

**ANATOMICAL STUDY OF NABHI MARMA WITH EMPHASIS ON ITS
CLINICAL UTILITY****Dr. Namrata Tiwari***

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Article Received on
06 July 2025,Revised on 26 July 2025,
Accepted on 16 August 2025

DOI: 10.20959/wjpr202517-38007

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In Ayurveda, the concept of Marma holds significant importance. Maharshi Sushruta has explained that each marma consists of Mansa, Sira, Snayu, Asthi, and Sandhi. These are essential points on the body linked to various muscles, nerves, and organs. They play a crucial role in surgery, which is why it is referred to as Shalya Vishyardha. Nabhi is identified as a vital Marma point in the body. Located between the Amashaya and Pakwashaya, the root of Sira is the Nabhi Marma, which is responsible for Sadyapranahara in cases of trauma. It is classified as a Sira Marma. Its measurement is described as Swapanitala or Chaturangula. Nabhi holds significant anatomical and clinical relevance. It is regarded as the center of all organs within the body.

KEYWORDS: Marma, Nabhi, clinical importance.**INTRODUCTION**

Marma is a crucial element outlined in various ancient Ayurvedic texts. The understanding of Marma has been utilized in surgical practices for a long time. Maharshi Sushruta emphasized the significance of Marma Vigyan, stating that half of Shalya Tantra is based on Marma Vigyan, as any injury to a Marma can lead to life-threatening conditions in an individual. This term is used to refer to the vital points of the body. Maharshi Sushruta provided detailed insights on Marma in the sixth chapter of Sharir Sthana, Pratyeka Marma Niradesh Shariram. Marma consists of a combination of Mamsa, Sira, Snayu, Asthi, and Sandhi. The Acharyas identified 107 Marma points within the human 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

In 107 Marmas, Maharshi Sushruta was listed as Nabhi. According to him, Nabhi is Sadya Pranahara Marma and Sira Marma. Nabhi was regarded as a Koshtanga by Acharya Charaka and Acharya Vagbhata, who included him in Dasa Pranayatana. According to Acharya Charaka and Maharshi Sushruta, Nabhi is a crucial component of the body that houses 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]

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

Concerning Nabhi Marma Under Sadyapranahara Marma, Nabhi Marma is susceptible to damage, which can result in either instant death or death within seven days.^[5] In Praman, Nabhi Marma is Swapanitala or Chaturangula.^[6]

As a Prabhava Sthana of Siri, Nabhi There are 24 Dhamanis and 700 Siras in the body.^[7] The Nabhi is where they come from. Like the spokes of a wheel, all of the Siras are joined to Nabhi. Through Nabhi Nadi, Siras provide the fetus with nutrients during fetal life. These Siras no longer exist after birth. According to Maharshi Sushruta, the Siras that are connected to the Nabhi resemble spokes that emerge from the wheel's core.

As a prana, Nabhi Prana is located where Nabhi once stood.^[8] In Ayurveda, Rakta is equated with Jiva and Prana. One of Dhatu, Rakta provides the body with nourishment. Through Rakta, the body receives Prana. Ahara Rasa forms the Rakta, which flows in Siras to sustain life's activities.

MODERN REVIEW

The center of the body is the umbilicus. Its location is changeable. It is located at the level of the disc between the third and fourth lumbar vertebrae along the anterior median line in

healthy people. In babies and those with a protruding abdomen, it is lower.^[9] Four imaginary planes—two horizontal and two vertical—anatomically divide the abdomen into nine parts. The transpyloric and transtubercular planes are the horizontal planes. The left and right lateral planes are the vertical planes.^[10]

According to embryology, the umbilicus is where the four folds of the embryonic plate—two lateral, head, and tail—meet. Additionally, this is where three systems converge: the vascular (umbilical veins), excretory (urachus), and digestive (vitellointestinal duct).^[11]

The umbilicus serves as a watershed for lymphatics and venous drainage. Above the plane of umbilicus, lymph and venous blood flow upward; below this level, they flow downward. Normally, these don't cross the umbilical plane.^[12]

DISCUSSION

Nabhi is known to be umbilicus from an anatomical, physiological, and pathological perspective in both Ayurvedic and contemporary medicine. Prana is found in Nabhi, which is a very significant structural component of the body. Nabhi's anatomical location is in the abdomen, situated between the Amashaya and Pakvashaya. The umbilicus has a variable place in modern anatomy. It is located at the level of the disc between the third and fourth lumbar vertebrae in the anterior median plane of the abdomen in healthy people. In our bodies, Nabhi Marma is very important. The significance of Nabhi is demonstrated by the following points.

- Nabhi is the name for the body's center. Nabhi is regarded as a surface-level landmark for locating Pakvashaya and Amashaya. The pubic symphysis and the xiphoid process are separated by the umbilicus. Nabhi can be viewed as the umbilicus from this perspective. A portion of the stomach, the pancreatic head, the duodenum, the transverse colon and mesocolon, the abdominal aorta's bifurcation, the superior and inferior mesenteric vessels with their branches, and superior arteries are all located in this area of the abdomen. the inferior epigastric anastomoses
- Nabhi is identified as Sira and Dhamani's Mool. Nabhi is also regarded as the origin of the Sira and Dhamani vessels. It is situated in the space between Pakvashaya and Amashaya. Although it is a key anastomosis, no vessels are seen to have originated from Nabhi anatomically. Portacaval's site
- Because it is a crucial location for portacaval anastomoses, the umbilical has significant clinical significance. These anastomoses open up to reveal caput medusa, or dilated veins

emanating from the umbilicus, during portal hypertension. This further supports the idea that Siras round Nabhi.

- Nabhi is regarded as Prana's location. Current scientific knowledge states that blood helps carry oxygen. Since blood is the vehicle via which Prana Vayu is transported and circulates in Nabhi during fetal life, oxygen is Prana Vayu. From the mother to the fetus, oxygenated blood travels via the umbilical vein before entering the fetus through the umbilicus. Thus, it is called a Prana.

The Manipur Chakra is situated at the Nabhi level as well. The upper abdominal ganglia and autonomic nerve plexus are known as the celiac plexus. The largest significant autonomic plexus is this one. Because the nerve network resembles the sun's rays, it is also referred to as the solar plexus. Through the main abdominal organs, nerve fibers from the celiac plexus radiate in all directions. Damage to the celiac plexus can result in death or whole body paralysis. It supports the idea that Nabhi is an important point (Marma) and that damage to it could result in deformity and death.

- The primary fetal circulatory structure is the nabhi. The umbilical cord has blood veins that carry nutrients from the mother to the fetus, as may be seen if we evaluate the fetal circulation. Nabhi is essential to the fetus's survival and nutrition during its early years. A fetus may be born with abnormalities or deformities if this circulation is compromised for any cause.

Therapeutic importance

Ayurvedic medicine believes that stimulation of Marma point can improve your physical and mental health. Marma points are certain anatomical locations in our bodies that are thought to be the conduits for the energy of these elements. The technique of gently massaging these places is known as marma points therapy.

In Ayurveda, the Nabhi is a significant Marma point. The most significant is that the fetus and mother make their first contact through the Nabhi.

- According to Ayurveda, Agni is found in the Nabhi. This regulates the processes of production, urine, and digesting. As a result, navel therapy also aids in controlling these body processes.
- Regular yoga and pranayama can help enlarge the solar plexus, which in turn promotes improved health, since the Nabhi is the point of the solar plexus.

- Another excellent method for stimulating all of the nerves in the area is to gently massage the Nabhi. Put a little pressure on the Nabhi with both thumbs, hold it for five seconds, and then let go.
- One excellent method to achieve excellent results is to apply a few drops of oil and massage it into and around the Nabhi each night before bed. Different oils can be used. This is a side-effect-free, natural method of physical healing.

Mustard oil reduces eyesight and helps heal chapped lips. headaches and gets better Almond oil contributes to radiant skin. Neem oil helps clear up skin rashes and acne.

CONCLUSION

The Nabhi Marma, situated between Amashaya & Pakvashaya, Measures about 4 Angula. Accordingly, the literature review indicates that the placement of Nabhi Marma corresponds to the anterior abdominal wall's umbilical region. Nabhi is a structure that is the source of Sira and Dhamani. It is oriented toward the center, much like the spokes, and radiates outward from the center. This place is very important in Ayurveda. Nabhi has an umbilical chord tied to it during fetal life. It is a Sadhyapranahara Marma & Sira Marma; if Nabhi is hurt, he would die right away or within seven days. Nabhi has significant anatomical and clinical significance because it is also thought to be the location of Prana, serves as a watershed for lymphatic and venous drainage, and is a crucial location for portocaval anastomoses.

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