

A CRITICAL CONCEPTUAL REVIEW ON BASTI WITH SPECIAL REFERENCE TO PANCHKARMA

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INTRODUCTION

Basti is a procedure in which the preparation of decoction or medicated oil is administered through rectal route. The meaning of the word 'Basti' can be understood by the derivation "Vasu Nivase" that means to reside, to stay, to dwell. In other words, Basti is the procedure in which the medication stays inside the body and returns back in a particular time. It is considered to be the most powerful tool for Shodhana as it alleviates the most powerful Dosha that is the Vata Dosha. Acharya Charakaa has quoted Basti as half of the complete treatment process (Ardha Chikitsa). Also, some Acharyas considered Basti as complete treatment process (Poorna Chikitsa). All Acharyas opined Basti as the best intervention for Vata Dosha. The importance of Basti has been well documented in the classical texts of Ayurveda. It acts as an anti-aging agent, good in every phase of life, a good tool to take out morbid materials, provider of joyful life, good digestive power, cognizance, and improves complexion.

Basti sustains the age, provides happy life, strength, digestive fire, intellect, voice, complexion, performs all functions, is free from complications in child, adult and old patients, alleviates all disorders, draws out faeces, mucus, bile, wind and urine; gives firmness, semen and strength and pacifies all disorders by eliminating accumulation of impurities situated all over the body.

The rationale behind selecting Basti Chikitsa is inevitable relationship of vitiation of Vata Dosha and manifestation of Yoni Vikara. Basti Chikitsa is a treatment of choice in Vata Vyadhi.

Proper selection and administration of Basti proves to be best relief for diseases. Different combinations of drugs used for Basti can show varied opposite actions. It can perish and nourish or shrink and reduce different Srotasa, Dhatu in body. Drugs are not given by oral route, no internal administration of sneha required and Doshas are eliminated by easy way. So Basti is better than other treatment modalities like Vamana, Virechana. Basti is best among all Panchakarma treatments because Basti can show different actions by combinations of different drugs. It nourishes body, eliminates body wastes, and prolongs life. Useful in treating different diseases.

Basti Upakrama is highly effective in management of symptoms of cancers of female genital organs namely per vaginal discharge and vaginal itching. It is also

effective in symptoms vaginal burning, body ache and Sanjata Krimi Lakshana – discolouration.

CONCEPTUAL REVIEW

Basti is a special treatment in Ayurveda. It pacifies Vitiated Vata. Vata is the root cause of all pathogenesis of diseases in the body. Basti regulates Vata, so it is called complete or half treatment of all diseases. Meaning of word Basti is Bladder. Animal bladders were used to administer medicinal decoctions or fats through anal opening. So the treatment was also called Basti.

• Classification of Basti

Anatomical classification

1. Pakwashayagata (Rectal) – As the name suggest drugs i.e. oils or decoctions are administered through rectum which reaches to Pakwashaya, the large intestine. Since pakwashaya is seat of Vata, this treatment for Vata Vyadhi is rewarding.

2. Garbhashayagata (Uterine) - As the name suggest drugs i.e. oils or decoctions are administered through vagina In female genital disorders especially in infertility such basti type acts as cleansing procedure for Garbhashayya.

3. Mutrashayagata (Urethrovesical) - As the name suggests drugs i.e. oils or decoctions are administered through urethra. Diseases of urinary system are treated with such procedure.

4. Vranagata (Wound) – In case of Naadivrana, for Shodhan and Ropana Karma, medicated oil or decoctions are pushed in the Vrana (wound).

- Pharmaceutical classification

1. Niruha Basti 2. Anuvasana Basti

- Pharmacological classification- (According to Sushruta)

1. Shodhana Basti 2. Lekhana Basti 3. Snehana Basti 4. Brihana Basti

- According to Acharya Vagbhata

1. Utkleshana Basti 2. Doshhara Basti 3. Shamana Basti

According to the number of Basti

1. Karma Basti- set of 30
2. Kala Basti-set of 16
3. Yoga Basti –set of 8

According to Charaka Samhita–

1. Anuvasana basti.
2. Niruha basti.
3. Uttar basti.

In classical texts some more types of Basti are mentioned with specific names.

These are as follows

1. Yapana Basti -This Basti can be administered at any time. Yapana (prolonging) of life can be achieved by administration of this Basti.
2. Siddha Basti which cures a certain disease.
3. Prasrita Yaugiki Basti which should be administered in the dose of Prasrita.
4. Paadaheena Basti - The Basti which should be administered in the dose of nine Prasrita.
5. Teekshna Basti- the Basti which contains Teekshna (penetrating) Dravya such as Kshara, Mutra or other drugs having Ushna property.
6. Mrudu Basti - The basti which contains Mrudu (mild) Dravya such as Dugdha, Mansarasa, Ghrita etc.
7. Picchha Basti -The Basti which contains drugs having Pichchhila property.
8. Rakta Basti- Administration of blood of animals like goat is called as Rakta Basti. This type of Basti should be administered to compensate the Raktakshaya due to any cause.

Importance of Basti

Basti sustains age, gives happy life, add up to strength, digestive power, intellect, voice, and complexion, overcome all diseases, beneficial for young ones and old age.

Basti eliminates Purisha, Mutra, Kapha, Vata and Pitta. Dosha are removed from whole body. Basti is antecedent treatment for Vata dominance pathologies.

Basti is best for Vata Dosha, among all other treatments. Proper selection and administration of Basti proves to be best relief for diseases. Different combinations of drugs used for Basti can show varied opposite actions. It can perish and nourish or shrink and reduce different Srotasa, Dhātu in body. Drugs are not given by oral route, no internal administration of sneha required and Doshas are eliminated by easy way. So Basti is better than other treatment modalities like Vamana, Virechana. Basti is best among all Panchakarma treatments because Basti can show different actions by combinations of different drugs. It nourishes body, eliminates body wastes, and prolongs life. Useful in treating different diseases.

Basti is good for Vata, Pitta, Kapha, Rakta and even complex pathologies. Basti is recommended for pathogenesis like stiffened, contracted, shrunken muscles and limbs, for constipation and pain, for the problem of infertility in both the sexes. 0

Basti is best for those who suffer from Shakhagata Vata, shrunken extremities, fractures, stiff joints, constipation.

Action of Basti

Basti is administered in body through rectal route. The drug actually reaches up to Nabhi area. But by the action of different drugs it eliminates Dosha from whole body. Grahani is situated at Nabhi area. Basti drug reaches up to Grahani, acts on Pittadhara Kala and Majjadhara Kala. According to Dalhana Pittadharakala and Majjadhara Kala are same. Purishadhara Kala and Asthidhara Kala are also same. Purishadhara Kala is situated a Pakwashaya, main seat of Vata Dosha. So along with Vata Dosha, Basti drug acts on Pittadhara, Purishadhara, Majjadhara, Asthidhara Kala. Basti removes all wastes from this area. Basti drug roll up the waste products and are easily removed. Properly administered Niruha Basti removes stools and urine and frees daily bowel movement. It goes up to the umbilical area, waist side and belly and removes impurity. It pacifies the disease for which it is administered and improves digestive power.

Anuvasana Basti when administered routinely for eighteen days it nourishes the whole body.

First administered Anuvasana Basti oleate Basti and Vankshana area (Hip region). Second controls the Vata Dosha of Murdha. Third gives Bala and Varna. Forth gives Rasa, fifth gives Rakta, sixth Mansa, seventh Meda, eighth Asthi, ninth Majja, tenth Shukra. This way Basti oleates the whole body. Though drug reaches up to Nabhi area the Basti shows its action all over the body.

Basti controls Vata from Pakwashaya. Pakwashaya is the main seat of Vata Dosha. When the Vata from Pakwashaya is controlled, other types of Vata functioning all over the body are also controlled¹²⁷. Vata situated at any Sandhi from the body is also controlled. When a tree is irrigated at its root, the whole plant gets nourished. In the same way, Basti given in Pakwashaya

controls Vata of the whole body and all systems of the body are nourished.

Drugs of Basti are absorbed in Pakwashaya and get transported in all Srotasa of a body just as when roots are irrigated the whole plant perishes.

Sun though situated high above, dries the water on earth. In the same manner, Basti eliminates Dosha from head to toe by its own power. It is called as Basti Veerya. (potency) Vata Dosha is responsible for the vitiation of Pitta and Kapha Dosha, all vital metabolisms along with Marma. Basti is a treatment for controlling Vata and it protects Marmas. First administered Basti removes Vata from Pakwashaya. Second, administered Basti removes Pitta from Grahani. Third Basti eliminates Kapha from Amashaya.

Properly administrated Basti rolls up and eliminates impurities by reaching Kati, Prishtha, and Koshta area along with different Srotasa. Vayu is powerful among Dosha. Vitiated Vata can destroy toxins. Basti is the only treatment that controls this Vata, nourishes the body.

Sushrutacharya has compared the Vayu and Basti, with stormy wind and high tide. When this stormy wind like Vata Prakopa is controlled by Basti, the body is very well nourished. Basti should be administered properly, including pre-post procedures.

DISCUSSION

Administration of Basti

Position of the patient- Left lateral position with left lower extremity straight and right lower extremity flexed on knee and hip joint is the posture given to the patient. Grahani, Guda lie on left side. Gudawali and all these organs lean on left and Basti reach up to Grahani area so left lateral position is ideal for Basti. After Basti administration patient is asked to rest on back lie position.

Patient should not rest too high or low. Surface must be plain for Basti administration. Basti must be administered with slow and uniform speed. Air from catheter is removed. Oil is applied to the tip of catheter.

The following faults are to be avoided during Basti administration

1. Administering with air
2. Level of catheter too high, too low
3. Shaking of hands and catheter
4. Too slow, too fast
5. Administering too outwards or inwards

Paschata Karma

1. Basti Pratyagaam
2. Yoga- Ayoga-Samyaka Lakshana Parikshana
3. Basti Vyapada Chikitsa
4. Parihara Kala.

Basti Pratyagama Krimighna Taila Basti is retained in body for few hours. If it is retained for more than 12 hours and there are no symptoms the condition is ignored as Krumighna Taila Basti, Anuvasana Basti are retention type of Basti. Krimighna Niruha Basti comes out of body along with Dosha within 40 minutes.

Treatment for Basti Pratyagama is Tikshana Basti, Gudavarti.

Krimighna Basti is administered after lunch as its dose is 50 ml.

Symptoms expressed by Basti

Samyaka Yoga

1. Ease in micturation and bowel
2. Controlled Vata activity
3. Improvement in digestion
4. Feeling of lightness of body by elimination of Dosha from body cavities.
5. Cure the disease
6. Achieve well health and well being.

Atiyoga

Symptoms of Niruha Basti when administered in excess are same of excess Virechana.

1. Weakness,
2. Loss of weight
3. Pain in body
4. Mental disturbances

Ayoga

Symptoms of improper Niruha Basti

1. Swelling of rectal area
2. Head ache
3. Heart pain
4. Swelling in bladder area, perineum
5. Fissure
6. Feeling of vomiting
7. Constipation

CONCLUSION

The current study showed that the way of action of Basti Karma is a compound procedure to understand. No one till today has made any solid evidence-based statement about the same. However, certain studies have made good efforts in evaluating the presence of active compound before and after the administration of Basti. Still there is a need of formulation of clinical studies to evaluate certain topics such as proper absorptive procedure of the Basti Dravya, role of Sneha in the Basti, particulate nature of Basti Dravya, role of Basti on gut flora. The mode of action of Basti is still a matter of extensive clinical research.

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