

BASTI MARMA: ANATOMICAL SIGNIFICANCE AND TRAUMATIC IMPLICATION

¹ Dr. Archana A Patel, ² Dharmesh N. Vaghela

¹ Associate Professor, Department of Rachana Sharir, ² UG Scholar, 2nd Professional B.A.M.S

S. S. Agrawal Institute of Ayurveda, Navsari, Gujarat

E mail Id: archanapatela91@gmail.com, Page. No. 1-5

Abstract

Marma is vital anatomical locations. Marma is derived from Sanskrit term Mruj -maranne. The word meaning of Mru that leads to death or give misery to individual similar death like. Injuries directly affect the site of marma are likely leads to death or person makes disable or functionless. These areas or spots are present all over the body i.e. head, neck, trunk & extremities. According to Ayurvedic texts, there are 107 marma points located in anterior and posterior aspects of body. Acharya Charaka explained Trimarma concept in Siddhisthana. Trimarma are much more important out of 107 marma present in the body. As per Acharya Sushruta Basti marma is consider in Sadhyapranhara, Snayu marma and present in Kostha region., often regarded as Urinary bladder. Any Injury to this marma may leads to death or may produce the symptoms of sadhyapranhara marma. This article focus on review as per Ayurveda and modern science and try to explain anatomical relation and its traumatic effect.

Key words: Marma, Trimarma, Basti, Sadhyapranhara, Urinary bladder

Introduction

In Ayurveda, Marma points are vital energy centre, Acharya Sushruta observed these vital energy centre and named as marma. The knowledge related to locations and sites of marma in our body important for understand traumatic effect and the marma concept is very useful for applied or surgical anatomy. Extreme caution is required if injuries involve certain marma parts and significant surgical intervention is necessary. Acharya Sushruta has explained marma as the anatomical site where marma are formed up by confluence the Mamsa (group of muscles), Sira (vessels), Snayu (ligaments, tendons), Asthi (bones) and Sandhi (joints). Prana also resides there. (1).0

The concept of Trimarma (Hruday, Basti, and Shira) explained by Acharya Charaka, 107 marma located in the skandha & shakha region. Trimarma located in the Skandha region are more important out of 107 marma because they are considered as root of the body. (2) Basti marma is a

Sadhyapranhara, Snayu marma and situated in the pelvic cavity regarded as urinary bladder. Any injury related to Basti marma may lead to sudden death or within a week. In this review article updating the concept of Basti marma in parlance with its traumatic effect and anatomical description.

Material and Method

The data were collected from Ayurvedic and modern text's, Magazine and research articles.

Marma concept:

The marma word is derived from Mruj -maranne. The word meaning of Mru that leads to death or disability. In past year during war periods injuries on vital point may occur fatal condition. Knowledge of these vital spot useful for the treatment purpose. There are five types of marma according to vikalanusar bheda described by Acharya Sushruta and Vagbhata. (3) Among them sadhyapranhara has the dominance of Agni tatva, on injury to these marma there will be sudden depletion of Agni tatva which results in sudden death. (4) The Description of marma is important for the applied anatomy and Ayurveda aspect.

Basti Marma:

Basti marma anatomically correspond to the urinary bladder and present in the pelvic region, it is situated in the Madhya Sharira (central trunk of the body). Sushruta described basti marma region wise udargata, (Koshthgata, trunk region), parinamanusar Sadhyapranhara marma, marma vastuanusar Snayu

marma. (5) Basti is consider as moola sthana of mootravaha srotasa explained by both Charakaacharya and Sushrutaacharya. (6,7)

Basti as koshtanga: Basti is mentioned as one of koshtanga in total fifteen koshtanga by Charakaacharya.8 Basti is regarded as Pranaayatana by Acharya Charaka and Vagbhata. (9)

Measurement (Pramana): 4 Angula¹⁰

Basti Uttpati: Parsada bhaga (essence) of Asruk (blood) together with shleshma, while undergoing cooking by pitta is transversed by vayu, from this activity, two antra, Guda and Basti (urinary bladder) gets formed inside the abdomen. (11)

Structure (Swarupa) and Location of Basti: Acharya Sushruta mentioned that basti resembles Alabu (bottle guard) shape and Mootraashay is covered with Sira and Snayu. It has one opening directed downward. Basti, Bastishira, Paurusha granthi, vrishan and guda these all are present in pelvic cavity and are inter related. (12) Mootraashay is the seat of Mootra made up of small quantity of muscles. Mootraashay is situated in kati (pelvic cavity), Bastishira (fundus of the bladder) is dome like base of bladder. It has a downward opening. (13) Basti marma Situated within kati (pelvic cavity) and has less amount of mamsa (muscle), rakta (blood), performs function as reservoir of urin.(14)

Basti Mootra sthana (Place of urine): Place of basti is in the middle of Sthulaguda, Mushka (scrotum), sevani (anococcygeal raphe), Shukravaha and

mootravaha Srotas etc. Basti is basis of Mootra and all jalvahani srotasa. Just as water from rivers ultimately reaches the sea, similarly Basti stores urine.(15)

Modern Aspect: Anatomically bladder is located in the pelvic cavity, it is muscular organ, distensible and hollow, posterior to the pubic symphysis. It is directly in front of the rectum in males and in front of the vagina and inferior to the uterus in females. The folds of peritoneum hold the bladder in its position. The bladder is spherical when it is somewhat enlarged by the accumulation of urine. It collapses when it is empty. It is like pear shape when urine volume is increases. The usual bladder volume is 700–800 mL. It is smaller in females. (16)

External Features: (17)

Shape of an empty bladder is tetrahedral:

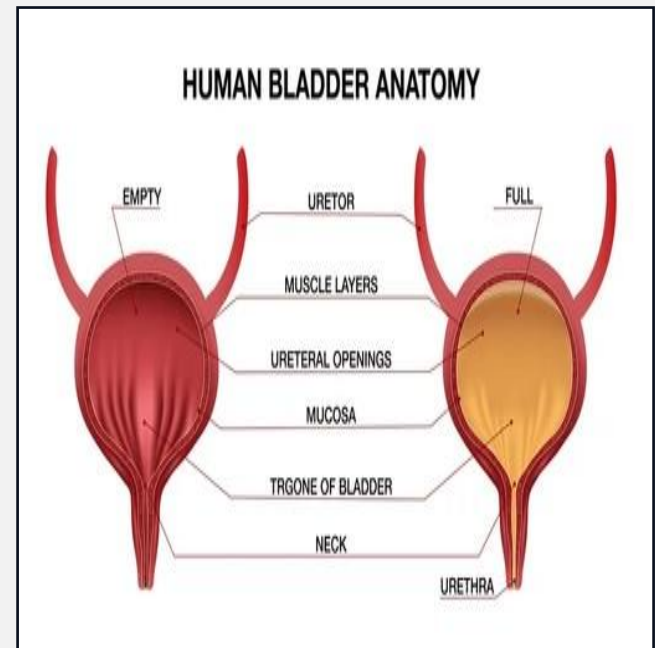
- 1 Apex, directed forwards.
- 2 Base or fundus, directed backwards.
- 3 Neck: lowest and most fixed part of the bladder.
- 4 Three surfaces, superior, right and left inferolateral.
- 5 Four borders, two lateral, one anterior and one posterior

Shape of full bladder is ovoid:

- 1 An apex, directed upwards towards the umbilicus.
- 2 A neck, directed downwards.
- 3 Two surfaces—anterior and posterior.

Arterial Supply:

The main supply comes from the superior and inferior vesical arteries, branches of anterior trunk of the internal iliac artery.



Effect of Injury: Injury to Basti marma result to sadhyomarana (immediate death) and also injury by Ashmari leads to immediate death. A calculus wound also proves fatal if it presents on both sides, the chances of extravasation of urine through the wound is there. Such wound may get healed if it is treated with great care. (17) Various Basti and mootravaha srotas related roga like Mootraavrodhaja roga, mootra sanga, mootra atipravruti etc. explained in Samhita.

As per modern a distended bladder may be ruptured by injuries of the lower abdominal wall. The peritoneum may or may not be involved.

Discussion

As the knowledge of marma spots is very important in present era because some vital spots should be protected from injury. The knowledge of vital points is very useful for surgeon especially during surgical procedure. In the past year in war periods, injury on vital spots leads to fatal condition or death, nowadays road accident, sports injury etc. leads to injury on vital spots may occur fatal condition because people are avoiding to wear a safety guards.

In busy and stressful lifestyle people are ignoring urge to urination and may affected the urinary bladder. To overcome these situations, we should aware the people and patients by proper knowledge. The awareness of these vital spots, protection and precaution may save the life. Injury related to Basti marma and nearby area can cause death. Basti marma considered as sadhyapranhara marma injury on Basti marma or nearby area leads to death. Mootra is consider as mala in Ayurveda and Mootra resides in bladder. Toxins are flushing from the body by urination. Thus, the knowledge of Ayurveda and modern text's helps to management of various disease and treatment plans.

Conclusion:

The Basti is consider as important and vital spots of the body it is closely resemble with urinary bladder. Mootra is consider as one of mala in Ayurveda, all the toxin of the body removes through mootra and storage of urine is in the urinary bladder. So Basti helps to keep our body clean and safe. A traumatic

effect on full bladder leads to rupture of bladder leads to extravasation of urine, sepsis and death. A proper knowledge of Anatomical – physiological helps to diagnose the Basti related disorders.

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