

CONCEPTUAL STUDY OF BASTI IN PAEDIATRIC

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Article Received on
30 Jan. 2024,

Revised on 20 Feb. 2024,
Accepted on 12 March 2024

DOI: 10.20959/wjpr20246-31629



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ABSTRACT

Ayurveda is the ancient science which deals with health of human beings. *Ayurveda* has eight branches out of which *Kaumarbhritya* is one of the most important branch. It deals with the health of children upto 16 years. There are two types of *chikista shodhan* and *shaman*. *Panchakarma* is a type of *shodhan chikista*. *Panchakarma* as name indicates five karmas namely, *vaman*, *virechan*, *Basti*, *Nasya*, and *Raktamokshan*. *Basti karma* is described as *Amrut* by Maharshikashyap. In *Panchakarma Basti chikista* is most important of *shodhan* as well as *shaman chikista*. In *Ayurveda* before starting any *Panchakarma* purification is necessary.

KEYWORDS: Ayurveda, Paediatrics, Niruhbasti, Panchakarma, Anuvasanbasti.

INTRODUCTION

Ayurveda plays a major role in promoting safe and effective measures not only in treating the disease but also maintaining the health, Hence the long standing motive of *Ayurveda* to maintain health is achieved. *Shodhana chikitsa* (detoxification therapy) includes *panchakarma* which is the ultimate body healing experience for detoxifying the body, and strengthening the immune system, restoring the balance of *Doshas* and mind. *Basti karma* is the best method of treatment in *vatavikara*. *Basti* is superior because it is like *Amruta* in children. *Panchakarma* prevents ageing, destroys diseases. *Basti* is one of the most effective

karma in children in maintaining proper health. *Bastichikista* is used to expel out vitiated *doshas* out of the body through excretory route.

AIMS

To study *Basti karma* in children in detail

To elaborate the *Panchakarma* and to study the significance of *Panchkarma* therapy in Paediatrics.

OBJECTIVES

To study *Basti* procedure.

Study the benefits of *Basti* in children.

To study the applied *Panchkarma* procedure in children.

Defination

Basti means urinary bladder. In ancient times urinary bladder of animals like buffalo were^[1] used as bag to hold enema material like *kashaya* and oil and this preparation was administrated through genito urinary tract & anus. Now a days it can be corelated to enema procedure.

Types of basti

1. *Niruh Basti*- it is also known as *Asthapan basti*. In this *basti* decoction enema which is mixed with honey, epsom salt and ghee is administrated.
2. *Anuvasan Basti*- it is also known as *Snehan Basti*. In this type ghee, oils, fats, herbal ghee is administrated.

Materials

Bastinetra- it should be made from metal like gold, silver, wood, bamboo etc.

Gopuchakra- corelating with shape of cow's tail.

Achidra- without holes (except at two ends) smooth and straight.

LENGTH OF BASTINETRA

1-7 years- 6 *angula* (9cm)

7 years- 7 *angula* (10.5cm)

12 years -8 *angula* (12cm)

16 years-9 *angula* (13.5 cm)

20 years onwards-12 *angulas* (18cm)

Methods

Basti karma consist of three parts

1. Purvakarma-snehan & swedan
2. Bastikarma
3. Sansarjan karma

Snehan

Snehan is a *purvakarma* done before starting any *Panchakarma*. *Snehana* is the process of oleation of the body by using medicated oils and *ghee* internally as well as externally. It is an important preparatory procedure for *Panchakarma*.

Importance of Snehana

Regular use of external application of *Sneha* to the children helps in good sleep, acquiring strength, proper growth and development of the child. It also relieves tiredness.

Swedan

Swedan is done after *snehan*. It is a process where sweating is induced artificially.

Types

Kashyapa mentioned 8 types of *swedana karma* – *Hasta*, *pradeha*, *nadi*, *prastara*, *sankar*, *upnaha*, *avgaha* and *parisheka*. *Swedana* of which *Nadi Sweda*, *Prasthara*, *Sankara*, *Pradeha*, *Upanaha*, *Avagaha*, *Pariśeka* are the types which are practically applicable in children with certain modifications. *Hashta Sweda*, and *Pata Sweda* are very useful in neonates and infants especially in Pain in abdomen.

Procedure

Patient is advised to lie down in left lateral position. Small amount of oil is applied to anus and *Bastinetra*. *Bastinetra* is introduced into anal canal upto specific length, then *Bastiputak* which contains *Bastidravya* is passed uniformly. Pressure is applied till small amount of *Bastidravya* is left in *Bastiputak* to avoid insertion of air. *Bastinetra* is removed and patient is advised to lie in supine position till he feels urge to excrete.

Anuvasana Basti

The quantity of *Bastidravya*(enema) should be 1/4th of decoction enema according to age. Patient should be given *snehan* and *swedan*. After he regains strength, he should be given oil enema first. During cold season (*hemant* and *shishir*) and *vasant* it should be given during

day and in other season at night. He should be given oil massage and bath. Then food should be given which should be 1/4th of the usual diet and must be easily digestible. When he has excreted feces and urine, and lie in comfortable left lateral position. Then *Anuvasanabasti* should be given in preferable amount not too fast or slow, following the procedure given above. If it comes out soon, then again enema should be given. The maximum time for enema to come out is 3 *yama*(9 hours) We can wait for 24 hours(1 *Ahoratra*). If enema does not come out after 24 hours, then suppository should be inserted. Even after this the enema does not come out then it may be due to severe dryness in the body, and should be neglected. Again *Anuvasanabasti* must be given on 3rd and 5th day.

Indication

- Patient having Strong digestion power.
- Dryness of body.
- Patient suffering from *vatadoshas*.

Contraindication

- Patients suffering from anemia(*pandu*), jaundice(*kamla*), diabetes(*meha*).
- Rhinitis(*peenasa*), empty stomach(*niranna*), intestinal worms(*krimikoshth*).
- Consumed poison(*garvish*), goiter (*galagand*).

Niruh Basti

It is a decoction enema. After performing Purvakarma procedure (snehan and swedan) niruhabasti should be given carefully. Patient should not be much hungry.

Indication for Niruh Basti

Patients suffering from bloating, fullness (*anaha*), pain in abdomen (*shula*), chronic fever (*jirnajwara*) *Pratishhyay*, flatus, urinary, disease of *vatadosha*

Niruh Basti Matra

Upto 1 year- 1 *pala*(48gm)

Then increase by 1 *pala* till it becomes 12 *pala*

(6 *prasut*, 576gm)

At 12 years- 12 *pala*

After 12 years increase each year by 2 *pala* (1 *prasut*,96 gm) till it becomes 24 *palas* (12 *prasuta*)

At 18 years- 24 *pala*.

18-70 years- 24 *pala*.

Anuvasanabastimatra

The *matra* for *anuvasanabasti* should be 1/4th of *matra* of *Niruha Basti* according to age.

Matra Basti

Matra basti is a type of *Sneha Basti*. It is considered safe and effective and can be given to children safely. It is termed so because the dose of *Sneha* used in the *Matra Basti* is very less compared to the dose of *Sneha Basti*. Quantity must be around 50-75ml. *Matra basti* should be given to *bala*, *vridhdha*.

Indication of *Matra Basti*

1. *Vyayama karshita*
2. *Karma karshita*
3. *Durbala*

Contraindication of *Matra Basti*

1. *Ajeerna*
2. All types of diarrhoeas, dysenteries.
3. Diabetes
4. Severe Anemia
5. Breathlessness

Benefits of *Basti*

1. *Basti* is alternative for *virechan* in children.
2. *Basti* has multidimensional action.
3. It is choice of treatment for *vaatrogas*, hence called as *Aradhachikitsa*.

CONCLUSION

Panchkarma in Pediatrics is most useful therapy but it must be done carefully and with proper knowledge. Paediatric *Panchakarma* has been prime and leading modality of treatment and classics mention about its indication and contraindications. All the five *karmas* are systematically explained in classics clearly with special interest of the child. *Basti* is one of the *karma* of it. *Basti* is said to be *Amrit* in pediatrics. *Basti* done with proper guidance and knowledge has a good effect on growth and development of child. *Basti* can be used in

children for treating many diseases and improve the quality of life. Different types of medicinal tailas are used for different ailments and dose per age need to be standardized with the multi-centric clinical studies. *Panchakarma* removes the toxins from body and gives strength to the child.

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