

**UTTAR BASTI IN GYNAECOLOGICAL DISORDERS: A
COMPREHENSIVE AYURVEDIC REVIEW**

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ABSTRACT

Uttar Basti, a specialized Ayurvedic procedure, is a significant therapeutic intervention in the management of various gynaecological disorders. Rooted in classical Ayurvedic texts, it involves the administration of medicated oils or decoctions into the uterine cavity through the vaginal or urethral route. This review explores the physiological and therapeutic aspects of *Uttar Basti*, its indications, procedural techniques, and its efficacy in conditions such as infertility, endometriosis, dysmenorrhea, and recurrent urinary tract infections. The role of *Uttar Basti* in balancing *Vata dosha*, promoting reproductive health, and enhancing uterine function is highlighted. A comparative evaluation with contemporary medical interventions is also presented to establish its relevance in modern gynaecology.

KEYWORDS: *Uttar Basti*, Ayurveda, Gynaecological disorders, Infertility, Endometriosis, Dysmenorrhea, *Vata dosha*, Uterine health.

INTRODUCTION

Ayurveda, the ancient science of life, provides a holistic approach to health and disease management. Among its various therapeutic modalities, *Basti* (medicated enema) is regarded as one of the most effective treatments for disorders arising due to *Vata dosha*. *Uttar Basti*, a

unique subtype of *Basti*, is specifically indicated for gynaecological and urological conditions. Unlike conventional *Basti*, which is administered through the rectal route, *Uttar Basti* is given via the vaginal or urethral route, making it particularly effective in managing uterine and urinary disorders.^[1] This article delves into the application of *Uttar Basti* in gynaecological disorders, its mechanism of action, and its clinical implications in modern-day gynaecology.

Ayurvedic Perspective on Gynaecological Disorders

Gynaecological disorders in Ayurveda are primarily attributed to the imbalance of *Vata dosha*, along with the involvement of *Pitta* and *Kapha doshas*. Conditions such as infertility (*Vandhyatva*), menstrual irregularities (*Artava Vyapad*), dysmenorrhea (*Kashtartava*), endometriosis, and polycystic ovarian syndrome (PCOS) are believed to arise due to deranged *Vata dosha* leading to obstruction and dysfunction of the reproductive channels (*Artava Vaha Srotas*).^[2] *Uttar Basti*, by virtue of its ability to normalize *Apana Vayu*, enhances reproductive functions and ensures proper hormonal balance.^[3]

Procedure of *Uttar Basti*

The administration of *Uttar Basti* involves a systematic approach, adhering to classical Ayurvedic guidelines:

1. *Purva Karma* (Pre-procedure)

- Patient preparation through *Pachana* (digestion of undigested material), *Snehana* (oleation), and *Swedana* (sudation).^[4]
- Selection of appropriate medicated oils or decoctions based on the patient's condition, such as *Kshara Taila*, *Phala Ghrita*, *Shatavari Ghrita*, or *Yavakshara*.^[5]

2. *Pradhana Karma* (Main procedure)

- The patient is placed in a lithotomy position for vaginal administration.
- A sterile catheter is introduced into the uterine cavity, and the medicated formulation is gently instilled.^[6]
- The duration of retention varies depending on the disorder being treated.

3. *Paschat Karma* (post-procedure)

- The patient is advised to rest and avoid strenuous activities.
- Dietary and lifestyle modifications are recommended to enhance the therapeutic benefits.^[7]

Indications of *Uttar Basti* in Gynaecological Disorders

Uttar Basti is beneficial in various gynaecological conditions, including:

1. Infertility (*Vandhyatva*)

- Enhances endometrial receptivity and improves implantation rates.^[8]
- Clears tubal blockages and strengthens the reproductive organs.^[9]

2. Dysmenorrhea (*Kashtartava*)

- Relieves spasmodic pain by pacifying *Vata dosha*.^[10]
- Improves menstrual flow and hormonal balance.^[11]

3. Endometriosis

- Reduces inflammation and adhesions in the uterine lining.^[12]
- Regulates excessive menstrual bleeding (*Raktapradara*).

4. Recurrent Urinary Tract Infections (UTIs)

- Strengthens bladder function and prevents recurrent infections.
- Provides antimicrobial and anti-inflammatory effects.

Comparative Analysis with Modern Medicine

Modern gynaecology primarily relies on hormonal therapies, surgical interventions, and antibiotics for treating reproductive disorders. While effective, these treatments often come with side effects and limitations. *Uttar Basti*, as a natural and holistic intervention, provides long-term benefits with minimal side effects. Studies suggest that Ayurvedic therapies like *Uttar Basti*, combined with dietary and lifestyle modifications, offer comparable efficacy in managing gynaecological conditions.

CONCLUSION

Uttar Basti is a time-tested Ayurvedic intervention that plays a crucial role in managing various gynaecological disorders. Its ability to balance *Vata dosha*, improve reproductive health, and address uterine dysfunction makes it a valuable therapy in both traditional and contemporary gynaecological practice. Further clinical studies are required to establish its efficacy in modern medicine and promote its integration into mainstream healthcare.

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