

ROLE OF SPECIFIC YANTRA IN BASTI KARMA WITH SPECIAL EMPHASIS TO
THEIR ADVANTAGES AND DISADVANTAGESDr. Mandeep Kaur^{1*} and Dr. Asha K.²¹Asst. Professor, Panchakarma Dept., Govt. Ayurvedic College, Patiala, Punjab, India.²Professor, Prasuti Tantra & Siree roga Dept., Karnataka Ayurveda Medical College, Mangalore, India.

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ABSTRACT

Basti is among the *Shodhana Karmas* and renowned for its many therapeutic activities, obtained by the diverse association of medicinal formulations. It is a special feature in Ayurvedic treatment which offers curative, preventive and promotive advantages. A clear insight into *Basti Yantras* is crucial in order to prevent the occurrence of problems due to improper or defective instruments. With the passage of time, various changes have been made in the shape of the instruments since classical times. Various *Acharyas* have outlined a range of instruments for *Basti Karma* which includes *Basti Putaka* and *Basti Netra*. Recently many evolutions have been made in this context which discovered plastic *Niruha Basti Yantra*, modified bag for *Putaka*, enema syringe, rubber catheter and plastic *Netra*. This paper tries to evaluate the ancient and modern tools used in the practice of *Basti Karma*.

KEYWORDS: Panchakarma, Basti, Shodhana, Yantra, Niruha.

INTRODUCTION

Ayurveda, the ancient Indian science of life, has been known for centuries as a genuine healing system. It presents an enormous array of treatment procedures aimed at eradicating diseases. Amongst the many therapeutic procedures of Ayurveda *Panchakarma* is the important therapy, consisting of five major cleansing therapies. *Basti* is one such practice of *Panchakarma* therapy, which is considered one of the most efficacious approaches of *Shodhana Karmas*. It is indicative of its absolute role in healing, preventing, and maintaining health. *Basti* is a deceptively simple but systematic procedure, possessing immense therapeutic potential. Based on the drugs employed in its preparation, it can carry out *Santarpana* as well as *Apatarpana* activities.^[1-3]

The technique of *Basti Sammelana*, in which *Basti* ingredients are mixed and prepared carefully, is responsible for the effectiveness of the therapy. Classical texts state that there are certain instruments that are recommended for mixing and administering *Basti*. *Basti Karma*, being one of the major procedures of *Panchakarma*, traditionally consisted of the utilization of animal bladders connected to metal nozzles for giving medicine through the anal channel, as explained by the *Acharyas*. But now, animal bladders are not available, are expensive, and are cumbersome to handle. Leather bags, steel *Basti* syringes and plastic enema cans are now

widely practiced in their place. Moreover, rubber catheters and plastic nozzles have come to substitute classic metallic nozzles, providing a cheaper and readily available alternative.^[3-5]

Basti Putaka

It is types of vessel, historically made from urinary bladders of animals. The best features of a *Basti Putaka* are that it should be *Drudha*, *Tanu*, *Nashta Sira*, *Vigandha*, *Kashayarakta*, *Mridu*, *Sushuddha* and *Yathanuroopa*. Where animal bladders are not available, alternatives like the throat of a pelican, bat skin, *Ghana Pata* and *Charma* can also be employed. The various drawbacks associated with *Basti Putaka* include either *Bahalata* (too big) or *Alpa* (too small), *Chidra* (pores on the surface) and *Durbaddha* (loose tying).

Basti Netra

The instrument *Netra* is defined as the hollow tube that is employed to administer *Kashaya* or *Sneha Dravyas*. *Basti Netra* was traditionally made of metals like silver, gold, copper, etc. It also prepared from other sources including *Kamsya*, *Shrungha/Vishana*, *Danta*, *Asthi*, *Nala* and *Mani*. Characteristics of ideal *Basti Netra* are depicted in **Figure 1**.^[4-6]

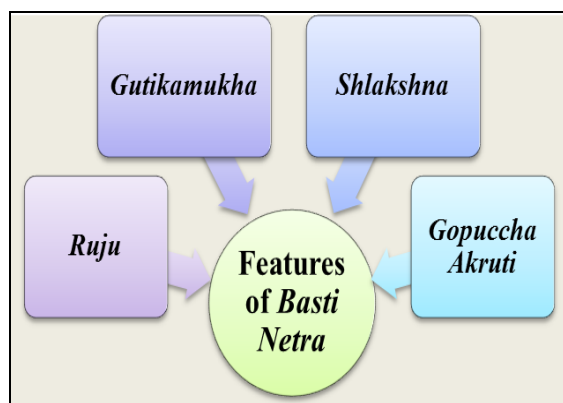


Figure 1: Ideal Features of Basti Netra Yantra.

Acharya Sushruta also explains that the *Netra* must be *Drudha* have a *Sthula Mula*. The *Karnikas* serve as a safety feature to avoid deeper than intended insertion of the *Basti Netra* into the anal canal. Therefore first *Karnika* is placed at one-fourth of the length from the tip and second and third *Karnikas* are placed close to the base, two *Angulas* apart.

Basti Netra Yantra may also suffer with some defects such as *Atisthula*, *Karkasha*, *Avanata*, *Anubhinna*, lack of proper space between *Karnikas*, too much space between *Karnikas*, very small holes and sometimes *Atichidra*. These drawbacks need to be address in

modern practice and much advancement have been made to overcome these obstacle of *Basti Yantra*.^[5-7]

Current Perspective (Advancement)

In classical churning procedures, items such as *Madhu*, *Saindhava*, *Sneha*, *Kalka* and *Kwatha* are put together and churned at the same time. Though different implements for the task are mentioned in ancient texts, convenience and pragmatic reasons in modern times have caused investigation into current tools like mixer grinders. Over recent years, some newer machinery has developed which can be helpful in making the preparation smoother and more effective of *Basti Dravya*. These involve equipment such as the Pulverizer which is used in shattering dry herbs into powdered form for enhanced absorption.

Conventional equipment such as mortar and pestle, round-bottom steel containers, and wooden whisks or churners can also efficiently substitute the previous classical equipment such as *Patra*, *Mathya* and *Gambhira Bhajana* as described in the *Samhita* era for *Basti Sammelana*. Some of the current substitutes for old *Basti Putaka* are enema cans, enema syringes, and plastic or rubber bags and modified plastic *Niruha Basti Yantras*, etc. The advantages and disadvantages of newer equipments are depicted in **Table 1**.^[7-10]

Table 1: Descriptions of Modified (Recent) Basti Yantras.

Instrument	Description	Advantages	Disadvantages
Enema Can/Pot	Used for <i>Niruha Basti</i> .	Easy to use Easy cleaning Suitable for both high rectal and low rectal enema.	Relies only on gravitational flow No pressing mechanism like traditional <i>Putaka</i>
Plastic <i>Niruha Basti Yantra</i>	Pressure delivery of <i>Basti</i> material.	Uniform pressure maintained	Not mentioned explicitly Dependent on motor functionality
Modified Plastic/Rubber Bag for <i>Putaka</i>	Made from surgical grade plastic bag	Easy to tie to <i>Netra</i> Easy handling & single use disposable Transparent & saves procedure time.	Permanente disposal of plastic is problematic for environmental concern.
Enema Syringe	Modified <i>Basti Yantras</i> made from stainless steel body with bronze/.	Ideal hole size for Ayurvedic <i>Basti</i> Suitable for <i>Matra Basti</i> and <i>Anuvasana Basti</i> Disposable tips improve hygiene	Limited capacity
Rubber Catheter	Used as an alternative to traditional <i>Basti Netra</i> .	Less risk of injury Suitable for high or low rectal enema Easily available	Hole present on lateral side which causes inconvenience sometimes.

CONCLUSION

The *Acharyas* have clearly delineated the instruments to be employed in *Basti Sammelana*, highlighting their contribution in preparing a homogeneous blend a critical factor in determining the effectiveness of *Basti*. The classical texts also refer to elaborate specifications about the instruments employed in the administration of *Basti*. Traditional techniques laid greater stress on careful preparation and particular equipment such as *Basti Putaka* and *Basti Netra* for achieving efficiency and safety. With the passage of time, because of practical

constraints, the ancient equipment has been supplanted by new ones like enema cans, syringes and plastic or rubber catheters, which are more convenient, hygienic, and accessible. Although development has increased *Basti* administration ease, precaution must be taken not to sacrifice the basic principles established in ancient literature to retain this precious therapy's integrity and efficacy.

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