role in the physical basis of consciousness.

(Note: some argue that the pineal and pituitary glands should be exchanged in their relationship to the Crown and Brow chakras)