

DEEPAN BASTI- A REVIEW ARTICLE

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ABSTRACT

Basti is the most important among *Panchakarma* due to its multiple effects. *Pitta* and *Kapha* are dependent on *vata* as it governs their functions. *Acharya Charaka* has considered *basti* therapy as half of the treatment of all disease^[1], while some consider it as the complete remedy for all ailments. *Basti* is given as the route of administration of the drugs for multiple actions among which *deepan karma* is done by *niruha basti*. *Deepan karma* is that which stimulates *jatharagni* but is unable to digest *Aama*(undigested food).^[2] Thus, in this article an effort has been made to shed some light on *deepan karma* of *basti*.

KEYWORDS: *Basti, deepan, ama, mandagni.***INTRODUCTION**

As we all know, multifaceted character of *basti karma* by which we can achieve “n” no. Of *karma's* like *Rasayan, Brihan, Lekhan, Vajikaran*, etc. by one single modality. Apart from all the *Karma's* mentioned, *deepan karma* of *basti* is least taken into consideration. There are abundant references of *deepan basti* mentioned in ayurvedic texts. To know the importance of these *basti's*, we started collecting relevant references and came to a conclusion that these aspects of *basti* must be utilized in its true potential. So, let's first of all see when should one exactly opt for *deepan basti*.

Deepan karma is done for basically *mandagni*, causes of *mandagni* are narrated in *Ashtang hridayam*.^[3] The sutra explains 2stages which leads to “*Aam creation*”. 1st is deterioration of *ushma* i.e agni, 2nd stage is undigested ras (*apachit ras dhatu*). So, we need to treat it on two

levels, first we need to do *pachan* followed by *deepan* to strengthen the *agni*. When we plan for *shodhan karma* we have to follow the protocol mentioned in *ashtang hridayam* which says *pachan* followed by *deepan*.^[4] To counter *mandagni* *deepan* is to be performed in various ways. In *grahni chikitsa adhyay* of *charak samhita* the exact *hetu* and its management for *deepan karma* is given.^[5] If *udavarta* is the cause of *mandagni*, then we have to treat it by *niruha* and *sneha basti*. In *charak samhita siddhisthan* there are two *yaapan basti* which are meant for *deepan karma*.^[6] Diseases like *krimi kostha*(intestinal worms), *udavarta*(reverse movement of *vata dosha*), *gulma*(abdominal mass), *arsha*(piles), *bhagna* (fracture), *prameh*(diabetes mellitus) are mentioned which can be corrected by this *deepan basti*. This is a type of *madhutailik basti*. So, basically these all diseases are *santarpanautha vyadhi*. After doing *pachan* and *rukshan* one must go for *deepan karma* which can be done by this *basti*. In *charak samhita siddhi sthan* 12/7 diseases like *sarvang vata*(*vata* afflicting the whole body), *vatarakta*(gout), *sakta vinmutra* are mentioned in which *deepan karma* should be done.^[6,2] This same formulation of *basti* adapted and modified by *sharangdhar* and named it as *deepan basti*.^[7] As the name suggests this *basti* helps in *deepan karma*, and by this way *deepan basti* came into existence.

AIMS AND OBJECTIVES: To evaluate the *deepan karma* of *basti*.

MATERIAL AND METHODS

Review of classical textual data from *Charak samhita*, *Ashtang Hridayam*, *Sharangdhar Samhita*, *Bhaavprakash samhita* was done to analyse which *basti* will help in *deepan karma*.

DISCUSSION

As said earlier, *deepan* means one which enhances *agni* but doesn't digest *aam*. *Deepan dravya* mainly consists of *katu*(pungent), *amla*(sour), *lavan ras*(salty). These are of *tikshna*(sharp/penetrating), *ushna* (hot) *guna*.

In *charak samhita siddhi sthan* there's preparation of *niruha basti* consisting of *madhu*(honey), *teel tel*(oil), *ushnodak*(boiled water), *Shatpushpa*(Anethum sowa), *saindhav*(rock salt).- *Ushnodak* enhances *agni* as per *Acharya sharangdhar*.^[8] *Shatpushpa* is also *deepniya* as it possesses the same properties as that of *deepniya dravya*.^[9]

Madhu- 2 *prasut*(160ml)

Teel tel- 2 *prasut*(160ml)

Ushnodak-4 *prasut*(320ml)

Shatpushpa kalk- ½ pal (20gm)

Saindha- ½ aksh(5gm).

Acharya Charak said this *basti* as *basti deepano*(enhances digestive fire).

In *charak samhita siddhi sthan* 12th lesson, there's another formulation of *basti* which enhances *agni*.^[6(1)] This *basti* consists of milk medicated with *hapusha* (*Juniperus communis*) and *yav* (*Hordeum vulgare*/Barley), honey, ghee, tel tel and rock salt. *Hapusha* is also a *deepniya dravya*.^[10]

Hapusha- ½ kudav(80gm)

Half crushed yav(barley)- 1 kudav(160ml)

4times milk mixed with water(1/2 milk+1/2 water) boil this with *hapusha* and *yav*, boil until all the water evaporates. Later strain it. Mix honey, ghee, tel, saindhav in appropriate amount and add above prepared medicatedmilk to it.

Acharya Charak said this *basti* as *agnijanan* i.e which increases digestive fire.

Acharya Sharangdhar modified this *basti* of *Acharya Charak* and named the *basti* itself as *deepan basti*.^[7] This consists of *madhu*, *ghrit*, milk, tel tel each 1 *prasut* i.e 80ml.

Hapusha, saindhav each -1 *aksh* i.e 10gm.

Acharya Sharangdhar called this *basti* as *param deepaniya* (best degistive fire enhancer).

CONCLUSION

The benefits of *niruha basti* states that its *agnikrit*(enhances digestive fire)^[11] and symptoms of proper administration of *basti*(*samkyak yog*) says it increases digestive fire(*agni vridhi*).^[12] This *deepan basti* are also type of *niruha basti*, *dravya* used in it are also *deepniya*. Thus, we can say that this *basti* are *deepniya* and can call it as *Deepan basti*.

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