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## **TRADITIONAL CONCEPT OF KEY ELEMENTS AND KUNDALINI IN YOGA**

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***Abstract:** The attitude of Ayurveda is founded on the attendance of 5 fundamentals, which are the structure blocks of the whole cosmos (the macrocosm), and of our bodily form (the microcosm). Ayurveda trusts in the impression that man is a miniature (small sample) of the ecosphere in which he exists. This income that the rudimentary basics that make up a person are the similar as the setting, but they be in a dissimilar mixture and shoot. The five elementary essentials of life are called the Panch Mahabhutas. For good flow of liveliness, the complementary the chakras and nadirs are perquisite, which is able to, decreases the doses finished the vital basics. The current article contracts with the numerous features of rudiments ( Pancha Tattva) and stress the developing the kundalini finished chakras curative.*

***Keywords— Pancha Tatta, Chakras, Kundalini and Health.***