



STREE – ROGA & ROLE OF BASTI: A REVIEW

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ABSTRACT

Ayurveda described diseases associated with female reproductive system (gynecological disorder; *Stree – Roga*) as *Yonivyapada* mainly due to the vitiation of *Vata Dosha*, these all included diseases of sacral region, *Yoni* and *Garbhashaya*. In *Stree – Roga* vitiated *Vayu* also play significant role towards the pathogenesis of diseases. It is believed that *Vata Dosha* initiated symptomatic pathogenesis of *Yonivyapath* and *Dushti Vayu* leads prognosis of diseases; thus many of gynecological disorder are associated with *Apana Vata Dushti*. *Basti* is a treatment approach of *Ayurveda* which play significant role towards the management of diseases which involve *Vata Dosha* predominance. Thus various researchers investigated role of *Basti* in *Stree – Roga* due to the involvement of *Vata Dosha*; this article reviewed effect of *Ksheera & Uttar Basti* in gynecological disorder.

KEYWORDS: *Stree – Roga, Yonivyapada, Ayurveda, Gynecological Disorder, Basti.*

INTRODUCTION

The *Stree – Roga* involves genital disorders of female mainly initiated from menarche to menopause such as; *Yonivyapad*, *Aartavavyapad*, *Pradara*, *Vandhyatava*, *Yoniroga*, *Granthi*, *Arbuda* and *Stana Rogas*. The traditional science of Indian medicine system suggest various therapeutic approaches for the treatment of gynecological disorder like use of herbs and remedies; *Shilajith*, *Guggulu*, *Lavana*, *Swarnamakshika bhasma* and *Kshara*. The therapy which possesses *Tridosahara*, *Balya*, *Medhya Smritivardhak* and *Vrushya* properties suggested for the management of *Stree – Roga* to control *Apana Vata Dushti*.

Ayurveda strongly advocate use of *Basti* for the treatment of *Stree – Roga* since use of *Basti* retain normal physiology of *Yoni* and also help sterile woman to conceive. The *Basti* is offers beneficial effects to the women suffered with the *Yonivyapad*.

Ayurveda described different types of *Basti* for the management of various *Stree – Rogas*:

- *Basti* with the milk for *Pittaj Yonivyapad*
- *Basti* of Cow Urine with drugs for *Kaphaj Yonivyapad*

- *Aasthapan Basti* for *Aticharana Yonivyapad*
- *Sneha Basti* for *Vipluta Yonivyapad*
- *Tail Anuvāsana Basti* for *Sphotayukata Yoni*
- *Satpuspa Tail Basti* for *Vandhyatava*
- *Basti Sadhya Vyadhi* for *Aartavanasha*
- *Basti Sadhya Vyadhi* for *Asrikadar*



Figure 1. *Stree – Rogas* (Gynecological Disorders).

Dashamoola Ksheera Basti in Dysmenorrhea

Dysmenorrhoea is one of the commonest gynaecological complaints. This is the condition in which menstruation occurs with pain due to the disturbances of *Apana* and *Vyana Vayu*. Literature suggests that *Dashamoola* along with *Ksheera* may possess significant relief in dysmenorrhoea due to their *Vata Kapha Hara* properties; it is also believed that *Dashamoola* with *Ksheera* help to maintain *Tridoshic* balances. An investigational study reveal efficacy of *Ksheera Basti* on Dysmenorrhoea. The *Ksheera Basti* reduces *Arthava Kalaja Shoola* associated with the disease. A study observed that *Ksheera Basti* with *Dashamoola* offers *Vatakapahara* property which resulted relief in symptoms associated with Dysmenorrhoea. The beneficial effect of *Basti* may be attributed to the fact that it act on the neurohumoral system by stimulating CNS & also act on the inflammatory mediators such as; prostaglandins, prostacycline & vasopressin etc resulting relief in pain. *Basti* also help to maintain the neuro-transmitters, hormonal & neural pathways and thus reduces neuro-hormonal imbalances associated with dysmenorrhoea. It possesses analgesic & anti-inflammatory properties and helps to reduce pain. *Dashamoola Taila* is *Tridosanashaka* having *Vatanashaka* & *Shothahara* properties and offers *Snehana* effect. *Basti Taila* remove the *Sankocha* into the *Srotas* since it possess *Madhura Rasa Sukshma* & *Vikasi Guna* resulting normal flow of menstrual blood and reduction in dysmenorrhoea symptoms such as; pain & spasm. This *Basti* therapy causes *Lekhana* of *Kapha-Pitta* due to its *Tikshna*, *Ushna*, *Sara* and *Vyavayi Gunas*; thus control movement of *Apana Vayu* which involve in the pathogenesis of disease.^[2]

Uttar Basti in Infertility

Infertility (*Vandhyatva*) means problem to conceive normal pregnancy. *Ayurveda* denotes *Vandhyatva* as *Beejadoshaja Vyadhi* & *Yonivyapada*. It is believed that aggravated *Vata* play role towards the pathogenesis of disease. The disturbance in hormonal functioning, obstructions in tube, infections, psychological disorders and improper lifestyle also play significant role in infertility.

As per *Ayurveda* different therapeutic approaches may be employed to combat with the problem of infertility such as; *Sanshodhana Karma*, use of drugs *Chandraprabha Vati*, *Phalkalyan Ghrita*, *Shatpushpa*, *Phal Ghrita*, *Shatavari* and *Lashuna Kapla* etc. The ancient literature reveal efficacy of *Basti* as *Sanshodhana Chikitsa* for the management of *Vandhyatva*, *Uttar Basti* is one of them. An investigational study proved that *Uttar Basti* along with *Shatavari Churna* and *Pushpadhanva Rasa* play significant role in *Vandhyatva*. Research reveal that *Uttar Basti* (*Shatavari Churna* and *Pushpadhanva Rasa*) not only offers *Shodhan* effect but also possess *Artavajanana*, *Yonidoshahara*, *Bruhaniya* properties. *Uttar Basti* offers relief in female disorders since it facilitates drug administration direct into uterus.

Ritupravartana, *Yonidoshahara*, *Bruhaniya*, *Vrushya* and *Deepaniya* properties of mentioned therapy helps to improve functioning of *Artava* which overall facilitate chances of fertilization and conceiving normal pregnancy. This therapy also opens *Strotasa* by removing obstructions in the channels which results improved circulatory process.

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