

**LITERATURE REVIEW: ROLE OF UTTARBASTI IN VARIOUS YONIVYAPADA****Dr. Priyanka Dnyanoba Devkate\*<sup>1</sup> and Dr. Kulkarni Chetna J.<sup>2</sup>**<sup>1</sup>P.G. Scholar Stree-rog & Prasuti-Tantra, SVNHT Ayurveda Mahavidhyalay, Rahuri Factory, Dist-Ahmednagar, Maharashtra, India.<sup>2</sup>Professor of Stree-rog & Prasuti-Tantra, SVNHT Ayurveda Mahavidhyalay, Rahuri Factory, Dist-Ahmednagar, Maharashtra, India.**\*Corresponding Author: Dr. Priyanka Dnyanoba Devkate**

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**ABSTRACT**

In Ayurveda, without tridosha disease can not manifest. Vata is mostly vitiated in disease process of stree rogas. Among the tridosha, Kapha and Pitta are nonmotile whereas vatadosha have motility. Vitiated Vata mainly responsible for all Yonivyapada. Yonivyapada described under Striroga covers almost all the diseases of women. As per therapeutic approach Basti have good efficacy to normalise the vitiated vata. Out of this uttarbasti most widely used in street roga which is yonigata vata shaman as well as shodhan effect. In uttarbasti liquid medicines(kwath/oil) are administrated through vaginal or urethral routes. The mode of action may be due to Srotoshuddhikar. This study aimed to find out role of uttarbasti in yonivyapada.

**KEYWORDS:** Sthanikchikitsa, Uttar Basti, Yoni Vyapada, Tryavarta yoni.**INTRODUCTION**

Stree roga (Gynecology) deals with the changes that occur during all stages of a woman's life such as puberty, reproductive age and menopause and also the diseases that occur during these stages. In General, Gynaecological Disorders are treated first by Shaman Chikitsa (Medicinal Treatment) and then Shodhan Chikitsa (Biopurification Procedures). Among Shodhan chikitsa Uttarbasti (Insertion of Medicated oil, decoction into Intra Uterine Cavity through Vagina) is an important and unique Ayurvedic procedure, which is defined in Ayurvedic classics very descriptively. Basti which is given through uttarmarg i.e. through the passages located above or in front part (urethra or vagina) of anus is known as uttarbasti. This basti helps in expelling the dushta doshas from the garbhashaya and helps in removing the doshas related to the female urogenital system. Apan vayu helps in controlling all the activities taking place in lower parts of the body. It controls all the activities of colon, pelvis, urinary bladder, uterus and lower limbs. If the apan vayu is non vitiated all activities related to the above organs work properly. But if vata gets vitiated because of obstruction caused by subtype vayu or pitta or kapha, or moves in opposite direction then here the role uttarbasti is most important.

**Yonivyapada**

20 Yoni rogas (vinshati yonivyapada) described in Ayurveda Samhitas by different Acharyas. Most of the Gynaecological disorders are abbreviated under the heading of Yonivyapada in Ayurvedic classics.

Yonivyapada have broad classification described in Ayurvedic texts. Yoni dourgandhya, yonikandu, yonipaichilya, yonistrav, yonishool, yonisheetalta, aartavdushti, yonikleeda is found as symptoms in so many yonivyapada.<sup>[1]</sup> If neglected, it may lead to ascending infections harming the general health and disturbing to women psychologically. There are so many sthanik chikitsa (local therapies) explain in Ayurvedic street rogas. These procedures basically deal with the disorders of Tryavarta yoni.<sup>[2]</sup> Among them Uttarbasti is important Ayurvedic procedure.

**AIMS AND OBJECTIVES**

1. To study the literary view of Uttarbasti in yonivyapada from various Ayurvedic texts.
2. To study the probable mode of action of Uttarbasti.

**UTTARBASTI**

Insertion of Medicated oil, decoction into Intra Uterine Cavity through Vagina is called as Uttarbasti.

**INDICATIONS<sup>[3]</sup>**

Asrigdara  
Yonivyapada  
Anartav  
Kashtartav  
Vandhyatva  
Rajodushti  
Aartavkshay  
Mutraghat

**CONTRAINDICATIONS<sup>[3]</sup>**

Hypersensitivity  
 Carcinoma cervix  
 Menstruation  
 Virginity  
 Vesico-vaginal fistula  
 Rectovaginal fistula  
 Acute endometritis  
 Vaginitis  
 Cervicitis  
 Cervical erosion  
 Salpingitis  
 Pregnancy  
 Adhesions  
 Intrauterine contraceptive devices

**Uttar Basti Yantra**

The basti yantra is also used to inject the medicine through urinary and vaginal passage for which term uttarbasti is given. The size of uttarbasti yantra and its part is different for male and female.

**Netra** – It is called as pushpa netra. This pushpa netra should be made with different metal such as gold, silver, brass, lead. It must be smooth, tapering like cowstail, having circumference like tip of flower stalk of jati, karavira and lumen from which a mustard seed can pass. This pushpa netra have 2 karnikas.<sup>[4]</sup> Normally the pushpa netra to be used in females should be 10 angulas in length. In Adult women, pushpa netra inserted in the Vaginal passage is 4 angulas, in Urinary passage it is 2 angulas, and in Girls it is 1 angul.<sup>[5]</sup>

**Bastiputaka** – The bag of uttarbasti should be small and soft, the urinary bladder of goat, sheep and hog are best for this purpose.<sup>[6]</sup>

**Quantity of uttarbasti dravya**

According to charakacharya, the quantity of uttarbasti dravya should be ½ pala.<sup>[7]</sup> Sushruta has indicated the quantity of dravya is 1 prakuncha.<sup>[8]</sup> This is the quantity of sneha, if kwath is to be administered in uttarbasti, 2 prasruta should be given.

**Best period for use of Uttar Basti in the women** – The uttarbasti should be given to the women after the end of artavakala or during rutukala.<sup>[9]</sup>

**PROCEDURE****Poorva Karma**

Informed and written consent  
 Before Uttarbasti shodhan of body is done by giving basti i.e. by kala, karma and yoga  
 Basti karma.  
 All routine examination should be done.  
 Aamashaya, pakvashaya and mutrashaya should be empty.  
 Snehan at udar, uru, prushta should be done with vatashyamaka tail.

Swedan Especially nadisweda on abdomen and prushta pradeshi.  
 Examine pulse and Blood pressure.

**Pradhan Karma****a) Instrument**

IUI cannula or simple rubber catheter.  
 Uterine sound.  
 Sim's speculum and anterior vaginal wall retractor.  
 Vulsellum 10 cc syringe.  
 All instrument should be sterilized and proper medicine should be taken.

**b) Uttarbasti procedure**

Lithotomy position is given to the patient.  
 Painting of Perineum, Vulva, and Yoni with antiseptic solution.  
 Bimanual per vaginal examination.  
 Sim's speculum inserted and cervix is visualised then grasp the upper lip of cervix by Vulsellum. With the help of uterine sound the proper position of uterus is seen.  
 Take the medicated oil or ghrita in 10cc syringe attach with IUI cannula. Cannula is inserted in uterus through the cervix.  
 Medicated oil is pushed slowly in uterine cavity, initially push 3 – 5 cc oil only then increase its amount.  
 Then remove IUI cannula.

**Paschat Karma**

Watch for pulse and Blood pressure.  
 Give head low position to patient for 1/2 hours.  
 Repeat this procedure for 3 – 5 days.  
 Hot fomentation is preferred. Light diet.

**Precaution**

Medicated oil should be pushed slowly.  
 All the instrument and medicine should be sterile.

**Complication**

Abdominal pain  
 Quickly basti dravya nirgaman

**Expected management**

- 1) Hot water bag over abdomen
- 2) Analgesics

**Uttarbasti is used in various yonivyapada**

1. Udavarta yonivyapad – Uttarbasti with traivrtasneha.<sup>[10]</sup>
2. Vatala yonivyapad - Uttarbasti with traivrtasneha.<sup>[11]</sup>
3. Mahayoni yonivyapad - Uttarbasti with traivrtasneha.<sup>[12]</sup>
4. Suska Yonivyapad – Uttarbasti with the oil medicated with jivaniya group of drugs should be used.<sup>[13]</sup>
5. Asruja yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.<sup>[14]</sup>
6. Arajaska yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.<sup>[15]</sup>

7. Putraghni yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.<sup>[16]</sup>
8. Acharna yonivyapad – Uttarbasti of oil treated with jivaniya group of drug.<sup>[17]</sup>
9. Prakcarana yonivyapad - Uttarbasti of oil treated with Jivaniya group of drug.<sup>[18]</sup>
10. Aticharana yonivyapad - Uttarbasti of oil treated with Jivaniya group of drug.<sup>[19]</sup>
11. Karnini yonivyapad – Uttarbasti with the oil treated with Jivaniya group of drug.<sup>[20]</sup>
12. Prasramsini yonivyapad.<sup>[21]</sup>
  - a) Traivruddhasneha uttarbasti.
  - b) Bala or sirisa tail should be used in the form of uttarbasti.
13. Kaphaja / Upapluta yoniyapad – Uttarbasti with dhatkyadi tail.<sup>[22]</sup>

#### Probable mode of action<sup>[23]</sup>

Uttarbasti has vatshamak property due to snigadh guna of Sneha used for uttarbasti. Lukewarm oil or ghrita used for uttarbasti enhances blood circulation of vagina, Cervical canal and endometrium and causes better absorption of drug due to suskshma guna of Sneha. Most commonly the medicated Ghritas/ Taila are indicated for Uttar Basti in our Ayurvedic classics. Ghrita have special property 'Sanskaranuvarta'.<sup>[5]</sup> due to this Grita adapts medicinal property of other drugs without losing its own property therefore Ghrita called 'Mahasneha'. Due to sukhshma guna Sneha enters micro channel and by snigdha guna it pacifies shamana. Due to this the drugs used for uttarbasti mostly prepare with oil base. It shows Uttar basti have good efficacy to normalise vitiated vata which is primarily responsible for all Yonivyapada.

#### DISCUSSION

Uttarbasti suppresses mainly yonigata vata and is highly effective in various gynaecological disorders. Although uttarbasti is non-surgical procedure it is highly effective. Uttarbasti therapy is not painful. The duration of therapy depends on the seriousness of the disease. No hospitalization is required during uttarbasti therapy. Uttarbasti is non invasive procedure with minimum or no pain, so anaesthesia is not required. Proper care should be taken during giving uttarbasti. Well sterilization of Uttarbasti instruments should be done. Purvakarma, pradhankarma and pashchatkarma should properly follow according to ayurvedic grantha and samhitas. During uttarbasti procedure BP, pulse should be monitor and proper position should be given. If uttarbasti is given properly it does not causes any side effects.

#### CONCLUSION

Uttarbasti has a lot of therapeutic potential. Proper selection of drug and time of administration is very essential for getting the desired result. It is a boon for those suffering from diseases of urinary and genital organs. It fortifies the concerned organs, cures the diseases, enhances immunity and keeps the organs

healthy. Thus uttarbasti is a gift of ayurveda for those who are suffering from various gynaecological disorders.

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