

## UTTARBASTI: THE UTERINE DETOX THERAPY

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Dhule.**ABSTRACT**

Ancient Ayurveda has described various detoxification therapies for balancing the health status of humans. Ayurveda describes two different type of treatment therapies for all diseases- one is symptomatic treatment (*Shamana chikitsa*) and detoxification treatment (*Shodhana chikitsa*). Detoxification helps in improving the function of various body systems and rejuvenates the organs. In Ayurvedic gynecology *sthanik chikitsa* (Local therapies) are the specialized treatment procedures. These procedures basically deal with the disorders of *tryavarta yoni* (Three coverings of Vagina). Out of this *Uttar Basti* is most widely used and unique treatment concept in *stree roga*. Systemic detoxification can be done by five different therapies for example emesis, purgation, Enema therapies of Ayurveda etc. The localized detox therapy of intrauterine cavity is done with the help of

*uttarbasti* to enhance the function and rejuvenate the organ.

**KEYWORDS:** Uttarbasti, Detox therapy, Tryavarta Yoni.**INTRODUCTION**

The *Basti* which is given in *Uttar Marga* (i.e. in urinary or vaginal passage) than usual *Adho Marga* (i.e. in anal passage) is termed as *Uttar Basti*.<sup>[1]</sup> According to Ayurveda the *chikitsa* of any *roga* can be primarily done in two ways i.e. *Shodhana* and *Shamana Chikitsa*. *Shamana chikitsa* is purely medicinal treatment while *shodhana chikitsa* (bio-purification) methods includes *panchkarma* i.e. *Vamana*, *virechana*, *nasya*, *basti* and *raktamokshana*. Also

regarding *strirog sambandhi vyadhis* (Gynaecological and obstetrical diseases) some *sthanik chikitsa* (local therapies) have been mentioned like –

1. *Uttarbasti* (Medicine administration in the uterine cavity)
2. *Yoni dhavana* (cleansing of vagina)
3. *Yoni Pichu* (Medicated tampons in vagina)
4. *Yoni dhooopana* (Medicated fumigation at vagina)

These *Sthanika Chikitsa* possesses outstanding and satisfactory outcomes in the management of Various *Stree Rogas*.

Various medicaments are introduced inside the uterine cavity with the help of urinary bladder (i.e. *basti* / *mutrashaya* of animals) so also this procedure is named as *Basti*. In all *Panchakarma* therapy *Basti* is considered as *Pradhana* due to its different actions and *Nanavidha Dravya Samyoga*. Among the three types of *Basti* i.e. *asthapana basti*, *anuvasana basti* and *uttar basti*, *uttar basti* has special qualities, and so also it is nominated as "*Uttar*" i.e. "*Shrestha*" *basti*.

*Uttarbasti* is indicated in different *yonirogas*, *vandhyatva* (infertility), *yonivibransha* (prolapsed of uterus), *mutraghata* (retention of urine), *mutrakruccha* (pain in urinary bladder or groin region), urethral stricture and discharge of urine drop by drop, severe vaginal pain, infertility, *garbhashya roga*, *asrugdar* (dysfunctional uterine bleeding), *yonishula* and *artava vikara*. It is contraindicated in virgins, carcinoma of cervix, heavy menstrual bleeding, HIV, hepatitis B, hypersensitivity, vesico-vaginal fistula etc. Ideal time for the administration of *uttar basti* is *rutu kala* (i.e. after stoppage of menstrual bleeding) because at that time the uterus and vagina are devoid of covering and their orifices are open, thus receives medications easily. In emergency cases it can be given anytime.

### Prerequisites for *uttarbasti*

**Preparation of *uttarbasti yantra*** - *Uttar Basti Yantra* consists of two parts- *Bastiputaka* and *Bastinetra* (*Pushpanetra*). The quantity of drug to be used in *Uttar Basti* is less in comparison to *Basti*.<sup>[2]</sup> *Pushpanetra* should be of 10 *Angula* in *Pramana*, *Mutrastrotasa Parinaha* (circumference like urethra) and *Mudga Chidra Sadrushya*. In married women *Basti Netra* should be inserted up to 4 fingers in length. A 5 ml disposable syringe without needle and a uterine cannula made of a steel material can be used.

**Uttarbasti dravya-** *Sneha* or *Kwatha* may be used for the *Uttar Basti*. *Sneha* is considered more useful in most of the *Garbhashayagat vyadhis*. The quantity of *Sneha* substance to be used for cleaning the uterus should be two *Prasruta*, this quantity is also same in case of decoction or *kwatha*.

**Uttarbasti Procedure- This can be divided into 3 stages**

1. *Poorva karma*
2. *Pradhana karma*
3. *Paschyat karm*

***Poorva karma*<sup>[3]</sup>**

1. Before administration of *Uttar Basti* previous infections should be cleared thoroughly.
2. *Anuvasana Basti*
3. *Asthapana Basti*
4. Evacuation of the bladder & bowel.
5. Light diet in the form of gruels, Milk with ghee, etc.
6. *Abhyanga*: By any *Vatashamak Tail* ( *Dashmula* / *Mahanarayana Taila*)
7. *Sweden*: *Naadi Sweda* (*Nirgundi patra* / *Dashmula*)
8. Lithotomy Position to patient
9. Routine P/V examination - to assess the size, shape, position of uterus
10. *Yoni Prakshalana*: with 500 ml *Triphala* / *Panchvalkala Kwatha*.
11. The trolley with instruments, light arrangement.

***Pradhana karma***

1. Position Simp's / Cusco's Speculum
2. Catch Anterior Lip of Cervix with Vulsellum
3. Insert IUI cannula and slowly push 2-3 ml of Medicated oil after removing air from the cannula.
4. Remove the speculum and IUI cannula and place Medicated oil *pichu* (tampon) in vagina.
5. Keep the patient in head low position.

***Paschyat karma***

1. It is important to watch and observe that the *Basti Dravya* was expelled out properly or not.
2. Head low position for 15 minutes.

3. Pulse and Blood pressure record for two hours.

#### Some medicated oils used in *uttarbasti*

1. Dhanwantar taila - Nidation failure
2. Kshar Taila - Tubal block
3. Narayana taila - Anovulation
4. Kasisadi taila - PCOS
5. Bala taila - Thin Endometrium
6. Shatavari taila - DUB, Menorrhagia
7. Guducyadi taila - Supports Follicular maturation.
8. Phala Ghrita - Repeated Abortions
9. Varunadi Ghrita - Shrinks uterine Fibroids.

#### CONCLUSION

*Uttar Basti* plays an important role in the disorders of *Tryavarta Yoni* and shows excellent result when applied with proper indications, strict aseptic precautions and carefulness. Thus *Uttarbasti* is a localized detox therapy of uterus performed to enhance the function and rejuvenate the organ.

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