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Literature review of ayurvedic concept of *Basti Karma* w. s. r. enema therapy.

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ABSTRACT:

Most significant *Panchakarma* therapy process is called *Basti*. *Basti* is the most significant *Samshodhana* technique out of all of them. *Basti* is equally significant in *Panchakarma* treatment. As the *Panchakarma* treatment itself takes pleasure in *Chikitsa* in general. Classic literature places a strong emphasis on the importance of this type of care and highlights the wide range of its suitability. However, the origin of the word *Basti* lies on the reality that the *Basti Yantra* or the instrument that administers the medication materials consist of animal bladders or *Basti*. Consequently, as Sushruta and others have also mentioned, all those medications or medications that are inserted via the rectum with assistance belong to the group known as *Basti*.

KEYWORD: *Basti*, Enema, Bladder, *Shodhana*, *Panchakarma*.

INTRODUCTION:

Basti Karma stands as the best therapeutic procedure out of the many *Panchakarma*. It is widely recognized as the best way to correct *Vata dosha* imbalances. Furthermore, it shows amazing effectiveness in treating the aberrant build-up of both *Kapha* and *Pitta doshas*.¹⁻³ *Shamana* is a conservative treatment since it just lessens vitiated *Doshas* rather than eliminating them, whereas *Shodhana Chikitsa* is meant to eradicate vitiated *Doshas* entirely and stop them from recurring. While the ailment cured by *Shamana* may continue, according to *Acharya Charaka*, the condition cured by *Shodhana Chikitsa* is thought to have no chance of doing so. Use of different drugs, is always affects on *Samshodhana* of *Doshas* by *Basti karma*. Its effects are likewise *Samashana*. Other potential benefits of *basti* include increased anabolism in malnourished

individuals, *Karshana* in obese individuals, better vision, anti-aging, increased luster, strength, and beneficial longevity. *Basti*, therefore, has a very broad range of applications in its various forms.

AIM AND OBJECTIVES:

- 1) To study the concept of *Basti*.
- 2) To study management of various diseases by *Bastias* modern and *Ayurved*

MATERIAL-METHODE:

- 1) For this study we referred various *samhita* for various references of *Basti*.
- 2) Related modern textbooks also referred for modern references.

REVIEW OF LITERATURE

Historical review:

History and medicine start from the moment when the human being came into existence that's why the ancient treaties are full of description of disease and their treatment. The most vital component of Panchakarma therapy, which is Ayurveda's special medical treatment, is the *Basti*. This type of treatment has been given special attention in the classical literature, with entire chapters devoted to it. *Basti's* development may be traced back to the *Vedic* era, specifically the *Atharvaveda* and *Rigveda*, which are regarded as the oldest authentic manuscripts.

Origin of *Basti* word:

As per acharya Vachaspatyam, the word 'Basti' originate from the root 'Vas' which when suffixed by 'Tich' gives rise to the word 'Basti' and it belongs to the masculine gender. *Basti* means an organ where urine is collected i.e. urinary bladder which is situated below the umbilicus. An instrument, which is used to introduce *Basti* drugs in the rectum.

Definitions:

1. The term *Basti* is given due to the administration of medicated drugs into the rectum by means of urinary bladder of various animal like cow, deer, goat, sheep etc. or due to the stay of administrated drug nearby urinary bladder for some time.⁴

2. *Basti Yantra* which is used for introducing the medicated oil, *Kashaya* is made up from urinary bladder of animal.

1. As per modern science concept, enema is the procedure in which any medicated preparation can be introduced through the rectum by means of adequate instruments or injection or liquid into the rectum

Effect of *Basti*:

1. ***Basti* or medicated enema is especially useful for the following types of persons**

:

1. Whose limbs have become stiff and contracted.

2. Who suffers from lameness.
3. Who are afflicted with fracture and dislocations (*Rugna*).
4. Whole limbs are afflicted by the movement of different types of aggravated *Vayu*.

2. Basti treatment is useful in following condition:

1. Distention of the abdomen by the air.
2. Scybalous stool.
3. Colic pain.
4. . It's very helpful in people who having any defect related semen and weakness in the any part of body.
5. As a rule, when an element is caused by *Vayu* without the association of *Ama*, then *Anuvasana* type of *Basti* should be given.

Pharmaceutical classification⁶ (according to drugs used):

1) Niruha Basti :

Madhu(honey), *Saindhava* (medicated salt), *Sneha*(oil or ghee) and *Kalka* (pest of medicated plants leaves) are used with *Kashayas*.

Further classification of *Niruha Basti* as follows,

- *Madhutailike Basti*
- *Yuktaratha Basti*
- *Yapana Basti*
- *Siddha Basti*

2) Anuvasana Basti :

In *Anuvasana Basti* only *Sneha* is used.

Further classification of *Anuvasana Basti* as follows,

- *Sneha Basti*
- *Anuvasana Basti*
- *Matra Basti*

As per Anatomical classification

1. *Pakvashayagata* (Rectal)
2. *Garbhashayagata* (Uterine)
3. *Mutrashayagata* (Urethro vesicle)
4. *Vranagata* (Wound/Abscess)

According to the numbers of Basti to be used⁷:

- **Karma Basti :**

30 *Basti* – Division can be done as 18 *Anuvasana Basti* and 12 *Niruha basti*. It in *Karma Basti* twelve *Anuvasana* and twelve *Niruha* should be administered,, one alternating with the other.

- **Kala Basti :**

16 *Basti* – 10 *Anuvasana bast* and 6 *Niruha basti* included in *Kala Basti* 6 *Anuvasana* and 6 *Niruha* should be given one alternating with the other.

Instrumentation and procedure of basti⁸:

For the *basti karma* instruments are you used, combinedly it's called *basti yantra*. In *basti Yantra* Includes

1. *Basti netra*
2. *Basti pustak*

Now we consider about *Niruha basti* –

Method of administration of *Basti*:

Basti is praised by all the Acharya for its significant results. *Basti Karma* can be classified into three steps as follows

- *Purvakarma*,
- *Pradhanakarma*
- *Paschata Karma*.

***Purva Karma* :**

Selection of the patients ⁹:

Basti-yogya patients are as follows, that is *basti* can be done in following type of patient,

Pratisaya, Adhimantha, Ardita, Paksaghata, Asmari, Upadansa, Vata Rakta, Arsa, Stanya Ksya, Kampa, Aksepa, Anga Gourawa, Atilaghawa, Rajayaksma, Visamagni Sphigasula, Janusula, Parswa sula, Prepada sula, Yoni sula, Bahu sula, Anguli sula, Sarwanga roga, Ekanga roga, Kuksi roga , Vatasanga, Mutrasanga, Malasanga, Sukrasanga, Balaksaya, Adhmana, Angasupti, Krmikosta, Udavarata, Suddhatisara, Parswa bheda, Abhitapa, Plihadosa, Gulma, Sula, Hrdroga, Bhagandara, Unmada, Jwara, Bradhna, Sirah-Sula, Karna Sula, Hrdaya Sula, Parswa Sula, Prstha sula, Kati sula, Stana sula, Nakha sula, Parswa-

asthi-sula, Danta sula, Sopha, Stambha, Antra-kujana, Parikartika, Vata Vyadhi Jwara, Timir, Manyagraha, Hanugraha, Mudha Garbha, Mutrakrcchra.

***Basti-ayogya* patients are as follows,**

that is *Basti Karma* avoided in following types of patients,

Adhmana, Alasaka, Visuciks, Amadosa, Amatisara, Prameha, Kustha, Arsa, Pandu, Bhrama, Arocaka, Unamada, Ksudharta, Trsnarta, Sramarta, atikrsa, bhuktabhakta, Pitodaka, Vamita, Virikta Krtanasyakatma, Krudhda, Bhita, Matta, murechita, Chardi Prasakta, Nisthiwana Prasakta, Swasa Prasakta, Kasa Prasakta, Ajirna, Atisneha, Pitasneha, Utklista Dosas, Alpagni, Yanaklanta, Atidurbala, Hikka-prasakta, Baddha Gudodara, Chidrodara, Dakodara, Sokagrasta, Sthoulya, Kanthasosa, Ksataksina, Garvini, Bala, Vrddha, Gudasotha, Alpavarca, Amaprajata, Sopha

Dose Fixation :

In general the quantity of each ingredients mentioned by acharya Sushruta specifically under *Dvadasha Prasrtika Basti* is as follow.

- *Madhu -2 Prasriti*
- *Saindhava-1 Aksha*
- *Sneha -3 Prasriti*
- *Kalka -1 Prasriti*
- *Kwatha- 4 Prasriti*

Pradhana Krama

It includes advise to the patient, Basti Pranidana, *Basti Pratyagamana* and observing the *Samyaka yoga, Ayoga and Atiyoga laksana*.

Advise to the patient :

advise patient to pass his *Vegas* that is natural urges before *Basti Karma* and also advice that don't to laugh, cough, sneeze and take the yawning during insertion of Basti.

Basti Pranidana:

- Basti basti inserted when patient having symptoms of complete digestion of food and patient feels that he or she not much hungry.
- After completion of pre procedure basti karma that is snehana swedana then pension advice to lay down in left lateral position on basti table.
- Advise to patient Keep left hand support to head as like pillow and extend leg fully And bend the leg of right side as possible as .

- On the anal region Medicated oil that is sukhoshna Sneha to be applied also acanal.
- pplied on basti netra
- then without forcefully inserted basti netra along the vertebral column approximately 1/4 part of basti netra nearer ridge that is karnika of basti netra fit over anal .
- Then properly hold the Basti Putaka in the left hand put up the right hand on the Basti Putaka.
- After proper position press Basti Putaka slowly with the uniform pressure.
- Advice the patient to breathe in, push the Bastidravya that is medicine into the rectum up to some quantity remains in the basti putaka otherwise Vaat dosha enters into the Pakvasaya that is rectum.
- After that the Bati-netra remove slowly. Then after the patient is advice to lie down in the supine position slowly and Sphikatadana is to be done gradually and gently 3-4 times slowly.
- Then patient advice to lie in a suitable position with a support below the hip region. Until he or she gets *Vegas* that is the urge for defecation and when

he/she gets the *Vegas* that is urge ask him/her to sit in *Utkatasana* and passes *Vegas*

Basti Pratyagamana:¹¹

- One *Muhurta* (48 mts) is the maximum period with in which the *pratyagamana* of *Basti* should occur.
- As per *acharya Sushruta* if *pratyagamana* doesn't happen then that may causes situation like *Vata* and even death¹¹. so if *pratyagamana* doesn't wash out within the expected time span certain measures are to be follow for the *BastiPratyagamana* like administration of the *Tikshna Basti*, *Phalavarti*, *Swedana* over the pelvic region, *Utrasana* (Showing fear) and *Virechana Aushadhi*. Until the *pratyagaman* of *basti* occur, *Vaidya* should be observe the patient

However, *kashyapa* opines that *Yapana Basti* owing to its *Mrdu* nature, retains for longer time and *Tikshna Basti* comes out in 100 *Matra* period, hence *Atitikshna Basti* should not be administered.

Yoga-Ayoga-Atiyoga Lakshana

Samyaka Yoga Lakshana¹² :

Prasrista Vitakata, Prasrista Mutrata, Prasirsta Vata, Kramena – Mala , Pitta, Kapha & Vayu Visarjana, Laghuta, Ruci, Agnidipti, Ashaya Laghuta,

Rogopashamana, Prakrtisthitata, Bala Vrddhi.

Ayoga Lakshana :¹³

Shiro – Hrit – Guda – Basti – Medhra Vedana, Shotha, Pratishyaya, Parikartika, Hrillasa, Vatasanga, Mutrasanga, Swasakricchrata, Alpa Vega, Alpa Basti Pratyagamana, Alpa Mala – Anil Pratyagamana, Aruchi, Gaurava. In *Ayoga*, Measures for *Basti Pratyagamana* should be undertaken.

Atiyoga Lakshana :¹⁴

These *Lakshanas* are similar to that of *Virecana Atiyoga*. i.e. *Angasupti, Angamarda, Klama, Kampa, Nidra, Daurbalya, Tamapravesha, Unmada, Hikka.* In *Atiyoga*, *Grahi, Dipana, Pachana Aushadhi* are to be administered and according to symptoms it is to be managed.

Paschat Krama ¹⁵:

After proper *Niruha Basti*, advice to patient for bath. Diet advise to patient ¹⁵as follows

- a) For *Vata Dosha- Mamsarasa*
- b) For *Pitta Dosha-Ksheera*
- c) For *Kapha Dosha-Yusha.*
- d) *Jangal Mamsarasa* to all.

Quantity of food as per *Agnibala* and *Doshabala* of patient that is, less by 1/3 or 1/2 or even less than that according to

digestion capacity and disorder. Thereafter, respective *Sneha Basti* should be given

DISCUSSION

Basti is the most significant Panchakarma therapy process, focusing on correcting Vata dosha imbalances and treating the abnormal build-up of Kapha and Pitta doshas. It is the most significant Samshodhana technique and is equally important in Panchakarma treatment. The name Basti comes from the Basti Yantra, which administers medication materials using animal bladders. Its effects vary depending on the use of different drugs, and it has a broad range of applications in various forms, including increased anabolism, better vision, anti-aging, and improved longevity.

CONCLUSION

Charaka defined Basti based on Action/Karma similar to Vamana and Virecana. Basti is the medicine administered through the rectal canal, reaching the Nabhi Pradesh, Kati, Parswa, Kukshi, and churning the accumulated Dosa and Purisa. The unctuousness of the drugs spreads throughout the body, allowing them to be easily removed along with the churned Purisha and Dosha. Niruha and Anuvasana basti eliminate accumulated Purisha and Dosa.

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