

UTTARBASTI- THE POWER OF ANCIENT HEALING

¹*Dr. Shweta and ²Dr. Prabha Kumari

¹PG Scholar, Prasuti Tantra and Stri Roga Department, Govt. Ayurvedic College and Hospital, Kadamkuan, Patna- 800003.

²Assistant Professor and Head of Department, Prasuti Tantra and Stri Roga Department, Govt. Ayurvedic College and Hospital, Kadamkuan, Patna- 800003.

Article Received on
15 July 2024,

Revised on 05 August 2024,
Accepted on 26 August 2024

DOI: 10.20959/wjpr202417-33746



*Corresponding Author

Dr. Shweta

PG Scholar, Prasuti Tantra
and Stri Roga Department,
Govt. Ayurvedic College
and Hospital, Kadamkuan,
Patna- 800003.

ABSTRACT

Uttarbasti is a specialized Ayurvedic therapeutic technique primarily utilized for managing uro-genital disorders. This method involves the instillation of medicated oils or decoctions into the internal channels of the urinary bladder or reproductive organs, aiming to balance doshas and promote tissue health. In Ayurveda, Basti is recognized with varying interpretations: some Acharyas consider it "Ardhchikitsa" (half treatment) due to its broad therapeutic scope, while others regard it as a comprehensive treatment modality due to its extensive action. Acharya Charak defines Basti in three categories—Anuvasana, Niruha, and Uttar Basti—each serving distinct therapeutic purposes. Among these, Uttar Basti is particularly highlighted for its efficacy in treating a wide range of uro-genital disorders affecting both males and females. It is employed to address conditions such as urinary tract infections, menstrual irregularities, and fertility issues. This article delves into the

historical context, procedural details, and clinical applications of Uttar Basti, offering insights into its role as both a partial and a complete therapeutic approach in Ayurvedic medicine.

KEYWORDS: Uttarbasti, Sthanik chikitsa, urogenital disorders, Ayurveda.

INTRODUCTION

In Ayurvedic medicine, seamlessly integrates medicinal and localized therapies to address both systemic and specific health concerns comprehensively to restore balance.

उत्तरमार्ग दीयमानतया किम् वा श्रेष्ठगुणतया उत्तरबस्तिः । (Charak on Ca. Si.9/50-57)

The Basti administered through the Uttar Marga and has Sreshtha Guna (Superior qualities) is known as Uttar Basti.^[1] Among these, Uttar Basti is a remarkable procedure that delivers medicated oils or decoctions directly into the uterine cavity through the vaginal route. This technique, applied after Niruha Basti, targets the Uttar Marga (pathways above the rectum) and is administered for enhancing the body's natural qualities and health.^[2]

Uttar Basti is a key aspect of Sthanika Chikitsa (local therapies) in Ayurvedic Stree Roga (gynecology), alongside practices like Yoni Dhawan (vaginal cleansing) and Yoni-Pichu Dharan (medicated tampons). This article reviews the ancient practice of Uttar Basti, exploring its definitions, procedural details, and therapeutic benefits, and also providing its application in modern Ayurvedic practice.

AIMS AND OBJECTIVES

To study Methodology of Uttar Basti from different Ayurvedic texts.

MATERIAL AND METHODS

Ayurvedic Samhita, Ayurvedic Textbooks.

Uttar Basti Yantra (Instruments) - Uttar Basti Yantra is consists of 2 parts:

1. Bastiputaka
2. Bastinetra

Bastiputaka

It should be made up of Bladder of small animals (sheep, pig, goat) or bird leather. It must be clean, smooth, and treated with Kashaya Dravya.^[3]

Bastinetra (Pushpa Netra)

It should be Made from Gold (Hema) or Silver (Raupya). Its shape should be Broad at the base, tapered at the end, with 2-3 ridges (Karnika). It must be Strong, smooth, and rounded, with size varying by patient's sex and age.^{[4] [5] [6]}

Types of Uttarbasti

A. Based on Marga (Route) of Administration

1. Mutrashyagata Uttar Basti

- **Route:** Urethral
- This method involves administering the medicinal substance through the urethra. It is used for conditions affecting the urinary tract.

2. Yonigata Uttar Basti

- **Route:** Vaginal
- Here, the medicinal substance is administered through the vaginal route. This approach is used for addressing issues related to the female reproductive system.

3. Garbhasyagata Uttar Basti

- **Route:** Uterine
- This method involves delivering the medication directly into the uterus. It is typically used for conditions affecting the uterine area.^[7]

B. Based on Drug of Administration

1. Snaihika Uttar Basti

- This involves the use of Sneha Dravya, which includes oily substances such as Ghrita (clarified butter) and Taila (oil). The primary purpose of this type is to lubricate and nourish the tissues.

2. Niruhika Uttar Basti

- In this type, medicinal preparations like Kashaya (decoctions), Swarasa (juices), and Ksheerpaka (milk-based preparations) are used. These are generally more therapeutic and are intended to address specific conditions with their medicinal properties.^[8]

In current practice, the following instruments are used for Uttar Basti:

1. For Bastiputaka^[9]

1. **Syringe:** 10-50 ml syringe used for administering the substance.

2. For Basti Netra

- **Urinary Uttar Basti:** Rubber catheter (8/9 number) or infant feeding tube.
- **Uterine Uttar Basti:** Rubin's cannula, I.V. cannula, or intrauterine insemination (IUI) cannula.

3. Additional Instruments

Cosco's Speculum, Sponge Holding Forceps, Uterine sound, Artery Forcep, Hegar's Dilator
Other Supplies: Autoclave for sterilization, Kidney Tray, Cloth for covering parts, Gloves, Xylocaine jellu for lubrication

Cleansing Materials: Swabs, gauze, Savlon, Normal Saline

Indications and Contraindications^{[10],[11]}

Indications	Contraindications
Shukradushti (~Sperm disorders)	In the genital tract of girls
Shonitadushti (~Menstrual disorders)	Prameha
Pushpodreka (~Menorrhagia)	Carcinoma
Rajahnash (~Pathological Amenorrhea)	Fistula
Kashtartava (~Dysmenorrhea)	Genetic and congenital Anomalies
Yonivyapada, Yonivyadhi (~Gynecological disorders)	
Mutradosha (Mutrakrichha: Difficulty in micturition)	
Aprasamshtithi (~Retention of placenta)	
Mutraghata (Mutravrodha: Retention of urine)	
Shukrotseka (~Discharge of semen), Sharkraashmari (~Urinary calculi)	
Yonivibhrmsa (~Uterine prolapse)	
Asrigadara (~Dysfunctional Uterine bleeding)	

Uttar Basti Procedure

Before performing Uttar Basti, it is essential to address and eliminate any existing infections thoroughly. Following this, the patient should receive two to three Asthapana Basti treatments for detoxification. The patient is positioned in a supine stance with the thighs flexed and knees elevated. The Pushpanetra is then carefully introduced into the vaginal passage, guided gently and steadily along its natural direction. Once in place, the medication is delivered by applying consistent pressure to the Bastiputaka.

The expected outcome is that the Basti drug will be expelled after a certain period. If it does not return as anticipated, additional treatments with Niruha Basti and purifying drugs (Varti) are administered. The Uttar Basti procedure is conducted by a skilled practitioner with stringent aseptic measures and sterilized medicines, thereby minimizing the risk of infection.

In current Practice, the Uttar Basti process is divided into three main stages.

- 1) Purva Karma
- 2) Pradhan Karma

3) Paschat Karma

1. Preparation (Poorva Karma)

The preparation phase ensures the patient is optimally ready for Uttar Basti:

- 1. Bladder and Bowel Clearance:** Begin by ensuring the bladder and bowels are completely emptied.
- 2. Hygienic Bath:** The patient takes a bath to maintain cleanliness.
- 3. Light Diet:** The patient consumes easily digestible foods like gruels or milk with ghee to prepare the digestive system.
- 4. Oil Massage (Abhyanga):** Apply a Vatashamak oil (e.g., Mahanarayana Taila or Dashmula Taila) to areas such as the lower back and sides for ten minutes.
- 5. Sweating Therapy (Swedana):** Follow the massage with a hot water bag application to the same areas for about 15 minutes.
- 6. Vaginal Wash (Yoni Prakshalana):** Clean the vaginal area with a 500 ml solution of Panchavalkala Kwatha, Dashmula Kwatha, or Triphla Kwatha, ensuring all aseptic measures are followed.
- 7. Health Check:** Monitor vital signs including pulse and blood pressure.
- 8. Positioning:** Position the patient in a lithotomy position.
- 9. Genital Preparation:** Cleanse the genital area with an antiseptic solution and cover it with perineal towels, securing them with clips.
- 10. Pelvic Examination:** Conduct a routine pelvic exam to evaluate the size, shape, and position of the uterus.
- 11. Setup:** Prepare the necessary instruments and ensure proper lighting for the procedure.

2. Main Procedure (Pradhana Karma)

The core of Uttar Basti involves the following steps:

- 1. Speculum Insertion:** Use a Sims speculum and anterior vaginal wall retractor to get a clear view of the cervix.
- 2. Cervical Stabilization:** Apply Allis forceps to the anterior lip of the cervix for stability.
- 3. Antiseptic Cleaning:** Swab the vaginal canal, external os, and fornices with an antiseptic solution.
- 4. Uterine Assessment:** Measure the length and position of the uterus using a uterine sound, and check if the os is open.

5. **Dilation:** Gradually dilate the os with lubricated Hegar's dilators to facilitate the insertion of the uterine canula.
6. **Canula Insertion:** Insert the uterine canula carefully up to the internal os of the uterus.
7. **Medication Administration:** Inject the Basti Dravya (medicated solution) slowly through the canula using a syringe. Maintain the patient in a head-low position during this process.

3. Post-Procedure Care (Paschyata Karma)

After the medication is administered, the following steps are crucial:

1. **Observation:** Ensure that the Basti Dravya is expelled correctly. If it does not return, additional treatments like Niruha Basti and Varti of purifying drugs may be necessary.
2. **Removal of Equipment:** Gently remove all instruments and perineal towels.
3. **Recovery Position:** Advise the patient to extend and twist her legs, keeping a head-low position for 15 minutes in the operating room and for 2-3 hours in the inpatient department.
4. **Monitoring:** Record pulse and blood pressure for two hours post-procedure.¹²

Additional Considerations

The Uttar Basti procedure is carried out with strict adherence to aseptic techniques and the use of sterilized medications to prevent infections. If the Basti Dravya does not expel as expected, supplementary treatments like Niruha Basti and Shodhana Dravya may be employed to achieve the desired therapeutic outcome.

Uttar Basti in Various gynecological Disorders

Condition	Treatment	Medicinal Formulations
Anovulation	Promotes ovulation	Phala Ghrita, Phalakalyanaka Ghrita, Shatavari Ghrita, Shatapushpa Ghrita
Tubal Blockages	Adhesions: Dissolves adhesions	Kshar Taila, Apamarga Kshar Taila ^{[13],[14],[15]}
	Fibrosis-induced spasms: Nourishes and heals	Bruhana Snehas (e.g., Bala Taila)
Cervical Erosion and Chronic Cervicitis	Heals cervical erosion and chronic cervicitis	Jatyadi Ghrita, Ropana Ghrita, Triphla Ghrita
Cervical Mucus Disorders	Normalizes cervical mucus	Jatyadi Ghrita, Go-Ghrita, Shatavari Ghrita
Endometrial Conditions	Restores endometrial thickness and quality	Snehas from Bruhana Dravyas

Vaginal Mucosal Defects	Restores normal pH of vaginal mucosa	Triphala, Panchavalkala, Dashamula kwath
Excessive Vaginal Secretions	Reduces excessive vaginal secretions	Sneha Dravya with Snigdha and Pichchhil properties (Ghrita, Taila)
Low Vaginal Secretions	Enhances vaginal mucosal secretions	Herbal preparations with Kashaya Rasa (Kwatha, Kalka)

DISCUSSION

Uttar Basti, a revered Ayurvedic technique, offers a specialized approach to treating a range of uro-genital disorders through the direct instillation of medicated oils or decoctions. The oils and decoctions used are designed to penetrate deep into the tissues, reduce inflammation, and restore normal function. This direct application helps in breaking down obstructions in the channels (Srotas), improving circulation, and promoting tissue regeneration. While Uttar Basti is beneficial, it requires precise knowledge and skill to perform safely. Its application, whether through the vaginal, urethral, or uterine route, allows for precise targeting of conditions like urinary tract infections, menstrual irregularities, and fertility issues. Uttar Basti lies in its ability to deliver potent herbal formulations directly to the site of pathology. The procedure should only be conducted by trained Ayurvedic practitioners to avoid complications. Additionally, patient education about the procedure, its benefits, and possible side effects is crucial for ensuring compliance and achieving the desired therapeutic outcomes.

Modern advancements have enhanced the procedure, incorporating sophisticated instruments while preserving the core Ayurvedic principles. The technique's effectiveness is underscored by its adaptability to various conditions and its comprehensive approach to patient care, including detailed preparation, precise administration, and careful post-procedure monitoring.

Uttar Basti's versatility is evident in its treatment options for diverse gynecological issues, from anovulation to endometrial disorders. The use of tailored medicinal formulations further amplifies its therapeutic potential, demonstrating the technique's relevance in both traditional and contemporary settings.

CONCLUSION

Uttar Basti is a powerful therapeutic procedure in Ayurveda, offering targeted treatment for a range of gynecological and urological disorders. Its holistic approach, minimal side effects, and non-invasive nature make it a valuable tool in both preventative and curative health care. As interest in Ayurveda continues to grow, Uttar Basti's role in modern medical practice is

likely to expand, offering patients a complementary option that aligns with the principles of natural and holistic healing. However, it is imperative that this procedure is performed by qualified practitioners to ensure safety and efficacy, thereby preserving its therapeutic potential for future generations.

REFERENCES

1. Chakrapani, Commentator. Charak, Drudhbala, Charak Samhita, Siddhi Sthana, Trimarmiya Siddhi adhyay, 9/50, Vaidya Yadavji Trikamji Acharya, editor. New Delhi: Chaukhambha Publications.
2. Vagbhata. Ashtanga Samgraha. Sutrasthana, Bastividhi adhyay, 28/9. Ravi Dutt Tripathi, editor. Delhi: Chaukhambha Sanskrit Pratishthan.
3. Sushruta, Sushruta Samhita, Hindi commentary by Ambikadatta Shastri, Chikitsa Sthana, Chapter 37/107-108, Varanasi, Chaukhambha Sanskrit Sansthan.
4. Vagbhata. Ashtanga Hridyam. Sutrasthana, Bastividhiadhyay, 19/79, Vd. Yadunandan Upadhyay, editor. Varanasi: Chaukhambha Prakashan.
5. Charak, Charak Samhita, Hindi commentary by Kashinath Shastri, Siddhi Sthana Chapter 9/50-51, Varanasi, Chaukhambha Bharti Academy.
6. Sushruta, Sushruta Samhita, Hindi commentary by Ambikadatta Shastri, Chikitsa Sthana, Chapter 37/101-104, Varanasi, Chaukhambha Sanskrit Sansthan.
7. Vagbhata. Ashtanga Hridyam. Sutrasthana, Bastividhiadhyay, 19/70, Vd. Yadunandan Upadhyay, editor. Varanasi: Chaukhambha Prakashan.
8. Vagbhata. Ashtanga Samgraha. Sutrasthana, Bastividhi adhyay, 28/9. Ravi Dutt Tripathi, editor. Delhi: Chaukhambha Sanskrit Pratishthan.
9. Neha Chaudhary, Shweta Mishra, Holistic Approach to Female Uttar Basti - A Review Article. J Ayu Int Med Sci., 2023; 8(6): 165-173.
10. Sushruta. Sushruta Samhita. Chikitsa Sthana, Anuvasnotarbasti Chikitsa Adhyay 37/125-126. Ambika Dutt Shastri, editor. Varanasi: Chaukhambha Sanskrit Sansthan, 207.
11. Charaka, Drudhbala. Charaka Samhita. Siddhi Sthana, Trimarmiya Siddhi Adhyay, 9/63-64. Pandit Rajeshwardatt Shastri, editor. Varanasi: Chaukhambha Bharti Academy; Reprint, 2015; 1065.
12. Sharma R, Singh C. Uttar Basti- A critical review. J Ayu Herb Med., 2016; 2(3): 86-88.
13. Text book of Gynaecology, Dutta D.C., 7th Edn, Kolkata: New central Book Agency Pvt. Ltd., 2010.

14. Gynaecology (Review Series), 3rd Edn., New Delhi, Elsevier, 2006.
15. Text book of Gynaecology, Sudha Salhan, 1st Edn, New Delhi, Jaypee Brothers Medical Publishers (P) LTD, 2011.