

REVIEW OF BASTI**Dr. Shilpa Santosh Tonde^{1*}**

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Corresponding Author*Dr. Shilpa Santosh Tonde**M.D. Panchkarma, Assistant
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College, Akola.**ABSTRACT**

Ayurveda prescribes Panchakarma Therapy for the cleansing of body toxins. It is the process, which gets the root cause of the problems and corrects the essential balance of 'Tridosha' in the body. Basti is one of the most important measure described in various texts for the internal purification of our body. Basti Karma is such type of Chikitsa which is applicable to all Vata vyadhis. Basti can also be used for several other purposes. Acharya Charaka compares the action of Basti with the watering of plants at their roots. If the roots are watered, the whole plant from the roots to the leaves, flowers & fruits gets water and nourishment.

KEYWORDS: Basti, Chikitisardha, Anuvasana, Niruha.**INTRODUCTION**

In Ayurveda, an ancient Indian medical system, the human body is composed of derivatives of the basic elements of ether, air, fire, water, and earth, and these derivatives must maintain an equal balance within the body to maintain health. The healing and prevention process of Ayurveda differs from Western biomedicine in that it is based on the principle of promotion of health rather than elimination of disease. If balance is disturbed, the Ayurvedic perspective supports that toxins, or "ama", will accumulate and saturate the tissues of the body. This can lead to disease. Ayurveda shares, with other holistic, multidimensional systems, the ability to provide medical care with a healing process that is customized to the patients.^[1]

Panchakarma is one of the prominent Ayurvedic tools used to restore balance to the body. Through the use of herbalized oils, body treatments (including oil massage), steam therapy, herbal paste therapy, nasal therapy, vomiting therapies, enema therapy, and purgation therapies, Panchakarma is designed to allow the body to rid itself of wastes that have accumulated and lodged in the body, creating blockages in the intelligent flow of the various

systems, including the circulatory, nervous, and digestive systems. Once this cleansing process is complete, the body can resume its natural functioning without interference.

Panchakarma therapy is a potent system of medicine. These five specialised techniques, collectively termed as Panchakarma, attack the very root cause of diseases, cleanse all body microcirculatory channels, remove the vitiated Doshas from the body and produce long lasting beneficial effects. Panchakarma therapy is effective against the treatment of majority of diseases. On the other hand this therapy improves the body resistance (Immunity) and thereby checks the pathogenesis of the disease confirming its preventive effects also.

Bastikarma is considered as superior among all the Shodhana therapies. No other therapeutic measures other than Basti cleanses the body quickly and easily, causes depletion and nourishment instantaneously and is free from any adverse effect. Though emesis and purgation eliminate the vitiated doshas from the body, the drugs used in these therapies contain Katurasa, Ushna and Teekhsna gunas, which cannot be taken easily by children or older people. But Basti can be given in all age groups without any hesitation. Kashyapa equated bastikarma as 'Amrutam' and indicated it in both infants and old age.^[2] Bastikarma is superlative in the management of disorders produced by vitiated vata.

Basti possesses multi-dimensional effects. On the basis of drugs used Basti performs varied therapeutic actions like Samshodhana, Samshamana and Sangrahana of doshas. It does the restoration of semen, makes emaciated person stout and obese one as thin, improves vision, prevents the aging process, improves lusture, strength and helps to maintain longevity. It also helps in providing happiness, improving memory, voice, digestive power and complexion.

CLASSIFICATION OF BASTI

According to the site or route of administration^[3]

1. **Pakvashayagata Basti** - Administration through the anal route to the pakvashya.
2. **Mutrashayagata Basti** - Basti administered through the urethra into the urinary bladder.
3. **Garbhashayagata Basti** - Administration of basti dravya into the uterus through the vaginal route.

According to the major ingredient used^[4]**1. Kashaya Basti**

The basti in which kashaya, ksheera, gomutra etc drava dravyas are used in major quantity is also called as Niruha, Asthapana, Shodhana basti.

2. Sneha Basti

The basti which is prepared out of different types of medicated oil or ghee in major quantity also known as Anuvasana basti, Shaman basti. Based on the quantity of sneha used, the basti can be classified into three types as Sneha, Anuvasana and Matra basti

According to the sequence of Basti used^[5]**1. Karma Basti**

It has total 30 bastis of which there are 12 Niruha and 18 Anuvasana basti. It provides uttama bala and vata predominant conditions.

2. Kala Basti

It has total 15 bastis of which there are 5 Niruha and 10 Anuvasana basti. It provides madhyam bala and useful in vata associated with pitta conditions.

3. Yoga Basti

It has total 8 bastis of which there are 3 Niruha and 5 Anuvasana basti. It provides alpa bala and useful in vata associated with kapha conditions.

According to the action of the Basti^[6]

Yapana Basti, Siddha Basti, Brumhana Basti, Lekhana Basti, Utkleshna, Basti, Doshahara Basti, Shodhana Basti, Shaman Basti, Vrshya Basti.

According to the drug used in the Basti^[7]

Rakta basti, Ksheera basti, Gomutra basti, Madhutailika basti, Kshara Basti.

CONCLUSION

The efficacy of Basti is appreciated by all the Acharyas by accepting it as half of all the treatments while some authors considered it as the complete remedy for all the diseases.

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