

## ROLE OF NABHI IN FETAL DEVELOPMENT W.S.R. NABHISTU JYOTI STHANAM

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## ABSTRACT

Ayurveda is a detailed science that gives great insight into the importance of every part of the body. One of the most important parts is *Nabhi*. *Nabhi* is a term of varied importance. *Nabhi* plays the most important role in the development of the body from the very beginning of life. *Nabhi* has relevance as a vital spot (*marma*). The central point of the body in between *Amashaya* and *Pakvashaya* is termed *Nabhi*. Scattered references related to *Nabhi* are available in classical texts. *Acharya Sushruta* mentioned that *Sira* and *Dhamani* originated from *Nabhi*. *Acharya Vagbhatta* stated *Nabhi* as a dominant place of *pitta dosha*. *Acharya Bhavmishra* has mentioned that beneath the *Nabhi* of *Garbha*, there lies a *Jyoti Sthana*. It is fanned by *vayu*, which causes the growth of *Garbha Deha*. The available literature, literary reviews of *Nabhi*, and modern studies suggest it as navel or umbilicus.

**Keywords:** *Jyoti sthana*, *Marma*, *Nabhi*, *Sira*, Umbilicus

## INTRODUCTION

*Nabhi* is a term having scattered references available in classical texts of Ayurveda. The term *Nabhi* is derived from ‘Nah-Bandhe’<sup>1</sup>, i.e., to tie or bind at the

central point<sup>2</sup> just like the spokes of the wheel at the navel. The location of *Nabhi* is mentioned between *Amashaya* and *Pakvashaya*. *Nabhi* is considered as

one of the ten *Pranayatana* in *Charak samhita* and *Ashtang sangraha*. *Nabhi* is kept in *marmas* as *Sadya-Pranhar*. *Acharya Sushruta* has mentioned *Nabhi* as *jyotisthana*. *Nabhi* is also considered a point of origin of *siras*<sup>3</sup> and *dhamanis*<sup>4</sup>. In *charak samhita*, *Nabhi* is considered one of the fifteen *koshthangas*<sup>5</sup>. *Acharya Vagbhata* has mentioned *Nabhi* as a dominant *pitta* place<sup>6</sup>. *Nabhi* is also taken as one of the main *udgam sthal* of *Hikka*.

#### Review Literature

*Nabhi* as *Jyoti sthana*- The navel, or *Nabhi*, is an essential part of human anatomy that plays a crucial role in fetal development. The phrase "*Nabhistu jyoti sthanam*"<sup>7</sup> refers to the concept of the place of light being in the navel, which holds a deep spiritual significance in Hinduism and yoga practices. In this article, we will discuss the role of *Nabhi* in fetal development and its connection to the concept of *Nabhistu jyoti sthanam*. The Role of *Nabhi* in Fetal Development during fetal development, the navel or umbilicus is the connection point between the fetus and the mother's placenta. The placenta provides the growing fetus with essential nutrients and oxygen to support its growth and development. The umbilical cord contains three blood vessels that carry oxygen and nutrients to the fetus and remove waste products. The cord connects to the fetus at the navel, and it is through this connection that the fetus receives nourishment and oxygen. The *Nabhi* or navel is also a crucial point for the formation of the digestive system. The gastrointestinal tract starts to form during the third week of fetal development, and by the end of the fourth week, the stomach and intestines begin to take shape. The *Nabhi* is the center point from which the intestines grow and take shape, and it is also where the muscles of the abdominal wall form. The *Nabhi* is also significant in the formation of the nervous system. The spinal cord starts to form during the third week of fetal development and continues to develop throughout pregnancy. The *Nabhi* is the center point from which the spinal cord grows and develops, and it is also where the nerves that supply the abdominal muscles originate.

#### *Nabhistu Jyoti Sthanam* and its Connection to Fetal Development

The concept of *Nabhistu jyoti sthanam* refers to the place of light being in the navel. In yoga and Hinduism, the *Nabhi* is believed to be the center of the body's energy or *prana*. It is believed that by focusing on the *Nabhi*, one can cultivate a sense of inner strength and radiance.

During fetal development, the *Nabhi* is indeed a source of light or energy, as it is the center point from which the digestive and nervous systems grow and develop. The *Nabhi* is also where the umbilical cord connects to the fetus, providing it with the nutrients and oxygen it needs to survive.

According to *Acharya sushruta*, the growth of *garbha* (fetus) occurs from *Annarasa* (mother *annarasa*) and *Marut Aadhmaan* (flow of *vata* in all *srotas*)<sup>8</sup>. In the centre of *garbha Nabhi*, there is a *jyoti sthana* (*agni sthana*). This *agni* at *jyoti sthana* is fanned by *vayu*, which keeps *agni* functional at that place and helps in the growth of *garbha deha*. That *vayu*, when combined with functional *agni*, spreads in upwards, downwards, and oblique directions, causing the growth of *Garbha*<sup>9</sup>. *Acharya Bhavmishra* mentioned that below the *Nabhi* of *garbha*, there lies a *jyoti sthana*. It is kept by *vayu*, which causes the growth of *garbha deha*. *Acharya Dalhan's* commentary *Nibandh sangrah* mentioned the term *Annarasa* as Mothers *ahara rasa* and *Marut aadhmaan* as *vata* that enters the *srotas* of the fetus, causes dilatation, and provides space for future growth of fetus development. *Nabhi* in *Garbha sharir*- According to *Acharya sushruta*, *Nabhinadi* is a structure that connects the *Nabhi* of the fetus with the *apara*, which is further connected to the mother's *hrudaya*. The nutritive part of mother *ahara rasa* travels from mother *hrudaya* and reaches *apara* via *dhamani* and finally reaches *Nabhi*. That *Upasneha* causes the growth of fetus<sup>10</sup>. *Acharya charak* explained the process of fetal nutrition inside the womb of the mother in the early stages when organs are ill-defined in formation. The *garbha* takes its nutrition from the *Upasneha* and *upsweda* of *Garbhashya* of the mother. When all *anga Pratyanga* of the fetus is fully defined, then the

fetus takes nourishment from *upasneha* of *Rasvahini* of *lomkoopa* and through *Nabhi nadi*<sup>11</sup>.

*Ahara rasa* of pregnant women serves three portions, viz. nourishment of her own body, the lactational requirement of the fetus, and growth of the fetus. *Nabhi* is connected to *Nabhi naadi*, which is further connected to *apara*. *Apara* gets all the nutrition or supply from the mother's heart. In *Sarvaang sundri teeka*, the connection of *the Nabhi* of the fetus to the mother's *hrudaya* is described for all the nutritional benefits.

*Nabhi* as a seat of *agni*-

*Acharya Charak*, *Nabhi* indicates the situation of *grahani* in the body. *Grahani* is considered the seat of *Agni*. It holds the undigested food for its digestion<sup>12</sup>.

*Nabhi* as Navel- *Nabhi*, also known as the navel or solar plexus region of the body, is considered an essential energy center in various spiritual practices, including yoga, Ayurveda, and traditional Chinese medicine. The navel is considered a sacred and powerful point in the body, where vital energy or prana is stored and channelled through specific techniques.

In yoga, the navel center is known as the *Manipura Chakra*, which is said to govern the digestive system, metabolism, and personal power. By focusing on this chakra, practitioners aim to increase their vitality, emotional stability, and self-confidence.

Ayurvedic medicine also recognizes the importance of *Nabhi* as the location where the *Agni*, or digestive fire, is ignited. The navel is considered the site where the first nourishment is received from the mother's womb, making it a crucial point for maintaining overall health and vitality.

Traditional Chinese medicine considers the navel as a significant acupressure point, where energy meridians converge and cross. It is said to regulate the flow of energy or *Qi* in the body and stimulate specific organs and functions.

In summary, *Nabhi*, or the navel region, plays a crucial role in various cultural and spiritual practices, and its significance is deeply rooted in the understanding of energy and vitality in the body.

Aim - To study the role of *Nabhi* in fetal development w.s.r *Nabhistu jyoti sthanam*.

1. Objectives- 1. To study the anatomical aspect of *Nabhi* in *Bruhatrayi*. 2. To study fetal growth w.s.r. *Nabhistu jyoti sthanam*.

Methodology – The data has been collected and reviewed from *charak samhita*, *sushruta samhita*, *ash-tang hrudaya*, and other validated textbooks and publications.

## DISCUSSION

*Nabhi* being a centre of *agni* or a dominant place of *pitta* with the help of *saman vayu* located at *Nabhi*, performs the process of digestion through *grahana* (consumption), *pachana* (conversion), *vivechana* (separation), *munchana* (give up for next level). During embryonic life, *Nabhi nadi* (umbilical cord) remains attached to the fetus *rasavahanadi*, and this *Nabhi nadi* carries *ahara rasa virya* (nutrition) from the mother to *garbha*. Growth of *garbha* (fetus) occurs due to *annarasa* (mother's *annarasa*) and *marut aadhmaan* (flow of *vata* in all *srotas*). In the centre of *garbha Nabhi*, there is a *jyoti sthana* which resembles *agni sthana*. This *agni* at *jyoti sthana* is fanned by *vayu*, which keeps *agni* functional and thus helps in the growth of *garbha deha*.

## CONCLUSION

The above study can conclude that *guda* plays a vital part in the excretory process of the human body. It helps in the excretion of *mala* and *apan vayu*, or excretory products of our body. Along with these functions, it has significant surgical importance in the human body. Its structural relevance should be kept in mind while performing any surgical or para-surgical procedures. Otherwise, it can be a life-threatening condition.

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