

**BASTI THERAPY-INSIGHTS FROM KASHYAPA SAMHITA****<sup>1</sup>\*Dr. Shivani and <sup>2</sup>Prof. Rakesh Sharma**

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**ABSTRACT**

In *Ayurveda*, *Chikitsa* refers to restoring the individual's normalcy rather than just relieving the symptoms of the disease. *Basti karma* is one among the five major procedures in *Panchakarma* therapy, a traditional cleansing and rejuvenating therapy in *Ayurveda*. It is described as one of the main treatments for balancing *doshas* and treating various diseases. In this therapy the medicated oil or herbal decoction is administered through the anal route. *Basti Karma* is broadly divided in two types according to the consistency of the drugs - *Sneha Basti* (*Anuvasana*) and *Niruha Basti* (*Aasthapana*). In *Sneha Basti* medicated Oil/ Ghee, lipids are used whereas in *Niruha Basti* decoction of medicinal plants is the main content.

**KEYWORDS:** *Ayurveda, Panchakarma, Basti.*

**INTRODUCTION**

*Kashyapa Samhita* or *Vridhdha jivakiya tantra* is the only surviving text on one of the eight specialities of *Ayurveda* known as *Kaumarbhritya*. The sections of *Samhita* are similar to those of *Charaka Samhita* have an additional *Khilla Sthana*. *Basti karma* is explained in detail in some chapters *Siddhisthana* and *Khillssthana*.

*Basti Karma* is one of the five procedures of *Samshodhan Chikitsa* mentioned in *Ayurveda* i.e. *Vamana* (Therapeutic emesis), *Virechana* (Therapeutic Purgation), *Basti* (Medicated Enema), *Nasya* (Infiltration of drugs through nostrils) & *Raktamokshana* (Bloodletting by different methods). It is described as main procedure for *Tridoshaj vyadhi* but more effective

in *Vata* predominant disorders as *Vata* is the only motivating force in the body which is responsible for spreading *doshas* all over the body. *Acharya Kashyapa* considered best *Basti* as one which does not cause any complication, comes out easily and which is given by physician.<sup>[1-i]</sup>

## DEFINITION

*Basti* is the procedure by which the drug prepared as per classical reference is administered through anal canal, reaches up to the *Nabhi*, *Kati*, *Parshva* and *Kukshi Pradesha* and churns the accumulated *Purisha* and *Doshas* which spread all over the body and easily comes out along with the churned *Purisha* and *Doshas*.<sup>[2]</sup>

## IMPORTANCE

There is no other treatment capable of bringing pleasure to the parts of body than application of enema, what-so-ever diseases are situated in extremities, internal organs, whole or half body, no other etiological factor is present for their development except *Vata*. To throw away or bring together *Kapha*, *Pitta*, *Mala* and *Rasas*, the *Vata* is the only cause. For maintenance of this increased *Vata*, there is nothing else than *Basti karma*. Due to this, amongst all the treatments *Basti* is glorified as *Ardhachikitsa*.<sup>[1-ii]</sup>

## CLASSIFICATION OF BASTI

### A. ON THE BASIS OF DRUGS USED

1. *Niruha Basti* – Decoction of medicinal plants is used.

2. *Anuvasana Basti* – oil is used as main ingredient.

*Acharya kashyapa* describes *Matra Basti* as a type of *Sneha Basti*.

### NIRUHA BASTI

It acts as life prolonger, aphrodisiac, increases quality of voice, complexion, and digestive fire. It provides good strength to children, adults and aged, causes clarity of the *Indriyas* and softness of the body parts.<sup>[1-iii]</sup> While explaining *Niruha Basti* in children, it is said that the quantity of *Basti* should be increased gradually from lower to higher quantity.<sup>[3-i]</sup>

If *Aasthapana Basti* is not used properly, it becomes dangerous (lethal) like *Sarpa visha* instead of being beneficial. If it is used after proper analysis, then it is as helpful as *Amrita* for living beings.<sup>[1-iv]</sup>

**ANUVASANA BASTI**

Oil is the main component of the *Anuvasana Basti*. There is no other drug capable of curing or balancing *Vata* than oil. It destroys *Ruksha guna*, *Laghu guna* and *Sheeta guna* of *Vata* by its *Snigdha guna*, *Guru guna* and *Ushna guna* respectively. It nourishes the body, makes the mind happy and increases strength and complexion of the body.<sup>[1-v]</sup>

*Anuvasana Basti* can be used daily in those having strong digestive fire, strong body, one who is suffering from *Udavarta* and where the *Vata* deteriorates from its normal passage.<sup>[1-vi]</sup>

**B. ON THE BASIS OF TOTAL NUMBER OF BASTI ADMINISTERED<sup>[1-vii]</sup>**

1. *Karma Basti*

2. *Kala Basti*

3. *Yoga Basti*

In *Karma Basti* there are twenty four *Anuvasana* and six *Niruha Basti*.

**Table 1: Order of Karma Basti.**

1-A	2-A	3-A	4-A	5-A	6-N	7-A	8-A	9-A	10-N
11-A	12-A	13-A	14-N	15-A	16-A	17-A	18-N	19-A	20-A
21-A	22-N	23-A	24-A	25-A	26-N	27-A	28-A	29-A	30-A

In *Kala Basti* there are twelve *Anuvasana* and three *Niruha Basti*.

**Table 2: Order of Kala Basti.**

1-A	2-A	3-A	4-N	5-A	6-A	7-A	8-N
9-A	10-A	11-A	12-N	13-A	14-A	15-A	

In *Yoga Basti* there are five *Anuvasana Basti* and three *Niruha Basti*.

**Table 3: Order of Yoga Basti.**

1-A	2-N	3-A	4-N	5-A	6-N	7-A	8-A
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**INDICATION OF KARMA, KALA AND YOGA BASTI<sup>[1-viii]</sup>**

**Karma Basti:** Those with *Gambhiraanugata mala* (aggravation of accumulated waste-products in deeper tissues), *Vatabhuyista* (predominance of *Vata*), *Sampanna* and *Sahisnushu* (good tolerance).

**Kala Basti:** *Kala Basti* being half in number compared to *Karma Basti* is used in persons having *Madhyama bala*, *Pitta Vata* association and *Madhyama dosha Kopa*.

**Yoga Basti:** The *Yoga Basti* being less in number of *Sneha Basti* and owing to its *Laghu* nature is used when *Vayu* does not have good strength, *Vata Kapha* association and *Avara dosha Kopa*.

### C. CHATURBADRAKALPA

A specific sequential arrangement of *Basti* by *Acharya Kashyapa*, in which four *Anuvasana Basti* is given in the beginning and end and four *Niruha Basti* are given in between. This preparation is *Niratyaya* in nature and can be used two to three times according to need to get desirable effects.<sup>[1-ix]</sup>

### BASTI NETRA

The nozzle should be made of either gold, silver, copper, bronze, bamboo, lead, iron, ivory, horn, wood, bone, lotus root. It should be smooth, without any depression, straight with round orifices like tail of cow (*Gou Puchhakara*).<sup>[3-ii]</sup>

### AGE FOR INIATIIATION OF BASTI THERAPY

According to *Acharya Kashyapa*, *Basti* can be given to those children who started walking, takes cereals and has crossed the lap age.<sup>[3-iii]</sup>

## I. PURVA KARMA

### 1) SELECTION OF THE PATIENT

**Table 4: Yogya of Basti Karma.**

S.NO.	Basti Type	Indicated Conditions
1.	<i>Anuvasana Basti</i>	<i>Sosha, Marma vata, Pleea vikara, Vatika gulma, Mutrakrichha, Pakvashya shoola, Kukshi vata, Kundala, Yoni shoola, Udavarta, Sandhigraha</i> (stiffness of joints), <i>Gatraveshta</i> (twisting pain of body), <i>Gatrabheda</i> (cracking pain in body), <i>Apatanka, Ardita, Alpa pushpa</i> (oligomenorrhea), <i>Nashta pushpa</i> (amenorrhea), <i>Beejaakarmnya</i> (anovulation), <i>Beeja-apreeta</i> (infertility). <sup>[4-i]</sup>
2.	<i>Niruha Basti</i>	Cardiac disorders, <i>Udavarta, Vatika Gulma</i> , Abdominal diseases due to <i>Vata, Vibandha, Mutragraha, Basti kundala</i> (atony of urinary bladder), <i>Prameha, Raktaj Gulma, Yoni Jadya</i> (rigidity of vagina), pain in flanks, <i>Kushtha</i> (skin diseases), <i>Apastambha</i> (stiffness of upper body parts). <sup>[4-ii]</sup>

**Table 5: Ayogya Of Basti Karma.**

S.NO.	BASTI TYPE	CONTRAINDICATED CONDITIONS
1.	<i>Anuvasana Basti</i>	<i>Hridgraha</i> (pain in cardiac region), <i>Pandu roga</i> , edema, abdominal diseases, <i>Prameha</i> (urinary diseases), <i>Kushtha</i> , <i>Arsha roga</i> , <i>Bhagandra</i> , <i>Rajyakshma</i> , <i>Visarpa</i> (erysipelas), <i>Kapha</i> predominant diseases. <sup>[4-iii]</sup>
2	<i>Niruha Basti</i>	Tachycardia, Emaciating, one who is suffering from disease, blood mixed diarrhea, <i>Murchha</i> (unconsciousness), edema, one who indulged in <i>Ativyavaya</i> , exertion, fear worry, envy. <sup>[4-iv]</sup>

## 2. PRE REQUISITE FOR NIRUHA BASTI

The physician should give *Basti* to those who has already received sudation, whose previous day's meal has been digested, who slept in place where there is no direct entry of air (*nivata shayana*), received proper massage and has not taken meals.<sup>[3-iv]</sup>

## 3. PREPARATION OF BASTI

First of all the ingredients are to be taken in the required quantity by measuring them and should be mixed in the order of *Madhu*, *Saindhava*, *Sneha*, *Kalka*, *Kwatha*. The physician, facing eastward, should mix all ingredients of *Basti* in order and should be churned further to make it more fine mixture.<sup>[1-x]</sup>

## DVADASHA PRASRTIKA BASTI

In general the quantity of each ingredients mentioned under *Dvadasha Prasrtika Basti* is as follow<sup>[1-xi]</sup>

**Table 6.**

S.No.	Ingredients	Quantity
1.	<i>Madhu</i>	2 <i>Prasrita</i>
2.	<i>Saindhava</i>	½ <i>karsha</i>
3.	<i>Sneha</i>	2 <i>Prasrita</i>
4.	<i>Kalka</i>	1 <i>Prasrita</i>
5.	<i>Kwatha</i>	4 <i>Prasrita</i>
6.	<i>Mansarasa</i>	2 <i>Prasrita</i>
7	<i>Gou-mutra</i>	1 <i>Prasrita</i>

## BASTI – INGREDIENTS AND THEIR SIGNIFICANCE<sup>[1-xii]</sup>

### 1) *Madhu* (Honey)

Honey is considered auspicious substance therefore honey is added first from the view point of auspiciousness.

**2) Saindhava Lavana (rock salt)**

Due to *Teekshna* property of *Lavana*, it destroys the stickiness and astringency of honey, that is why *Lavana* is poured after honey so that compound is formed.

**3) Sneha-** Due to oil contents are mixed together properly thus oil brings uniformity to the mixture.

**4) Kalka Dravya (paste of herbs)**

Paste gets mingled quickly and it gives required thickness to the *Basti* material.

**5) Kwatha (Decoction Drugs)**

It brings homogeneity to mixture.

**6) Urine (Gou mutra)**

Urine enhances the properties and increases the potency of the whole *Basti*.

If the *Basti* is churned properly then it eradicates *Vata*, *Pitta* and *Kapha* from fine channels.

**ARTICLES TO BE USED IN BASTI FOR DIFFERENT DOSHAS<sup>[1-xiii]</sup>**

If there is *Vata* predominance *vyadhi*, then *Madhura*, *Amal*, *Lavana* and *Ushna Dravya* should not be used in excess quantity, *Sneha* should be maintained in equality and also *Sukshma*, *Sheeta Veerya dravya*'s are used in less quantity accordingly.

In *Pitta Pradhan vyadhi*, *Madhura*, *Tikta* and *Kashaya Dravya* should be used in more quantity and *Teekshna*, *Ushna dravya* should not be used.

In *Kaphaj Vyadhi*, drugs with *Teekshna*, *Ushna* and *Rukshna* properties should be used. In contrary conditions, substances of opposite properties should be increased, in combination of *doshas* the drugs of combined properties should be mixed together.

**INDICATIONS TO USE ODD NUMBERS OF BASTI**

*Acharya Kashyapa* mentioned that *Basti* should be given in odd numbers but never in even numbers, because the irregular diseases caused by irregularly abnormal *Doshas* are cured by uneven *Basti*. By the application of one or three *Basti* in *Kapha*; five or seven in *Pitta* and nine or eleven in *Vata*, *Sama Avastha* of *Doshas* and *Dhatu*s is obtained.<sup>[1-xiv]</sup>

#### 4. DOSE OF ANUVASANA BASTI IN CHILDREN

**Table 7: Dose of *Matra Basti*.**<sup>[1-Xv]</sup>

<i>Kaniyasi Matra</i>	1 <i>Prakuncha</i>
<i>Madhyama Matra</i>	1 ½ <i>Prakuncha</i>
<i>Uttama Matra</i>	2 <i>Prakuncha</i>
<i>Stanya apanayana</i> (children having given up breastfeeding)	½ <i>Pala</i>

**Table 8: Dose of *Sneha Basti*.**<sup>[1-xvi]</sup>

Age	Dose
3 years	3 <i>Karsha</i>
4-5 years	1 <i>Pala</i>
6-11 years	1 <i>Prasrita</i>
12-15 years	2 <i>Prasirta</i>
16- <i>Madhyama Vaya</i>	4 <i>Prasrita</i>

**DOSE OF NIRUHA BASTI-** *Niruha Basti* dose is three times of *Sneha Basti*.

#### 5. INDICATIONS OF DIFFERENT DOSES OF ANUVASANA BASTI<sup>[1-xvii]</sup>

*Pravaramatra* of *Snehadravya* as *Anuvasana Basti* should be given to those, indulged in *Ativyavaya*, *Ativyayama*, *Bahupana*, *Yana*, *Adhwa*, those who are having stable life, congeniality for *Snehadravya*, who is having high intensity of *Agnibala*, who have aggravation of *Vata* especially in the *Adha kaya* and those who have *Vata* constitution.

Whoever person has *Madhyama dosha prakopa* for them *Madhyama Matra* should be given. Those who are weaker according to *Vaya*, *Vyadhibala* and *Shareera bala*, *Heena oushada Matra* is prescribed.

#### II. PRADHANA KRAMA

It includes advice to the patient, *Basti Pranidana*, *Basti Pratyagamana* and observing the *Samayaka yoga*, *Ayoga* and *Atiyoga Laksana*.

##### 1. *Samayaka, Atiyoga and Ayoga Lakshna of Anuvasana Basti*<sup>[5-i]</sup>

**Table: 9.**

<i>Samayaka Yoga of Anuvasana Basti</i>	<i>Ayoga of Anuvasana Basti</i>	<i>Atiyoga of Anuvasana Basti</i>
<ul style="list-style-type: none"> <li>• Increase in appetite</li> <li>• Establishment of longevity</li> <li>• Nourishment</li> <li>• Increase in complexion retention power and strength</li> </ul>	<ul style="list-style-type: none"> <li>• Hard stool</li> <li>• Increase in disease condition</li> <li>• Discolouration</li> <li>• Tremors</li> <li>• Increase in <i>Vata dosha</i></li> </ul>	<ul style="list-style-type: none"> <li>• Despondency (<i>Vishaad</i>)</li> <li>• Satiation(<i>Tripti</i>)</li> <li>• Anorexia etc.</li> </ul>



<ul style="list-style-type: none"> <li>• <i>Vata anulomana</i></li> <li>• Suppression of the disease</li> </ul>	<ul style="list-style-type: none"> <li>• Hard stool</li> <li>• Discolouration</li> <li>• Tremors</li> <li>• In</li> </ul>	
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## 2. SAMAYAKA, ATIYOGA AND AYOGA LAKSHNA OF NIRUHA BASTI<sup>[5-ii]</sup>

TABLE 10.

<i>Samayaka yoga of Niruha Basti</i>	<i>Ayoga of Niruha Basti</i>	<i>Atiyoga of Niruha Basti</i>
<ul style="list-style-type: none"> <li>• Passage of white mucous like alum without urine and faeces (<i>sudha sphatika saman Kapha</i>)</li> <li>• Patient is free from complications</li> <li>• Improvement in appetite.</li> </ul>	<ul style="list-style-type: none"> <li>• Retention of urine and faeces</li> <li>• Colic</li> <li>• Flatulence</li> <li>• Increase in disease condition</li> <li>• Drowsiness (<i>Tandra</i>)</li> <li>• Sleepiness (<i>Nidra</i>)</li> <li>• Anorexia (<i>Aruchi</i>)</li> <li>• Feeling of fullness (<i>Tripti</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Aggravation of <i>Vata</i> in entire body.</li> </ul>

## DIET RECOMMENDED AFTER BASTI ACCORDING TO DOSHA PREDOMINANCE

*Mansarasa*, *Dugdh*, and *Yusha* should be given in dominance of *Vata*, *Pitta* and *Kapha* respectively or food given depending on patient's strength, digestive fire, constitution of the body, season and place of living.<sup>[1-xviii]</sup>

## PATHYA AHARA-VIHARA AFTER NIRUHA BASTI

As *Samayaka lakshana* of *Niruha* are obtained, the patient should be allowed to rest and take bath with luke warm water. After that patient is advised to take liquid diet of *Janghal Mansarasa*.<sup>[1-xix]</sup>

## USE OF ANUVASANA BASTI AFTER NIRUHA BASTI

After having liquid diet of *Mansarasa*, *Anuvasana Basti* with 1 *Prasrita* oil should be given so that the aggravated *Vata* after *Niruha* can be pacified.<sup>[1-xx]</sup>

## III. PASCHAT KARMA

If *Samayaka Niruhita Lakshana* are not observed, then again *Basti* may be administered preferably after administering an *Anuvasana Basti* and further 3rd or 4th *Niruha Basti* may be administered on next day till getting the *Samayaka Niruhita Lakshana*.



**BASTI VYAPADA**

Vyapada are produced due to the defects in the *Basti Netra*, *Basti Putaka*, abnormal position of the patient while administering *Basti* and improper administration.

**BASTI NETRA, BASTI PUTAK AND PRAGYAPRADHAJ DOSHA DURING BASTI PREPARATION<sup>[6-i]</sup>****Table 11.**

<i>Basti Dosham</i>	Number	Name of <i>Doshas</i>
<i>Basti Netra Dosham</i>	7	<i>Atideergham, Atisthulam, Jarjaram, Sphutitam, Tanu and Kutilam</i>
<i>Basti Putaka Dosham</i>	9	<i>Atihraswam, Kharam, Sthulam, Tanu, Deergham, Chirasthitham, Chidra yukt, Mahan, upahata</i>
<i>Pragyaparadhaja dosha of Basti</i>	10	<i>Aprapta, Atineetam, Vinyastam, Atipeeditam, Srutam, Vilagnam, Shithila, Ruddhavatam, Chira and Achira.</i>

It further causes diseases like *Bhagandra*. For treatment of *Bhagandra Anuvasana Basti* is given with *Jeevaka -Rishbhak* medicated *Ghrita*. *Niruha Basti* and *Virechana* can also be used.

*Dugdh, Yava anna, Shaka, Sneha yukt Janghal Mansa* should be given to that child who is suffering from anal disorders.<sup>[6-ii]</sup>

**CAUSES, SYMPTOMS AND TREATMENT OF BASTI AYOGA AND ATIYOGA<sup>[7-i]</sup>****Table 12.**

	Causes	Symptoms of <i>Ayoga</i> and <i>Atiyoga</i>	Treatment
<i>Basti Ayoga</i>	<ul style="list-style-type: none"> <li>• Presence of faeces, flatus and <i>Kapha</i> in rectum.</li> <li>• Tortuousness of nozzle.</li> <li>• Laxity of <i>Basti putaka</i>.</li> <li>• Improper compression of <i>Basti putaka</i>.</li> </ul>	<ul style="list-style-type: none"> <li>• Thirst</li> <li>• Unconsciousness</li> <li>• Nausea</li> <li>• Fever</li> <li>• Burning sensation</li> <li>• Cardiac disorders</li> <li>• Edema</li> <li>• Colic</li> <li>• Haemorrhoids</li> <li>• Anaemia</li> <li>• Jaundice etc</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Snehana</i></li> <li>• <i>Swedana</i></li> <li>• <i>Vamana</i></li> <li>• <i>Virechana</i></li> <li>• <i>Ashthapana</i></li> <li>• <i>Phalavarti</i></li> </ul>
<i>Basti Atiyoga</i>	<ul style="list-style-type: none"> <li>• Due to prevalence of <i>Vata, Pitta, Kapha, Mutra, Purisha</i>.</li> <li>• Person who received purgative</li> <li>• Due to thirst hunger, fatigue, seized with worry, envy, exertion, grief and fear.</li> </ul>		

**METHOD OF PREPARATION AND USAGE OF PHALAVARTI<sup>[7-ii]</sup>**

While explaining the treatment of *Anaha* and *Shoola roga* after *Basti*. *Varti* should be used after proper *Snehana*. *Varti* is made by mixing of *Churna* of *Kinva* (yeast), *Siddharthaka*, *Masha*, *Saindhavam*, *Taila* and *Guda* and is made in shape of *Yava* (tapering at both ends and thick in centre). *Acharya Kashyapa* exclusively mentions that five, six or seven *Vartis* should be inserted in *Gudapradesha* according to age to induce *Virechana*.

**METHOD OF PREPARATION OF ERANDABASTI AND ITS USES<sup>[1-xxi]</sup>**

*Kashaya* Preparation - Root of *Eranda*, *Triphala*, *Bala*, *Rasna*, *Punarnava*, *Guduchi*, *Aragvadha*, *Daru*, *Madanaphala*, root of *Turangagandha*, *Laghupanchamula*, one *Pala* quantity of (each of) all these should be decocted with one *Drona* water when it reduced to 1/8<sup>th</sup> amount, it should be taken out of fire and strained.

*Kalkam*- *Satahva*, *Madhuka*, *Musta*, *Priyangu*, *Hapusa*, *Vasa*, *Rasanjana* procured from *Tarkasyasaila pippali* and fruits of *Kutaja* (each) in the quantity of one *Karsa* should be added and when still lukewarm be churned with churner along with oil, honey, *Saindhava*, urine (cow's urine) and *Mansa rasa*, and the *Niruha Basti* is made properly.

Properties of *Eranda Basti*: *Lekhana*, *Deepana* and *Balya* in *Guna*. It cures abnormalities of *Grahani*, *Arshas* and cures *Parshwa Shoolam*, *Prushth Shoola* and *Kati Shoola* and pain developed over flanks, thighs and chest, it also pacifies *Vata Aavrita Kapha*.

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- ii) Siddhisthana Chapter 2/25-28
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- ii) Chapter 5/17
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- ii) Chapter 6, Verse 16-18