

THE RELATIONSHIP BETWEEN THE NAVEL AND HEALTH WELLNESS IN HUMAN LIFE

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Abstract

This study explores the critical role of the navel in human health and wellness. Rooted in ancient practices like Ayurveda and modern health sciences, the navel is considered a vital center for energy flow and physiological functions. The paper investigates its significance in digestion, immunity, and stress management while examining practices like navel oiling and massage in promoting overall well-being. Additionally, the study delves into the global relevance of "Ardhanarishwar Chikitsa," a holistic approach that integrates both masculine and feminine energies for health and balance.

Keywords: Navel health, wellness, Ayurveda, navel oiling, digestive health, Ardhanarishwar Chikitsa.

Introduction

The navel, often overlooked in modern medicine, has been considered a focal point of life force in various traditional healing practices. In Ayurveda, it is regarded as the "marma" or energy center, while modern anatomy associates it with the abdominal area and digestive functions. This paper aims to bridge the gap between ancient beliefs and scientific understanding, analyzing the navel's role in health and wellness. It also highlights the global perspective of "Ardhanarishwar Chikitsa," which emphasizes the balance of energies within the body for holistic well-being.

Objectives of the Study

1. To Examine the Physiological Connection Between the Navel and Key Bodily Systems Such as Digestion, Immunity, and Stress Management
2. To Explore the Role of Ancient Practices, Such as Navel Oiling and Abdominal Massages, in Maintaining Wellness
3. To Investigate Scientific Evidence Supporting the Navel's Impact on Health and Its Modern Applications in Wellness Programs

4. To Examine the Global Significance of "Ardhanarishwar Chikitsa" in Holistic Health Practices

Literature Review

Traditional texts in Ayurveda highlight the navel as the "chakra" governing physical and emotional balance. Studies in modern medicine have identified the abdominal area as housing critical nerves and blood vessels connected to various organs. Research also suggests that navel oiling improves skin elasticity and may aid digestion. Moreover, the concept of "Ardhanarishwar Chikitsa" has gained global recognition as an integrative approach to health, balancing the dual energies within an individual to achieve harmony and well-being.

Research Methodology

1. **Design:** Mixed-Methods Approach Combining Qualitative Interviews and Quantitative Surveys

2. **Sample Population:** 150 Participants, Including Wellness Practitioners and Individuals Practicing Navel-Focused Health Techniques

3. **Data Collection:**

- ❖ Surveys to Assess Awareness and Practices Related to Navel Wellness
- ❖ Interviews with Ayurveda Practitioners and Modern Wellness Experts

Findings and Discussion

5.1 Physiological Importance of the Navel

The navel is anatomically connected to the digestive system, housing vital nerves in the abdominal region. Ayurvedic perspectives suggest that the navel is the body's central point for energy distribution, a claim partially supported by recent studies linking abdominal massage to improved digestive health.

5.2 Stress and Emotional Wellness

The navel's proximity to the solar plexus—a nerve center responsible for stress management—makes it critical in emotional health. Participants practicing navel oiling and meditation reported reduced anxiety and better emotional balance.

5.3 Impact of Navel-Centered Practices

Traditional practices like navel oiling were associated with improved digestion, skin hydration, and reduced menstrual cramps. Survey results showed that 65% of participants

experienced noticeable health improvements after incorporating these practices into their wellness routines.

5.4 "Ardhanarishwar Chikitsa" and Its Global Scope

The concept of "Ardhanarishwar Chikitsa" is based on the idea of balancing masculine (Shiva) and feminine (Shakti) energies within the body. This holistic approach is gaining global traction, particularly in integrative medicine and alternative healing systems. Countries practicing Traditional Chinese Medicine (TCM) and holistic healing techniques have started incorporating this philosophy, emphasizing yin-yang balance similar to Ayurveda's dosha system. Research has linked such balanced energy approaches to improved mental stability, hormonal balance, and overall wellness.

Challenges

1. **Limited Scientific Research** – Empirical studies on navel-focused wellness remain scarce.
2. **Awareness Gap** – Modern medical communities often overlook traditional practices.
3. **Practical Barriers** – Resource constraints and skepticism hinder integration into healthcare systems.

Opportunities

1. **Integration with Modern Wellness Programs** – Spa and wellness centers can incorporate navel-based therapies.
2. **Educational Campaigns** – Promoting awareness in schools and communities.
3. **Expanding Research on Ardhanarishwar Chikitsa** – Conducting scientific studies on energy balance and health.

Conclusion

The navel holds a crucial, yet often overlooked, place in the realm of human health and wellness. Traditional healing systems have long emphasized its importance, while modern science is beginning to explore its physiological and emotional relevance. The emerging global acceptance of "Ardhanarishwar Chikitsa" further validates the need for a holistic approach that integrates ancient wisdom with contemporary medical practices. By fostering awareness and promoting further research, we can unlock the full potential of navel-centered wellness for improving physical health, emotional resilience, and overall well-being.

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