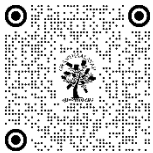


MUL-ADHARA: A FUSION OF TRADITIONAL TEXTILES AND FASHION INSPIRED BY THE ROOT CHAKRA

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DOI
[10.29121/shodhkosh.v5.i1.2024.4558](https://doi.org/10.29121/shodhkosh.v5.i1.2024.4558)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

The human body's chakras are crucial energy centres, with each contributing uniquely to physical, mental, and emotional well-being. Among these, the Muladhar or Root Chakra, located at the base of the spine, is essential. It represents anchoring, stability, and security, and is critical to total equilibrium. When aligned, it promotes resilience, confidence, and emotional strength. The COVID-19 epidemic upset this balance for many people, causing tension, anxiety, and uncertainty. Inspired by the Root Chakra's grounding energy, the author created a fashion line based on traditional textiles and the spirit of the Muladhar Chakra. These fabrics, with their deep cultural value, represent a connection to legacy and stability. This collection goes beyond creativity, addressing a shared human experience and providing a route to restoring balance and well-being. By combining tradition with design, it emphasizes the continuing strength of our roots, providing both comfort and inspiration.

Keywords: Traditional Textiles, Fashion Collection, Well-Being

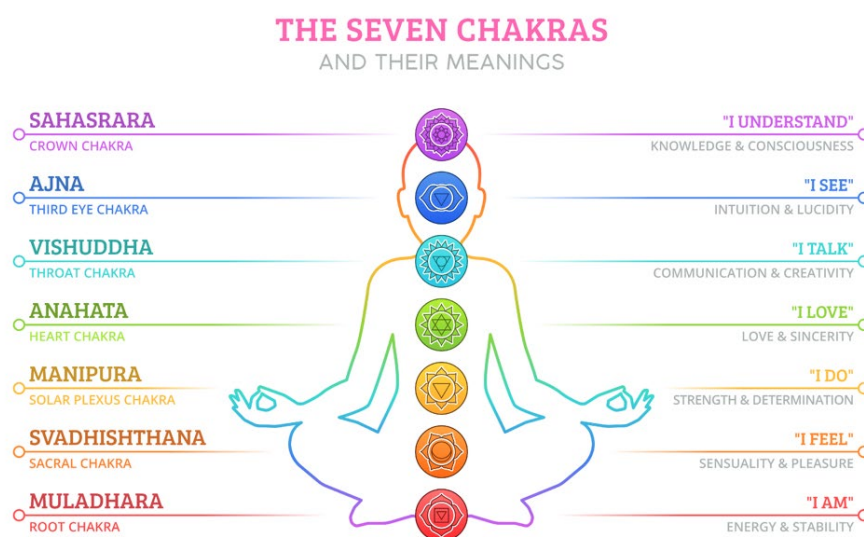
1. INTRODUCTION

Historically, chakras were considered solely tools for spiritual development. However, contemporary studies reveal their profound connection to human psychology. Chakras—the seven energy centres along the spine—play crucial roles in regulating health, emotions, thoughts, immunity, and well-being. Neuropsychology increasingly acknowledges their influence on mental and emotional states.

The term "chakra," meaning "wheel," originates from ancient Indian texts like the Vedas (1500–500 BCE) and the Yoga Upanishads (600 BCE). Descriptions of chakras have been explored in texts such as the Sat-Cakra-Nirupana by Swami Purnananda (1577) and the Padaka-Pancaka (10th century).

1.1. CHAKRAS OF HUMAN BODY

A couple of decades ago, it was believed that the seven chakras are worth only for spiritual development. However, recent scientific studies have proven the opposite, uncovering several regulatory chakras in the human body are deeply related to human psychology. Researchers found that the human body contains a number of regulatory micro networks that are closely related to immunity, well-being, mental clarity, emotions, and happiness. The field of neuropsychology, which studies the brain and the connected nervous system, is growingly feeling the role chakras in human psychology. There are seven main chakras along the spine. The seven chakras are the seven energy centres in the body which controls your health, emotions, thoughts moods relationship immunity and emotional well-being. The original meaning of the word chakra as "wheel" refers to the chariot wheels of the rulers, called Chakravartis. According to the definition, a chakra is a spinning disk or wheel of energy that runs along the spine of a human.



Picture Source: The 7 Chakras - The Ultimate Beginner's Guide – Growth Spire

The seven Chakras with their Sanskrit names are as follows.

- 1) The Root Chakra (Muladhara)
- 2) The Sacral Chakra (Swadhishtana)
- 3) The Solar Plexus Chakra (Manipura)
- 4) The Heart Chakra (Anahata)
- 5) The Throat Chakra (Vishuddha)
- 6) The Third Eye Chakra (Ajna)
- 7) The Crown Chakra (Sahasrara)

1.2. BALANCING OF CHAKRAS

The health of one's chakras is intimately linked to the health of the physical, mental, and the emotional well-being of a person. Chakras are regarded as the science of the inner body, whereas Vedas are regarded as the Indian system's philosophy.

Chakras are often linked to nerve centres, glands and major organs in the body, and each of the seven chakras is said to correlate with different abilities, expressions and types of health and psychological states of the mind. Chakras balance two opposing forces.

The balance between chakra excitation and chakra inhibition is crucial to healthy cognition and behaviour. The ever-changing relationship between the two celestial poles is responsible for the constant flux of the universe and the life energy, in general – both in the inner world and in the outer world. When there is, too significant an imbalance, between Shiva and Shakti, in the external world, catastrophes can occur such as floods, droughts and plagues. Similarly, in the micro world, if the chakras are imbalanced, you will feel a disturbance in the physical, mental and emotional world. Chakra system will remain, a dominant force, not only in Indian spirituality but worldwide in positive psychology.

The movement of energy within the body is referred to as chakra. They are linked to mental, emotional, and physical relationships. Our thoughts control the flow of energy within and around us. It is said that ‘thoughts come first, thoughts become words, words become action, action becomes habit and habit becomes destiny’. The chakras will receive the right stimulus and become active if our thoughts are empowering and positive. This state of the chakras is commonly called ‘open’ or ‘balanced’. It leads one to experience a good flow of energy. If our thoughts are negative that is full of fears, worries and doubtfulness, then we experience slowing down, depression, anxiety, unwillingness in work. In such situation, concerned chakras are said to be ‘blocked’ or ‘imbalanced’.

1.3. THE COVID SCENARIO

The COVID-19 pandemic, beginning in late 2019, marked a profound and unprecedented disruption in human history. It affected every aspect of life, from individual routines to global systems. The rapid spread of the virus led to strict lockdowns, economic uncertainty, and social isolation, drastically altering the fabric of daily existence. Fear of the unknown, compounded by widespread misinformation, created a collective atmosphere of anxiety and insecurity.

For many, the pandemic's prolonged nature brought feelings of emotional exhaustion, depression, and disconnection. The absence of physical gatherings and shared rituals weakened interpersonal bonds, leaving individuals to grapple with solitude and loss. Amid these challenges, the crisis also underscored the importance of mental well-being, and the resilience required to overcome adversity.

1.4. EFFECT OF COVID ON THE WELLBEING

Across the world, the pandemic caused profound isolation, widespread uncertainty, and deep-seated fear, upsetting lives on a never-before-seen scale. Everyone was experiencing emotional and mental distress as a result of the tragedy. All throughout the world, people felt exposed and sought ways to regain control and inner peace. It became evident that the Root Chakra needed to be realigned and balanced in response to this widespread disturbance in wellbeing.

Anxiety, gloom, and emotional detachment were all made worse by widespread communal unrest, underscoring the importance of stability and grounding, which the Root Chakra represents. The Root Chakra's impact becomes crucial in resolving these issues and reestablishing emotional balance by encouraging resilience and a sense of stability.

COVID-19 exposed vulnerabilities in physical and emotional health. It became important to nurture the base of our well-being. Which gave the direction to go into meditational practices which is out traditions.

1.5. THE ROLE OF TRADITIONAL TEXTILE IN THE WELL BEING

Similarly, Apparel industry facing challenges which is evident that nurturing traditional practices and re-establishing connections to heritage could provide a sense of stability and security, fostering resilience. Going back and focus on traditional craft practices will give new direction to gain new height in the business.

India has been a pioneer in the technique of dyeing and printing with rapid natural colours in the world. Nowadays is traditional textile printing and natural colour combination technique of India famous around the world. India has made significant progress in traditional textile printing. Different sorts of hand block printing textiles from different provinces and regions in India produce distinct products with high-quality painting and dyeing techniques.

The traditional different printing technique of India like Bagh printing, Kalamkari printing, Ajrakh printing, Dabu printing, Sanganer printing, Bagru printing and Madhubani painting was taken authors attention to incorporate in the collection to give traditional fabric a new identity.

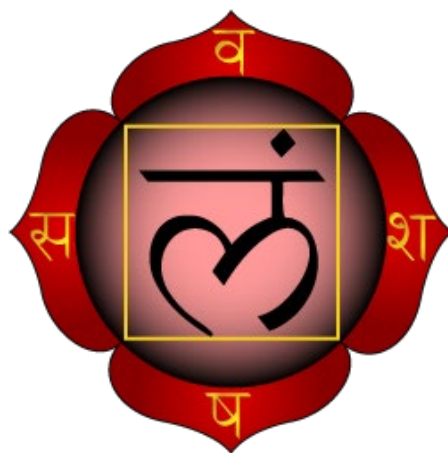
2. DEVELOPMENT OF COLLECTION

2.1. CONCEPTUALIZATION

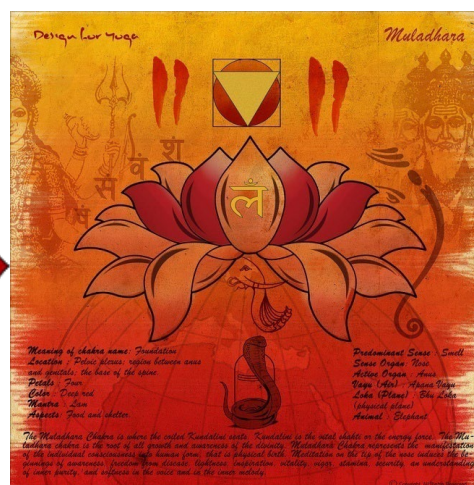
These seven chakras are described as being aligned in an ascending column from the base of the spine to the top of the head. The seven chakras correspond to the rainbow's seven colours.

They are visualised as a Lotus or flowers with different numbers of petals. All seven chakras have associated colours, sense organs, and organs of action. These abstract concepts coincide with vital bodily functions that easily influenced through outside behaviours. Muladhar (Root Chakra): Mula means root, adhar means support. Muladhara or the root chakra is one of the seven primary chakras according to Hindu tantrism.

Muladhar Chakra is represented by a four-petal lotus, whose colour is thought to be red, the first colour of the rainbow. It further associated the nature element 'earth'. It is located at the base of the spine. The functionality of this chakra is related to survival, security, strength and power.



Source: Patanjali yoga sutras



Source: <https://www.rohitghai.com/of-bound-angles>

When the Muladhara Chakra is balanced or activated the **person experiences stability, confidence, energy, and strength**. When the Muladhara Chakra is awakened and energy is flowing freely, **it brings positivity in all aspects of our lives**. A healthy and balanced Root Chakra fosters a deep connection with our earth-based impulses. It improves overall confidence and increases the sense of self-worth. Imbalanced: Root Chakra is blocked **by fear and various forms of trauma**. Psychological symptoms of blockage include anxiety disorders, fear, panic attacks, worry, over thinking, depression, nightmares, emotionally disconnected, disconnected from the body, anger/rage.

Brief

The collection took inspiration from the Muladhar chakra which can be explained in many terms like it is at the base of the spine and represent earth element means being attached to the heritage gives feeling of strength. Muladhar. The collection can be made with muslin (cotton) it depicts basic fabric attached to the earth, basic for survival. The art & craft of the root of India's success. Similar to Muladhar chakra like Muladhar chakra is activated, it provides stability confidence which was lost in the times of covid. Everyone was in fear & anxiety and many people have gone in to depression, feeling of insecurity after losing someone. With conscious efforts Muladhar chakra can be activated and self-worth and confidence can be achieved. With the use

2.2. FASHION FORECASTING AND BRAINSTORMING-FORE CASTING (MATERIAL AND METHODS)

Spring/Summer 2023 trends influenced the collection. Key elements include voluminous silhouettes, layers, gathers, ruffles, and stylized cuts. Emphasis on handwork and traditional craftsmanship adds depth and cultural significance to the designs. Cowls, cowl pants, styles with lot of layers will be of interest. Stylized cut should be the focus.

2.3. FABRIC SELECTION AND DEVELOPMENT OF SKETCHES

The styles were designed by incorporating traditional fabrics such as Bagru, Ajrak, Ikat, and Dabu. The creations featured a harmonious blend of solids and prints, with cotton as the base fabric. Color selection was inspired by the root chakra, predominantly featuring shades of red along with other warm tones. Black was strategically used to symbolize the dominance of COVID, reflecting a sense of sadness and off-white reflected the hope. Sketches were developed by infusing modern silhouettes with a twist, seamlessly integrating emerging fashion trends.



(A)Sanganer print

(B)Ajrakh



(C) Ikat

(D)Kalamkari print

Indian Traditional Textiles

2.4. DEVELOPMENT OF GARMENTS

The designs were brought to life through careful craftsmanship, combining traditional techniques with contemporary trends. Each sample reflects the grounding essence of the Root Chakra, aligning with the collection's vision. Silhouettes were curated incorporating the keypoint from the trends. Cultural designs inspired designs like dhoti pants. Peplum tops and Jump suit added the modernism to the collection. All the garments were in the combination of modernity and tradition. Garments incorporated a lot of technical inputs like ruffles, frills, Drapes etc. Mens garment also added a new twist. Dhoti and shrugs, Men's cordset with traditional print gave a new outlook to the collection.





3. FASHION PRESENTATION

The collection was showcased through a curated fashion presentation, highlighting the fusion of tradition and innovation. The presentation emphasized the transformative power of reconnecting with roots through design.

4. CONCLUSION AND DISCUSSION

The "Mul-Adhar" collection is a creative response to the shared human experience during the COVID-19 pandemic. Inspired by the Root Chakra and traditional Indian textiles, the collection emphasizes the importance of grounding and resilience. It highlights the value of reconnecting with cultural heritage as a means to foster well-being, celebrating the enduring strength rooted in tradition.

The collection conveys a profound message: nurturing the foundation and achieving balance leads to holistic well-being. Similarly, India's rich heritage of traditional textiles is our cultural foundation. By nurturing these crafts and presenting them in a form that appeals to the new generation, the collection not only ensures the craft's continuity but also elevates its global relevance.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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