

Ayurvedic and Anatomical Concept of Nabhi and Navel Displacement

Dr Anamika ¹ Dr Maninder ² Dr. Subhash Upadhyay³

1. P.G Scholar, Department of Rachana sharir

2. P.G Scholar, Department of Rachana sharir

3. HoD, Professor, Department of Rachana sharir

Sriganganagar College of Ayurvedic Science and Hospital

ABSTRACT

In Ayurveda, the nabhi is said to be the central seat of *Agni*(digestive fire). As the site where all Srotas(body channels) meet, all nutrients, *Prana* (life energy), and regulations take place within the nabhi. According to Sushruta Samhita, life and nourishment emanate from the navel, regarded as an axial point of the body; and it is connected with the birth of the Garbha(embryo) in the womb ¹

Although navel displacement is not a term directly used in classical Ayurvedic texts, it may be explained in relation to imbalance or displacement in vital energies and functions radiating around the *nabhi*; this condition is called some times *Nabhi Chalan* or Nabhi displacement, leading to some health issues associated with digestion, circulation, and nervous system functions.

Keywords:- Nabhi, naval, umbilicus, abdomen

INTRODUCTION

The navel, or belly button, is a small but significant anatomical feature located at the center of the abdomen. Although it may seem insignificant, displacement of the navel can be indicative of various health issues. *Nabhi* word is derived from Sanskrit word Nanha, which means puckered circular area. *Nabhi* is situated in the abdominal region.

So far as modern anatomy is concerned the umbilical region is 9.5cm in length .this about four inches or 10cm or four fingers according to Cunningham.

Nabhi shtana -पक्कामाशयोर्मध्ये (सु. शा ६/२५) .In between *amashaya* and *pakwashaya* root of Sira is *Nabhi Marma* which is responsible for Sadyah pranahar on trauma. It is *Sira marma*. Dr H.P Sharma has translated it as umbilicus , naval. Dr Ghanekar has accepted the fact that *Nabhi* has got no relation to the root of Siras . the possibility of the narration in different *Samhitas* is due to relation in intrauterine life. After IUL Siras are never related to *Nabhi* . All the important organs are situated behind the *Nabhi* and a pinpoint injury has every chance to penetrate these organs leading to irreversible shock producing fatal result.he has commented that the whole anterior abdomen is *marma sthal* but anatomically it has been divided by our *maharshis* into two *Vasti Pradesh* and *Nabhi Pradesh* . Dr R.R Pathak has been influenced by Dr Ghanekar 's commentary however he has added that *Nabhi* is related to inferior epigastric vessels and rectus abdominis muscle .Dr patil has suggested Nabhi Pradesh from *nabhi marma* which contains duodenum, colon, small intestine celiac artery or superior mesenteric artery .

According to *Ashtang hridaya* in the umbilicus resides the vital energy. It is surrounded by numbers of blood vessels and nerves just like a wheel of a chariot.

What is Navel Displacement?

Navel displacement refers to a noticeable shift in the position of the belly button from its normal central location. Anatomically, the navel is the point where the umbilical cord connects to the fetus in the mother's womb as a symbol of the passage of life force, nourishment, and other vital substances. Even after birth, the navel remains a fundamental point for regulating energy, particularly to the digestive system and functioning of *Prana Vayu*- in the abdominal area².

Predisposing factors While taking patient's history or in general asking, its common to come across such factors they explain while describing this problem, these factors are as follows;

1. Landing with one leg straight and other leg bent at knee while jumping over the floor from some height.
2. Walking or trekking over uneven surface of land
3. Climbing the stairs in hurry, skipping steps while doing that.
4. Violent sneezes while sitting in a chair
5. Too much exercising and lack of proper rest post workout.

Symptoms Associated with Navel Displacement

Symptoms of navel displacement depend on the underlying cause and may include:

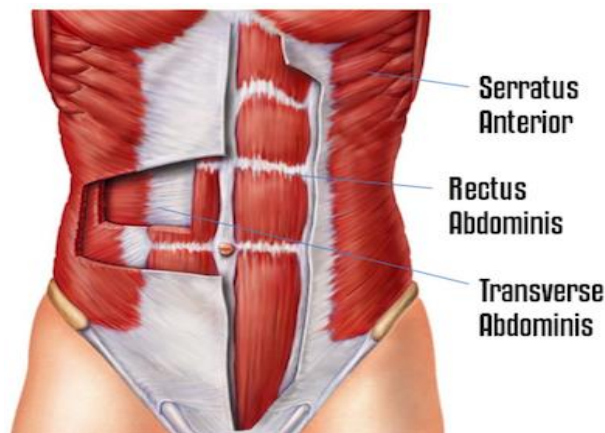
- **Visible Change:** A noticeable shift in the position of the navel.
- **Pain or Discomfort:** in the region around umbilicus, sometimes over sides of ribs and flanks
- **Cough, diarrhoea, sometimes constipation, tympanitis (atopa)**
- **Swelling or Bulging:** Particularly around the navel or in the abdominal region.
- **Irregular menstrual cycles:** Damage to the female reproductive system can cause female clients to experience irregular menstrual cycles⁴.
- **Sometimes pulsatile feeling underneath the umbilical region is found.**
- **Weakness:** Feeling weak, fatigued, and lethargic³

Anatomy of TRANSVERSUS ABDOMINIS

Origin; this muscle originates from iliac crest, inguinal ligament, thoracolumbar fascia and costal cartilages 7-12. Insertion; this muscle inserts over xiphoid process, linea alba, pubic crest and pecten pubis via conjoint tendon and thus muscle ends in the mid of the abdomen .

Functions;

1. Helps to compress ribs and viscera to provide stability.
2. It maintains intra-abdominal pressure.
3. It forms the core muscles along with other back muscles that protects the spine and maintains the balance.



So due to mentioned causes the transversus abdominis muscle gets over stretched and due to stress over a longer period of time the symptoms might arise that discomforts the person.

Healing process

Ayurveda offers relief of Nabhi Chalan, in which equilibrium is restored and the navel is repositioned. This is achieved with some manual therapies, herbal remedies, and lifestyle changes.

1. Abdominal Massage (Nabhi Abhyanga): Warm oils are used in gentle massage of the area around the navel to lighten up the abdominal muscles. In Ayurveda, major technique for ensuring proper movement of the Vata and relieving muscle tension which may be causing the displacement⁵.

2. Herbal Aid: Remedies that derive from the Ayurvedic system that enhance intestinal health and alleviate Vata disturbances are commonly administered adjunctively. These include

- Triphala: A term referring to the combination of three fruits that aid in maintaining the comfort of regular bowel movements and digestion.

- Ginger: This herb contains compounds that inhibit inflammation and helps alleviate symptoms of bloating and indigestion.

- Hing (Asafoetida): This is to relieve gas and ease indigestion in digesting food, thus alleviating abdominal discomfort⁶.

3. Dietary Changes: Light, easily digestible diet, in order not to stress the digestive system further, should be followed. Only those warm soups, ghee, and cooked vegetables are suggested as they balance the Vata and assist with digestion, but cold, dry, and difficult-to-digest foods should be avoided, as they may be deleterious and cause the problem to worsen⁷.

4. Yoga and Pranayama: Some of the asanas of yoga, like Pavanamuktasana or wind-relieving pose, and Naukasana or boat pose, tend to create a tightening of the abdominal muscles, thereby tightening the digestive system as well.

Pranayama such as Nadi Shodhana, alternate nostril breathing, tends to calm down the nervous system and relieve stress, which could be responsible for navel displacement⁸.

5. Nabhi Bandha: Other more traditional practitioners use a technique called Nabhi Bandha where gentle pressure is applied to the navel area to guide the navel back to place, manually, by an experienced Ayurvedic therapist.

Conclusion

Though the particular word Navel Displacement does not have specific coverage in any classic Ayurveda literatures, the importance of the navel as a center for vital energy and digestive power is very well documented. Ayurvedic approaches such as abdominal massage, herbal remedies, and yoga can treat a problem at a holistic level, and this includes the navel area. With that in mind that the navel is a crucial juncture that enables the body to maintain proper physiological homeostasis, we can then understand how Ayurvedic treatment can, for instance, in Nabhi Chalan, restore the balance between health and discomfort for the patients.

References

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² Charaka Samhita, Sutrasthana, Chapter 30

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