

THERAPEUTIC ROLE OF *TRITIYA BALADI YAPANA BASTI* IN *KSHEENA SHUKRA*: AN AYURVEDIC PERSPECTIVE

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ABSTRACT

Tritiya Baladi Yapana Basti, a specialized *Ayurvedic* enema therapy, is acclaimed for its *Brumhana* (nourishing) and *Rasayana* (rejuvenating) effects. This review highlights its formulation, therapeutic benefits, and clinical relevance, with emphasis on its role in managing *Shukra Dosha* and *Klaibya* (sexual debility) as well as old and weak person, prepared with ingredients such as *Bala*, *Atibala*, *Atmagupta*, *Apamarga*, *Yava*, and *Ghrita*, the formulation combines *Vrishya*, *Sukrala*, and *Vajikarana* properties to enhance semen quality and quantity. Traditionally, *Yapana Basti* is employed to balance *Vata* and *Pitta* doshas and its role in *Shukra Dosha* management^[1], expel vitiated elements, and strengthen the body. Its dual action of nourishing *Dhatu*s while eliminating *Dosha*s makes it particularly effective in chronic and degenerative disorders. Clinical observations support its efficacy in improving *Shukra*

Dhatu, vitality, and longevity, even within short treatment durations. This abstract underscore the potential of *Tritiya Baladi Yapana Basti* as a holistic therapy for reproductive health and systemic rejuvenation, advocating for further research to validate its long-term benefits and expand its therapeutic applications in modern healthcare. *Ksheena Shukra* is a condition described in *Ayurveda* that involves reduction in both the quantity and quality of

Shukra Dhatu and can be correlated with Oligozoospermia and impaired semen parameters in modern medicine.^[2] Vitiating of *Vata* and *Pitta Dosha* along with *Dhatu Kshaya* plays a major role in its pathogenesis^[3], and *Basti Chikitsa* is considered an important treatment for such disorders.^[4]

KEYWORDS: *Basti Karma, Panchakarma, Tritiya Baladi Yapana Basti, Ksheena Shukra.*

INTRODUCTION

Basti Chikitsa is the foremost therapy in *Panchakarma*, valued for its curative, preventive, and promotive effects. It is regarded as *Ardhachikitsa*^[5] (half of all therapies) and sometimes even as a complete treatment due to its wide therapeutic scope. More than a simple enema, it is a complex systemic therapy, especially effective for *Vata* disorders. Among the different types of *Basti*, *Yapana Basti* is unique because it combines both *Shodhana* (purification) and *Brumhana* (nourishment) effects. *Tritiya Baladi Yapana Basti* is one such formulation that is valued for its rejuvenating and sustaining properties. This *Basti* is especially useful in conditions where long-term management is required without causing debility. It supports strength, vitality, and tissue nourishment while maintaining physiological balance. *Yapana Basti*, a subtype of *Asthapana Basti*, sustains life and promotes longevity. It is applied in conditions like *Pakṣaghata, Siragata Vata, Snayugata Vata, Mamsagata Vata, Asthigata Vata, Majjagata Vata, Shukragata Vata, Sarvanga Vata, and Ekangavata.*

Concept of *Baladi Yapana Basti*

The term *Yapana* derives from the idea of sustain, support and maintain the life and promotes longevity. As per the shloka “*Ayusho Yapanam Dirgha Kala anuvartanam kurvanti iti Yapanam*”^[6], a *Basti* that extends longevity and restores health is called *Yapana Basti*. In essence, it refers to an enema therapy that can be administered for extended periods and is intended to support vitality and promote long life. *Acharya Charaka*, in *Siddhi Sthana*, elaborates on the *Tritiya Baladi Yapana Basti*, highlighting its therapeutic importance.

Special Features of *Yapana Basti*^[7]

- *Yapana Basti* can be administered in healthy person, diseased person, aged people without hesitation.
- It improves the quality of *Shukra* in those who have indulging more in sexual activity.
- It cures all types of diseases.
- It can be applied in all seasons.

- It gives the excellent result in infertility.
- Nourishment of the tissues.
- Alleviation of diseases.
- Sustaining the life.
- It gives the effects of both *Niruha Basti* and *Anuvasana Basti*.
- *Yapana Basti* performs *Pranadharana Karma*^[8] (protecting the *Prana*).
- It combines the benefits of *Rasayana* (rejuvenation) and *Shodhana* (purification).
- No *Poorvakarma* (pre-procedural measures) are required before administration.
- *Balya* (strength-promoting) properties
- *Rasayana* (rejuvenating) effects
- *Vata*-pacifying action.
- *Yapana Basti* can be administered at all times.^[9]

The ingredients work synergistically to nourish body tissues, improve immunity, and restore functional balance. Thus, it serves both as a curative and supportive therapy, making it suitable for prolonged use while enhancing overall health and longevity.

Tritiya Baladi Yapana Basti fits well into this category, as it not only addresses disease pathology but also promotes overall health.

AIM AND OBJECTIVES

- 1) To prepare *Tritiya Baladi Yapana Basti* in accordance with the prescribed classical method.
- 2) To understand *Tritiya Baladi Yapana Basti* with reference to its *Brumhana*, *Rasayana*, and *Vrishya* properties in the management of *Shukra Dosha*.
- 3) To evaluate its role in enhancing *Shukra Dhatu* quality and quantity, thereby improving vitality and longevity.
- 4) To explore its therapeutic importance in chronic and degenerative disorders through Ayurvedic principles.

MATERIAL AND METHODS

The Study was carried out on the formulation of *Tritiya Baladi Yapana Basti* prescribed in Ayurvedic classics by *Acharya Charaka*.^[10]

“बलातिबलापामार्गात्मगुप्ताष्टपलार्धक्षुण्णयवाञ्जलिकषायः सगुडघृततैलवणयुक्तः
पूर्ववद्बस्तिःस्थविरदुर्बलक्षीणशुक्ररुधिराणां पथ्यतमः॥”

• **KALKA DRAVYA**

Drug	<i>Pippali</i>	<i>Mulethi</i>	<i>Madanphala</i>
Latin Name	Pipper longum	Glycorrhiza glabra	Randia spinosa
Family	Piperaceae	Leguminosae	Rubiaceae
Rasa	<i>Katu</i>	<i>Madhura</i>	<i>Tikta, Katu, Kashaya</i>
Guna	<i>Laghu, Snigdha</i>	<i>Guru, Snigdha</i>	<i>Laghu, Ruksha</i>
Veerya	<i>Anushnasheeta</i>	<i>Sheeta</i>	<i>Ushna</i>
Vipaka	<i>Madhura</i>	<i>Madhura</i>	<i>Katu</i>
Part used	Fruit, Root	Root	Fruit, Seeds
Doshaghnata	<i>Vatakapha shamaka</i>	<i>Vatapitta shamaka</i>	<i>Kaphavata shamaka</i>
Chemical Composition	Piperine, Piperonaline, Beta- sitosterol	Glycyrrhizin α glycoside, Glycyrrhithic acid, Mannuronic acid.	Citric acid, Tartaric acid, Lignoceric, Randoside A, Randia acid

• **KWATHA DRAVYA**

Drug	<i>Bala</i>	<i>Atibala</i>	<i>Apamrga</i>	<i>Atamgupta</i>	<i>Yava</i>
Latin Name	<i>Sida cordifolia</i>	<i>Abutilon indicum</i>	<i>Achyranthes aspera</i>	<i>Mucuna prureins</i>	<i>Hordeum vulgare</i>
Family	Malvaceae	Malvaceae	Amaranthaceae	Leguminosae	Poaceae
Part used	Root	Root	Whole plant	Seeds, Root, Roma	Whole Plant
Rasa	<i>Madhura</i>	<i>Madhura</i>	<i>Katu, Tikta</i>	<i>Madhura, Tikta</i>	<i>Katu, Lavana</i>
Guna	<i>Laghu, Snigdha, Pichichhila</i>	<i>Laghu, Snigdha, Pichichhila</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Guru, Snigdha</i>	<i>Teekshna, Laghu, Snigdha, Sukshma</i>
Veerya	<i>Sheeta</i>	<i>Sheeta</i>	<i>Ushna</i>	<i>Sheeta</i>	<i>Ushna</i>
Vipaka	<i>Madhura</i>	<i>Madhura</i>	<i>Katu</i>	<i>Madhura</i>	<i>Katu</i>
Dosha ghnata	<i>Vatapitta shamaka</i>	<i>Vatapitta shamaka</i>	<i>Kaphavata shamaka</i>	<i>Vatapittahara</i>	<i>Kaphavatahara</i>
Chemical Composition	Ephedrin, Vasicinon, Betaine, Beta sitoserols, phytosterol	Hescoses, Alkanols, Beta sitasterol, Amino acids, Alantaolactone	<i>Betaine, Achyrrathine, Hentriacontane</i>	L-dopa in seeds. Mucunine, Mucunadine, Prurienine, Tryptamine, 5-hydroxytryptamine	Beta-glucan, Arabinoxylan

Composition and Properties

Dravya	Contents
<i>Sneha Dravya</i>	<i>Ghrita</i> <i>Phalaghrita</i> <i>Taila</i> <i>Ksheerbala taila</i>
<i>Kalka Dravya</i>	<i>Pippli</i> <i>Mulethi</i> <i>Madanphala</i>
<i>Kwath Dravya</i>	<i>Bala</i> <i>Atibala</i>

	Apamarga Atmagupta Yava
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Tritiya Baladi Yapana Basti is a specialized Ayurvedic enema therapy highlighted in classical texts, particularly effective in managing *Vata* disorders with systemic involvement. As per *Charaka Samhita* decoction of 8 palas of Bala, Atibala, Apamarga, Atmagupta (each 2 pala) and 1 Anjali of half crushed Yava are to be made by boiling with milk and water. To this decoction Jaggery, Ghee, oil and rock salt should be added.

Indication

- Old and weak person.
- For person having diminished semen and blood.
- Chronic neurological disorders.
- Degenerative conditions.
- Musculoskeletal diseases.
- General debility and weakness.
- Conditions requiring long-term supportive therapy.

Method of Preparation of *Tritiya Baladi Yapana Basti*^[11]

<i>Guda</i>	96 gm.
<i>Saindhav Lavana</i>	8 gm.
<i>Sneha</i>	144 ml.
<i>Kalka</i>	48 gm.
<i>Kwath</i>	192 ml.
<i>Total</i>	488 ml.

- Jaggery has been dissolved in water and boiled till the required amount of water is evaporated and the mixture turns into *Gudapaka* 96 ml. was taken in *Khalwa* and 8 gm. of *Saindhav Lavana* was added to it. Continuous churning was done to make a homogenous mixture. After that 144 ml. of *Sneha* i.e. 72 ml. of *Phalaghrita* and 72 ml. of *Ksheerbala Taila* was added and mixed with it followed by addition of 48 gm. of *Kalka* 48 gm. i.e. *Madanphala*, *Yastimadhu* and *Pippali* and *Baladikshirapaka* (16 gm. each) was added and continued churning process. Finally, the *Basti Dravya* is filtered for administration.
- Its pharmacological actions include anti-inflammatory, analgesic, and *Rasayana* effects, which help reduce pain, stiffness, and degeneration in musculoskeletal and neurological conditions. By calming *Vata*, it alleviates nerve-related discomfort and enhances functional mobility. The nutritive aspect of *Bala* and *Yashtimadhu* supports *Dhatu*

poshana (tissue nourishment), while *Ksheera* and *Taila* provide unctuousness and strength.

- This holistic approach not only addresses symptoms like pain, weakness, and restricted movement, but also restores balance at the systemic level. *Tritiya Baladi Yapana Basti* is thus regarded as a life-supportive therapy, promoting vitality, improving quality of life, and offering sustained benefits in chronic *Vata*-related disorders.
- **Guda-** Jaggery is a traditional sweetener widely used in Ayurveda, valued for both its nutritional and therapeutic properties. It possesses a *Madhura Rasa* (sweet taste), with *Guru* and *Snigdha Guna* (heavy and unctuous qualities), *Ushna Veerya* (hot potency), and *Madhura Vipaka* (sweet post-digestive effect). Its primary *doshic* action is *Vatashamaka*, helping to pacify aggravated *Vata*. Chemically, jaggery contains glucose, sucrose, and essential minerals such as calcium, phosphorus, magnesium, potassium, iron, and traces of zinc, making it a rich source of micronutrients. Pharmacologically, it exhibits muscle relaxant, immunomodulatory, and antioxidative effects, with copper content contributing to its therapeutic activity. Thus, jaggery serves not only as a natural sweetener but also as a functional food that supports immunity, relaxation, and overall health.
- **Saindhava Lavana-** Rock Salt is the second ingredient incorporated into the formulation. It plays a vital role in breaking down accumulated mucus, thereby improving bowel clearance and ensuring the smooth absorption of medicinal substances administered through *Basti*. In addition, it enhances the overall therapeutic efficacy of the procedure, making the treatment more effective and supportive in restoring balance.
- **Sneha-** Medicated Oil or Ghee is the unctuous component of the *Basti*, prepared either with medicated oil or ghee depending on the condition and dosha imbalance. It lubricates the intestines, softens accumulated toxins, and nourishes the tissues, thereby supporting elimination and restoration.
- **Kalka-** Herbal Paste is prepared from powdered herbs and added to the mixture to enhance the potency of the *Basti* solution. The choice of herbs varies according to the specific disorder being treated, ensuring targeted therapeutic action.
- **Kwatha** - Herbal Decoction forms the main bulk of the *Basti* preparation. It is obtained by boiling selected herbs in water until reduced, concentrating their active principles. This decoction is designed to address the underlying dosha imbalance, most often *Vata*, and provides the primary therapeutic effect of the procedure.

General Dose

Acharya Sushruta states the proportion of *Niruha Basti*.^[12]

Contents of <i>Niruha Basti</i>	Quantity	Proportion of each (%)
<i>Makshika</i>	2 <i>Prasrita</i> (192 ml.)	16.49 %
<i>Saindhav Lavana</i>	1 <i>Aksa</i> (12 gm.)	1.03 %
<i>Sneha</i>	3 <i>Prasrita</i> (288 ml.)	24.74 %
<i>Kalka</i>	1 <i>Prasrita</i> (96 ml.)	8.24 %
<i>Kwatha</i>	4 <i>Prasrita</i> (384 ml.)	32.98 %
<i>Avapa</i>	2 <i>Prasrita</i> (192 ml.)	16.49 %
Total	12 <i>Prasrita</i> (1152 ml)	100 %

In *Niruha Basti Vidhi Adhyaya*, *Acharya Sharangdhara* explains about the different *Matra* of the *Niruha Basti* like *Heena*, *Madhyama* and *Uttama Matra*.^[13]

Contents of <i>Niruha Basti</i>	<i>Uttama Matra</i> (1 ^{1/4} <i>Prastha</i>)	<i>Madhyama Matra</i> (1 <i>Prastha</i>)	<i>Heena Matra</i> (3 <i>Kudwa</i>)
<i>Makshika</i>	160 ml.	128 ml.	96 ml.
<i>Sneha</i>	240 ml.	192 ml.	144 ml.
<i>Kalka</i>	80 ml.	64 ml.	48 ml.
<i>Kwatha</i>	320 ml.	256 ml.	192 ml.
<i>Avapa Dravya</i>	160 ml.	128 ml.	96 ml.
Total	960 ml.	768 ml.	576 ml.

Procedure of *Niruha Basti*

- In *Poorvakarma* (pre-procedure), the patient undergoes *Abhyanga*, a full-body massage with warm medicated oils to loosen toxins and prepare tissues for detoxification. This is followed by *Swedana*, a steam or sweating therapy that relaxes muscles, dilates channels, and mobilizes toxins toward the digestive tract.
- Main procedure i.e. *Pradhana Karma* begins with the preparation of the *Basti* solution, which is a mixture of herbal decoction, medicated oil or ghee, honey, rock salt, and other *Ayurvedic* ingredients blended in a specific order. The patient lies on the left side with the left leg extended and the right knee flexed. Using a specially designed apparatus such as a syringe or catheter attached to a bag, the prepared solution is administered gently through the rectum. The herbal mixture is retained in the colon for about 48 minutes, depending on the patient's strength, during which it loosens toxins and balances *Vata dosha*.
- In *Paschatkarma* (post-procedure), the patient is encouraged to expel the solution naturally when the urge arises. Afterwards, light and easily digestible food is advised to support digestion and help restore the body's balance.

Mode of Action

The therapeutic effect of *Tritiya Baladi Yapana Basti* can be understood through its multi-dimensional action.

1. **Vata Regulation:** It helps in stabilizing *Vata* dosha, which is often the root cause of degenerative diseases.
2. **Tissue Nourishment:** The presence of milk, ghee, and nourishing herbs supports the formation and maintenance of body tissues (Dhatus).
3. **Detoxification:** Although mild, it facilitates the removal of metabolic waste and toxins.
4. **Rejuvenation:** Continuous use improves strength, vitality, and overall well-being.

DISCUSSION

The importance of *Tritiya Baladi Yapana Basti* lies in its balanced approach to treatment. Modern healthcare often focuses either on symptomatic relief or aggressive detoxification, but this formulation integrates both nourishment and correction of underlying imbalances.

Its role becomes especially significant in chronic conditions where patients require gentle yet effective management. By improving tissue strength and regulating *Vata*, it helps slow disease progression and enhances quality of life.

CONCLUSION

Tritiya Baladi Yapana Basti represents an important therapeutic approach in *Ayurveda* that combines healing and nourishment. Its ability to sustain health while addressing disease makes it highly relevant in the management of chronic and degenerative disorders. Further clinical studies can help validate and expand its applications in modern practice.

DISCUSSION

Kama, one of the *Purusharthas*, is linked to fertility and progeny. *Beeja* (sperm and ovum) is essential for conception, and any *Beejadushti* leads to infertility. *Acharya Sushruta* explained that *Shukradosha* arises from vitiation of *Apana* and *Vyana Vayu*. Since *Apana Vayu* controls expulsion of *Shukra Dhatu*, its disturbance impairs function. *Basti* therapy is the prime treatment for *Vata Vikaras*. It expels *Doshas* and enriches *Shukra*. *Acharya Charaka* also prescribed *Basti Karma* for *Shukra Doshas*. Thus, drugs given in *Basti* form improve semen quality and quantity. Treatment of *Ksheena Shukra* should follow *Brumhana Chikitsa* and use *Vrishya* drugs. *Yapana Basti* has strong *Brumhana* and *Rasayana* effects. *Trutiya Baladi Yapana Basti* is indicated here due to its *Sukrala*, *Vrishya*, and *Vajikarana* properties from

ingredients like *Bala*, *Atmagupta*, *Apamarga*, *Atibala*, *Yava*, and *Ghrita*. Most *Kwatha Dravyas* are *Sheetavirya*, *MadhuraVipaka*, *Balya*, *Snigdha*, and *Vata-Pitta Shamaka*. Since *Vata* and *Pitta* are key in *Ksheena Shukra*, these drugs help in *Samprapti Vighatana*. *Ghrita* and milk enhance semen due to *Vrishya* properties. *Ksheerbala Taila* is particularly beneficial in managing conditions associated with vitiated *Vata*. It has several therapeutic properties, including *Rasayana*, *Brumhana* and *Indriyaprasadana*. *Guda* and *Atmagupta* are potent *Vajikarana*. *Yashtimadhu* and *Apamarga* also act as aphrodisiacs. Properly administered *Basti* improves semen in both quality and quantity. Its *Rasayana Guna* strengthens *Rasa Dhatu* and *Dhatwagni*, nourishing all *Dhatus* and maintaining balance. Hence, *Yapana Basti* enhances *Shukra*, virility, vigor, and lifespan. Clinical observation supports that even eight days of *Basti* can significantly improve *Shukra Dhatu*.

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