

Nabhi: Center of Prana

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ABSTRACT:

There are many concepts that are not yet fully understood in Ayurvedic science, and nabhi is one of those theories. In Ayurveda, Nabhi (navel) is believed to be the root of a vessel's current between pakvashaya (intestinal) and amashaya (stomach). Such vessels are passageways of nutrients and serve as outlets for showering sustenance in different parts of our body. Due to its extreme importance, many Ayurveda acharyas found nabhi to be a significant structure in the body and core of all organs of the body.

KEYWORDS: Sira, Prana, Umbilicus, Marma, Fetus [For Full Article Click Here](#)