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YOGA THERAPY'S PSYCHOSOMATIC APPROACH TO NECK DISABILITY: EXPLORING THE ROLE OF THE VISHUDDHI CHAKRA

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ABSTRACT
Background: Neck disability negatively impacts quality of life and is frequently caused by poor posture, musculoskeletal abnormalities, or psychological reasons. The Indian medical system integrates biomechanics, neurology, psychology, and yoga treatment to address the symptoms. Through chakra-based therapies, the Vishudhi Chakra—linked to self-expression and cervical health—assists in managing neck discomfort. According to Ayurveda, the subtle body's energy flow regulates mental, emotional, and spiritual health. **Methods:** This systematic review analyzes randomized controlled trials (RCTs), ancient yoga texts, and scientific literature on yoga's impact on neck disability, musculoskeletal pain, and psychosomatic health. Ayurvedic texts, Web of Science, Cochrane, and PubMed literature were reviewed. With a focus on Vishuddhi Chakra activation, key interventions include asana, pranayama, and meditation. **Results:** Yoga improves vagal tone, regulates autonomic function, improves postural alignment, and reduces cervical pain significantly. When the Vishudhi Chakra is activated through specific yoga therapies, it aids physical and psychological healing. **Conclusion:** This review emphasizes yoga as a comprehensive therapy approach that addresses musculoskeletal and psychological imbalances in patients with neck disabilities. More empirical research is required to confirm the potential benefits of Vishuddhi Chakra-focused therapies for improving cervical health, emotional stability, and postural correction.
Keywords: Yoga-therapy, vishuddhi-chakra, psychosomatic-approach, neck-disability, hatha-yoga, musculoskeletal-health.

INTRODUCTION
The neck disabilities, frequently caused by pain, stiffness, or discomfort, significantly impact quality of life by limiting daily activities. Although the specific tissue origin of neck pain is often unclear, it may result from degeneration or pathology. Clinicians should assess for muscular, connective, and nerve dysfunction to determine the underlying cause (Childs.J.D et al, 2011). This condition is prevalent across various populations and is often associated with degenerative

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disorders, poor posture, or musculoskeletal imbalances (Gane, E. M et al, 2018). Headaches commonly accompany neck pain, with symptoms radiating to the upper extremities, shoulders, and neck, causing weakness and limited range of motion (Candeniz, S, 2022).

A stressful lifestyle, depression, hyperextension of the neck, and prolonged poor posture are among the primary causes of chronic neck pain. Additionally, factors such as a history of neck discomfort, smoking, obesity, poor overall health, low quality of life, prior back pain, and trauma contribute significantly to its onset and persistence (Childs.J.D et al, 2011). From a yogic perspective, negative emotions—Pancha-vikaras (jealousy, wrath, hatred, greed, and attachment)—arise from acquired karma, disrupting the Raja-Tama balance and leading to Tridosha imbalance. This imbalance can trigger psychosomatic disorders, influencing the Chakras and Nadis, including the Vishuddhi Chakra (Chuuhan, M.K.S et al, 2024; Keswani, j, 2017).

There is ongoing research to determine the precise impact of Vishuddhi Chakra-focused therapies on neck pain. However, studies in the larger field of somatic yoga, which combines more body awareness with traditional poses, have demonstrated promise in improving general health and lowering chronic pain. These results imply encouraging avenues for further investigation into focused yoga-based therapies for disorders of the neck and musculoskeletal system. A negative spiral of increasing pain, stress, social isolation, sleep difficulties, diminished functional ability, and frustration has been suggested by studies that have examined the cycle of chronic pain. Musculoskeletal and joint pain, especially in older persons, can cause a decline in independence and a greater need for help. Thus, across all age groups, maintaining function and mobility continues to be a top priority in treating musculoskeletal problems (McCaffrey, R et al, 2012; Speerin, R et al, 2014).

Integrating and balancing the body, breathe, and mind is the goal of yoga as a philosophy and a practice. By enhancing neuromuscular coordination, mental stability, and energy balance, practices like asana (postures), pranayama (breathwork), and meditation enhance general well-being. In order to help older persons reach national health requirements for muscle strength, flexibility, and balance, yoga has been found to be an effective intervention (McCaffrey, R et al,2012; Roney Dougal, S. M).

Yogic philosophy holds that accumulated karma related to Pancha-vikaras (attachment, greed, wrath, hate, and jealousy) from previous lifetimes is the cause of psychosomatic diseases. These negative feelings increase Raja and Tama characteristics, which show up as a variety of psychosomatic ailments and contribute to a Tridosha imbalance (Vata, Pitta, and Kapha). The throat area is home to the Vishuddhi Chakra, which controls communication and self-expression. Emotional repression, neck pain, and muscular stiffness are symptoms of this chakra's blockage or imbalance. These symptoms may be reduced by yoga poses that focus on the Vishuddhi Chakra, which may help re-establish mental and bodily equilibrium (Chouhan, M.K.S et al, 2024; Keswani, J, 2017). The body and mind are intertwined, according to yoga. Although meditation is crucial for mental recovery, it also provides physical health benefits. Since the mind is thought of as a system of astral energy, a lot of psychosomatic problems may start as subconscious karmic imprints before becoming physical illnesses. This perspective holds that diseases can start energetically before physical symptoms manifest, frequently due to unresolved karma from past lives (Bhide, S. R et al, 2023).

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The current study investigates the psychosomatic relationship between cervical health and the Vishuddhi Chakra, a key energy center in yoga philosophy linked to self-expression and communication. This study highlights the complex interaction between mind-body balance and spinal health by examining the potential of yoga-based therapies to improve postural alignment and reduce neck dysfunction. This study intends to offer a comprehensive strategy for enhancing cervical spine function and vocal health by assessing the effectiveness of several yoga practices, such as pranayama (breath control), asanas (postures), and mantra chanting. This work, which combines traditional yogic knowledge with modern rehabilitation techniques, has important implications for preventive and therapeutic tactics given the rising incidence of cervical problems brought on by modern sedentary lifestyles. By using a transdisciplinary approach, it offers significant insights into holistic health and well-being in the domains of yoga, integrative medicine, physiotherapy, and speech therapy.

MATERIALS & METHODS

A comprehensive literature review was conducted using Cochrane Central Register of Controlled Trials, PubMed, Web of Science, Embase, and other reliable sources, such as books and academic databases. In order to find relevant and high-impact studies on the topic, Google Scholar and institutional archives were also searched. Search Strategy: The search included key terms such as “neck pain,” “neck disability,” “cervical pain,” “musculoskeletal pain,” “Chakra,” “Vishuddhi Chakra,” “Anatomy of Vishuddhi Chakra,” and “cervicodynia.” Other relevant terms like “risk factors,” “psychosomatic disorders,” “yoga for neck pain,” and “computer users” was also included. Clinical relevance, psychosomatic integration, and therapies based on the Vishuddhi Chakra were taken into consideration when choosing articles. To guarantee completeness, the reference lists of the included studies were manually searched. Priority was given to studies examining how yoga therapy affected neck disability, posture correction, and cognitive health.

LITERARY REVIEW AND DISCUSSION

Psychosocial and Musculoskeletal Perspectives on Neck Disability

Epidemiological research on work-related musculoskeletal disorders highlights three primary contributing factors: (1) Psychological and personal traits, (2) Workplace psychosocial stressors, and (3) Mechanical workload (Bongers, P. M et al, 1993). Strain, stiffness, spasms, soreness, sporadic acute twitches, and "neck goes out" are all signs of muscle pain. Stress and anxiety are known to exacerbate physical conditions, as emotional states influence the severity and progression of ailments. The mind and body share an intrinsic relationship, where disruptions in one affect the other (Singh, A.K, 2013).

Yoga as a Therapeutic Science for Neck Disability

Yoga is both an art and a science of healthy living. Ancient Indian Sanskrit texts (c. 300 BCE) define yoga as the mastery of senses and mental stillness (Nagarajan, V, 2025). Aimed initially at personal enlightenment, yoga is now recognized for its holistic health benefits. Studies confirm that yoga prevents and alleviates various ailments by addressing psychophysiological imbalances, a principle reflected in the Bhagavad Gita chapter VI: 23

"Dukkhasamyogaviyogam yogasamjnitham"

(Yoga is the disconnection from union with suffering) (Bhavanani, A. B, 2011).

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Yoga fosters inner harmony, reduces physiological stress responses, and enhances natural healing (Streeter, C. C et al, 2012). Neuroplasticity, neuromuscular coordination, and the autonomic nervous system have all been demonstrated to be impacted by yoga. Yoga techniques can balance sympathetic and parasympathetic reactions, enhance vagal tone, and decrease cortisol levels, reducing stress-related muscle tension and psychosomatic diseases. Yoga improves proprioception, nerve conduction, and the relaxation of hypertonic muscles in situations such as cervical dysfunction, chronic pain syndromes, and neuromuscular disorders. Pain is lessened, and neuromuscular coordination is enhanced (Udupa, K et al, 2022; Streeter, C. C et al, 2012). Additionally, yoga improves proprioception, nerve conduction, and relaxation of hypertonic muscles, benefitting individuals with cervical dysfunction, chronic pain syndromes, and neuromuscular disorders.

The Role of Vishuddhi Chakra and Nadis in Cervical Health

The Shiva Samhita mentions 350,000 Nadis, while 72,000 Nadis are documented in the Manomaya Sharira. The three principal Nadis—Ida, Pingala, and Sushumna—align along the Chakras of the subtle body (Sukshma Sharira). Unlike the physical body (comprising nerves and plexuses), the subtle body consists of Nadis and Chakras, which regulate mental, emotional, and physical well-being. Among the seven major Chakras—Mooladhara, Swadhisthana, Manipura, Anahata, Vishuddha, Ajna, and Sahasrara—the Vishuddhi Chakra plays a vital role in self-expression, communication, and subconscious organization (Saher, S.T, 2023; Soni, B, 2021). Rooted in Vedic, Upanishadic, Yogic, and Tantric traditions, the chakra system aligns with spinal energy flow, facilitating physical and spiritual unification. When the energy dynamics of the Sukshma Sharira are balanced, they promote higher states of consciousness and result in Moksha (freedom) (Saher, S.T, 2023; Soni, B, 2021).

Fig.1. Vishuddhi Chakra & Cervical Health

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Biomechanical and Energetic Aspects of the Vishuddhi Chakra

Understanding the Vishuddhi Chakra's influence on cervical health requires analyzing its relationship with nerve plexuses in the neck region. Prolonged poor posture, such as rounded shoulders and forward head position, commonly seen in computer users, disrupts natural cervical lordosis, leading to muscle imbalances and neck pain. Research indicates that maintaining proper neck alignment is crucial in preventing discomfort and musculoskeletal dysfunction (Bhardwaj, Y et al, 2017). The Vishuddhi Chakra governs: Thyroid function and endocrine balance, Speech and articulation systems, Upper palate and epiglottis, and Self-expression and emotional processing. Emotional stress impacts the Vishuddhi Chakra, influencing thyroid health and chakra interconnectivity (Sacral, Heart, and Crown Chakras) (Ratan, R, 2023). Energy blockages may manifest as anxiety, depression, low self-esteem, and physical ailments affecting the throat and cervical spine.

Need for a Yoga-Based, Psychosomatic Approach

Few empirical studies establish a direct link between the Vishuddhi Chakra and autonomic regulation, musculoskeletal discomfort, cervical function, and postural impairments. This highlights the necessity for a comprehensive, yoga-based therapeutic model integrating psychological, biomechanical, and energetic principles for managing neck disability holistically.

Psychosomatic Approach to Neck Disability

The term psychosomatic derives from psyche (mind) and soma (body), describing physical discomfort influenced by emotional and mental factors (Singh, P, 2020). Approximately two-thirds of adults experience neck pain at some point (Carroll, L, 2000). Sedentary lifestyles, poor diet, anxiety, insecurity, and workplace stress disrupt the mind-body balance, contributing to musculoskeletal disorders, hypertension, and digestive issues (Washington, R.R et al).

The nervous system's connection with the body, emotional and intellectual domains, and the subconscious mind plays a crucial role in health (Singh, A.K, 2013). Psychosomatic disturbances impact the endocrine system and cerebral cortex, particularly in computer users with poor ergonomics. Chronic stress suppressed emotions, and psychological distress contribute to cervical dysfunction, muscle tension, and postural imbalances, leading to neck pain and mobility issues (Kazeminasab, S, et al, 2022; Vasseljen Jr. O, et al 1996).

Yoga Vashishtha (Chapter II, verses 709–723) states that mental imbalances (Adhi) cause psychosomatic disorders (Adhi-Vyadhi) by interfering with pranic flow, which in turn causes physical illnesses (Vyadhi) in the Annamaya Kosha (physical body). By weakening organs and altering physiology and metabolism, this disruption might cause hypo- or hyper-function and exacerbate depression symptoms. In psychosomatic health, the mind-body connection is highlighted by the fact that diseases are caused by unstable prana channels (Kavuri, Vet al, 2015; Bhavanani, Y.D.A.B, 2013).

The mind-body relationship

"Chale vāte calaṁ cittaṁ niścale niścalaṁ bhavet,
Yogī sthāṇutvam āpnoti tato vāyuṁ nirodhayet " (Hathapradipika states in Chapter 2, Verse 2)

According to this verse, a restless mind results from uneven breathing, but a steady mind results from controlled breathing. According to Hatha Yoga, the mind naturally calms when

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concentrating on breath and vital energy. Frequent nerve impulses stabilize brain activity and control brain waves. Because the hypothalamus is influenced by breathing, emotional reactions, and cognitive processes are disrupted by irregular breathing, which results in mental instability (Swami Muktibodhananda, 1985).

Hatha Yoga and Its Impact on Autonomic Balance

The Hathapradipika compiled by Swami Swatmarama (c. 1450 CE) describes Hatha Yoga, which focuses on breath regulation for autonomic balance and influences musculoskeletal and neurological health. Its methods improve mind-body awareness, neurological system function, and postural stability, leading to inner sound and profound meditation absorption. In particular, hatha yoga works to balance the body's autonomic forces by controlling and regulating breathing. It focuses primarily on the variation in breath flow between the two nostrils, a topic that modern science has yet to investigate adequately (Nagarajan, V,2025).

Hatha yoga involves more than merely doing or frequently imitating specific body poses; it involves the deft control of the body and breath in a variety of training positions that impact the autonomic nerve system, the spine and joints, and the neuromuscular system in that order. Although significant muscular exercise must be performed with consideration for autonomic balance and support of the spine and other joints in the body, the latter is what receives the most focus when practicing "yoga". Hatha Yoga recommends four methods to improve autonomic balance through diaphragmatic and abdominal regulation: āsanas (postures), krīyas (cleaning practices), kumbhakas/prānāyāma (breath retention), and mudras (breath control using specific bodily positions) (Swami Muktibodhananda, 1985; Dallaghan, P et al, 2022).

Yoga as an Intervention for Musculoskeletal Pain and Neck Disability

This systematic review focuses on yoga as an effective treatment for musculoskeletal pain and neck disability. Yoga has been used to treat musculoskeletal pain and is linked to individuals with musculoskeletal problems experiencing considerable improvements in range of motion and function, reduced tenderness, lower levels of depressive symptoms, and decreased pain during activities (Sheman, K. J et al, 2005; Krishnamurthy, M. N. et al ,2007). The benefits of yogic therapies for supporting neurological and musculoskeletal health are well known. In order to help the mind and body work in harmony. Yoga helps treat musculoskeletal conditions like back pain, neck discomfort, and postural imbalances since these techniques improve muscular flexibility, joint mobility, and postural alignment (McCaffrey, R et al, 2012).

Concept of the Vishuddhi Chakra in Yoga and Its Relevance to Cervical Health

The third astral body (Manomaya Sharira) contains thousands of Nadis, with 72,000 mentioned in yogic texts (Shiva Samhita states 350,000). The three primary nadis—Ida (left, Chandra), Pingala (right, Surya), and Sushumna (balanced flow)—begin at the spine's base, converging at Chakras along the spinal column. In yoga science, the physical body consists of nerves and plexuses, while the subtle body (Sukshma Sharira) comprises Nadis and Chakras (Soni, B, 2021; Rama, S, 2020; Chouhan, M. K.S et al, 2023). The Vishuddhi Chakra is one of the seven subtle energy centers organizing the subconscious mind (Chouhan, M. K.S et al, 2023).

Yoga describes the mind as an unseen nerve network (Nadis) that forms the third astral body, but modern medicine views it as a physical location. Along the spine, six chakra connections allow pranic energy to flow by improving Prana and affecting Triguna, Tridosha, and Panchavikara.

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Asana, breathwork, and meditation help shape mental and physical equilibrium (ChUuhan, M.K.S et al 2024; Banergea, A.K, 1983).

In Ayurveda, yoga is a means to Moksha, and Sukshma Sharira is part of the body's energy movement, unseen but experienced. Chakras, as energy centers, regulate mental, emotional, spiritual, and physical well-being. The seven Chakras— Mooladhara (Root Chakra), Swadhisthana (Sacral Chakra), Manipura (Plexus Chakra), Anahata (Heart Chakra), Vishuddha (Throat Chakra), Ajna (Eye Chakra), and Sahasrara (Crown Chakra)-align along the spinal column and become perceptible at higher awareness levels (Saher, S.T, 2023; Soni, B, 2021). The chakra system unifies body, mind, and spirit, with its knowledge derived from Vedic, Upanishadic, Yogic, and Tantric scriptures (Ratan, R, 2023).

The term Vishuddha combines "Shuddha" (purified) and "Vi" (intensified purity) (Saher, S.T, 2023). Located at the throat's depth, it correlates with the cervical plexus of nerves and Udana-Vayu, which governs speech and growth. Symbolized by a violet lotus with sixteen petals, chanting its Beej Mantra "HAM" stimulates vocal cords and the thyroid, enhancing phonation and speech purification (Dallaghan, P et al, 2022). Positioned at the throat pit (Kantha-Pradesh), it influences the respiratory system, cervical vertebrae, throat, jaw, tonsils, larynx, esophagus, and bronchi, playing a role in knowledge and discrimination (Saher, S.T, 2023; Marathe, C. D et al, 2020). The thyroid is an endocrine gland with two linked lobes at the neck. Three hormones are secreted by the thyroid: thyroxine (T4), triiodothyronine (T3), and the peptide hormone calcitonin (Joshi, D et al, 2022).

Yoga Healing: Vishuddhi Chakra and Neck Disability

Therapeutic Application of Yogic Practices

Yogic sages developed asana, pranayama, and mudra practices that balance the body's energy and hormones and have physiological consequences by observing animal movements (Roney-Dougal, S. M). Strength, range of motion, balance, and agility are all improved by Hatha Yoga, which also eases pain, increases muscular tone and flexibility, and relieves tense muscles. Most studies, yoga significantly improves cervical range of motion, neck pain severity, neck impairment, anxiety, and quality of life (Sharan, D et al, 2014).

Yoga therapy integrates physical, energetic, and psychosomatic healing to address neck disability and pain, with Vishuddhi Chakra activation playing a crucial role. This chakra, associated with self-expression and neuroendocrine balance**,** influences postural correction and holistic neck pain management. yoga may enhance cervical alignment, vagal tone, and emotional release**.** However, research findings on yoga's effectiveness for neck pain remain inconsistent**.** This study examines asanas, pranayama, and meditation techniques for cervical health (Childs.J.D et al,. 2011; Joshi, D et al, 2022; Gandolfi, M. G et al, 2023; Vijay, M et al, 2024; Iyengar, B.K.S, 2013; Swanson,A, 2019; Kanorewala, B.Z et al, 2022; Chhetri, D et al,2023)**.**

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Below is a refined table with clear categorization and precise benefits**:**

Table: Yoga Practices for Vishuddhi Chakra Activation & Neck Health

Category	**Practices**	**Benefits**
Asanas (Postures)	Greeva Sanchalana (Neck Movements)	Improves cervical flexibility, reduces stiffness, and strengthen muscles. Vishuddha Chakra-suddhi and Uccharana-sthala enhance circulation, nerve function, and energy flow to the head.
	Skandachakra (Shoulder Rotations)	Relieves shoulder tension, enhances mobility, For general well-being, these exercises promote postural alignment, ease stress, and maximize cervical spine health.
	Bhujangasana (Cobra Pose)	Strengthens spine, opens throat region, controlling the thyroid and cortisol, the stress hormone.
	Ushtrasana (Camel Pose)	Expands chest, stimulates Vishuddhi Chakra, tones the muscles of the upper back and spine and improve posture.
	Shashankasana (Rabbit Pose)	Activates the parasympathetic system, calms the mind, release tension in upper back muscles, and relief neck stiffness.
	Marjari Asana (Cat Stretch Pose)	Enhances spinal flexibility, relieves neck strain
Pranayama (Breath Control)	Anulom-Vilom (Alternate Nostril Breathing)	Balances Ida & Pingala Nadis**,** calms nervous system**,** relaxes neck muscles**,** reduces stress & anxiety**,** enhances mental stability, memory, and mood**.**
	Bhramari Pranayama (Humming Bee Breath)	Resonates Vishuddhi Chakra, reduces stress & anxiety, reduce depression,anxiety and stress, Stimulates the Pineal and pituitary gleands.
	Ujjayi Pranayama (Psychic Breath)	Activates pranic flow**,** enhances breath control**,** supports Vishuddhi Shuddhi**,** boosts psychic awareness**,** lowers blood pressure**,** reduces heart rate**,** and calms the nervous system**.**
	Jalandhar Bandha (Throat Lock)	It balances metabolism by stimulating the thyroid gland. Jalandhar Bandha tones and massages the thyroid, improving its function.
Dhyana (Meditation)	Om Chanting	Activates Vishuddhi Chakra enhances mental clarity and boosts cerebral blood flow in the frontal and anterior cingulate regions.

CONCLUSION

This study addresses biomechanical and psychological dysfunctions and emphasizes yoga as an integrated therapy for neck disabilities. Postural alignment, muscle function, nerve conduction,

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self-expression, and emotional equilibrium are all enhanced when the Vishuddhi Chakra is activated. Supervised yoga programs have been shown to reduce pain, disability, and mental disorders, according to evidence from RCTs, ancient yoga texts, and literature. Activating the Vishuddhi Chakra could improve treatment results because of its link to cervical health. Anatomically, the cervical plexus supports anterior neck tissues as well as posterior ones, indicating that the Vishuddhi Chakra has an impact on both areas.

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