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Healing Through the Navel – An Ayurvedic Perspective on Nabhi Puran**Dr. Gauri R. Nake¹, Dr. Sukanya H Patil², Dr. Ravikumar B. Patil³**¹P.G. Scholar, Dept. of Panchakarma, Yashwant Ayurvedic College, P.G.T. & R.C, Kodoli.²Asso. Professor, Dept. of Panchakarma, Yashwant Ayurvedic College, P.G.T. & R.C, Kodoli.³Professor, H.O.D. Dept. of Panchakarma, Yashwant Ayurvedic College, P.G.T. & R.C, Kodoli.**ABSTRACT**

Nabhi Puran is an ancient *Ayurvedic* technique focusing on the administration of medicated oils in the umbilical (*nabhi*) region. This therapy is deeply rooted in *Ayurvedic* principles of *Agni*, *dosha* balance, and *marma chikitsa*. The umbilicus, being the center of 72,000 *nadis* (energy channels), plays a vital role in overall health. This article explores the concept, procedure, benefits, indications, and classical references related to *Nabhi Puran*.

Keywords: *Nabhi, Nabhi Puran, Nabhi Basti Nabhi Tarpan, Nabhi Marma.*

INTRODUCTION

Ayurveda, the science of life, offers various simple yet profound healing techniques that promote balance in body, mind, and spirit. In *Ayurveda*, the navel is not just a physical structure but a vital energy center associated with digestion, vitality, and life force. The *Charaka Samhita* and *Sushruta Samhita* emphasize the importance of *Nabhi marma* and its therapeutic significance. In the description of *Nabhi* Acharya Charak has mentioned that a *Nabhi* that is tilted towards the right, inwardly curved, is auspicious^[1]. *Nabhi* one of the *Sadya Pranahar Marma* situated in between *Amashaya* and *Pakvashaya*^{[2] [3]}. *Acharya Sushrut* has also mentioned the importance of *Garbhnaadinadi* in the nourishment of *Garbha*. The fetus relies entirely on the mother's blood and the placenta to fulfill its needs. Nevertheless, it remains a physiologically independent entity. It draws whatever it requires from the mother—such as calcium, iron, etc.—without regard for the mother's own needs.^[4] One such

powerful and easily practiced therapy is *Nabhi Puran*, also known as *Nabhi Tarpan* or *Nabhi Basti*. It involves applying warm medicated oil in the navel region (*nabhi*) to restore digestive fire, balance *doshas*, and treat several ailments related to the gastrointestinal and reproductive systems.

What is Nabhi Puran ?

The word *Nabhi* means navel, and *Puran* means to pour or fill. The navel is typically located at the level of the intervertebral disc L3 & L4 vertebrae in adults.^[5] In *Nabhi Puran*, medicated oil is poured and retained in the umbilical area for a specific period using a well (boundary) made of dough. This practice nourishes internal organs, improves digestion, and regulates energy flow. In *Ayurveda*, the navel is considered the center of life energy (*Pranavaha srotas*) and is closely related to *Agni* (digestive fire). The therapy stimulates the solar plexus (*manipura chakra*) and helps restore internal balance.

OBJECTIVES

1. To understand *Nabhi Puran* as a pharmacological way of treatment and prevention.
2. To comprehend how *Nabhi Puran* operates.

MATERIAL AND METHODS

All the material related to *Nabhi Puran* has been collected from *Ayurvedic* text such as *Bahatriye*, *Laghutrye*, text book of modern medicines and medical journals .

Also the available commentaries of *Ayurvedic samhitas* has been efferred for the collection of relevant matter.

Procedure of Nabhi Puran :

➤ Preparation :

- The patient is made to lie comfortably on their back.
- A dough ring is prepared using black gram flour (*urad dal*) or wheat flour and placed around the navel, forming a leak-proof dam.

➤ Oil Selection

Medicated oil like:

- Castor oil – for constipation, bloating
- Hingwadi taila – for digestion

- Bala taila, Ashwagandha taila – for strengthening
- Jatyadi taila – for healing purposes

➤ **Application**

- Warm oil is gently poured into the dough ring and retained for 15–30 minutes.
- The oil is then removed, and light massage may be done around the area.

➤ **Post-Care**

- Warm compress or hot water bag may be applied for better absorption.
- Light food and rest are recommended after the procedure.

OBSERVATION:

Benefits of Nabhi Puran :

- Improves digestion and metabolism
- Relieves bloating, gas, and constipation
- Supports reproductive health in women and men
- Alleviates lower back and abdominal pain
- Calms the nervous system and reduces stress
- Nourishes skin and internal organs
- Regulates hormonal balance through navel stimulation

Indications:

- *Ajeerna* (Indigestion)
- *Adhmana* (Bloating)
- *Anaha* (Constipation)
- Dysmenorrhea (painful menstruation)
- Irregular menstruation
- IBS (Irritable Bowel Syndrome)
- Backache and pelvic pain
- General weakness or fatigue

Contraindications:

- Active abdominal infections or ulcers
- Pregnancy (unless guided specifically by an expert)
- Acute abdominal pain without diagnosis
- Skin allergies in the umbilical region

DISCUSSION

Modern science recognizes the umbilical area as rich in nerve endings and vascular connections. When medicated oils are applied here, transdermal absorption occurs, affecting visceral organs and improving systemic function. The practice also activates parasympathetic responses, leading to stress reduction and healing. Oils used (like castor, mustard, ginger, ajwain-infused oils) may have antispasmodic, carminative, anti-inflammatory, and analgesic properties. Local application can influence gut-brain axis through enteric nervous system modulation.

Mode of Action:**1. Absorption through Nabhi Region (Periumbilical Absorption)**

- The umbilicus is richly vascularized and has a high concentration of nerve endings^[9].
- Oils or *ghee* used in *Nabhi Puran* may get absorbed transdermally, especially via capillaries in the abdominal region, influencing nearby organs such as intestines, liver, pancreas, and stomach.

2. Activation of Marma and Nadi

- *Nabhi* is considered a *marma* point (vital point)^[10]. *Nabhi Marma* is associated with *Pranavaha*, *Annavaha*, and *Sirasnayu*.
- Stimulation of this area may activate the solar plexus (analogous to *manipura chakra*) enhancing digestion and energy flow (*Agni deepan*).

3. Balancing of Vata Dosha

- *Nabhi* region is the seat of *Samana Vayu*.^[6]
- Warm medicated oils help pacify vitiated *Vata*, reducing flatulence, constipation, abdominal pain, and bloating.^[8]

4. Regulation of Agni (Digestive Fire)

- *Samana Vayu*, responsible for digestion, resides in the *nabhi* area.^[7]

- By nourishing and stimulating this region, *Nabhi Puran* supports healthy *Jatharagni*, improving appetite and digestion.

5. Psychosomatic Connection

- *Nabhi* is linked with emotional well-being; retention of oil may promote calming effect, reducing stress and anxiety (similar to abdominal massage effects).

CONCLUSION

Nabhi Puran is a type of *Bahyasnehan* & is a simple, non-invasive, and highly effective *Ayurvedic* treatment that targets core imbalances, especially those rooted in digestive and reproductive health. It can be done regularly at home with proper guidance or as part of a *Panchakarma* regimen under the supervision of an *Ayurvedic* physician. This sacred center of life, the navel, holds the key to holistic well-being.

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