

MATRA BASTI: A REVIEW**Dr. Purushottam Dukare^{1*}, Dr. Sachin Gandhi², Dr. S. T. Shinde³ and Dr. Rupali Patil⁴**¹IIInd Year PG Scholar Dept. of Panchakarma PMT's Ayurved College Shevgaon.²Guide & HOD, Professor Dept. of Panchakarma PMT's Ayurved College Shevgaon.³Associate Professor Dept. of Panchakarma PMT's Ayurved College Shevgaon.⁴Assistant Professor Dept. of Panchakarma PMT's Ayurved College Shevgaon.Article Received on
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In Panchakarma, Basti is one of the important therapies. Basti Chikitsa (therapeutic enema) is a natural method to detoxify the body and putting the vivacity into the millions of processes proceeding in the body i.e. it has the power to change the biological rhythm of the body and encourages self-healing. This Basti treatment also relieves stress from the body and mind to improve the quality of life. This Basti therapy also helps to relieve tension in the body and mind, hence improving one's quality of life. The rectum is used to administer herbal decoctions and therapeutic oils to the colon. It is not a localised or symptomatic treatment, despite the fact that it directly affects the colon. Vatahara, Shulahara, Shothahara, Srotoshodhaka, Yogavahi, Agnideepaka, and Rasayana are some of the roles that Basti Dravyas can play. Matra Basti is an oil/unctuous substance-free therapy.

Abhyanga (therapeutic oil massage) and Swedana are performed before to it (sudation). Human is the king of the castle (body) so he has to make the decisions how to convert it into more beautiful and healthy state along with its prevention from the rust of impurities.

KEYWORDS: Abhyanga, Matra Basti, Swedana, therapeutic enema.**INTRODUCTION**

Ayurveda is the traditional medicine system from India and is a result of the dedicated pursuits of sages and practitioners who worked to identify the precious herbs in natural environment and determined the specific methods of their use for relief in different ailments and conditions. The mode of treatment in Ayurveda is very generic because the objective is to

correct the underlying doshas and thus establish the vital balance in the mind and body. The Basti Chikitsa or Medicated Enema Therapy is one part of the highly effective Panchakarma treatment. One particular form of Basti is Matra Basti. The word 'Basti' or 'Vasti' literally means bladder. In ancient times, bladders of animals were used to perform this procedure. Therefore, the procedure is named as Basti Karma. Basti karma may simply be understood as therapeutic enema. In this process, Medicated decoctions, ghee and oil are administered in the body through anus with the help of instrument specially made for Basti process. The therapy which while moving in the umbilical region, lumbar region, sides of chest and pelvic region churns up the stool including all other morbid matter located there and appropriately eliminates them with ease after nourishing the body can be known as Basti. Truly, Basti means one that holds the urine i.e. urinary bladder. Basti have been classified into different varieties based on the sort of substances used and the amount of Basti. The medicines/ingredients used in Basti Karma are chosen. based on the severity of the sickness and the patient's condition.^[5] Matra Basti is subtype of Anuvasana Basti.^[6] It is given in extremely little doses, making it incredibly convenient in today's world. Matra Basti is regarded safe and effective in many cases where other forms of Basti are contraindicated, according to all Acharyas. It is used to treat a variety of Vataja diseases.

AIMS AND OBJECTIVES

- To study *Matra Basti* from different Ayurvedic texts.
- To develop a Standard Operating Procedure for *Matra Basti*.

MATERIAL AND METHODS

conceptual type of study. Textual materials are used for the study from which various references have been collected.

1. CLASSICAL MATRA BASTI

1.1. Defination

Matra Basti Matra vasti is a type of sneha vasti – fat enema. It has received high recognition for its vast and multi-faceted application. Matra vasti is half the dose of anuvasana vasti, i.e. half of three pala or twelve tola. As a result, the matra vasti dose is 12 pala or 6 tola (72 grammes approximately). According to Charaka and Vagbhata, the dose of matra vasti should be equivalent to the dose of hrisva sneha matra (minimum dosage of oral consumption of sneha).^[7]

Basti Karma is broadly divided in two types according to the consistency of the drugs Sneha Basti (Anuvasan) and Niruha Basti (Aasthaapana).^[8]

In Sneha Basti/ Anuvasan Basti i.e. in this type medicated Oil/ Ghee, lipids are used, word Anuvasan indicates “To stay”, the administered medicines stay inside for a longer duration, but still do not cause any untoward problem.^[9]

In Niruha Basti/ Aasthaapana Basti, decoction of medicinal plants is the main content wherein other ingredients like honey, salt, lipids & other drugs are incorporated to form a colloid or a suspension. Word Niruha, indicates “To eliminate” or eliminate morbid Doshas or Disease from body, & its synonym word “Asthapan” indicates “establish life span & age (Su.Chi 35/38).^[10]

Action of Basti

The process of administration of herbal medicines with the help of Basti (urinary bladder) is known as the Basti Chikitsa. Matra Basti is a type of Sneha Basti – fat enema. It has been highly praised for its extensive and multi-dimensional use. It doesn't cause any complication and it can be administered at any time to any age of person. The site of action of Basti karma is Pakwashaya i.e. lower gastrointestinal tract, which is the main site of Vata Dosha. Hence, Basti is useful for the treatment of vitiated Vata1. Vata is the bio-energy responsible for all voluntary & involuntary activities of the body. In normal or physiological states Vata Dosha is responsible for all important functions of the body like heart beats, inspiration and expiration, peristaltic movements, musculo-skeletal movements, urination, defaecation, menstrual discharge, semen ejaculation and even delivery process. So, basti is helpful in preventive & curative aspect. For all these conditions especially in case of constipation, lower backache, gout, rheumatism, sciatica, arthritis, nervous disorders, headache, emaciation, muscular atrophy, etc.

Matra Basti Instruments

Syringe of 100cc, Disposable Gloves, Simple rubber catheter of number 10 or 12. Method of administration of Matra Basti, Before the administration of Matra Basti, the Patient is asked for a light meal which is neither too oily nor too dry and not more than $\frac{3}{4}$ th of the usual quantity. The patient is done abhyanga with the medicated oil over the abdomen and low back region. After this, hot water fomentation / Bashpa Swedana is done. After the completion of this pre requisites, the patient is advised to take left lateral position with left

lower extremity straight and right lower extremity flexed on knee and hip joint the patient is asked to keep the left hand below his/her head. A little amount of oil is applied to the anus, then 75ml of lukewarm medicated Oil is taken in enema syringe. Rubber catheter is oiled with oil and is attached to the enema syringe. Then after removing the air from enema syringe, rubber catheter is inserted into the anus of the patient upto 4-5 inches. The patient is asked to take deep breath while introducing the catheter and medicated oil. Complete oil is not administered, in order to avoid entrance of Vayu into the Pakvashaya which may produce discomfort. After the administration of Basti, the patient is advised to lie in supine position and patient's buttocks is gently tapped and legs are raised few times so as to raise the waist. After a while patient is advised to get up from the Droni and take rest. But if adverse effects like bulging of abdomen, gas in abdomen, pain or discomfort in abdomen appear then the following measures are used: a. Pessary b. Purgation with castor oil is given. c. Fomentation d. Use of Tikshna Basti- Cow urine or Gomutrasava is used.

Dos and Don'ts: The Matrabasti does not demand any regimen of diet or behavior. It can be given at all times and in all seasons without any restriction. Whereas, Acharya Vriddha Vagbhata has restricted the day sleep after being treated with Matrabasti.^[5]

3. KARMA VIDHI

Basti–Dana-Vidhi (The method of Administration of Basti) This is very important that how to induce Basti to the patient. Proper administration of Basti requires not only theoretical but also practical skill. It has three steps.

1. Poorva Karma
2. Pradhana Karma
3. Pashchat Karma

1. Poorva Karma

This has great value in the process. Patient should be fully examined with appropriate history taking. This has a long-lasting effect in Basti-Chikitsa.

Along with this, Abhyanga (external oleation) and Swedana should be given to the patient before Basti Dana. Snehana with suitable Sneha (Medicated oil) is applied and then Swedana should be given by steam / hot water bag / tapa-swada / Sarvanga-Sweda etc., especially on Kati, Vankshana and Pakvashya region. Patient is advised to have his prescribed meal and a short walk. Having passed urine and stool he is asked to lie down on the table of suitable

height. The patient is put in left lateral position with his right leg semi flexed and left fully straightened³²).

2. Pradhana Karma

The Basti Material is taken in Basti- yantra, which is filled with Basti medicine emulsion, Basti Netra should be smeared with some oil or lubricant and introduced in anal region with the help of index finger of the left hand. Basti Netra should be introduced 2-4 finger away from the anus into rectum. Keeping it in the same position, allow the Basti material to go in. Pull out the Basti Netra. Niruha Basti should be induced on empty stomach while Anuvasana, after the meal.

3. Pashchat Karma

After that, the patient is kept lying on his back and should be gently thumped three times on each of soles and over the buttocks, the distal part of the cot or table should be raised (Elevated). Massage should be applied to the patient, especially, on the soles. If the patient develops the urge for defecation, he should be allowed. But in case of Anuvasana basti if Sneha passes out immediately another Anuvasana Basti should be applied. After passing the stools with Basti Dravya, the patient is allowed to take light food (warm and liquid) if he feels hungry.

CONCLUSION

Vata is the 'kinetic' principle that is associated with motion and movement of body. Among the Panchamahabhutas, Vata Dosha is represented as vayu. Dhatus are managed by regulating the Dosha associated with them. Basti Karma is a part of the highly effective Panchakarma treatment modality. While one particular form of Basti is Matra Basti. It acts in the body in four dimensions i.e. by its action of unique Procedure, Drug, Sroto Shodhana and regulation of Gut Brain¹⁶ system. According to pharmacokinetics, drug given in rectal route will have faster absorption and higher bio availability. This Ayurvedic therapeutic enema is just like a diamond in the hand once you give 100 percent trust towards Basti, with integrity it will definitely bring revolution in the ill health. It develops an amity in the body by blowing out all the dross hence it keeps the person in healthy state. It gives a new life just like caterpillar's life cycle. Caterpillars experience the gloom, when they are wrapped within the cocoon. whenever the cocoon bursts, they wash away the prune rust. now caterpillar becomes a butterfly, to fly high up in the sky. In the same way, the intestines experience uneasiness when they are covered with impurities, as soon as the vitiated Doshas are flushed out by Basti Chikitsa,

intestines get detoxified and feel refresh, light with rejuvenation. It is a powerful technique which helps to earn infinite potential of healing. This 'Matra Basti' therapy is a panacea for Paediatric to Geriatrics. This can be easily practised starting from Neurological problems to Sports Medicine. Basti Therapy is gleam of light that draws away the darkness of deleterious grime. This study suggests that Matra Basti can be an easy mode of treatment. We recommend that good clinical studies to be done on different disorders in both the preventive and Curative aspect. This therapy needs more research and standardization.

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