


**NIRUHA BASTI- PREPARATION AND DOSES**
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**ABSTRACT**

Basti is called as **Ardha Chikitsa**<sup>[1]</sup>, it is the most important panchakarma procedures in Ayurveda. It is the main treatment for Vata dosha.<sup>[2]</sup> Niruha basti is studied here as per ayurvedic texts and matra decided as per today's context under Rugna vaya, Rugna bala, Vyadhi bala, Agni, Doshasanchiti etc. It is important to know the rationality behind the mixing of Basti ingredients before administration of Basti to the patients. Preparation of basti is utmost important which is described as basti sammelana vidhi.<sup>[3]</sup> First of all makshika is added followed by lavana, sneha, kalka, kwath in an order to form a homogenous mixture. The present article is an attempt to understand the importance of Niruha Basti preparation and its matra. Several Ayurvedic samhitas discuss Niruha basti sammelana vidhi and its matras. Theoretically, this article analyzes the reason we use distinct Niruha matras in the current situation.

**KEYWORDS:** Niruha basti, basti sammelana vidhi, matra etc.

**INTRODUCTION**

In ayurveda, Basti is referred as "**Ardha-chikitsa**"<sup>[1]</sup>, since it is the best at preserving both the quantity and quality of life. Basti is basically described for diseases with imbalanced doshas having predominance of vata.<sup>[2]</sup> This treatment has both preventive and curative perspectives.

- In ancient times, a cleaned and sterilized urinary bladder of an animal was used as basti equipment.
- Mainly basti is of two types- Anuvasana and Niruha basti.<sup>[4]</sup>
- Anuvasana basti does snehana karma and niruha basti is useful in shodhana karya.
- Word **NIRUHA** indicates 'to eliminate' or to eliminate the doshas or the diseases from the body and its synonym **Aasthapana** indicates 'Increase the life span and age' and it is used for shodhana purpose, also called as **Shodhana** basti.
- One or more dravya kwatha, Sneha, ksheera, mansa rasa etc. used in mixture of niruha basti as per the morbidity of doshas and diseases.
- Matra of niruha basti in ayurvedic texts is 960ml for adults but as per today's context (rugna vaya, rugna bala,

vyadhi bala etc.) we experienced that 480 ml of niruha basti is enough for adults.

- Niruha basti is mixed with saindhav (salt), madhu (honey), sneha (oil or ghee), kalka and kwatha.
- Niruha basti is a type of basti where Kashaya or kwatha of ayurvedic drugs are used as a medication, so it is called as Kashaya basti.
- Niruha basti is one of the best treatments, which can be given in all types of diseases according to rugna bala, vyadhi bala, rugna vaya, doshasanchiti, agni, prakriti and avastha.
- This type of basti is widely used by practitioners as it expels the doshas from the body, cures the disease and gives us healthy body.
- Effect of Niruha basti depends upon various things, one of them is basti formulation. Therefor the well-formed niruha basti is important and it only produces the best results without any complications.
- Basti can be given through Gudamarga, Mutramarga and Apatya marga (Yonimarga).

## AIMS AND OBJECTIVES

- To study the Niruha basti matra as per various ayurvedic texts.
- To decide the Niruha basti matra used as per rugna vaya, rugna bala and vyadhi bala in today's context.

## MATERIALS AND METHODS

References of this topic is from three main samhitas by Acharya charaka, sushruta and vagbhata. The Classification, Contents, Guna (properties), basti sammelana vidhi (order and method of mixing), their matra (quantity), AND karmukata of niruha basti is explained below

**a) CLASSIFICATION OF BASTI<sup>[4]</sup>:** Basti can be classified in number of ways, including by the type of dravya used in it, according to dose(cha.si.8), according to the nature of Dravya ie. Mrudu, Madhyama, Tikshna basti, on the basis of action on dosha and dushya (vatahara, pittahara, kaphahara etc.), on the basis of specific indications (krimighna, kusthaghna etc). some of the main types of basti are described below

- Adhishtan bhedanusr** pakwashayagata, mootrashayagata, garbhashayagata and vrana basti.

- Dravya bhedanusr** (su.chi.35/18) a) (charaka nusr) – anuvasana, niruha, uttarbasti b) (sushruta nusr) -anuvasana & niruha / aasthapana.

- Niruha basti**

- a) Madhutailik (made by using madha + taila) b) Yuktaratha c) Yapana d) Siddha.

- Sankhya nusr** karma basti 30, kaal basti 15, yoga basti 8.

- Karmukta nusr** a) (sushruta nusr)- shodhana, lekhana, snehana, brihana. b) (vagbhata nusr)- utkleshana, doshahara, shamana.

**b) CONTENTS OF NIRUHA BASTI:** Contents of niruha basti is described by various acharaya's. Makshika, Lavana, Sneha, kalka, kwatha these contents are used commonly, some of them mentioned Avapa Dravya as niruha basti content. These contents having different guna (properties) which makes basti mrudu or tikshna.

**c) GUNA OF CONTENTS OF NIRUHA BASTI (Properties)**

Ingredients	Properties
Makshik	Kashay, madhur, guru, ruksha Yogyahi, sukshma, marganusari, vrushya, chakshushya, chedana, lekhana.
Lavana	Sukshma, tikshna, laghu, ushna, snigdha, helps to eliminate basti Dravya easily.
Sneha	Snigdha, sukshma, mrudu, protects mucous membrane from irritation and helps in easy emulsion.
Kalka	Most potent, helps in disintegrate mala, it gives required thickness to Basti Dravya.
Kwatha	Helps in maintenance of Basti volume
Avapa	Adds potency

**1. Makshik (Honey):** Makshika is the auspicious drug.<sup>[10]</sup> It is having Madhura rasa, Ruksha (dry) Guna (property) and Ushna Veerya (hot potency). In the context of Basti Karma, the two most significant qualities of makshik are Sukshma Marga Anusaritva<sup>[11]</sup> (the ability to enter the body's smallest channels) and Yogavahitva<sup>[11]</sup> (synergistic). It also has specific therapeutic effects like Vrushya (aphrodisiac), Chakshushya (good for eye health), Chedana (excision), Lekhana (scraping).

**2. Lavana (salt):** It is salty and mild sweet in taste. It has Laghu, Sukshma, Teekshna, Snigdha properties and Anushna Veerya. Due to its Sukshma property, it reaches upto sukhsmo strotas of body. Due to its Teekshna property it breaks down the morbid Mala and doshas.

Due to Snigdha guna it liquifies the Dosha. (su.su.46/314)<sup>[8]</sup> (A.H.su.11/12).<sup>[9]</sup>

**3. Sneha:** Sneha produces snigdha in body which helps in easy elimination of Dosha and Mala (wastes). It pacifies Vata Dosha, softens dhatus, mala and remove obstruction. It helps to form emulsion which has got cleaning and healing effects.<sup>[12]</sup>

**4. Kalka:** It is a paste of ayurvedic medicinal herbs which gives required thickness to Basti. Churna (powder) is used to make kalka for niruha basti. If any kalka is not specified, putiyavanyadi kalka can be used in niruha.

**5. Kwatha:** It increases volume of Basti which leads the increased ability to spread in pakwashaya and

accelerate absorption of Basti Dravya. It has different therapeutic effects.

**6.** Kalka and Kwatha drugs are selected on the basis of Dosha, Dushya (body tissue) and Strotas (circulating body channels) involved in samprapti (pathogenesis) of disease. So, they are the main constituents.<sup>[13]</sup>

**7.** Awapa- it adds potency to the niruha basti.

**d) NIRUHA SAMMELANA VIDHI:** (Cha.si.3)<sup>[5]</sup> (A.h.su.19/45)<sup>[7]</sup> (ka.khi.8/40-45)<sup>[10]</sup>

- Niruha basti is an uniform mixture of makshika, lavana, sneha, kalka, kwatha. these ingredients of basti dravya are to be mixed in specific order to obtain the perfect mixture. (Makshika-lavana-sneha-kalka-kwatha).
- according to kashyapa, charaka, vagbhata- Makshika should be added first and according to sushruta, vangasena, chakradatta- Lavana should be added first.
- Makshika is poured first because it is a very auspicious Dravya, lavana disintegrates by its teekshna, picchila guna and kashaytva of makshika, thus a compound is formed. therefor after makshika, lavana is added.
- Tila taila is added after makshika and lavana, which brings uniformity and kalka gets mixed quickly then the kwatha brings homogeneity.
- In some niruha basti, addition of gomutra is there which increases the Tikshnatva and potency of the basti.
- In this way, properly mixed basti eradicates the vitiated vata, pitta and kapha doshas from strotas.
- In this order, basti is made and given to the patients by basti putaka or syringe.
- After this, we should mark the dharana kaal of

Makshika	Lavana	Sneha	Kwatha	Kalka	Matra
40 ml	5 gm	80 ml	350 ml	10 gm	<b>480ml</b>
50 ml	7 gm	100 ml	420 ml	15 gm	<b>600 ml</b>
60-70 ml	10 gm	120 ml	500 ml	20 gm	<b>720 ml</b>

**Makshika and Sneha Matra according to dosha (A.H.su.19/39)<sup>[7]</sup>**

	Vata	Pitta	Kapha
<b>Makshika</b>	1/8	1/6	1/4
<b>Sneha</b>	1/4	1/6	1/8

**g) NIRUHA BASTI KARMUKATA:** (cha.si.7/74)<sup>[14]</sup> (cha.si.1/27-28)<sup>[15]</sup> (su.chi.35)<sup>[16]</sup>

- Niruha basti is known as shodhana and aasthapana basti.
- It can be given to the patients after observations like vaya, bala, kala, matra, agni, satmya, satva.

niruha and pratyagamana also, Niruha basti should stay for atleast 48 min ie 1 muhurta.

**e) MATRA OF NIRUHA BASTI:** As mentioned in Samhita (cha.si.3)<sup>[5]</sup>

- Matra of Niruha basti mentioned in various samhitas as per acharya is different from what we used in today's context.
- We can use Niruha basti from the age of 1 year to 70 years and more than it.
- Acharyas stated that, Niruha basti for adults is 960ml in ancient time as per their era.
- But in today's context, 480 ml of niruha is enough for adults as per Rugna bala, Vyadhi bala, Doshasanchiti, Avastha, agni, koshtha and prakriti also.

Age	Matra
1 year	1 pal (40ml)
12 year	12 pal (480ml)
18 year	24 pal (960ml)
18-70 year	24 pal (960ml)
>70	20 pal (800ml)

**f) MATRA OF CONTENTS OF NIRUHA BASTI**

- As every Niruha Basti content has its own guna and karma, the amount of each content should be added to the Niruha Basti sammelana vidhi in accordance with the total Matra of Niruha Basti given below.
- In our hospital, we used niruha matra as per rugna vaya, rugna bala, vyadhi bala, doshasanchiti, agni and prakriti of patients.
- Each content used for niruha basti sammelana is of different properties and.

- Anuvasana Basti does snehana karma (oleation) It transmits the dushyas (dhatus) and doshas (toxins) towards the koshta (rectum). The doshas present in koshta are removed by Niruha Basti, fulfilling their shodhana (purification).

- Niruha basti sammelana should be done as mentioned in the samhitas only. makshika, lavana, Sneha, kalka, kwatha should mix properly so that it gives the best outcome.
- Makshika is Madhura, Kashaya, vishada gunatmak Dravya.it increases the veerya of basti dravyas and does shodhana karya properly.
- Lavana is laghu, sheeta, Sukshma gunatmak Dravya. It is tridosaghna, agnidiptikar also. Acts as sukshmastratogami and it does pittashamana as well as kapha vilayana also.
- Sneha being snigdha, mrudu, Sukshma, protects the internal organs from irritation and helps in passes the dosha and mala easily.
- Kalka is most potent ingredient of niruha basti which helps to disintegrate the mala and gives required thickness to the whole basti.
- Kwatha helps in maintaining the basti volume.
- It acts as a vayasthapaka (increases life span). Basti results in bala, varna, and medha vriddhi along with jatharagni vriddhi.
- Age limitations apply to other shodhana chikitsa, such as vamana and virechana, however basti can be administered in bala and vriddha as well, depending on the situation.
- Every disease can be cured by basti, so it is also called as “sarvagadapaha”.
- By removing all the morbid dosha, mala, mutra it gives strength to the whole body, it gives poshana to all rasadi dhatus and reaches upto the last dhatu which is shukra so it is also called as “Shukrabalaprada”.
- Basti is administered by observing vyadhi & rugna vaya, bala, kala and prakruti then it gives appropriate results.
- Basti can be applied in krusha as well as sthoola vyakti.it acts as shukravardhaka, drushti prasadaka as per sushruta acharya.

## DISCUSSION

- Individually, basti is regarded as **Ardha chikitsa**.<sup>[1]</sup> The effect of basti is mostly due to its shodhana guna, which acts on pakwashaya mainly. Shodhana procedure is mainly linked to the elimination of mala and doshas from the body.
- Various acharya has their different opinion on niruha basti matra and Many acharyas stated that 960 ml is the proper matra of niruha basti can be given to the

patients above 18 years, but in today's context we cannot use 960 ml of niruha basti because of rugna vaya, rugna bala, rugna vyadhi, doshasanchiti, agni etc. so we use 480 to 720 ml of niruha basti.

- In our hospital, we examined 820 patients of niruha basti in year of January 2023 to December 2023 and got to know that 720 ml of niruha basti given to the 2% patients, 600 ml of niruha given to the 7% patients and 480 ml of niruha which is mostly used is given to the total 91% of patients.
- It is stated that as per Vydh, Rugna bala, vaya, sahatva, agni 480 ml is the appropriate matra for niruha basti.

## CONCLUSION

- 1) Niruha basti sammelana vidhi we are using today is the same procedure as per Ayurvedic texts.
- 2) Niruha basti can be used in both young and old age patients as per we decide the matra ie 480ml, 600ml or 720ml.
- 3) According to ayurvedic samhitas the ideal matra of niruha basti is 960 ml but as we experienced in our hospital, in 91% of the patients the most common and enough matra of niruha basti used is 480 ml, 600ml in 7% patients and 720 ml in 2% of patients.
- 4) Niruha basti given in ayurvedic texts is 960 ml for adults, but as we experienced in our hospital that 480 ml niruha is enough for adult patients as per their Bala, Vaya, Doshasanchiti, Agni, Koshta and doshasanchiti.
- 5) Basti is not used for shodhana karma only, but also it does shamana, brihana, rasayana, vajikarana, brihana karma.

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