

**ANATOMICAL AND CLINICAL PERSPECTIVES ON BASTI MARMA: A
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ABSTRACT

Marmas, vital energy points in the body, are convergence sites for five fundamental tissues: muscles (mamsa), blood vessels (sira), bones (asthi), joints (sandhi), and ligaments/tendons (snayu). Injury to these points can cause severe pain, disability, loss of function, and even death. The concept of Trimarma, explained by Acharya Charaka, highlights the importance of understanding Marmas in Ayurvedic medicine. Furthermore, Acharya Sushrut emphasized that knowledge of Marmas is essential for surgical expertise, considering it half of the knowledge of surgery (Ardhchikitsa) or applied/surgical anatomy. This study focuses on Basti Marma, which represents the urinary system and plays a vital role in maintaining overall health. As a center of Vata dosha, Basti Marma is crucial for regulating various bodily functions. The study aims to review and understand the anatomical aspects and clinical significance of Basti Marma, exploring its relationship with essential structures and the potential consequences of injury. Through a comprehensive review of Ayurvedic classics, including the Charaka Samhita and Sushruta Samhita, as well as relevant literature and websites, this research aims to highlight the importance of Basti Marma in Ayurvedic medicine. The study will delve into the surgico-anatomical significance of Basti Marma, emphasizing its role in maintaining health and preventing disease. Additionally, the research will explore the concept of Sadhya Pranaharatva, which refers to the vital importance of Basti Marma in sustaining life. By examining the anatomical and clinical aspects of Basti Marma, this study aims to contribute to the understanding of Marmas in Ayurvedic medicine and their significance in maintaining overall health and well-being. This research will provide valuable insights for practitioners and researchers in the field of Ayurveda.

KEYWORDS: Basti marma, Trimarama, Sadhya Pranahara, Urinary bladder.**INTRODUCTION**

Ayurveda, an ancient medical system, encompasses the vital concept of "Marma." Acharya Charaka emphasized its clinical significance in "Trimarmameeya Siddhi Adhyaya," categorizing it under three key headings: Basti, Shira, and Hridaya. According to Ayurvedic principles, Marma refers to specific sites where the convergence of muscles (Mamsa), blood vessels (Sira), ligaments/tendons (Snayu), bones (Asthi), joints (Sandhi), and life force (Prana) occurs naturally. Marma, a crucial concept in Ayurveda, comprises six essential elements: Soma, Maruta, Tejas, Satva, Raja, and Tama, where the vital force (Jivatma) resides. All prominent Ayurvedic texts, including Charak, Sushrut, and Vagbhat Samhitas, elaborate on Marmas. Notably, Acharya Sushrut identified 107 Marmas, while Acharya Dalhan emphasized their significance, stating that trauma to these points can be fatal or debilitating ("Maryantiitimarmani). Marmas play a vital role in surgical procedures, earning the designation "Shalya

Vishayardha" or half of Surgery. Specifically, Basti Marma encompasses the urinary bladder, hypogastric plexus, and ureters, rendering these areas critical to overall health. Injury to these sites can lead to shock or even death. As Basti Marma is the seat of Vata dosha, maintaining its health is essential to prevent Vata-related disorders, which account for a majority of diseases. Therefore, prioritizing Basti health is crucial for overall well-being.

AIMS AND OBJECTIVES

The primary objective of this study is to conduct a comprehensive review of the anatomical structure and clinical importance of Basti Marma, with a focus on its significance in Ayurvedic medicine and its relevance to modern healthcare practices.

MATERIALS AND METHOD

This study involved a thorough analysis of classical Ayurvedic texts, including Charaka Samhita and

Sushruta Samhita, as well as modern textbooks and research papers. Relevant data was compiled and systematically reviewed to distill the essential information related to Basti Marma, providing a comprehensive understanding of the topic.

REVIEW OF LITERATURE

Ayurvedic Perspective on Basti Marma Basti Marma is a critical anatomical structure in Ayurveda, classified as one of the 56 Pratyanga, 10 Pranayatana, and 15 Kosthanga. As the primary site for Mutravaha Srotas, Basti Marma plays a vital role in the urinary system. It is associated with the Jala Mahabhuta and situated in the pelvic region (Kati Pradesh), surrounded by essential structures such as the large intestine, rectum, testicles, perineal raphe, seminal vesicle, and urinary channels. Characterized by a relatively low concentration of muscle and blood, Basti Marma functions primarily as a reservoir for urine. Its significance is underscored by its classification as a Sadyopranahara Marma, Snayu Marma, and Udargata Marma. Furthermore, Basti Marma is recognized as one of the three primary Marma (Trimarma) alongside Hridaya and Shira, and is considered the most critical organ for maintaining Prana. Anatomically, Basti Marma is described as having a curved bow-like shape (Dhanurvakra) and measures approximately 7 cm (4 Angula) in size. Serving as the foundation for Mutra, Basti Marma receives and stores urine from the Ambuvaha Srotas, much like the ocean receives water from various rivers.

Anatomical Considerations of Basti

According to Ayurvedic texts, the urinary system comprises various vital organs (Anga). As described by Acharya Sushruta, Basti Marma is strategically located in the pelvic region, specifically at the midpoint of an imaginary line connecting the umbilicus (Nabhi), scrotum (Mushka), and penis (Shepha), with its posterior aspect related to the back (Prishta) and inguinal region (Vankshan). Internally, Basti Marma resides within the pelvic cavity (Gudasthi vivar), establishing anatomical relationships with adjacent structures. Inferiorly, it is connected to the prostate (Paurush) and testis (Vrishan), while posteriorly, it is associated with the rectum (Guda). These structural relationships underscore the significance of Basti Marma in the urinary system and its potential impact on overall health.

Structures Associated with Basti Marma

The following anatomical structures are intimately connected with Basti Marma:

1. The terminal segments of the ureter, vas deferens, and seminal vesicle converge in this region.
2. Ligaments supporting the urinary bladder, including the puboprostatic and pubovesical ligaments, are also associated with Basti Marma.
3. The arterial supply to the urinary bladder, comprising the internal iliac artery and its branches, is another critical structure linked to Basti Marma.
4. Venous drainage of the urinary bladder, facilitated

by the internal iliac vein and its tributaries, is also connected to this region.

5. The nerve supply to the urinary bladder, including branches from the inferior hypogastric plexus and pelvic splanchnic nerve, plays a vital role in its function.
6. The lymphatic drainage of the urinary bladder is another essential structure associated with Basti Marma.
7. The prostate gland and prostatic urethra are also intimately connected with Basti Marma, highlighting the importance of this region in urogenital health.

Traumatic Symptoms of Basti Marma as Described by Acharya Charaka.

Acharya Charaka, in his seminal work Sidhithana, outlined the traumatic symptoms associated with Basti Marma injury. These symptoms include:

1. Vata Mutra Varchonigraha: Characterized by retention of urine, similar to retention of feces and flatus, indicating a severe disruption in urinary function.
2. Vankshan Mehana Basti Shoola: Manifested as severe pain in the suprapubic and lower abdominal regions, highlighting the impact on the urinary bladder and surrounding structures.
3. Basti Kundal: Spasms in the urinary bladder, leading to involuntary contractions and potential urinary incontinence.
4. Udavarta: Characterized by an upward movement of Vayu (air) in the abdomen, potentially causing discomfort, bloating, and other gastrointestinal disturbances.
5. Nabhi Kukshi Guda Shroni Upsthambha: Marked by stiffness and muscular rigidity in the umbilical, abdominal, and pelvic regions, indicating a severe impact on the body's motor functions and overall well-being.

These symptoms underscore the critical importance of Basti Marma in maintaining urinary and overall bodily functions, and the potential consequences of injury to this vital region.

Acharya Sushruta's Explanation of Ashmari Vrana

According to Acharya Sushruta, the term "Ashmari Vrana" refers to a rupture of the urinary bladder. In the Ashmari Nidana chapter, Acharya Sushruta identifies eight critical Marma associated with urinary health, including:

1. Sevani (perineal raphe)
2. Shukravaha Srotas (seminal vesicle)
3. Mushka Srotas (testicular vessels)
4. Guda (rectum)
5. Mutrapraseka (urinary sphincter)
6. Mutravaha Srotas (urinary tract)

These Marma play a vital role in maintaining urinary

function, and injury to these areas can lead to severe consequences, including rupture of the bladder.

Consequences of Basti Marma Injury

The ancient texts describe the severe consequences of injuring Basti Marma, particularly when both sides are affected. If bilateral injury occurs, the patient's chances of survival are slim. However, if the injury is limited to one side, healing is possible, albeit with great difficulty. This description is reminiscent of intravesical ureteric calculus, a condition where a renal stone becomes impacted at the ureteric orifice of the bladder. If this occurs bilaterally, the patient's life is at risk due to the potential for backflow of urine, which can lead to fatal complications within 7 days.

DISCUSSION

Basti Marma holds significant importance as one of the Sadhyapranahara Marma, as emphasized by ancient Ayurvedic scholars. The prognosis for survival following a severe injury (Aghata) to Basti Marma is a mere 7 days, underscoring the critical need for protection and preservation of this vital area. It is essential for individuals to be aware of the location of Basti Marma, situated posterior to the symphysis pubis, within the lower pelvic cavity. This region is intricately connected to the ureters and urethra, which serve as vital channels for the transportation of urine (Mutra) and semen (Shukra). Trauma to Basti Marma can lead to severe complications, including obstruction of Vata, urine, and feces, potentially resulting in life-threatening consequences that necessitate immediate medical intervention. Consequently, knowledge of Basti Marma is not only crucial for individuals but also for physicians and surgeons, who can utilize this understanding to safeguard this critical area during surgical procedures and medical interventions, ultimately contributing to better patient outcomes.

CONCLUSION

The Basti Marma closely corresponds to the urinary bladder in modern medical science. Injury to this critical area can precipitate medical or surgical emergencies with potentially lethal outcomes. Given its vital importance, safeguarding Basti Marma from harm is paramount, as damage to this region can be catastrophic.

Therefore, it is essential to emphasize the significance of Marma sthana and exercise caution during surgical procedures to prevent damage that may lead to fatal consequences. To ensure accurate diagnosis and effective management of disorders related to Basti Marma, it is crucial to possess comprehensive knowledge of its anatomical and clinical aspects.

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