



BASTI YANTRA IN BASTI KARMA; UTILITY AND RECENT ADVANCEMENT

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ABSTRACT

Basti is one of the procedures used in *Panchakarma*, known for its therapeutic effects in many health issues. It is regarded as the most effective treatment due to its curative and preventive actions. *Basti* is a procedure which includes various steps for the administration of medicated substances. This therapy mainly conducted with the uses of medicated oil or liquid along with various instruments. Ayurveda described wide range of instruments for *Basti* therapy, but in current scenario advancements in technology have led to practical modifications for ease of administration. In modern practice, adaptations have been made to align with current resources. Leather pouches, *Basti* syringes for *Anuvasana*, plastic enema cans for *Niruha Basti*, plastic nozzles and rubber catheters have replaced traditional tools in modern practices. These updated materials are more accessible, user-friendly and retain therapeutic efficacy of the procedure. These all ensures that traditional Ayurvedic procedures like *Basti Karma* can be practices with modern advancement. This article analyzes the general aspects of *Basti Karma* and evolution of instruments used in *Basti*.

KEYWORDS: Ayurveda, Panchakarma, Basti Karma, Yantra, Enema.

INTRODUCTION

Ayurveda acts as time-tested system of life and holistic healing, renowned for its comprehensive approach of health management. It offers many therapeutic procedures which are capable of addressing diseases; among them *Panchakarma* is one such important therapeutic modality of Ayurveda science. *Panchakarma* includes different therapies for therapeutic purposes and *Basti Karma* is one of them. *Basti Karma* is considered backbone of Ayurvedic detoxification procedures since it not only eliminate toxins from the body but also promote general health.^[1-4]

Basti is a vital therapy within *Panchakarma*; demonstrating both *Santarpana* and *Apatarpana* effects, thus imparts nourishing as well as detoxifying actions. The dministration of *Basti* involve specific steps which require specialized instruments for mixing and delivering medicated substances. Advancements in technology have introduced new methods for the administration of *Basti Dravya*, this has evolved traditional techniques with modern standards.

Basti can be classified based on the medications used into two types: *Niruha Basti* and *Anuvasana Basti*. *Niruha Basti* utilizes *Kwatha* as its primary ingredient, aiming to eliminate accumulated *Doshas* and toxins, thereby stabilizing health and vitality. *Anuvasana Basti* is primarily composed of *Sneha* and it is gentle, allowing for retention without causing *Dosha* imbalance. Similarly based on the administration site *Basti* can also be classified differently as mentioned in **Figure 1**. *Pakwashaygata Basti* is administered *via* the rectum, targeting the *Pakwashaya*. *Mootrashaygata Basti* is introduced through the urethra, focusing on the *Mootrashaya*. *Garbhashaygata Basti* is delivered into the *Garbhashaya* *via* the vaginal route. *Vranagata Basti* is applied through *Vranamukhas* for cleansing and healing wounds.^[4-6]

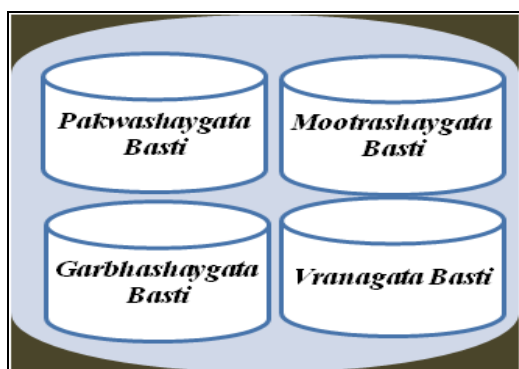


Figure 1: Various types of Basti based on the administration site.

Basti yantra

Ayurveda suggested various types of *Basti Yantra* for the administration of therapeutic enema, amongst them *Basti Putaka* and *Basti Netra* are two important types of *Basti Yantra* which serves different role in therapy according to the site of application and types of *Basti Dravya*.

Basti putaka

Basti Putaka holds *Basti Dravya*, made from the urinary bladder of animals (sheep, buffalo and goats). The animal bladders selected on the basis of their strength, so to hold large volumes of liquids to be administered. *Basti Putaka* should be *Drudha*, *Tanu*, *Nashta Shira*, *Kashayarakta*, *Samridu* and *Sushuddha*. Additionally, the *Basti Putaka* should be of the appropriate size, neither too bulky nor too thick. It should not cause difficulty in holding the *Basti* and leakage of medication. Alternative materials like *Plavaja gala*, *Ankapada* and *Ghana Pata* can also be used for durability and flexibility.^[6-8]

With modern advancements, plastic bags with a capacity of 1-1.5 liters are used in current practice. These are used as replacements for animal bladders; these bags offer advantages of cost-effectiveness, disposable and hygienic, etc.

Basti netra

Basti Netra refers to the *Nalika* or nozzle which is used for the administration of *Basti* therapy. It is a hollow, long tube which is attached to the *Basti Putaka*, mainly designed to deliver *Basti Dravya* into the body. *Basti Netra* should be straight to ensure ease of insertion, allowing smooth insertion while minimizing injury, surface of *Basti Netra* should be smooth for comfortable experience, it must be strong and durable to withstand the pressure. The tip of *Netra* must facilitating easy insertion into the rectum and wide base ensures stability. Variety of material are used for crafting the *Basti Netra* which include; metals like gold, copper, silver and *Kansya*. Organic materials like *Shrunga*, *Vishana*, *Danta*, *Asthi* and bamboo. Other options like *Nadi*, *Nala* and *Asthi* can also be used for *Basti Netra*.

The *Basti Netra* is designed with some *Karnikas*, first one is placed one-fourth of the way from the tip, while second and third *Karnikas* are positioned near the base, help to preventing leakage and ensuring proper pressure. *Karnikas* helps in controlling the insertion depth of the *Netra* and ensuring proper attachment to the *Putaka*.^[8-10]

Recent advancement

Sushruta emphasizes defects in the *Basti Putaka* which can compromise the efficacy and safety of the therapy. The main defects includes too large container or too small, presence of holes in the container, irregularities over the surface of container, improper sealing of container and leakage problems. Similarly *Basti Netra* may suffer some difficulty which may includes; bent or crooked structure of *Basti Netra*, improper insertion which increases the risk of injury, rough surface of the *Netra*, insufficient strength or durability and blunt tip of the *Netra*, etc. These all defects make instrument insignificant for the drug administration. Development of technology improvised the methods and instrumentation techniques overcoming manufacturing defects of *Basti Yantra*.

- ✓ Modern alternatives, such as plastic and rubber catheters, are used in place of traditional materials. These materials are cost-effective, easy to handle, and disposable.
- ✓ Enema Pots designed for bowel cleansing.
- ✓ Syringes and Rubber Catheters.
- ✓ Plastic *Netra* are lightweight, easy to handle and can be sterilized.

Modern innovations aim to enhance *Basti* therapy by incorporating motorized systems for uniform pressure and disposable components to prevent cross-contamination. When animal bladders are unavailable, alternative materials like pelican throat pouch or strong cloth can be used. Modern advancements have improved the materials, design and ease of use, thus ensuring effective and hygienic therapy. Surgical-grade plastic and rubber catheters ensure sterility, reducing the risk of infection. These devices provide precise, consistent pressure during medication administration. *Basti Yantras* are now designed specifically for *Anuvasana* and *Niruha Basti*. Similarly different tools are available for pediatric and geriatric patients. Modern devices may include advanced safety features to prevent injury during procedure.^[9-11]

Advantages

The modernization of *Basti* therapy enhanced its safety, accessibility and precision, etc. Advancement in *Panchakarma* treatment includes disposable plastic *Basti* bags, motorized *Yantras* and rubber catheters which minimize chances of cross-contamination. Surgical-grade plastics meet hygiene standards and other advancement fulfills specific patient needs. Modern innovations improved convenience, preserve the integrity of *Basti* therapy and enhances efficacy.

CONCLUSION

Basti therapy involving administration of medicated liquids to balancing *Doshas* and maintain overall health. *Basti* therapy broadly categorized as *Niruha Basti* and *Anuvasana Basti* which employs decoction and medicated oils respectively. The instruments required for *Basti* mainly includes *Basti Putaka* and *Basti Netra*. Advancements in technology, modern instruments like enema pots, syringes and rubber catheters, etc. have been introduced. Modern instruments offer several advantages, including ease of use, reduced risk of complications and cost-effectiveness, etc. These advancements in *Basti Yantra* also maintain therapeutic integrity of the procedure and enhance patient comfort.

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