

A CRITICAL REVIEW ON BASTI WITH SPECIAL REFERENCE TO PANCHAKARMA

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INTRODUCTION

Basti, the prime treatment in Panchkarma is also considered as Ardhachikitsa (half of the treatment) in ayurvedic classical literature. In the basti procedure drug is administered through anal canal and it reaches to colon region. Human colon is highly involved in absorption of water, electrolytes and transport of intra luminal contents. Pakwashaya is mentioned as prime shelter of vata. Though vata perform many important physiological functions in body such as Vayutantrayantradhara, It provides not only strength to support the body but also protect vital organs. Vitiated vata causes many disorders such as vinihanti garbhan (miscarriage), garbha vikriti (malformed pregnancy), garbha atikala dharan (too long pregnancy), bhaya (fear), shoka (mourning), moha (affection), khanjata (bilateral amputee), kubjata (hump), parva sankocha (shortness of joints), asthi bheda

(pricking pain in bones), parva bhed (pricking pain in joints) etc. In vata vayah kala patient frequently suffers from impaired skeletal maintenance and bone becomes relatively more fragile because of vayu. The Asrayasrayi inter relationship of asthi and vayu relates them inversely proportion, increase of vata causes asthidhatu ksaya.

Proper selection and administration of Basti proves to be best relief for diseases. Different combinations of drugs used for Basti can show varied opposite actions. It can perish and nourish or shrink and reduce different Srotasa, Dhatu in body. Drugs are not given by oral route, no internal administration of sneha required and Doshas are eliminated by easy way. So Basti is better than other treatment modalities like Vamana, Virechana. Basti is best among all Panchakarma treatments because Basti can show different actions by combinations

of different drugs. It nourishes body, eliminates body wastes, and prolongs life. Useful in treating different diseases.

- **LITERATURE REVIEW**

- **BASTI KALPANA**

Basti is a special treatment in Ayurveda. It pacifies Vitiated Vata. Vata is the root cause of all pathogenesis of diseases in the body. Basti regulates Vata, so it is called complete or half treatment of all diseases.

Meaning of word Basti is Bladder. Animal bladders were used to administer medicinal decoctions or fats through anal opening. So the treatment was also called Basti.

Classification of Basti - Anatomical classification

1. Pakwashayagata (Rectal) – As the name suggest drugs i.e. oils or decoctions are administered through rectum which reaches to Pakwashaya, the large intestine. Since pakwashaya is seat of Vata, this treatment for Vata Vyadhi is rewarding.
2. Garbhashayagata (Uterine) - As the name suggest drugs i.e. oils or decoctions are administered through vagina In female genital disorders especially in infertility such basti type acts as cleansing procedure for Garbhashayya.
3. Mutrashayagata (Urethrovesical) - As the name suggests drugs i.e. oils or decoctions are administered through urethra. Diseases of urinary system are treated with such procedure.
4. Vranagata (Wound) – In case of Naadivrana, for Shodhan and Ropana Karma, medicated oil or decoctions are pushed in the Vrana (wound).

Pharmaceutical classification

1. Niruha Basti
2. Anuvasana Basti

1. Pharmacological classification- (According to Sushruta)

1. Shodhana Basti
2. Lekhana Basti
3. Snehana Basti
4. Brihana Basti

According to Acharya Vagbhatta

1. Utkleshana Basti
2. Doshhara Basti
3. Shamana Basti

According to the number of Basti

1. Karma Basti- set of 30
2. Kala Basti-set of 16
3. Yoga Basti –set of 8

According to Charaka Samhita

1. Anuvasana basti.
2. Niruha basti.
3. Uttar basti.

In classical texts some more types of Basti are mentioned with specific names.

These are as follows

1. **Yapana Basti** -This Basti can be administered at any time. Yapana (prolonging) of life can be achieved by administration of this Basti.
2. **Siddha Basti** which cures a certain disease.
3. **Prasrita Yaugiki Basti** which should be administered in the dose of Prasrita.
4. **Paadaheena Basti** - The Basti which should be administered in the dose of nine Prasrita.
5. **Teekshna Basti**- the Basti which contains Teekshna (penetrating) Dravya such as Kshara, Mutra or other drugs having Ushna property.
6. **Mrudu Basti** - The basti which contains Mridu (mild) Dravya such as Dugdha, Mansarasa, Ghrita etc.
7. **Picchha Basti** -The Basti which contains drugs having Pichchhila property.
8. **Rakta Basti**- Administration of blood of animals like goat is called as Rakta Basti. This type of Basti should be administered to compensate the Raktakshaya due to any cause.

Importance of Basti

- Asthapana refers to maintainance and expansion of life.
- Basti sustains age, gives happy life, add up to strength, digestive power, intellect, voice, and complexion, overcome all diseases, beneficial for young ones and old age. Basti eliminates Purisha, Mutra, Kapha, Vata and Pitta.

- Dosha are removed from whole body.
- Basti is antecedent treatment for Vata dominance pathologies. Basti is best for Vata Dosha, among all other treatments.
- Proper selection and administration of Basti proves to be best relief for diseases. Different combinations of drugs used for Basti can show varied opposite actions. It can perish and nourish or shrink and reduce different Srotasa, Dhatu in body. Drugs are not given by oral route, no internal administration of sneha required and Doshas are eliminated by easy way. So Basti is better than other treatment modalities like Vamana, Virechana. Basti is best among all Panchakarma treatments because Basti can show different actions by combinations of different drugs. It nourishes body, eliminates body wastes, and prolongs life. Useful in treating different diseases.
- Basti is good for Vata, Pitta, Kapha, Rakta and even complex pathologies.
- Basti is recommended for pathogenesis like stiffened, contracted, shrunken muscles and limbs, for constipation and pain, for the problem of infertility in both the sexes.
- Basti is best for those who suffer from Shakhagata Vata, shrunken extremities, fractures, stiff joints, constipation.

Action of Basti

- Basti is administered in body through rectal route. The drug actually reaches up to Nabhi area. But by the action of different drugs it eliminates Dosha from whole body. Grahani is situated at Nabhi area. Basti drug reaches up to Grahani, acts on Pittadhara Kala and Majjadhara Kala. According to Dalhana Pittadharakala and Majjadharakala are same. Purishadhara Kala and Asthidhara Kala are also same. Purishadhara Kala is situated at Pakwashaya, main seat of Vata Dosha. So along with Vata Dosha, Basti drug acts on Pittadhara, Purishadhara, Majjadhara, Asthidhara Kala. Basti removes all wastes from this area. Basti drug roll up the waste products and are easily removed. Properly administered Niruha Basti removes stools and urine and frees daily bowel movement. It goes up to the umbilical area, waist side and belly and removes impurity. It pacifies the disease for which it is administered and improves digestive power.
- Anuvasana Basti when administered routinely for eighteen days it nourishes the whole body.
- First administered Anuvasana Basti oleate Basti and Vankshana area (Hip region). Second controls the Vata Dosha of Murdha. Third gives Bala and Varna. Forth gives

Rasa, fifth gives Rakta, sixth Mansa, seventh Meda, eighth Asthi, ninth Majja, tenth Shukra. This way Basti oleates the whole body. Though drug reaches up to Nabhi area the Basti shows its action all over the body.

- Basti controls Vata from Pakwashaya. Pakwashaya is the main seat of Vata Dosha. When the Vata from Pakwashaya is controlled, other types of Vata functioning all over the body are also controlled. Vata situated at any Sandhi from the body is also controlled. When a tree is irrigated at its root, the whole plant gets nourished. In the same way, Basti given in Pakwashaya controls Vata of the whole body and all systems of the body are nourished.
- Drugs of Basti are absorbed in Pakwashaya and get transported in all Srotasa of a body just as when roots are irrigated the whole plant perishes.
- Sun though situated high above, dries the water on earth. In the same manner, Basti eliminates Dosha from head to toe by its own power. It is called as Basti Veerya. (potency) Vata Dosha is responsible for the vitiation of Pitta and Kapha Dosha, all vital metabolisms along with Marma. Basti is a treatment for controlling Vata and it protects Marmas.
- First administered Basti removes Vata from Pakwashaya. Second, administered Basti removes Pitta from Grahani. Third Basti eliminates Kapha from Amashaya.
- Properly administered Basti rolls up and eliminates impurities by reaching Kati, Prishtha, and Koshtha area along with different Srotasa. Vayu is powerful among Dosha. Vitiating Vata can destroy toxins. Basti is the only treatment that controls this Vata, nourishes the body. Sushrutacharya has compared the Vayu and Basti, with stormy wind and high tide. When this stormy wind like Vata Prakopa is controlled by Basti, the body is very well nourished. Basti should be administered properly, including pre-post procedures.

Poorvakarma- includes

1. Rugna Parikshana
 2. Dravya Siddhata
 3. Snehana
- **Rugna Parikshana:** Patient should be thoroughly examined before administration of Basti. Basti is administered in only Basti 'Arha' patients.
 - **Basti Arha:** Diseases and pathologies in which Niruha and Anuvasana is recommended.

Niruha Basti Arh

Niruha Bast Arha- Sarvanga-Akangaroga, Kukshiroga, Vata-Varch-Mutra Sanga, Shukra Sanga, Bala Varna- Mansa- Reta Kshaya, Doshadhma, Angasupti, Krimikoshtha, Udavarta, Shudhatisara, Parvabheda, Abhitapa, Pleeha, Gulma, Hrudaroga, Bhagandara, Unmada Jvara, Bradhna, Shira-shoola, Karnashoola, Hruda-Parshva-Prishtha Katigraha, Vepana, Akshepaka, Gaurava, Atilaghava, Vishamagni Sphika- Janu- Jangha Uru-Gulfa- Parshni-Prapada-Yoni-Bahu-Anguli- Stananta- Danta- Nakha- Parvasti- Shoola, Shosha, Stambha, Antrakujana, Parikartika, Alpasashabdha, Uragandha. Vatavyadhis of Maharoga Adhyaya.

Administration of Basti



Position of the patient

Left lateral position with left lower extremity straight and right lower extremity flexed on knee and hip joint is the posture given to the patient. Grahani, Guda lie on left side. Gudawali and all these organs lean on left and Basti reach up to Grahani area so left lateral position is ideal for Basti. After Basti administration patient is asked to rest on back lie position.

Patient should not rest too high or low. Surface must be plain for Basti administration. Basti must be administered with slow and uniform speed. Air from catheter is removed. Oil is applied to the tip of catheter.

The following faults are to be avoided during Basti administration.

1. Administrating with air
2. Level of catheter too high, too low
3. Shaking of hands and catheter
4. Too slow, too fast
5. Administrating too outwards or inwards

- **Paschata Karma**

1. Basti Pratyagaam
2. Yoga- Ayoga-Samyaka Lakshana Parikshana
3. Basti Vyapada Chikitsa
4. Parihara Kala.

Basti Pratyagama Krimighna Taila Basti is retained in body for few hours.

If it is retained for more than 12 hours and there are no symptoms the condition is ignored as Krumighna Taila Basti, Anuvasana Basti are retention type of Basti. Krimighna Niruha Basti comes out of body along with Dosha within 40 minutes. Treatment for Basti Pratyagama is Tikshana Basti, Gudavarti. Krimighna Basti is administered after lunch as its dose is 50 ml.

- **Symptoms expressed by Basti-Samyaka Yoga**

1. Ease in micturation and bowel
2. Controlled Vata activity
3. Improvement in digestion
4. Feeling of lightness of body by elimination of Dosha from body cavities.
5. Cure the disease
6. Achieve well health and well being.

🌈 **Parihara Kala** – It is double the days of Basti treatment. Following things must be avoided during Pariharakala.

- Speaking in high voice causes diseases of upper part of the body. Excessive traveling by rough roads cause diseases of the whole body. Excess walking cause diseases of lower limbs.
- Oversitting cause diseases of middle portion of the body. Improper diet and junk food cause diseases due to indigestion. Sleep in afternoon cause diseases due to Kapha Dosha
- Coitus causes diseases due to Dhatu Kshaya. These factors are avoided also during Krimighna Basti.

🌈 **Role of Basti on Pakwashaya**

Though having the longest distance from the earth, the Sun sucks out Rasa of the earth, the same way, Basti given to Pakwashaya eliminates the vitiated Doshas from all over the body. Basti treatment is best treatment for Vata Dosha, So vitiated Vata Dosha is effectively cured

with Basti Upakrama. Acharya Sushrut has described role of Basti as, Actually during Basti Chikitsa, drugs are administered below Nabhi, but due to Veerya of drugs, Basti works from head to leg.

Action of Basti on five types of Vayu

Basti pulls Vyana Vayu transversely, pulls Apana down, pulls Prana in upward direction, that means basti helps each type of Vata Dosha for its regular direction and functions.

Benefits of Basti

Basti sustains the age, provides happy life, strength, digestive fire, intellect, voice, complexion, performs all functions, is free from complications in child, adult and old patients, alleviates all disorders, draws out faeces, mucus, bile, wind and urine; gives firmness, semen and strength and pacifies all disorders by eliminating accumulation of impurities situated all over the body.

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