



## Human Sensations and Endocrine Complexes

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Every living being has characteristics to respond against small and big changes going on in environment. This job is carried on through nervous system in living beings of higher level. Sensation of changes in environment is accepted through nervous system; i.e. Sensation regarding completion of winter and beginning of summer, is informed to nervous system through sensitive organs. Muscles of acting organs get inspiration after interpretation of various sensations in spinal cord and brain. The organ responds properly; i.e. Muscles of body contract and inspire holes in skin to be blocked on sensation of cold. At once the body endeavors to protect against cold. Oozing of saliva starts just on smell of taste through nose. Activeness of nervous system does not interpret every sensation only. Activeness of endocrine system also maintains its responsibility.

Highly developed living beings possess sensitive organs such as eyes, ears, tongue, nose and skin. The nerves, conveying sensation from sensitive organs to brain are called sensitive nerves, while the nerves sending sensational response from brain to sensitive organs is allied inspiring nerves. The response from brain is conveyed to muscles or related organs and excites them. As a result the organs express responding movements. For example, when a pin pierces hand, the sensitive nerve conveys message regarding injury to brain and in no time the brain conveys message to the inspiring nerves to remove hand from the pin. Endocrine system also comes to help in this process.

Growth of nervous system has reached the highest point or vertebral columned living being and particularly in human beings. Moreover, there is endocrine system as co-directing machine to nervous system in life time. Endocrine system consists of glands such as pituitary gland, pineal gland, thyroid gland, parathyroid gland, pancreas, adrenal, testicles and ball of spermatozoa. Various sensations experienced by man, such as anger, fear, worry, love, kindness mercy etc. cause a powerful on these endocrine glands. As soon as a sensation is experienced, certain endocrine glands become active and produce endocrine oozing. There are no particular tubes to convey this oozing so it is conveyed throughout body by blood. This oozing reaches to the destination through blood and produces certain effects. Due to that, bio-chemical processes and mechanical tasks take place in human being. For instance, oozing of adrenal gland becomes irregular out of great fear and tension. As a result liver and digestion system breaks down. The person's nature turns irritable. More jealousy causes irregular oozing in thymus gland and wickedness enters in the person's nature. When the job of pituitary gland breaks down, the person becomes merciless and harsh and turns to criminal activities.

A peculiar oozing produced by every endocrine gland, directly mixes with blood and the construction of body is decided by it. Therefore, according to Indian science of Yoga, only this endocrine system performs the task of building up of mind, body and character, controlling of five basic elements : sky, fire air, water and earth, keeping of construction of physique, balancing brain and other organs of human body, adjusting body against changes in season in nature and providing protection against diseases. These endocrine glands affect our body and brain. Even at the base of our appearance, our personality and mental questions, these glands lie. Moreover, all these glands are associated and dependent with one another. Therefore, defect in anyone of the glands, causes reciprocal effect to one or more glands.

Indian Yogashastra and even science through invention of Kirilian photograph has proved that subtle body lies in the form of lustrous ring surrounding this static human body. It is like in the form of magnetic lines. There are seven power centers in this subtle body. They are known as Chakras (plexuses). These seven plexuses are: Sahastradhar Chakra (plexus with 1000 edges in head), Agnat Chakra (plexus of the unknown (in forehead)), Vishuddha Chakra (plexus of purity in throat), Anahat Chakra (plexus of self-origination in heart), manipur Chakra (celiac plexus in stomach), Swadhishtan hakra (plexus of dignified residence (nave of wheel) and Muladhar Chakra (mystical plexus between anus and generative organ). Each of these plexus is connected with different endocrine glands. Every plexus rotates like fly-wheel, accepts vital energy from atmosphere and supplies 'vitality' to body through endocrine glands. If any obstacles arise in the movement of these plexuses due to sensations or any other reasons, body does not get sufficient quantity of vitality. The task of so and so gland is thrown into disorder. Let's have a detailed introduction of each endocrine gland.

### **Pineal Gland:**

This gland is associated with Sahastradhar Chakra (plexus with 1000 edges). It controls some of the organs in head. This gland administers all the glands. Moreover, it controls proportion of potassium, sodium and water in the body. This gland also controls circulation of stock of vertebral water in head. This gland is considered to be the 'third eye' of human being.



### **Pituitary Gland:**

It is associated with 'Agnat Chakra' (the plexus of the unknown) which controls brain and autonomic nervous system. It controls strength of mind, power of decision, power of memory, power of hearing and power of seeing. He, whose pituitary glands are properly active, becomes poet, writer, scientist or philosopher, This gland is harmed through great fear, worry and tension. Worry more than necessary during pregnancy harms baby in embryo and a child is born with incomplete growth of brain.

### **Thyroid - Parathyroid Gland:**

This gland is associated with Vishuddha Chakra (plexus of purity). It controls throat and lungs. It is also liable for the digestion of calcium and phosphorous in our body. It performs a significant act of throwing our vicious stuff, creating in the body. If the job of this gland breaks down, fatigue is experienced in the body. Muscles sprain, fit it felt; body dries up of fat increases in body. This gland controls element of 'Space' in body. This gland plays a significant role in development of virtues like good will, love, concentration and self-control.

### **Thymus Gland:**

It is associated with Anahat Chakra (plexus of self origination). It controls heart, lungs, liver and the system of blood circulation. It is the centre of strength and wisdom. It is considered to be the centre of spiritual progress. It controls the element of air in body.

### **Pancreas Gland:**

This gland is connected with Manipur Chakra (celiac plexus). The proportion of sugar decreases in body when this gland works limitlessly. Therefore, pressure of bloods goes low. If this gland acts less, sugar is not digested properly and non-digested sugar mixes with blood and one contracts diabetes.

### **Adrenal Gland:**

This gland is also associated with 'Manipur Chakra', This gland controls element of 'fire' (light). It controls the acts of liver. It helps to supply oxygen to all organs in the body. Any disturbance in the job of this gland makes a person prey of stomach diseases and blood pressure.

### **Testicles or Ball of Spermatozoa (Shukra Pind or Anda Pind; Ball of eggs):**

This gland is known as the gland of sex. It is related with Swadhishtan (plexus of dignified residence) and Muladhar Chakra (mystical plexus). This gland performs the job of keeping chain of impregnation and proportion of water. It controls the element of earth in body. It conducts jobs of nerves, marrow cells, flesh and bone (bone-marrow) and semen and menses. If this gland does not act properly, virgins complain of late menses and little menses, while the boys face the troubles of stoppage in physical growth, mental problems etc. Beginning of oozing in this gland creates attraction among boys and girls in the age of maturity.

Man has progressed a lot in the age of material science. But with this progress, he has received mental tension, unrest and worry in the package. He is becoming a prey of various diseases, small of big, till he passes the age of 40. Its basic reasons lie in subtle body. We take our static body to be our entire life. In fact, only the health of subtle body, lying surrounding static body has relation with composure. Most of our diseases are having existence in mental physique. Knowingly or unknowingly we harm our endocrine system because of exaggerated worries, tension and anger. Yoga, pranayam, Mudra Vignana (science of mode of intertwining fingers), acupressure therapy and life on Sattvika mode prove much useful. We can favour our own self by controlling our negative sensations.