

## IMPORTANCE OF BASTI MARMA AND ITS TRAUMATIC EFFECT

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### ABSTRACT

*Ayurveda*, the science of life, is the most primitive medic religious treatise which mainly focused in the first instance on prevention of the disease and second on curative aspect. The principles of *Ayurveda* are mainly founded on observation or supervision rather than investigation. *Marma* scripture is one of the special & unique concepts of *Ayurveda*. *Marma* are the resuscitative and penetrable areas of our body. These areas or spots are taking place all over the body i.e. head, neck, trunk & extremities. *Marmas* are built up by the group of muscles, vessels, ligaments, tendons, bones and their joints. It is also known as *Jeevsthan* and *Pranayatana*. These *Marma* areas have *Tridosha*, *Triguna*, *Bhutatma* & *Chetanadhatu*, so any trauma to these *marma* points may results as painful condition, physiological deficit or even death. There are 107 *Marma*'s described in *Ayurveda* literature which may called vital parts of the body. *Trimarma* (*Hriday*, *Basti*, and *Shira*) are much more important out of 107 *Marma*'s because they are root of the body. *Basti Marma* is a *SadhyoPranharMarma* situated in the pelvic cavity often regarded as urinary bladder. Any injury to *Basti Marma* or nearby urinary bladder may lead to instant vital death or within a week. This review summarizes current evidence and recommendations regarding *Basti Marma* in present area.

**Keywords:** *Marma*, *Jeevsthan*, *Pranayatana*, *Triguna*, *Bhutatma*, *Chetana*.

### INTRODUCTION

*Ayurveda* is a science of life which deals mainly to achieve the goals like prevention and cure from diseases. To achieve such goals there should be knowledge of structural and functional part of the living body. Structures along with their relations and functions are specially described in *SharirSthana* in the form of *Sira*, *Snayu*, *Dhamani*, *Marm* etc. *Rachana Sharir* is a part of *Sharir Sthan* and purely

deals with the study of structures and their relations. In past era when battles and struggles were common among the kings for kingdom, traumas were made by focusing vital points to get quick death by both sides. After a long time, observations our *Acharya*'s observed these vital spots and named them as *Marma*. Therefore, to prevention and cure from trauma the knowledge of *Marma* points plays an important role in

today's fast track life. There are 107 *Marma's* described in *Ayurveda* literature which may called vital parts of the body. *Trimarma* (*Hriday*, *Basti*, and *Shira*) are much more important out of 107 *Marma's* because they are root of the body. *Basti Marma* is a *Sadhyo Pranhar Marma* situated in the pelvic cavity often regarded as urinary bladder. Any injury to *Basti Marma* or nearby urinary bladder may lead to instant vital death or within a week. To overcome from these situations there is need to comprehend the knowledge related to *Basti Marma* which is scattered in ancient *Ayurvedic* and modern literature.

**Material and Method –**

The materials were collected from *Ayurvedic* text's, magazines and Research articles.

**Concept of Marma-** The word *Marma* is derived from the Sanskrit "*Mri*"*dhatu*, it means something which causes death or disability and it's literal meaning is life spot, which is conjugation of different body structures. Which causes *Maran* or death is called *Marma*.<sup>[1]</sup>The description of *marma* is an important part of *Ayurveda* anatomy. *Basti* has been named as *moola* of *MutravahaShrotas* by both *Acharya Charaka*<sup>[2]</sup>and *Sushruta*<sup>[3]</sup>. It has been mentioned as a one of the *Kosthanga* in total fifteen *Kosthanga* by *Charaka*

and its development has been understand from maternal elements.<sup>[4]</sup>*Shushruta* has classified *Basti* region wise under *KosthagataMarma*, structural wise under *SnayuMarma* and result wise in *SadhyaPranhar Marma*.<sup>[5]</sup>*Charaka* and *Vagbhata* has considered *Basti* in ten *Pranayatanas*.<sup>[6]</sup>

**Location, Relation and Structure of Basti**

*Basti* is situated in the mindset of the umbilicus, back, waist, scrotum, rectum, groins and penis. It has one orifice and thin skin, placed with its face downwards. *Basti*, *Bastisira*, *PaurusaVrsana* and *Guda* are inter-related (connected) and situated inside the cavity of the pelvis, pelvic bone and rectum. It is shaped like *Alabu* and supported by *Sira* and *Snayu*.<sup>[7]</sup> According to *Acharya Vagbhata* this *Mutrasaya* is the receptacle of *Mala* and an important seat of life. It's made up of every little of muscle and blood, located inside of the pelvis, curved like a bow with one orifice pointed downwards.

**Measurement (Pramana)–***Basti Marma* occupies a space of 4 *Angula* dimension.<sup>[8]</sup>

**Importance of Basti Marma**

The vital breath of men resides *Hriday*, *Sira* and *Basti*. Hence one should make every effort to protect them.

- Views of different commentators on *BastiMarma-*

Sr. No.	Commentators	Site
1	Dr. B. G. Ghanekar	Urinary bladder
2	Dr. D.J. Thatte	Urinary bladder
3	Dr. J. N. Mishra	Urinary bladder
4	Dr. Ramraksha Pathak	Urinary bladder, Ureter, Hypogastric Plexus
5	Dr. Ashutosh Kumar Pathak	Urinary bladder, Related peritoneum, Ureter
6	Dr. Sunil Joshi	Urinary bladder

The Urinary Bladder is a hollow, distensible muscular organ situated in the pelvic cavity posterior to the pubic symphysis. In males, it is directly anterior to the rectum; in females, it is anterior to the vagina and inferior to the uterus. Folds of the peritoneum hold the urinary bladder in position. When slightly increases, it becomes pear-shaped and rises into the abdominal cavity. Urinary bladder capacity averages 700-800ml. It is smaller in females because the uterus occupies the space just superior to the urinary bladder.<sup>[9]</sup>

**Effect of injury:** According to *Acharya Sushruta* injury of *Basti Marma* causes immediate death. Any injury to the *Marma* except which caused by *Ashmari* (stones), *AshmariVrana* (wound caused by stones) and *Vrana* (wounds of small proportion) would cause immediate death. If due to severe injury, *Basti* breaks open on both sides, the person never survives, but if the *Basti* splits open discharging urine through the opening on one side due to injury or wound, the person may survive if promptly treated with appropriate

measures at the right time. Immediate death following injury to *Basti Marma* can occur due to one or the other below mentioned causes as following –<sup>[10]</sup>

*Mutra Sanga*– Obstruction to the flow of urine.

*MutrajanyaUdavarta*– Block of urine causing vitiation of *Vata* which is turn moves in reverse direction tilting the urinary bladder upside, down discharging the urine upward direction, causing pressure symptoms over the organs of abdomen and heart, flooding of urine in the pelvic cavity and ultimately leading to death.

*MutraAtiPravritti*– Excessive discharge of urine within the pelvic and abdominal cavity through the opening in the bladder caused due to injury. It can also cause bleeding leading to death.

## DISCUSSION

So, the knowledge of *Marma* area is most important for individuals to protect their resuscitative and penetrable areas of body from any injury. Physicians & surgeons should be knowledge about *Marma* scripture to save these areas during surgical procedures or any medical intervention. There are too much references can be found in Vedic literature related to injury at *Marma* region of solders of enemies & protection of one's *Marmaby* wearing safety guards. But now these days ignorance or illiteracy of *Marma* spots, road traffic accident, sports injuries, disaster and ignoring urge of urination due to busy lifestyle are the leading causes of urinary bladder trauma. To overcome from these situations, we should have knowledge about the vital spots of our body so that proper protection and medication may be provided to the patient of bladder injury and any faulty procedure may be avoided during surgery. Any injury which occurs in relation to *Bastimarma* can cause death instantly or within a week. If *Sadyapranahara Marma* injured at their end (border, nearby area) causes death after some time. This calls for detailed evaluation of structural entities lying in this site for better understanding of *Marma* science and its utilisation in *MarmaChikitsa*.

## CONCLUSION

The knowledge of urinary bladder in modern science closely resembles with the description of *Basti* in classical *Ayurvedic* texts, and they are important and vital parts of the body. They take part in flushing the body contaminants (*mala*), *Kleda* (unwanted water or fluid components of the body) and toxins in the form of *mutra* or urine. Thus, the *Basti* helps in keeping our body clean safe and healthy. Appropriate knowledge of anatomico-physiological concept of *Basti* is necessary for correct diagnosis of disorders of *mutavashrotas*. A trauma on full bladder leads to rupture of the bladder that may cause extravasations of the urine and leads to sepsis and even death.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Avdesh Dangwal et al: Importance Of Basti Marma And Its Traumatic Effect. International Ayurvedic Medical Journal {online} 2020 {cited April, 2020} Available from:  
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