

UNRIVALLED EFFICACY OF VAITARANA BASTI IN VARIOUS CONDITIONS

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ABSTRACT

Basti chikitsa is considered as Ardha Chikitsa in Ayurveda. Vaitarana Vasti is a kind of Vasti which has a unique formulation and specific indications. The classical references of Vaitarana Vasti are available in different textbooks like Chakradatta, Vrindhamadhava, and Vangasena Samhita etc. There is no description of Vaitarana Vasti in brihatrayee. Some differences are seen in the formulations mentioned by each Acharya. In clinical practice there is difference opinion in determining the quantity of ingredients, determining the Drava Dravya etc. Most of the studies related Vaitarana Vasti focus on Amavata. Vaitarana Vasti can also be practiced in diseases like Katisoola, Gridhrasi, Klaibya, Vishamajwara etc. More studies are to be done on rest of the indications like Klaibya. More researches and studies are needed to standardise the quantity of ingredients, selection of ingredients in different diseases conditions and to establish the mode of action of Vaitarana Vasti in different diseases.

KEYWORDS: Vaitarana basti, basti, Amavata, Ghridrasi, Klaibya, katishoola.

INTRODUCTION

Vaitarana basti is a unique basti. Vaitarana is the name of the river, which a person is supposed to cross during the death. This basti is so powerful that it can bring back the life of a person who is about to cross vaitarana river(garuda purana)Padma purana – vai – truly tarana-saving. Vaitarana means the enema which saves life by preventing many diseases.^[1]

First reference – is found In siddhayoga / vrindamadhava. Here guda is replaced by hingu.

It is also mentioned in texts like Matsya purana, vamana purana, padma purana, harihareshwara mahatmya.

Classical references found in chakradatta, vrindhamadhava, Vangasena.

According to monier Williams Vaitarana – river that flows between earth and lower regions. Vaitarani- cow that transports a dead man over that river.

Table 1: Showing Therapeutic Indications of vaitarana basti.

Text	Indications
Chakradatta (C.D)	Shola, Anaaha, Amavata
Vrindhamadhava(V.M)	Shola, Anaaha, Amavata
Vangasena (V.S)	Shola, Amavata, Shopha of kati, uru, prushta,

Ingredients

Ingredients	C.D ²	V.M ³	V.S ⁴
Saindhava	1 karsha (12gm)	1 karsha(12gm)	1 karsha(12gm)
Guda	1 shukti (24gms)	1 shukti (24gms)	½ pala(24gms)
Taila	Not mentioned	Ishat taila	Ishat taila
Amlika	1 pala	1pala (tintidika phala)	1 pala
Gomutra	1 kudava	1 kudava	-
Godugdha	-	-	1 kudava

In the above mentioned table we can see that saindhava, guda, taila, amlika are common.

There is a difference of opinion in drava Dravya i.e Gomutra is mentioned by Chakradatta and Vrindamadhava and Gudugdha by Vangasena.

Other authors – vrindamadhava by Dr.Premvati Tiwari, Guda is replaced by Hingu.

Nischalakara & Shivadas sen mentioned quantity of taila as 1 pala.

Tatwachandrika teeka mentioned 1 Madhanaphala to be added.

Srikantha datta & shivadas sen – Drava Dravya – 2 kudava.

In practice – instead of instead of gomutra, dhanyamla and kulatta kwatha are used based on the disease condition.

Method of preparation

There is no specific description on the method of preparation hence same procedure as that of niruha basti can be adopted here. First saidhava lavana has to be added, then Guda id added and triturated well till it forms amalgum. Sukhoshna taila is added and mixed well, which is followed by chincha kalka and at last Drava Dravya i.e Gomutra/Godugdha/Dhanyamla is added and mixed till it attains homogenous mixture.

Time of administration – It can be given Before food or after food.

Method of Administration

Purva karma – Selection and examination of the patient has to be done. The patient is advised to pass Mala, Mutra then prepared with Abhyanga and swedana. Then patient is made to lie on the bed and the head end is slightly lowered.

Pradhana karma- Time of administration can be – vaitarana basti can be given in empty stomach if the patient is balavan, if the patient is durbala then patient can be advised laghu bhojana.(mentioned by vrindamadhava).

The prepared sukhoshna basti Dravya is to be filled in basti putaka, patient is made to lie down in left lateral position with right leg flexed over extended left leg. The basti putaka should be held in right hand and netra is held index and middle finger of left hand, opening of netra is closed by thumb. Then lubrication of guda and netra with Sneha is done, then the basti netra is slowly inserted parallel to vertebral column and Dravya Is pushed gently into guda and then netra is withdrawn.

Paschat karma – The patient is advised to lie on his back for 30 matrakala. His lower body is raised with a pillow and on having the urge to defecate patient is asked to be in utkatasna (squatting position) for defecation.

Properties of the ingredients

Ingredient	Rasa	Guna	Veerya	Karma
Saindhava lavana	Lavana	Laghu, Snigdha, Tikshna	Sheeta	Tridoshaghna, Agnideepaka, rochaka, pachaka, Ruchya, chakshushya, vrishya, Avidahi, Hridya.
Amlika	Amla, swadu, kashya	Laghu, ruksha	Ushna	Vatahara, Deepana, ruchya, graha, ushna, basti Shuddhikara, bhedi.
Guda	Madhura	Guru, snigdha, kshara guna.	Ushna	vataghna, mutra shodhana, vrishya, balya.
Gomutra	Kashya, lavana, katu, tikta	Teekshna, laghu, ushna	Ushna	Vatakaphahara
Godugdha	Madhura	Snigdha, shlakshna, pichila, guru.	Sheeta	Ojovardhaka, rasayana, balya.
Tila taila	Katu Tikta Madhura	Guru, snigdha,	Ushna	Vatahara

- **Saidhava** – It possesses 85% NaCl and 15% trace materials, whereas another salt contains 97% NaCl. It contains 84 trace elements, out of 92 trace materials of the human body and is a rich source of calcium, iron, zinc, potassium, magnesium, and copper. It helps in absorption of other nutrients into the body from GI tract.
- **Guda (Jaggery)** – favours the retention of basti by making it nearly isotonic. It doesn't increase Kapha Dosha. It is a rich source of minerals like potassium, iron, magnesium, zinc, selenium, calcium, vitamins and antioxidants. It also contains polyphenols, a

phenolic compound which is responsible for anti-oxidant and cytoprotective activities.^[5]

- **Chincha** – Tamarind fruit has anti spasmolytic activity by blocking calcium channel, has a laxative effect due to the presence of malic acid, tartaric acid and potassium and it prevents cardiovascular diseases and obesity due to the content of polyphenol and flavanoids in it.^[6]

It is rich in tartaric acid which is a potent antioxidant and is a good source of Iron and Thiamine.

Gomutra – It is a non-toxic waste material consists of water, urea, and a mixture of salts, hormones and enzymes. It is the main ingredient and does srotoshodhana, vatanulomana, agnideepana, kapha vatahara and rukshana.

Its anti-cancerous activity is due to the presence of uric acid and Allantoin in it. It shows wound healing activity due to the presence of allantoin, immunomodulation due to presence of Arum hydroxide. It prevents cardiovascular diseases due to the presence of kallikrein, urokinase, hippuric acid and ammonia in it. It attributes anti-obesity properties due to the content of copper. It exhibits anti-toxic activity by virtue of Arum hydroxide present in it.^[7]

Tila Taila - Sesame oil is very nutritious and provides an excellent source of protein, calcium, omega-6 fatty acids, magnesium, iron, zinc and vitamin A & E. Sesame oil soothes skin, lubricates intestines, relieves constipation and is recommended for stiff joints, weak knees and nervous spasms.^[8]

DISCUSSION

Vaitarana basti is a type of Mridu kshara gunayukta basti. The properties of vaitarana basti can be considered as laghu, teekshna, ruksha, ushna which are opposite to guna of kapha and ama, the drugs in this basti has vatakaphashamaka action. Here instead of Madhu, Purana guda is used as it is laghu, pathya, anabhishtandhi, vatakapha shamaka, Agni vriddhikara. Shoola, Anaha & Amavata is mentioned by all the authors but vngasena specially mentioned klaibhya, Vishama jwara, Gridrasi, Urusthamba, shophya in kati, uru, Prushta and Ghora Roga.

Klaibhya – vngasena has mentioned Surabhi payas instead of gomutra. In klaibhya chikitsa there is a mentioning of vasti prepared with vajikarana drugs ksheera, mamsarasa etc are indicated. Hence vaitarana basti mentioned by vngasena may be effective in klaibhya as it contains Surabhi payas.

As it contains Guda instead of madhu, guda is Vrushya, Madhura, Snigdha, Vataghna, Balya, Brimhana hence can be used in klaibhya. Tila taila is Vrishya, Balya, Brimhana. ksheera is Madhura, sheeta veerya, mridu, snigdha, bahala, shlakshna, pichilla, guru, sukrala and rasayana.

Ghridrasi - Ghridrasi has the symptoms such as shoola, sthambha, sankocha, shotha. Gomutra Yuktha vaitarana basti acts as vatakapha shamaka, hence reduces symptoms of vata kapha Ghridrasi.

Godugdha yukta vaitarana basti acts as Vata shamaka in vataja ghridrasi.

Amavata-Ingredients of vaitarana basti mainly possess Deepana, pachana, ushna, Sukshma, laghu, teekshna,

lekhana properties. The main ingredient which is gomutra helps in Reducing shotha and ruja, it does srotoshodhana and kapha vata shamana.

Mode of action

Rectum has rich blood supply and lymph supply and drugs can cross the rectal mucosa as they can cross other lipid membranes. Unionized and lipid soluble substances are readily absorbed from rectum. portion of the drug absorbed from lower rectum enters directly into the systemic circulation via middle and inferior haemorrhoidal vein. Effects of basti can be encolonial (acting on tissue of colon), Endocolonic (acting inside colon), Diacolonic (systemic action). hence administration of drugs in basti form has faster absorption and faster results.

CONCLUSION

Vaitarana basti is a different type of basti where in quantity of the basti is less and also contains mridu kshara guna. Hence can be given continuously without Anuvastana basti. Not only in Amavata, it may be effectively used in conditions like Gridrasi and klaibhya. More researches are needed to evaluate the efficacy of vaitarana basti in klaibhya and ghridrasi conditions.

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