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 & Chetana. 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.[1] The description of marma is an important part of Ayurveda anatomy. Basti has been named as mooola of MutravahaShrotas by both Acharya Charaka[2] and Sushruta[3]. 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.[4] Shushruta has classified Basti region wise under KosthagataMarma, structural wise under SnayuMarma and result wise in SadhyaPranhar Marma.[5] Charaka and Vagbhata has considered Basti in ten Pranayatanas.[6]

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, PaurusaVrsaana 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.[7] According to Acharya Vagbhata this Mutrasaya is the receptacle of Malu 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.[8]

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-

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<th>Sr. No.</th>
<th>Commentators</th>
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<tr>
<td>1</td>
<td>Dr. B. G. Ghanekar</td>
<td>Urinary bladder</td>
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<td>2</td>
<td>Dr. D.J. Thatte</td>
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<td>3</td>
<td>Dr. J. N. Mishra</td>
<td>Urinary bladder</td>
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<td>4</td>
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<td>5</td>
<td>Dr. Ashutosh Kumar Pathak</td>
<td>Urinary bladder, Related peritoneum, Ureter</td>
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<td>6</td>
<td>Dr. Sunil Joshi</td>
<td>Urinary bladder</td>
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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.[9]

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 –[10]

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 Marma by 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 Basti-marma 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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