

## IMPORTANCE OF MATRA BASTI ACCORDING TO PANCHAKARMA

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Article Received on  
21 Sept. 2021,

Revised on 11 Oct 2021,  
Accepted on 01 Nov. 2021

DOI: 10.20959/wjpr202113-22826

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### ABSTRACT

Matra basti has a special place among all the bastis and is highly praised because it can be administered at anytime. It doesn't cause any complication. Since the dosage of sneha used in matra basti is low, there will be no fear of any complications. It can be given individually and need not be given along with niruha basti. Matra basti can be administered on daily basis. It stays in the colon for maximum period (12 hours or more) and will induce all beneficial results. There are no restrictions tagged to administration of matra basti. The Matra Basti is one of the types of Anuvasana Basti which can be administered to any individual any time. Matrabasti is such a Chikitsa that is applicable in all the Vatavyadhi. Charaka and vagbhata are of the opinion that the ]

dose of matra basti should be equal to that of hrisva sneha matra (minimum dosage of oral consumption of sneha). According to Chakrapani, the commentator of Charaka Samhita treatise, the dose of sneha basti is 6 pala (288 grams approximately), the dose of anuvasana basti is 3 pala (144 grams approximately) and the dose of matra basti is 1 ½ pala (72 grams approximately).

**KEYWORDS:** Matra Basti, Sneha, Niruha Basti, Anuvasana Basti, Vatavyadhi, Charaka.

### INTRODUCTION

According to Ayurveda, our natural state is one of health, happiness and an inner sense of well-being. Health is defined as the body being clear of toxins, the mind is at peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. In a busy, stressful and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning. This eventually weakens our systems, which opens the

door for chronic, degenerative, and non-specific diseases to develop. These can evolve into serious specific diseases, ultimately damaging an individual's health and wellness.

Panchakarma can help by reversing these negative effects of daily living. It can restore your natural state of health and wellness by cleansing your body of toxins, bringing balance into your system and improving bodily function. It can also help you sustain this process by making positive changes in lifestyle.

The Panchakarma therapeutic process appears quite simple in its application. However, its effects are powerful and long-lasting. Panchakarma is a unique, natural, holistic, health-giving series of therapeutic treatments that cleanse the body's deep tissues of toxins, open the subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being. Basti Karma is one of the modalities among the five biocleansing/detoxifying procedures (Panchakarma procedures/ Samshodhan Chikitsa) advocated in Ayurveda as i.e. Vaman (Therapeutic emesis), Virechan (Therapeutic Purgation), Basti (Medicated Enema), Nasya (Infiltration of drugs through nostrils) & Raktamokshana (Bloodletting by different methods). In Sanskrit 'Vasti' means bladder. Basti is the medicated enema therapy. In BASTI karma, herbal substances like oil and decoction are introduced into the rectum. A special device made of a small tube and bladder is used to administer the medicine. Basti, is believed the most effective treatment of vata disorders, although many enemas are normally needed for the prescribed period of time. Basti is the very important Panchakarma therapy that is prescribed for diseases with imbalanced Doshas, specifically for VATA imbalance. If we go for BASTI karma, it clearly means that we are ready to reach the root cause of so many 'VATA' diseases. Vata is the main etiological factor in the manifestation of diseases. Vata is chiefly located in large intestine as well as in the bone tissue (asthi dhatu). The medication that is administered rectally has effect on asthi dhatu. The mucus membrane of the colon is correlated to the outer covering of the bones (peritoneum), by which bones get nourished. So, the medication administered rectally affects the deeper tissues, bones and corrects vata dosha. Basti, is the most effective treatment of vata disorders, although many enemas over a prescribed period of time are generally needed. In Basti Karma the medicated oil or herbal decoction is administered through the anal route. In modern medicine enemas are most commonly given to clean the lower bowel as a last resort for constipation treatment when, all other methods fail. But rather than this, Basti Karma mentioned in Ayurvedic classics is having broader therapeutic action on almost all the

tissues of the body and have rejuvenative, curative, preventive and health promotive actions. Lipid soluble drugs are absorbed by passive diffusion and some of the active ingredients are absorbed through active transport. The bioavailability of the drug i.e the part of the drug which is able to produce an active effect on the body, will be higher when given as Basti. As per Ayurvedic classics Basti works as plant watered at its root & then root circulate it in all branches (su.ch.35/24-25). It has also been described as Ardha Chikitsa (Ch.si.1/39). i.e. half treatment for management of diseases.

### Indications for matra basti

- Vyayama karshita – those who have got weak due to excessive exercises
- Karma karshita – people who are debilitated due to excessive work, strenuous work
- Bhara karshita – people who are debilitated due to excessive lifting of weights
- Adhwa karshita – people who are debilitated due to excessive walking
- Yana karshita – people who are debilitated due to excessive travelling
- Stree karshita – people who are debilitated due to excessive indulgence in sexual intercourse
- Durbala – excessive weakness
- Vatabhagneshu – people who are suffering from diseases caused due to vata vitiation

There is no pathya (dietetic and lifestyle restrictions) indicated while undergoing matra basti. This makes the administration and taking of matra basti an easy process. Even parihara kala has not been mentioned with respect to matra basti as is done in case of niruha basti. (Parihara kala is the time period of following strict dietetic regimen and lifestyle modifications after the completion of a course of basti.

Parihara kala should be double the time period of the number of days in which basti has been administered. Example, if basti has been administered for 15 days, the parihara kala will be 30 days. This means to tell that matra basti can be readily administered while following the protocol of daily living. Food and life activities shall be the same as we follow it regularly with no need of much modification. Matra basti is brimhana in nature (nourishing, bulk promoting, strengthening). It is the best in the business of combating the basti disorders. It is specifically beneficial for kids, old aged people, royal people, people of tender and delicate nature etc in whom the other strong forms of basti is contraindicated. Basti (medicated enema) is considered superior amongst Panchakarma (five treatment for elimination of vitiated Dosha from the body) and treatment of choice in Vata Dosha and Vatapradhana

(mainly due to vitiation of vata dosha) diseases.<sup>[1]</sup> Matra Basti is very beneficial for the persons suffering with Vatavyadhi.<sup>[2]</sup> Keeping in view the literature about the role of aging and Vatadosa in the manifestation of Sandhivata, Matra basti with Ksirabala Taila,<sup>[3]</sup> was taken into consideration along with Vatari guggulu,<sup>[4]</sup> Maharasnadi Kwatha,<sup>[5]</sup> and Narayana taila,<sup>[6]</sup> for this study to evaluate the efficacy and safety of this therapeutic combination in the patients of OsteoArthrites of knee.

## DISCUSSION AND CONCLUSION

Hence it can be said that due to Basti there is Shodhan of Pakvashayastha mala & Sthanik dosha which leads to Shaman of Vata dosha. Tila Taila Matra Basti and Dashamoola Taila Matra Basti are both highly effective in Kashtartava. Dashamoola Taila Matra Basti also helps to prevent recurrence of dysmenorrhea. Matra Basti can be established as the preferred line of treatment in Kashtartava. Bhava Prakasha has recommended the use of Brihat Saindhavadi Taila for Pan, Abhayang, Virechan, and Basti in the management of Amavata. It is also recommended in Bhaishajya Ratnavali for the management of Amavata.

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