

Healing Arts Health and Wellness

Chakras and The Endocrine System

Chakra	Number	Gland Involved	Hormones Involved	Color
Root	1	Ovaries	Estrogen, progesterone	Red
		Testes	Testosterone	
Navel	2	Ovaries	Estrogen, Progesterone	Orange
		Testes	Testosterone	
Solar Plexus	3	Pancreas	Insulin, Glucagon	Yellow
		Adrenal Glands	Cortisol, Aldosterone, DHEA, Adrenaline, Noradrenaline	
Heart	4	Thymus	Thymosin	Green (Or Pink)
Throat	5	Thyroid	T3, T4	Light Blue
Third Eye	6	Pituitary Gland	Prolactin, TSH, LH, FSH Growth Hormone Adrenocorticotropin Hormone	Purple
		Hypothalamus	AntiDiuretic Hormone, CorticoTropin-releasing Hormone, Gonadotropin-Releasing Hormone, Dopamine, Oxytocin,	
Crown	7	Pineal Gland	Melatonin	Indigo or White