



ANTOMICAL STUDY OF *NABHI MARMA* AND ITS CLINICAL IMPORTANCE

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ABSTRACT:

In *Ayurveda*, *Marma* is an important concept. *Maharshi Sushruta* has described each *marma* are constituted by *Mansa*, *Sira*, *Snayu*, *Asthi* and *Sandhi*. These are critical point on the body associated with different muscles, nerves, organ etc. It plays important role in surgery so; it is called as *Shalya Vishyardha*. *Nabhi* is mentioned as a vital point (*Marma*) of body. In between *Amashaya* and *Pakwashaya* root of *Sira* is *Nabhi Marma*, which is responsible for *Sadyapranahara* on trauma. It is a *Sira Marma*. It is *Swapanitala* or *Chaturangula* in *Praman*. *Nabhi* has a great anatomical and clinical importance. *Nabhi* is considered to be center of all organs in the body.

Keywords: *Marma*, *Nabhi*, clinical importance.

INTRODUCTION

Marma is one of the important aspects described in various ancient text of *Ayurveda*. Knowledge of *Marma* has been used since long time in surgery. Describing the importance of *Marma Vigyan*, *Maharshi Susruta* has said half of *Shalya Tantra* is *Marma Vigyan*, because any trauma to *Marma* immediately causes life threatening symptoms in a person ^[1]. It is the term used to indicate vital spot of the body.

Maharshi Susruta described the detail knowledge about marma in *Sharir Sthana* chapter 6th *Pratyeka Marma Nirdesh Shariram*. *Marma* is made up of a combination of *Mamsa*, *Sira*, *Snayu*, *Asthi*, and *Sandhi* ^[2]. *Acharyas* had mentioned 107 *Marma* in our body.

MATERIAL AND METHOD

- Review of *Ayurvedic* literature from *Ayurvedic* classics including relevant commentaries.
- Relevant modern literature is also included for comparative study.
- Other online information, journals are also searched for according to the need of the topic.

REVIEW OF LITERATURE

AYURVEDIC REVIEW

Maharshi Susruta was included *Nabhi* in 107 *Marmas*. He said that *Nabhi* is *Sira Marma* and

Sadya Pranahara Marma. *Acharya Charaka* and *Acharya Vagbhata* included *Nabhi* in *Dasa Pranayatana* and they considered *Nabhi* is a *Koshthanga*. *Acharya Charaka* and *Maharshi Susruta* are considered *Nabhi* as important structure in the body that contains *Prana*.

Nabhi derivation and meaning

Nabhi Marma is one of the 107 *Marma* explained in the *Ayurvedic Samhita*. The word *Nabhi* is derived from *Nah-Bandhe* which means to bind to the center point ^[3].

Anatomical situation of nabhi

The place of *Nabhi* is *Udara* (abdomen) and located between the *Amashaya* and *Pakvashaya*.^[4]

About nabhi marma

Nabhi marma comes under *Sadyapranahara Marma*, if injury to *Nabhi Marma* occurs it can lead to immediate death or death within 7 days ^[5]. *Nabhi Marma* is *Swapanitala* or *Chaturangula* in *Praman* ^[6].

Nabhi as a prabhava sthana of sira

In the body, there are 700 *Siras* and 24 *Dhamanis* ^[7]. They originate from the *Nabhi*. All the *Siras* are connected to *Nabhi* like spokes of a wheel. In fetal life *Siras* supply the nutrition to the fetus through *Nabhi Nadi*. After birth these *Siras* do not exist anymore. *Maharshi Susruta* has described that *Siras* connected to the *Nabhi* like spokes arising from center of wheel.

Nabhi as a prana

Prana is situated at the site of *Nabhi* [8]. According to *Ayurveda Rakta* is considered as *Prana* and *Jiva*. *Rakta* is one of *Dhatu* and gives nutrition to the body. The *Prana* is supplied to the body through *Rakta*. The *Rakta* is formed from *Ahara Rasa* and flows in *Siras* for maintains of life activities.

MODERN REVIEW

Umbilicus is the central point of the body. Its position is variable. In healthy adults it lies in the anterior median line, at the level of disc between the 3rd and 4th lumbar vertebrae. It is lower in infants and in persons with a pendulous abdomen [9]. Anatomically, the abdomen is divided into nine regions by four imaginary planes, two horizontal and two verticals. The horizontal planes are the transpyloric and trans tubercular planes. The vertical planes are the right and left lateral planes [10].

Embryologically, umbilicus is the meeting point of four (two lateral, head and tail) folds of embryonic plate. This is also the meeting point of three system, namely the digestive (vittelointestinal duct), the excretory (urachus), and vascular (umbilical vessels) [11].

For lymphatics and venous drainage umbilicus act as a watershed. Lymph and venous blood flows upward above the plane of umbilicus,

and downward below this plane. these do not normally cross umbilical plane [12].

DISCUSSION

Anatomical, physiological and pathologically in both *Ayurvedic* and modern it is come to know that *Nabhi* is umbilicus. Structurally, *Nabhi* is very important in body and it contains *Prana*. Anatomical situation of *Nabhi* is in abdomen and present in between the *Amashaya* and *Pakvashaya*. According to modern anatomy the position of umbilicus is variable. In healthy adults it lies in the anterior median plane of abdomen, at the level of the disc between the third and fourth lumbar vertebrae.

Nabhi Marma is of great importance in our body. These following points indicate the vital importance of *Nabhi*.

- The central point of body is termed as *Nabhi*. *Nabhi* is considered as a superficial landmark to locate the *Amashsya* and *Pakvashaya*. The umbilicus is lying midway between the xiphoid process and the pubic symphysis. From this point of view *Nabhi* can be considered as the umbilicus. This region of abdomen contains part of stomach, the head of pancreas, the duodenum, transverse colon and mesocolon, bifurcation of abdominal aorta, superior mesenteric and inferior mesenteric vessels with its

branches, anastomoses between superior and inferior epigastric arteries.

- *Nabhi* is mentioned as *Mool* of *Sira* and *Dhamani*. *Nabhi* is also considered as an originating source of vessels i.e., *Sira* and *Dhamani*. It is located between *Amashaya* and *Pakvashaya*. Anatomically no vessels are seen to be originated from *Nabhi* but it is an important site for portacaval anastomoses.
- Umbilical has a great clinical importance as its important site for portacaval anastomoses. During portal hypertension these anastomoses open up as shows dilated veins radiating from umbilicus called caput medusa. The fact that *Nabhi* is surrounded by *Siras* is also justified by this.
- *Nabhi* is considered as site of *Prana*. According to the modern science oxygen is transported with the help of blood. Oxygen is *Prana Vayu*, since blood is transporting medium of *Prana Vayu* and it circulate through *Nabhi* in fetal life. Oxygenated blood is transported through umbilical vein from mother to fetus and enter to the fetus through umbilicus. So, it is known as a *Prana*.

- *Manipur Chakra* is also located at the level of *Nabhi*. The celiac plexus is an autonomic nerve plexus and ganglia in the upper abdomen. It is the largest major autonomic plexus. It is also known as solar plexus because the network of nerves looks like the rays of the sun. Nerve fibers from coeliac plexus Radiate in all directions through the major abdominal Organs. Injury to celiac Plexus can leads to paralysis of entire body or even Death. It justifies that *Nabhi* is a vital point (*Marma*) & Its injury may lead to deformity and death.
- *Nabhi* is the main structure of fetal circulation. If We assess the fetal circulation, we can see that the umbilical cord contains blood vessels that transport nutrients from mother to the fetus. During fetal life *Nabhi* is main source of nutrition and survival of fetus. If due to any reason this circulation is impaired, fetus may be born with defects or deformity.

Therapeutic importance

Ayurvedic medicine believes that stimulation of *Marma* point can improve your physical and mental health. *Marma* points are specific anatomical location in our body through which the energy of these elements is believed to

flow. *Marma* points therapy is the practice of stimulating these spots through gentle massage therapy.

The *Nabhi* is an important *Marma* point according to ayurveda. The most important is that the *Nabhi* is the first point of contact from the mother to the fetus.

- The *Nabhi* is the location of *Agni* according to *Ayurveda*. This controls digestion, urination and formation processes. Therefore, therapy for the navel helps regulate these bodily functions as well.
- Since the *Nabhi* is the point of the solar plexus, regular *Yoga*, *Pranayama* can help increase the size of the solar plexus which in turns promotes better health.
- Gently massaging the *Nabhi* is another great way to stimulate all the nerves in the region. Using both thumbs, apply a little pressure on the *Nabhi*, hold for 5 seconds and release.
- Applying a few drops of oil and massaging it into and around the *Nabhi* every night before you sleep is a great way to attain great results. We can use different oils. This is a natural way to heal the body without any side effects.

Mustard oil – helps cure chapped lips, relieves headaches and improves vision.

Almond oil – helps attain glowing skin.

Neem oil – helps cure acne and rashes from the skin.

CONCLUSION

The *Nabhi Marma*, situated between *Amashaya* & *Pakvashaya*, Measures about 4 *Angula*. So, based on the literature review, *Nabhi Marma* location is corresponded to at the umbilical region of the anterior abdominal wall. The term *Nabhi* refers to a structure from which *Sira* and *Dhamani* originates and is directed to the center, similar to the axis from which the spokes arise, and radiate periphery. In *Ayurveda* this location is very essential. During the fetal life umbilical cord is attached to *Nabhi*. It is a *Sadhyapranahara Marma* & *Sira Marma*, injury to *Nabhi* leads to death Immediately or within 7 days. *Nabhi* is also considered as site of *Prana* & it also act as a watershed for venous and lymphatic drainage and also is an important site for portocaval anastomoses, that is why *Nabhi* has a great anatomical and clinical importance.

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