

CONCEPT OF NIRUHA BASTI IN BRUHATREYEE - A CRITICAL REVIEW

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ABSTRACT

Panchakarma, involves a fivefold cleansing process: *Vamana*, *Virechana*, *Basti*, *Raktamokshana* and *Nasya*. These five *Shodhana Karmas* effectively address different *Doshas* and their locations, expelling them through their nearest exit routes. *Basti* is a unique Ayurvedic treatment within Panchakarma, where medicines in the form of *Kwath* or *Sneha* are administered via the anal route. It is the primary treatment for *Vata* and related conditions, also known as *Ardhachikitsa*. *Niruha Basti* is a treatment for *Vataja Vikara*, described by ancient *Acharyas*, who have detailed its useful *Dravyas*, indications, contraindications, *Basti Vidhi*, complications, and importance. The *Bruhatreyee* also describes various types of *Niruha Basti* made from different *Dravyas* and their specific indications. This review aims to explore the concept of *Niruha Basti* in the *Bruhatreyee* and examine the different *Yogas* mentioned.

KEYWORDS: *Asthapana basti*, *Niruha basti*, *Ardhachikitsa*, *Bruhatreyee*.

INTRODUCTION

Panchakarma offers a distinct method in Ayurveda through its five specialized *Shodhana Karmas*. One of these *Karmas* is *Basti*.^[1] *Basti* (enema) is considered the most effective method due to its diverse functions and use of various medicinal drugs. It helps to balance, calm, and cleanse the different *Doshas* (humors) in the body.^[2] It is regarded as the primary treatment for *Vata* disorders.^[3] It is also effective for conditions caused by imbalances in *Pitta*, *Kapha*, *Rakta*, or any combination of these.^[4] In Ayurveda, *Basti* is often considered *Ardhachikitsa* i.e half of the entire treatment approach (50% of all treatment methods).^[5] *Niruha Basti* is a key and frequently used therapy with a broad range of therapeutic effects. Also known as *Asthapana Basti*, this type of enema helps stabilize *Vaya* (age) and supports longevity by maintaining the proper function of *Doshas* and *Dhatus*. It also strengthens the body, which is why it is referred to as *Asthapana Basti*.^[6]

Niruha Basti consists of a consistent blend of oil, honey, *Kwatha* (decoction), and *Kalka* (a fine paste made by wet grinding plant material), despite these components being naturally incompatible. To create a uniform mixture, honey and rock salt are first combined, then oil is added and mixed thoroughly. Next, the finely ground paste of the prescribed therapeutic plants is incorporated,

followed by the addition of *Kwatha*. The entire mixture is then churned well to achieve homogeneity.^[7] *Basti* is usually administered through anal route.^[8] When *Basti Dravya* is administered, it travels to the *Pakwashaya* (large intestine). The active principle of *Basti* permeates the body and produces its desired effects. *Basti Virya* can act through various mechanisms. Although *Basti Dravya* does not pass beyond the ileocecal valve, it can reach the ileocecal junction, ensuring that it remains in the *Pakwashaya*, the primary site of *Vata Dosh*.^[9] The elimination of vitiated *Doshas* helps maintain the physiological balance of the three *Doshas*, leading to long-term health benefits from the therapy.^[10] In the *bruhatreyee* elaborated description regarding *basti karma* is mentioned. But the matter is scattered in various chapters. This review article is an attempt to compile various formations of *niruha basti* mentioned in *Bruhatreyee*.

MATERIALS AND METHODS

References about this topic from three main classical texts of Ayurveda along with their commentaries studied; analysed and important things are compiled in this article.

Table no. 1: Contents of Niruha Basti- are explained in table below.

Sr.No.	Samhita	Contents Of Niruha Basti
1	Charak Samhita ^[11]	Madhu (honey), Saindhav (salt), Sneha (oleaginous substance), Kalka (herbal paste), Kwatha (decoction).
2	Sushruta Samhita ^[12]	Saindhav, Madhu, Sneha, Madanfalka, Mamsarasa (meat soup), Ksheer (milk), Kanji (rice gruel), Mutra (urine), Kwatha.
3	Ashtanga Hriday ^[13]	Makshik, Lavana, Sneha, Kalka, Kwatha.

Table No. 2: Quantity of Contents.

The quantity of each content mentioned by main three classical texts of Ayurveda are given in table below-

Sr.No.	Ingredients	Charak Samhita ^[14]	Sushruta Samhita ^[15]	Ashtanga Hriday ^[16]
1	Makshik	192 gm	192 gm	144 gm
2	Lavana	12 gm	12 gm	6 gm
3	Sneha	288 gm	192 gm	144 gm
4	Kalka	96 gm	144 gm	96 gm
5	Kwatha	480 gm	384 gm	480 gm
6	Avapa	192 gm	192 gm	-

Order of mixing of ingredients

1. Acharya Charaka^[17] Vagbhata^[18]- has quoted the order of mixing as -

Makshik – Lavana – Sneha – Kalka – Kwatha – Avapa.
2. Acharya Sushruta^[19]- has quoted the Sequence as –
Saindhav – Madhu – Sneha – Kalka – Avapa – Kwatha.

Indications of Niruha basti according to Bruhatreyee enlisted below-

Table No. 3: Various Indication of Niruha Basti From Charaka Samhita.

Sr.no.	Vyadhi awastha	Reference	Basti kalpa
1	Jwarghna (pakwashaygat dosha)	Ch.chi 3/241-244	Patoladi niruha
2	Jwarghna (pakwashaygat dosha)	Ch.chi 3/245/246	Aargwadhadi niruha
3	Jwarghna (pakwashaygat dosha), bala-swedaa-ruchiprada	Ch.chi 3/248-249	Guduchyadi niruha
4	Vataj gulma	Ch.chi 5/26	Niruha
5	Pittaj gulma	Ch.chi 5/185	Niruha
6	Kustha (according to doshavstha)	Ch.chi 7/46	Darvi, bruhati, patol, pichumarda, madan, kritmala, sneha
7	Unmaad	Ch.chi 9/27	Niruha
8	Udar udavarta avastha	Ch.chi.13/36	Niruha
9	Pleehodara	Ch.chi 13/77	Niruha
10	Vataj grahani	Ch.chi 15/78	Niruha
11	Grudhrasi	Ch.chi 28/101	Niruha
12	Vatyadhi kaphapittanubandha	Ch.chi 28/192	Ksheeryukta niruha
13	Vatrakta gambheer awastha	Ch.chi 29/43	Niruha
14	Vataj shukradushthi	Ch.chi 30/149	Niruha
15	Vaatvyadhihara	Ch.si 3/35	Dashmooladi niruha
16	Deepan, mamsabalaprada, chakshubalaprada	Ch.si 3/36-37	Sthiradi niruha
17	Deepan, lekhan, kaphavritvata, jangha-uru-pada-trik-prushthashoolaghna, anaha, arsha, grahani	Ch.si 3/38-42	Erandamooladi niruha
18	Balavarnakari, anaha, parshwaroga, yonidosha, gulmaudavarta rujahar	Ch.si 3/44-45	Palash niruha
19	Vatrakta, vaiswarya, visarpa	Ch.si 3/46	Yashtyavhadi niruha 1
20	Pittaj vyadhi	Ch.si 3/47	Yashtyavhadi niruha 2
21	Daha-atisar-raktapradar-hidroga-panduroga, vishamjwara –kamala, pittaj vyadhi	Ch.si.3/48-52	Chandanadi niruha
22	Daha (abhyantar-bahya), mutrakriccha, kshatakshin retas, pittaj atisara	Ch.si.3/53-55	Drakshadi niruha

23	Kapharoga, mandagni	Ch.si 3/56-57	Koshatkyadi niruha
24	Kapharoga, mandagni	Ch.si 3/58	Patoladi niruha
25	Kaphaj roga,pandu, alasak,aamdosha,marutmutrasanga	Ch.si 3/59-60	Panchmooladi niruha
26	Krimi-kushttha-meha-bradhna-ajeerna,kaphaj roga,deepan	Ch.si 3/61-63	Rasnadi niruha
27	Samsargajanya roga	Ch.si 3/65-68	Punarnavadi niruha
28	Kshatsheen-kasa-gulma-shoola-vishamjwara-bradhna-kundaloudavarta-kukshishoola-mutrakriccha-visarpa-pravahika-shirorujajanuurbastigraha-ashmari-unmada-arsha-prameha, adhmaan, vatrakta,pittakapha vyadhihar, sadya balajanan,rasayan	Ch.si 12/16-1	Mustadi yapana
29	Lalitsukumar, ksheenksat, sthavir, chir-arsha, apatyakamanam.	Ch.si 12/16-2	Erandamooladi yapana
30	Lalitsukumar, ksheenksat, sthavir, chir-arsha, apatyakamanam.	Ch.si 12/16-3	Sahacharadya yapana
31	Lalitsukumar, ksheenksat, sthavir, chir-arsha, apatyakamanam.	Ch.si.12/16-4	Brihatyadi yapana
32	Kasa-jwara-gulma-pleeha-ardit, madyaklishtha, sadyabalajanan.	Ch.si 12/16-5	Prathama baladi yapana
33	Shukra-mutra-varchasanga,gulma,hidroga,adhmaan,parshw a-prushtha-katigraha,sagyanash,balakshay	Ch.si 12/16-6	Dwithiya baladi yapana
34	Ksheen vishamjwara karshit	Ch.si 12/16-8	Laghupanchamuladi yapana
35	Sthavir-durbala-ksheenshukrarudhira	Ch.si 12/16-9	Tritiya baladi yapana
36	Jwara	Ch.si 12/16-10	Chaturtha baladi yapana
37	Vishamjwar karshit rogi	Ch.si 12/16-11	Shaliparnyadi yapana
38	Vrushyatama,balavarna janan	Ch.si 12/37	Sthiradi yapana
39	Balavarnashukrajanan rasayan	Ch.si 12/18-1	Tittiradhyaya yapana
40	Kaphaja vyadhi,basti atop,sukrasanga,pandu,ajirna,visuchika,alas aka	Ch.si 12/18-2	Dwi –panchamuladi yapana

Table no. 4: Various Indications of Niruha Basti From Sushruta Samhita.

Sr.No.	Vyadhi Awastha	Reference	Basti Kalpa
1	Garbhini Ashtau Mas	Su.Sha.10/5	Badarodakadi Niruha
2	Aparapathnarth	Su.Sha.10/23	Shalmula Kalka/Pippalyadi Gan dravya Churna + Sidharthak, Kustha, Langali, Mahavriksha + Ksheer
3	Vayu yukta, Dushta, Ruksha, Teevravedanayukta, Adhobhagi Vrana	Su.Sha.1/109	Smany Niruha
4	Sheeghra Bhagnasandhan	Su.Chi.3/67-68	Trapusa,Bibhitaki,Priyal+Vasa+Dugdha
5	Prameha After Virechana	Su.Chi.11/7	Surasadi Gana Kashay+Sunthi+Devdar + Musta+Madhu+ Saidhav
6	Dahayukta Prameharogi	Su.Chi.11/7	Nyagrodhadi Kwatha
7	Antavidradhi	Su.Chi.16/30	Varunadi, Ushakadi and Virechaka Gan kwatha
8	Vatodara	Su.Chi.14/5	Erantaila Mishrit Vidarigandhadi Gan Kwatha
9	Pittodara	Su.Chi.14/6	Madhu+Ghrita Mishrit Nyagrodhadi Kashaya
10	Kaphodara	Su.Chi.14/7	Trikatu, Mootra, Kshara Taila +Muskakadi Gana
11	Vataj Jwara	Su.Uttar.39/309	VataghnaDravya,Bhadradaru+Kakolyadi Gana Madhura Aushadhi Kalka and Kwatha
12	Pittaja Jwara	Su.Uttar.39/310	Utpaladi Kashayadya Chandanoshira+Sharkara Prakshepa (Sheeta Basti)
13	Jwarayukta Daha	Su.Uttar.39/311-312	Nyagrodhadi Gana+Amratvaka+Shankha+ +Madhuka Raktachandana +Utpala, Gairika+Manjistha +Mrunal +Padmaka

			+Dugdha+Madhu+Sharkara
14	Kaphaja Jwara	Su.Uttar.39/313	Aragvadha Gana Aushadhi Kashaya+Pippalyadi Gana Kalka +Madhu+Gomootra
15	Pravahika	Su.Uttar.40/144	Dvipanchamula Kashaya siddha Dugdha +Madhu
16	Pravahika with Shoola Mootra- kruccha	Su.Uttar.40/150-151	Madhuka and Nilkamala Kashaya+ Dugdha+ Madhu+ Ghrita.
17	Anaha	Su.Uttar.57/26	Haritaki+Aragwadha+Eranda+mula+Trivrittaad i Adhobhagdoshahara Rechaka Dravya+Gomootra +Madhu
18	Pittakriccha	Su.Uttar.59/22	Trunapanchamula, Utpaladi Gana, Kakolyadi Gana, Nyagrodhadi Gana

Table no. 5: Various Indications of Niruha Basti From Ashtang Hridaya Samhita.

Sr.no.	Vyadhi awastha	Reference	Basti kalpa
1	Jwarahara	A.H.Chi.1/120,121	Shaliparnyadi Niruha
2	Gudanisanan, Shoola, Mootrakrucha, Pravahika, Kati-Uru-Prushtha Daurbalya, Anaha, Pichastrava, Gudashopha, Vatavarchanigraha.	A.H.Chi.8/93,94	Panchamuladi Niruha
3	Balavanapramehirugna (Vamanavirechnottar)	A.H.Chi.12/2,3	Surasadi Niruha
4	Balavanpramehirugna (Pittaja Avastha, Vamanavirechnottar)	A.H.Chi.12/2,3	Nyagrodhadi Niruha
5	Aantarvidradhi	A.H.Chi.13/9	Varunadi Niruha
6	Aantarvidradhi	A.H.Chi.13/9	Ushakadi Niruha
7	Kaphaj Gulma	A.H. Chi.14/88	Dashoolakwath Niruha
8	Aadhmana (Rechanottar)	A. H.Chi. 15/51	Snigdha, Amla, Lavana Niruha
9	Aadhmana due to Kapha Aavarana	A.H. Chi. 15/52	Tikshna-Kshara and Gomutrakwath Niruha
10	Udavarta condition present in Vatodara	A.H. Chi. 15/57	Dashmoolakwath Niruha
11	Pittodara	A.H. Chi.15/60	Nyagrodhadi Niruha
12	Kaphodara	A.H. Chi.15/67,68	Mushkakadi Niruha
13	Krumichikitsa	A.H.Chi. 20/19,20	Surasadi Niruha
14	Sarvagada, Pramathi, Swasthehito, Jivana, Bruhana	A.H.Ka.4/1,2	Balaguduchyadi Niruha
15	Sarvavyadhihara	A.H.Ka.4/4	Dashmooladi Niruha
16	Agnideepan, Mamsabalprada, Chakshu Bala	A.H.Ka.4/6	Balapataladi Niruha
17	Lekhana, Deepan, JanghaUru-Pada-Trika-PrushthaKoshthaHrudayagudashoola, Guruta, Vibandha, Gulma, Ashma, Antravrudhi, Grahani, Arsha, Kaphavatajvikara	A.H.Ka.4/7	Eranda muladi Niruha
18	Pittaja conditions	A.H.Ka.4/11	Yashtyadi Niruha
19	Daha, Atisara, Pradara, Asrapitta, Hrudroga, Pandu, Vishamjwara, Gulma, Mootragraha,	A.H.Ka.4/12	Rasnadi Niruha

	<i>Kamala, Pittavruta</i>		
20	<i>Kapharoga, Agnimandya, Annadvesha</i>	<i>A.H. Ka. 4/17,18</i>	<i>Koshatakadi Niruha</i>
21	<i>Vatavikara</i>	<i>A.H. Ka. 4/23</i>	<i>Bilvadi Niruha</i>
22	<i>Abhishyandi, Krumi, Kushtha, Prameha</i>	<i>A.H. Ka. 4/23</i>	<i>Patoladi Niruha (Panchatikta Basti)</i>
23	<i>Vrushyatwakruta</i>	<i>A.H.Ka. 4/25,26</i>	<i>Payasyadi Niruha</i>
24	<i>Prameha, Arsha, Krumi, Gulma, Aantravrudhi</i>	<i>A.H.Ka.4/27-28</i>	<i>Madhutailika Basti</i>
25	<i>Doshahara</i>	<i>A.H.Ka.4/32,33</i>	<i>Erandamuladi Niruha</i>
26	<i>Kaphavyadhi, Panduroga, Visuchika, Aatopa</i>	<i>A.H.Ka.4/34-36</i>	<i>Dashmooladi Niruha</i>
27	<i>Mamasa- Agni-BalaShukra Vardhana,Vatarakta, Moha, Meha, Arsha, Gulma, Vit Mutrasangraha, Vishamajwara, Visarpa, Aadhmana, Pravahika, Vakshana-Uru-KatiKukshi-ManyashotraShiroruja, Asrugdara, Unamada, Shopha, Kasa, Ashmari, Vatakundalika, Chakshushya, Putraprada, Rasayana.</i>	<i>A.H. 4/37-43</i>	<i>Mustadi Yapanabasti</i>
28	<i>Vataharaparam, Vrushya.</i>	<i>A.H.Ka.4/43,44</i>	<i>Mamsarasa Basti</i>
29	<i>Balashukrakruta</i>	<i>A.H.Ka.4/45,46</i>	<i>Mamsarasa Basti</i>

DISCUSSION

Classical literature places high importance on *Basti* treatment, with dedicated chapters specifically for it. References to *Basti* are scattered across various chapters of the *Charaka Samhita*, with six out of twelve chapters in the *Siddhithana* focusing on *Basti*. Additionally, eight chapters discuss *Basti*, and the first two chapters cover the properties of *Bastis*, *Samyaka Yoga*, *Ayoga*, *Atiyoga Lakshanas*, as well as indications and contraindications.^[20]

Sushruta describes *Basti* in the *Chikitsasthana*, highlighting its various effects due to its combination of multiple *Dravyas*. *Basti* performs *Sanshodhana* (evacuation), *Sanshaman* (pacification), and *Sangrahan* (checking of *Doshas*). It also has *Ksheenshukra Vajikaroti* (aphrodisiac), *Krusha Bruhayati* (promotes body development), *Sthoola Karshayati* (slims the obese), *Chakshu Preenayati* (nourishes the eyes), *Valit Palit Upahanti* (removes wrinkles and greying of hair), and *Vaya Sthapayati* (stabilizes youthfulness).^[21] *Sushruta* notes that when *Basti* is properly administered, it remains in the *Pakvashaya* (large intestine), *Shroni* (pelvis), and *Nabhiadhas* (the area below the umbilicus). From the *Pakvashaya*, the active ingredients of *Basti* spread throughout the entire body.^[22] “*Basti Vatavikaran*” is a key quotation highlighted by *Acharya Vagbhata* in the context of *Agrya Dravyas*.^[23] When either *Kapha* or *Pitta*, after being liquefied by *Sneha* (oleation) and *Sweda* (sudation therapy), manifests its symptoms in the *Pakvashaya* (large intestine), they should be eliminated through *Basti*.^[24] *Acharya*

Vagbhata has provided various combinations of *Dravyas* to specific disease conditions to achieve the desired results.

CONCLUSION

Niruha Basti is crucial in therapeutics due to its diverse actions. To achieve the desired effects, it is essential to correctly formulate and administer *Niruha Basti*. Understanding the components, their quantities, properties, mixing order, and characteristics of a well-prepared *Basti*, along with the Ayurvedic rationale behind the mixing sequence, is vital. The goal is to create a homogeneous mixture that remains stable, provides effective therapeutic results, and allows for proper absorption and elimination. Incorrect formulation can lead to complications, so studying every aspect of *Niruha Basti* is crucial for achieving the intended therapeutic effects and avoiding issues. Similarly, every detail in classical texts should be thoroughly studied and applied in clinical practice.

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