

UTSANG BASTI IN BREAST RELATED DISEASES W. S. R. TO BREAST CARCINOMA

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ABSTRACT

Introduction: First time in the history of medical science for ever that such type of *basti* / bath is given to the breast for prevention and treatment in breast-related diseases specially in breast carcinoma for menopausal women. We should also call as a '**Breast Bath**'. The present invention relates to an apparatus for performing *Utsang Basti* therapy for the prevention and treatment of breast-related diseases. The apparatus includes a pair of therapeutic pots configured to hold medicated warm oil, shaped to conform to the anatomical contours of the breasts for complete immersion & whirlpool of oil during therapy. A rubber inflatable bag positioned beneath the pots is inflated using an inflation mechanism to create a leak-proof seal against the patient's chest. Each pot is equipped with inlet ports for filling oil, outlet ports for draining used oil and an overflow port for excess oil management. A drainage tube channels used oil to collect in a container, while a oil submersible pump enables oil to top-up the oil in the pots for circulation & making whirlpool of specially medicated oil during therapy. A medicated oil specially made as per advocated by *Bharat Bhaishajya Ratnavali*. Rubber fit straps secure the edges of the apparatus, ensuring hygienic, efficient, and spill-free therapy. **Methods:** Complete immersion, oil whirlpool & circulation of warm oil therapy for uniform contact and deep penetration of medicated oils into breast tissue. Customizable pot sizing for anatomical precision, comfort, and reduced oil usage. Secure attachment through dual-mode inflatable sealing system, preventing leakage and ensuring safety. Efficient oil management with three-port configuration and Y shaped drainage system for reuse and hygiene. Manual and electric inflation options, Offering operational flexibility in diverse environments. Integrated overflow prevention, reducing mess and contamination. Heating elements with thermostat is built in the drainage reservoir to keep continuous warmth in the oil to enhance absorption power as well as to maintain viscosity of oil. **Result:** Enhanced clinical outcomes, including improved blood circulation, lymphatic drainage and tissue rejuvenation. **Conclusion:** Preventive care application, potentially lowering the risk of breast carcinoma in menopausal women and brightening and toning of breast and other breast diseases. Cost-effective and reusable design, making it practical for both clinical and home settings. User-friendly operation, allowing patients to self-operate under guidance, improving accessibility of care.

KEYWORDS: *Utsang Basti* apparatus, *Utsang Bandh*, Breast related diseases, Breast Carcinoma.

INTRODUCTION

“स्वबुद्ध्या चापि विभजेद् यन्त कर्माणि बुद्धिमान् ।

असंख्येयविकल्पत्वाच्छल्यानामिति निश्चयः ॥”^[1]

सु.सू. 7/19

There are many types of surgeries and hence it is correct opinion that an intelligent doctor should use his intellect to imagine the various types of instruments and their functions as per the need. So we developed such kind of apparatus.

“सक्षीरो वाऽप्यदुग्धौ वा प्राप्य दोषः स्तनो स्त्रियाः ।

रक्तमांसं च सन्दूष्य स्तनरोगाय कल्पते ॥”^[2]

सु.नि. 10/27

Vata disorders enter a woman's lactating or non-lactating breasts and contaminate the blood and flesh there, causing breast diseases.

“तत्र स्नेहादीनां कर्मणां बस्तिकर्म प्रधानतममाहुराचार्याः। कस्मात्? अनेककर्मकरत्वाद्धस्तेः, इह खलु बस्तिर्नानाविधद्रव्यसंयोगाद्दोषाणां संशोधनसंशमन-संग्रहणानि करोति, क्षीणशुक्रं वाजीकरोति, कृशं वृंहयति, स्थूलं कर्शयति, चक्षुः, प्रीणयति, बलीपलितमपहन्ति, वयः स्थापयति ॥”^[3]

सु.चि. 35/3

Praise of Basti

Acharyas consider *Basti-karma* to be the most important among the acts like *Snehan* (Oleation) etc. Because *Basti* accomplishes many tasks. By the combination of various ingredients, corrects, relieves and collects defects, makes the depleted sperm *vaji*, or sperm, strengthens the lean, weakens the fat, gives strength to the eyes, destroys diseases caused by sacrifice and increases life span.

“शरीरोपचयं वर्णं बलमारोग्यमायुषः ।

कुरुते परिवृद्धिं च बस्तिः सम्यगुपासितः ॥”^[4]

सु.चि. 35/4

Basti, when taken properly, increases the strength, colour, strength, health and longevity of the body.

“तथा

ज्वरातीसारतिमिरप्रतिश्यायशिरोरोगाधिमन्यादिताक्षेपकपक्षा घातैकाङ्गसर्वाङ्ग

रोगाध्मानोदरयोनिशूलशर्कराशूलवृद्ध्युपदंशानाहमूत्रकृच्छ्रगुल्मषातशोणितवातमूत्रपुरीषोदावर्तशुक्रार्तवस्तन्यनाशहृदनुमन्याग्रहशर्कराशमरीमूढगर्भप्रभृतिषु चात्यर्थमुपयुज्यते ॥”^[5]

सु.चि. 35/5

Diseases corrected by Basti –Karm

Special uses of *Basti* in Fever, diarrhoea, darkness, headache, *Adhimanya*, *Ardit*, offensive, paralysis, monogamy, *Sarvanga Vata*, Asthma, abdominal, vaginal cough, *Basti* is used in diseases such as diabetes, growth,

syphilis, difficulty in urinating, Tumors, *Vaat-Rakta*, *Vaat* obstruction in latrine and urine, **loss of sperm, menstruation, breasts**, heart, Cervical Spondylosis, diabetes, renal stones and still birth diseases.

“बस्तिर्वाते च पित्ते च कफे रक्ते च शस्यते ।

संसर्गं सन्निपाते च बस्तिरेव हितः सदा ॥”^[6]

सु.चि. 35/6

For example, in case of *Vata*, *Pitta*, *Kapha*, *Rakta*, contagion (outbreak/ vitiation) of *doshas* and *Sannipat* (*tridosha* contagion), using *Basti* is always beneficial.

“स्वनामानुगताकारा बन्धास्तु दश पञ्च च ॥ 59 ॥

कोशस्वस्तिकमुत्तलीचीनदामानुवेल्लितम् ।

खट्वाविबन्धस्थगिकावितानोत्सङ्गगोफणाः ॥ 60 ॥

यमकं मण्डलाख्यं च पञ्चाङ्गी चेति योजयेत् ।

यो यत्र सुनिविष्टः स्यात्तं तेषां तत्र बुद्धिमान् ॥ 61 ॥”^[7]

Vagbhat Samhita –Sutra Sthan -29/ 59-61

There are 15 bandhas of *vran*, namely, *Kosha bandha*, *Swastika bandha*, *Muttoli bandha*, *Chin bandha*, *Dama bandh*, *Anuvellit bandha*, *Khatva bandha*, *Vibandha bandha*, *Sthagika bandha*, *Vitana bandha*, *Utsanga bandha*, *Gophana bandha*, *Yamaka bandha*, *Mandal bandha* and *Panchangi bandha*. Their shape should be as per their name. A wise person should tie the knot in the place where it fits best.

“तैलेन सार्षपैः सार्धमालिम्पेद्वाडिमत्वचम् ।

लिङ्गकर्णस्तनानां च वृद्धिहेतुरिदं किल ॥”^[8]

भारत भैषज्य कल्पना – भाग – 5, लेप प्रकरण, 8069/ 8

Applying a paste of finely powdered pomegranate bark mixed with mustard oil helps in enlargement of penis, vagina and breasts.

The present invention relates to the field of therapeutic medical devices, and more particularly to an apparatus designed for performing *Utsang Basti* therapy - an Ayurvedic therapeutic procedure for breast related diseases. The invention specifically pertains to a breast immersion therapy device configured to prevent and treat various breast-related diseases and conditions, including not only limiting brightening and toning of breast but also in mastitis, mastalgia, menstrual mastalgia, fibroadenoma, fibrocystic breast diseases, asymmetrical breast development and breast carcinoma in menopausal women. The apparatus is designed to enable localized administration of medicated warm oils to the breast tissue in a controlled and effective manner, thereby providing preventive, therapeutic and restorative benefits. More particularly, the invention relates to a dual-mode (manual and electric) inflation and sealing system that securely positions breast-shaped therapeutic pots containing medicated oil against the patient's chest,

ensuring complete immersion of the breast tissue and efficient therapeutic delivery. A drainage tube channels used oil to collect in a container, while a oil submersible pump enables oil to top-up the oil in the pots for circulation & making whirlpool of specially medicated oil during therapy. A medicated oil specially made as per advocated by *Bharat Bhaishajya Ratnavali*. Rubber fit straps secure the edges of the apparatus, ensuring hygienic, efficient, and spill-free therapy. Complete immersion of breast, oil whirlpool & circulation of warm oil therapy for uniform contact and deep penetration of medicated oils into breast tissue. Customizable pot sizing for anatomical precision, comfort, and reduced oil usage. Secure attachment through dual-mode inflatable sealing system, preventing leakage and ensuring safety. Efficient oil management with three-port configuration and Y shaped drainage system for reuse and hygiene. Manual and electric inflation options, Offering operational flexibility in diverse environments. Integrated overflow prevention, reducing mess and contamination. Heating elements with thermostat is built in the drainage reservoir to keep continuous warmth in the oil to enhance absorption power as well as to maintain viscosity of oil.

In both Ayurveda and modern medicine (allopathy), the anatomy, physiology and diseases of the breast are well understood and comprehensively documented. Various treatment modalities for breast-related conditions have been developed and applied over time. In Ayurveda, treatment approaches primarily include *Lepa* (medicated herbal pastes), external application of medicated oils and oral medicines aimed at restoring balance and improving breast health. In contrast, modern medicine largely focuses on surgical interventions for managing breast diseases, with medicinal therapies playing a relatively limited role. Despite the availability of these treatment modalities, there is currently no dedicated preventive or restorative therapy for breast carcinoma, for menopausal women and brightening and toning of breast or other chronic breast related disorders in other medical system. Preventive healthcare for breast conditions remains a critical unmet need, particularly as these diseases are becoming increasingly common. Breast-related diseases such as mastitis, mastalgia, menstrual mastalgia, fibroadenoma, fibroadenosis, and asymmetrical breast development are now frequently observed in girls & women across the world in various age groups. This rise in prevalence is largely attributed to lifestyle changes, including increased consumption of processed and fast foods, sedentary habits, and hormonal imbalances caused by environmental and dietary factors. In many cases, these conditions develop silently and are detected only after they have progressed to a stage where surgical treatment becomes inevitable. A significant challenge with existing approaches is that they are primarily reactive rather than preventive. While surgical methods may remove or treat diseased tissue, they do not address underlying causes or promote the overall health and nourishment of breast tissue. Moreover, such

interventions often come with psychological, physical, and financial burdens for patients. Similarly, while Ayurvedic practices describe external therapies and *bandhas* (specialized dressings) for certain anatomical regions such as the breast and testis, these methods have historically been limited to supportive care rather than offering a systematic, localized therapeutic approach for preventing or managing breast disorders. Given these limitations, there exists a critical need for a dedicated therapeutic solution that is non-invasive, preventive, and restorative in nature. Such a solution should focus on enhancing local circulation, promoting tissue nourishment, reducing hormonal imbalances and supporting the natural structure and function of breast tissue, while also offering comfort, ease of application, and safety. This would not only help in the management of existing breast conditions for brightening and toning of breast but also play a pivotal role in preventing the onset of more severe diseases, including breast carcinoma in menopausal women.

This apparatus has been specifically designed to perform *basti* therapy for the breast region (*Stan-Basti*). In classical Ayurvedic literature, *Acharya Vagbhat* described the concept of *Utsang Bandh*, which refers to a specialized dressing technique intended for pedunculated organs, such as the breast and testis. However, no detailed methodology or apparatus for delivering a *basti* procedure specifically targeted to the breast was provided. The present invention addresses this unmet need by introducing a novel therapeutic device that enables localized *Stan-Basti* / bath treatment. In operation, the apparatus is configured such that the breasts are completely immersed in medicated warm oil contained within anatomically shaped therapeutic pots, thereby allowing uniform and controlled therapeutic delivery directly to the breast tissue. Heating element with thermostat & oil submersible pump in built in the drainage reservoir to circulate warm oil in the both therapeutic pots & making whirlpool in the pots to immerse & more absorption of medicated oil in the breast. For this apparatus, silicone tubes are used. The present invention relates to a specialized therapeutic apparatus also interchangeably referred to as the “*Utsang Basti Yantra*”, developed as a preventive and therapeutic solution for various breast-related diseases, including but not limited to breast carcinoma, mastitis, mastalgia, menstrual mastalgia, fibroadenoma, fibrocystic breast disease, menopausal women and asymmetrical breast development. It is also beneficial for breast toning, rejuvenation and overall nourishment. The invention is based on Ayurvedic principles and draws conceptual inspiration from the ancient teachings of *Acharya Vagbhat*, who described *Utsang Bandh*, a special dressing technique for pedunculated organs such as the breast and testis. However, no method was previously illustrated for applying *basti* therapy to the breast region. The present invention addresses this gap by introducing an innovative apparatus specifically designed for *Stan-Basti*, wherein both breasts are completely immersed in

warm, medicated oil contained within specially designed pots, thus providing a localized therapeutic effect. The present invention provides an apparatus specifically designed for performing *Utsang Basti* therapy, a specialized Ayurvedic treatment for the prevention and management of breast-related diseases. Conventional therapeutic approaches for breast care, such as massage-based techniques, topical applications, surgical interventions, or superficial heat therapies, are limited in their ability to deliver therapeutic agents deep into the breast tissue in a controlled and sustained manner. These conventional techniques often fail to achieve complete immersion of the breast tissue in medicated substances, leading to inadequate absorption, inconsistent therapeutic outcomes and potential discomfort to the patient. Moreover, there has been a lack of devices specifically engineered to securely position the therapeutic medium against the chest region while preventing leakage or spillage of the medicated oil, which is critical for maintaining hygiene, efficiency and repeat usability. The present invention overcomes these limitations through a carefully engineered dual-pot system, wherein the breasts are completely immersed in warm medicated oil inside anatomically shaped therapeutic pots. This design ensures uniform contact of the medicated oil with all parts of the breast, including the nipple, areola, and surrounding tissue, allowing for deep penetration of active compounds into the adipose and glandular tissues. The incorporation of a rubber inflatable bag, positioned beneath the pots and operated through either a manual balloon pump or an electric inflator, enables a secure and leak-proof seal between the apparatus and the patient's chest. This dual-mode inflation mechanism provides flexibility in various clinical and field settings, addressing scenarios where electricity may not be readily available, this apparatus also run on battery back up.. Such a system has not been available in prior devices, making this invention distinctly novel and technically superior.

The invention also introduces a three-port configuration for each therapeutic pot, comprising an inlet port, outlet port, and overflow port. These ports are interchangeable and allow efficient oil management during therapy. The inlet enables continuous topping up of warm medicated oil using a oil submersible pump, ensuring consistent temperature of oil controlled by thermostat for therapeutic effect, while the overflow port automatically prevents spillage by releasing excess oil into a drainage container. At the end of the therapy session, the outlet port, connected via a Y-shaped drainage tube, allows synchronized and complete removal of the used oil into a dedicated collection container. This feature provides the additional advantage of safe storage and reuse of the medicated oil by the same patient, making the process both economical and sustainable. Conventional systems lack such integrated oil management and drainage mechanisms, often resulting in wastage, contamination, or messy handling of therapeutic substances. A further inventive aspect of the apparatus is the customizable

sizing of the therapeutic pots, which are offered in different dimensions similar to brassiere sizing. This ensures a personalized fit for each patient, thereby reducing the volume of oil required per session while maximizing comfort and therapeutic efficiency. The interconnected design of the pots maintains consistent oil levels between both breasts, ensuring uniform therapy. These technical features collectively represent a significant advancement over conventional techniques, where devices are typically generic and incapable of delivering tailored, anatomically precise treatments. From a therapeutic perspective, the present invention offers superior clinical outcomes by enabling complete immersion of the breast tissue in warm medicated oil for a controlled duration. This facilitates deeper absorption of lipid-soluble therapeutic compounds through the skin, areola, and nipple into the underlying adipose and glandular tissues. The warm oil improves local blood circulation, enhances lymphatic drainage, and calms localized imbalances such as *Vata prakop*, which are associated with pain, swelling, and tissue inflammation with dysfunction. This holistic mechanism not only promotes healing of existing breast conditions but also provides a preventive effect, potentially reducing the risk of diseases such as breast carcinoma, menopausal women and brightening and toning of breast. Conventional surface therapies lack this level of targeted, systemic impact. The present invention also demonstrates technical advancement through its dual-operation capability. The option to use either electric inflation or manual balloon inflation ensures uninterrupted therapy in diverse environments, including rural or resource-limited settings where electricity may not be available. Furthermore, the integrated fastening system and air-sealing mechanism significantly improve patient safety and comfort, minimizing the chances of spillage or accidental detachment during the procedure. The ability to drain and collect used oil without contamination or mess further enhances operational hygiene and repeat usability, attributes not found in prior therapeutic systems. The present invention introduces a completely new therapeutic device that combines anatomical precision, advanced oil management, dual inflation technology and holistic therapeutic action in a single apparatus. It is technically superior to existing breast care methods and devices by addressing key challenges such as inadequate immersion, lack of secure sealing, inefficient oil usage and limited adaptability. The invention's ability to deliver deep, localized therapy while maintaining user-friendly operation and clinical hygiene positions it as a significant advancement in both preventive and curative breast health care.

AIMS AND OBJECTS

- 1) To study the symptomatic relief from mastitis, mastalgia, menstrual mastalgia, fibroadenoma, fibroadenosis, and asymmetrical breast.
- 2) Preventive therapy to avoid breast carcinoma.

MATERIALS AND METHODS

- 1) *Utsang Basti Yantra*
- 2) Warm *Stanotsedhan Tail* & (made as advocated by *Bharat Bhaishya Ratnavali* & mentioned in above version.)
- 3) Always use Sterile *Stanotsedhan Tail* for *Utsang Basti*.
- 4) Oil submersible pump, heating element with thermostat, silicone tubes.

Dose - This *Utsang Basti* can be given daily for 7 days & continue as per requirements.

Inclusion Criteria – Age between 10 to 80 years females,

- 1) Mastitis,
- 2) Mastalgia,

- 3) Menstrual mastalgia,
- 4) Fibroadenoma,
- 5) Fibroadenosis
- 6) Asymmetrical breast
- 7) Feeding mother
- 8) Menopausal woman

Exclusion Criteria

- 1) Age group < 10 & > 80 years,
- 2) Carcinoma of the breast of all grade.

METHODOLOGY**(Study Design)**

FIG. 1 illustrates the complete operational setup of the *Utsang Basti* apparatus (100), in accordance with an embodiment of the present disclosure.^[9]



FIG. 2A shows an isolated perspective view of the pair of therapeutic pots, in accordance with an embodiment of the present disclosure.

FIG. 2B depicts the rubber inflatable bag separately along with the inflation mechanism, in accordance with an embodiment of the present disclosure.

FIG. 2C shows the support housing with integrated straps and fastening means, in accordance with an embodiment of the present disclosure.

FIG. 2D presents the rear side of the apparatus, displaying the routing of the drainage tube and its connection to the outlet ports, in accordance with an embodiment of the present disclosure.

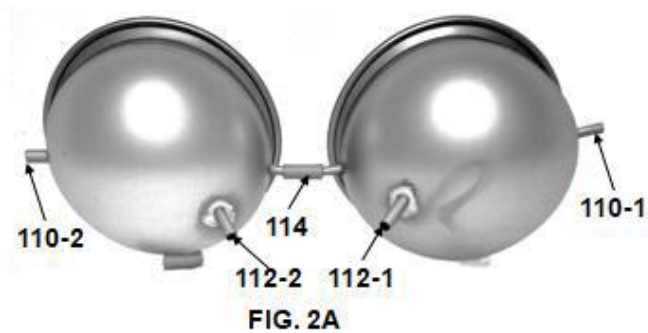
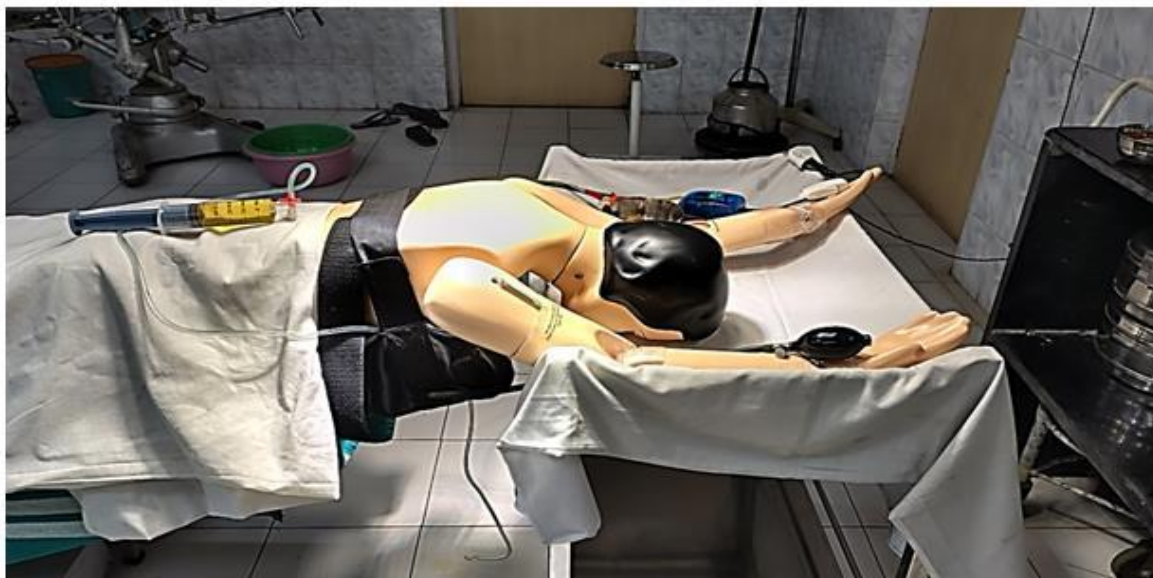
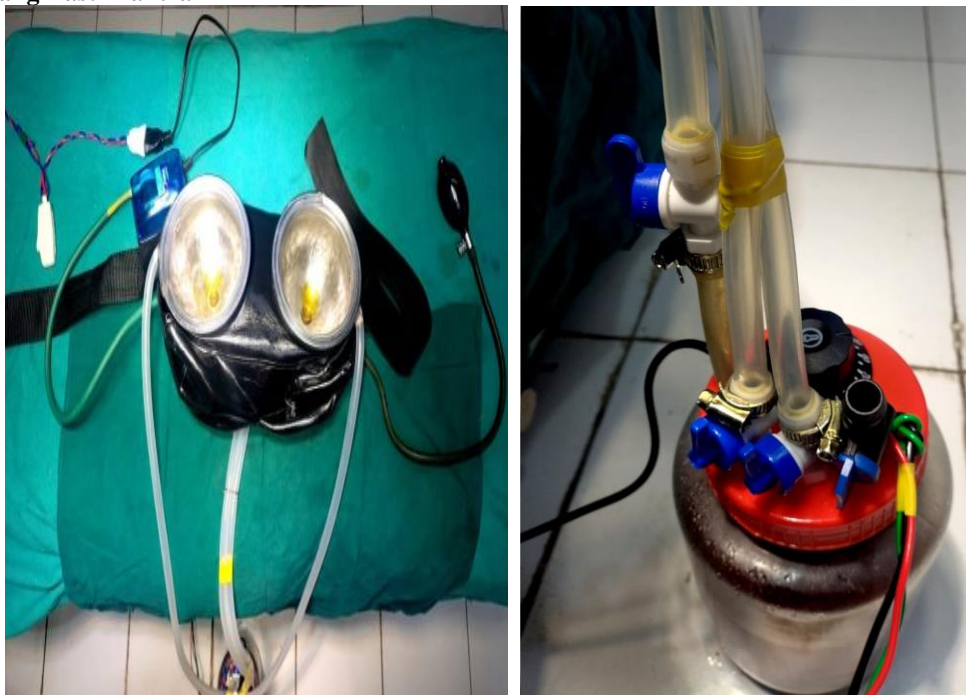


FIG. 3: illustrates a positioning of the user for using the apparatus of the present invention, in accordance with an embodiment of the present disclosure.



Modified Utsang Basti Yantra

Installed Oil submersible pump, Heating element with thermostat



(12)

The apparatus itself is thoughtfully engineered to ensure therapeutic efficacy, patient comfort and ease of operation. It comprises two stainless-steel pots designed to match the shape and size of the patient's breasts. Similar to how women select brassieres according to their breast size, the pots can be selected accordingly to reduce the quantity of medicated oil required for each session. Beneath the pots, there is a rubber air-inflation bag that securely attaches the apparatus to the patient's chest. This bag can be inflated either manually using a balloon pump or automatically through an electric air inflator. Each pot contains three ports, an inlet, an outlet, and an overflow port. These ports are interconnected to

maintain a consistent oil level during the procedure. The inlet is used for topping up oil during the session, the outlet is used to drain used oil at the end of the therapy and the overflow port prevents spillage. Both outlets are connected to a Y-shaped tubing system, which collects the used oil into a separate container for safe reuse by the same patient, ensuring cost-effectiveness and sustainability. The therapeutic process is simple yet highly effective. The patient lies in a prone position on a treatment table, with her head and arms supported comfortably on the other supporting table and a gap maintained between the abdomen and chest to accommodate the apparatus of the present invention. The

pots are half-filled with warm, medicated oil and carefully positioned over the breasts. The rubber inflation bag is then activated to create a snug seal, ensuring that the breasts are completely immersed in oil. During the therapy session, after the proper position given to the patient, attendants can easily top up the oil level using a syringe through the inlet port, while excess oil naturally flows out through the overflow port to maintain equilibrium. At the end of the 15 to 20 minute session, the outlet port is opened to drain the used oil completely. The device is then detached carefully by a nurse or assistant without spillage, allowing the patient to stand up comfortably. The remaining oil on the breast surface can be gently massaged by the patient herself to enhance therapeutic benefits and stimulate local circulation. The dual-operation capability of the apparatus, both manual and electric, provides flexibility for use in various clinical and home-care settings. Patient can operate herself this device during *Utsang Basti* session. The ability to secure the device tightly to the chest using the air-inflation system ensures that the therapy remains localized, consistent, and effective.

Criteria for clinical assessment

- 1) Mastitis,
- 2) Mastalgia,
- 3) Menstrual mastalgia,
- 4) Fibroadenoma,
- 5) Fibroadenosis, and
- 6) Asymmetrical breast
- 7) Pre & Post Menopausal Women
- 8) Brightening, Toning & development of the breast.

OBSERVATION

Breast tissue has unique structural and physiological characteristics that make it particularly responsive to oil absorption and lipid-based therapies. The composition of the breast primarily includes glandular tissue, such as lobules and ducts, which are responsible for milk production, and a large proportion of adipose (fat) tissue, especially in non-lactating women. Additionally, stroma and connective tissue provide support and structural integrity, while the skin covering protects and supports the underlying tissue. This composition directly influences how breast tissue interacts with oils and lipid-based substances. From a therapeutic perspective, breast tissue is highly lipophilic, meaning it has an affinity for oil-based substances. The adipose tissue, being rich in fat cells, readily absorbs lipid-soluble compounds, such as medicated oils, hormones, or lipid-based drugs. This allows these substances to accumulate more easily compared to water-soluble compounds.^[10] Skin permeability also plays a crucial role, with the areola region being thinner and more permeable than other areas, thus facilitating deeper oil penetration. Hair follicles and sebaceous glands present on the skin further assist in the absorption process. Moreover, the breast tissue is highly vascularized, meaning that absorbed substances can enter the systemic circulation, amplifying their therapeutic effects. Clinically, this high lipophilicity

and vascularity have several implications. When topical oils or ointments are applied to the breast, they may penetrate the skin, although many formulations remain mostly superficial unless they are specifically designed for deeper tissue absorption. Lipid-soluble drugs and environmental toxins can accumulate in the breast's adipose tissue over time. In breast-feeding women, fat-soluble substances stored in breast tissue may even be transferred into breast milk. Massage oils are typically used to soften the skin and improve local blood circulation, but without medicated formulation, their systemic absorption is usually minimal. Thus, the type of oil, its formulation, and the duration of exposure are critical factors that determine the depth and effectiveness of absorption. According to Ayurvedic principles, the foundation of many diseases lies in the imbalance or vitiation of *Vata Dosha (Vata Prakop)*. It is believed that no disease can occur without some involvement of *Vata*. When *Vata* is aggravated, it disrupts the balance of other *doshas*, leading to the manifestation of various diseases. *Basti chikitsa*, or therapeutic enema and localized oil therapies, is considered the most effective treatment for pacifying aggravated *Vata*. Breast diseases, including inflammation, pain, and tissue abnormalities, are often attributed to localized *Vata Prakop* within the breast tissue. Since oil is the ideal medium for pacifying *Vata*, its application plays a vital role in Ayurvedic treatments. The apparatus of the present invention has been specifically developed to deliver medicated oil directly to the breasts in a controlled and therapeutic manner. By immersing the breasts in warm, specially formulated medicated oil, the therapy directly targets local *Vata* aggravation, promoting balance and healing. The absorbed oil deeply nourishes the ducts, adipose tissue, and glandular structures, improving blood circulation, soothing tissue injuries, and enhancing systemic well-being. In summary, the natural lipophilic properties of breast tissue, combined with Ayurvedic knowledge of *Vata* -related disease causation, form a scientific and traditional basis for using medicated oil therapy through the apparatus of the present invention. This approach provides both localized therapeutic action and broader systemic benefits, offering a preventive and restorative solution for managing and mitigating breast-related diseases. However, no procedure or apparatus has been historically described for performing a targeted *basti* treatment for the breast. This invention addresses that gap by introducing a device that enables the breasts to be fully immersed in medicated warm oil contained within specially designed anatomical pots, thereby providing a controlled and localized therapeutic intervention for various breast-related disorders. The apparatus works by deeply nourishing the breast tissue through the use of specially formulated medicated oils. These oils are warmed to a therapeutic temperature and designed for deep transdermal absorption. When the breasts are immersed in this warm oil, the heat opens the skin pores, allowing the active therapeutic ingredients to penetrate through the skin layers and nipple ducts, reaching both the adipose tissue and the glandular tissue of the breast.

Since the oil is lipid-soluble, it naturally accumulates in the fat-rich breast tissue, enhancing its therapeutic effects. This process improves blood circulation, supports systemic absorption, and soothes internal tissue damage, making it particularly effective for conditions involving inflammation, tissue imbalance, or hormonal disturbances. During operation, both breasts are immersed in the medicated oil for a duration of approximately 15 to 20 minutes. Over this period, the warm oil penetrates deeply, leading to the mitigation of local *Vata* aggravation (*Vata Prakop*), which, according to Ayurvedic principles, is a key factor in the development of various breast disorders. Through consistent application, this therapy helps in recovering breast tissue health without the need for invasive surgery, while also serving as a preventive treatment to reduce the risk of developing serious conditions such as breast carcinoma, menopausal women and brightening and toning of breast and other chronic breast-related diseases. This sealing mechanism prevents oil leakage during the procedure and ensures the pots remain stable, thereby enhancing the comfort, safety, and effectiveness of the treatment.

Figs. 1, 2A-2D and 3, the present invention discloses an apparatus (100) designed for performing *Utsang Basti* therapy, specifically aimed at the prevention and treatment of various breast-related diseases. The apparatus (100) comprises a pair of therapeutic pots (102-1, 102-2) configured to hold medicated warm oil (104-1, 104-2) during therapy. Each therapeutic pot is carefully designed with anatomical shape and dimensions corresponding to the natural contour of a human breast so that, during therapy, the breast can be completely immersed in the medicated oil. The material of construction for the therapeutic pots is preferably medical-grade stainless steel (SS304) or other medically safe and non-reactive materials such as **food & therapeutic grade polymer composites**, ensuring hygienic use, durability, and safe thermal properties. These therapeutic pots are available in multiple sizes similar to brassiere sizing, thereby accommodating different breast sizes to provide a customized fit for individual users and to optimize oil usage while ensuring effective therapy. Beneath the therapeutic pots (102-1, 102-2), a rubber inflatable bag (106) is provided. This bag is constructed from medical-grade silicone rubber, chosen for its flexibility, durability, and ability to create a uniform sealing force. During operation, the rubber inflatable bag is selectively inflated to secure the therapeutic pots firmly against the patient's chest, forming a leak-proof seal and ensuring that the warm medicated oil remains contained within the pots during the entire therapy session. This inflation mechanism not only prevents spillage but also provides a comfortable yet stable engagement with the patient's skin, which is critical for performing localized *basti* therapy effectively. The apparatus further comprises an inflation mechanism (108) operatively coupled to the rubber inflatable bag (106). The inflation mechanism may be a manual

inflation unit, such as a hand-operated balloon pump, or an electric inflation unit, such as an electric air inflator. Either or both of these mechanisms can be used for inflating the rubber inflatable bag to achieve the required sealing pressure. In certain advanced embodiments, the inflation mechanism (108) may include automatic regulation capabilities to monitor and control the internal air pressure within the rubber inflatable bag, thereby maintaining a uniform sealing force against the chest throughout the therapy session and enhancing safety and comfort. Each therapeutic pot (102-1, 102-2) is equipped with a plurality of ports to manage the medicated oil effectively during the procedure. These ports include an inlet port (110-1, 110-2) for introducing fresh medicated warm oil into the pots, and an outlet port (112-1, 112-2) for draining the used oil once the therapy is completed. Additionally, an overflow port (124) may be provided to release excess oil, thereby preventing spillage or accidental overflow during therapy. The inlet, outlet, and overflow ports are designed to be interchangeable, allowing them to serve multiple functions such as topping up oil, draining used oil, or managing overflow depending on procedural requirements. In certain embodiments, the overflow port may be directly connected to a secondary container to safely collect excess medicated oil in a controlled manner. To ensure a uniform therapeutic effect, the two therapeutic pots (102-1, 102-2) are interconnected by a fluid connection system (114) comprising a plurality of connecting tubes. These tubes are preferably fabricated from medical grade heat-resistant PVC or silicone, ensuring safety, durability, and thermal stability. The fluid connection system allows the medicated oil to circulate between the two pots and ensures that a consistent oil level is maintained throughout the therapy session. For effective drainage after completion of therapy, a Y-shaped drainage tube (116) is connected to the outlet ports (112-1, 112-2). This drainage tube channels the used medicated oil into a collection container (118), where it can be filtered and reused by the same patient, making the process economical and sustainable while adhering to hygiene standards. The apparatus (100) also incorporates a top-up mechanism in the form of a syringe (120) or equivalent delivery device. This syringe is configured to introduce additional medicated warm oil through the inlet ports during therapy as required, without disturbing the patient or removing the apparatus. This feature ensures uninterrupted therapy and consistent therapeutic immersion of the breasts. To stabilize and secure the apparatus on the patient's body, a fastening system (122) is provided. This fastening system comprises adjustable straps made of elastic nylon fabric with Velcro ends (124) or equivalent securing means. These straps are positioned around the torso to hold the apparatus firmly in place during therapy while allowing for easy adjustment to accommodate different body types and treatment positions. In practical operation, the therapeutic pots (102-1, 102-2) are half filled with the medicated warm oil (104-1, 104-2) prior to initiating therapy. The patient is placed in a prone position on a

treatment table, and the apparatus is positioned such that each breast is fully immersed in its respective pot. The rubber inflatable bag (106) is then inflated using the inflation mechanism (108), creating a sealed engagement between the therapeutic pots and the chest. The therapy is carried out for a predetermined time duration, typically 15–20 minutes, allowing the lipid-soluble medicated oil to penetrate deeply into the adipose and glandular tissues of the breast. This process facilitates absorption through the skin and ducts, improving circulation, pacifying localized *Vata Dosha* imbalance, reducing inflammation, and addressing underlying causes of breast disorders according to Ayurvedic principles. Once the therapy session is complete, the outlet ports (112-1, 112-2) and the drainage tube (116) are used to drain the used oil directly into the collection container (118), ensuring that the oil is removed without spillage. Oil submersible pump continuously making whirlpool of medicated warm oil in the pot to more absorption. The collected oil may be filtered and reused for subsequent sessions by the same patient. Any residual oil remaining on the breast surface is gently massaged into the skin by the patient to maximize absorption and therapeutic benefit. The medicated oils used in the therapy are specifically formulated for deep penetration and therapeutic action. Examples include *Dashmool oil*, *Ashwagandha oil*, specially advocated oil for improvement of breast health in Ayurvedic texts, like *Sharangadhar Samhita*, *Bharat Bhaishajya Ratnakar*, etc. or combinations of Ayurvedic herbal extracts suspended in a lipid base such as sesame oil or coconut oil. These formulations are selected for their ability to target breast tissue conditions, soothe inflammation, and restore systemic balance. It may be appreciated that the medicated oil may be changed according to breast disease condition and requirement. The rubber inflatable bag (106) is integrated into a support housing that securely holds the pair of therapeutic pots in a fixed relationship, providing structural integrity and facilitating easy cleaning and assembly. The housing may be made from heat-resistant synthetic leather, neoprene, or polymeric composites, which provide durability, insulation, and comfort for the patient. Through these integrated components, the *Utsang Basti* apparatus (100) provides a safe, non-invasive, and highly effective method for delivering warm medicated oils directly to breast tissue, thereby offering localized therapeutic benefits along with systemic wellness. The design ensures controlled immersion, hygienic oil management, and customization for individual patients, making it suitable for both clinical and home use. FIG. 1 illustrates the complete operational setup of the *Utsang Basti* apparatus (100). The therapeutic pots (102-1, 102-2) are shown partially filled with medicated warm oil (104-1, 104-2) and mounted within the support housing. The rubber inflatable bag (106) is positioned beneath the pots and connected to the inflation mechanism (108), here depicted as a manual hand pump. The adjustable straps (122) with Velcro ends (124) are shown on either side of the housing for securing the apparatus to the patient's

body. The drainage tube (116) is connected to the outlet ports (112-1, 112-2) and terminates at the collection container (118). A syringe (120) is included for topping up oil through the inlet ports during therapy. This figure demonstrates the fully assembled apparatus ready for clinical application.

FIG. 2A shows an isolated perspective view of the pair of therapeutic pots (110-1, 110-2), highlighting their anatomical shape and the integrated plurality of ports. The inlet ports (110-1, 110-2) and outlet ports (112-1, 112-2) are clearly visible, as well as the connecting tube system (114) linking both pots to maintain consistent oil levels. This view emphasizes the functional design and interconnectivity of the pots. FIG. 2B depicts the rubber inflatable bag (106) separately along with the inflation mechanism (108), which includes a manual balloon pump and tubing. This figure focuses on the sealing mechanism that ensures leak-proof operation during therapy. FIG. 2C shows the support housing with integrated straps (122) and fastening means (124). The image highlights how the pots are mounted into the base structure and how the apparatus can be adjusted for patient comfort. FIG. 2D presents the rear side of the apparatus, displaying the routing of the drainage tube (116) and its connection to the outlet ports (112-1, 112-2). This figure illustrates the oil recovery system, emphasizing the hygienic collection and reuse of medicated oil.

FIG. 3 illustrates a positioning of the user for using the apparatus of the present invention, in accordance with an embodiment of the present disclosure. The procedure for using the apparatus of the present invention begins by positioning the patient in a prone position on a treatment table to ensure proper access and alignment of the chest area. The head and hands of the patient are placed comfortably on a supporting table, while a clear space is maintained between the patient's abdomen and head to accommodate the apparatus and allow free movement during the procedure. The therapeutic pots of the apparatus are half-filled with medicated warm oil, prepared specifically for therapeutic purposes. These pots are then carefully applied over the patient's chest, ensuring complete coverage of the breast area. Each pot is equipped with three strategically positioned openings: an inlet, an outlet, and an overflow port. These ports are interchangeable, allowing them to be used for topping up the oil level during the therapy as needed. The two pots are interconnected to maintain a uniform oil level across both compartments, ensuring consistent therapeutic exposure for both breasts. For proper sealing and stability during the procedure, the apparatus is fitted with a rubber bag located at its base, which is inflated either by an electric air inflator or manually using a balloon pump. This inflation creates a secure and airtight attachment of the pots to the patient's chest, preventing leakage or displacement. The treatment typically lasts 15 to 20 minutes, during which the breasts remain immersed in the warm medicated oil. After the session is

completed, the used oil is drained through the outlet at the base of the pots. Both outlets are connected to a Y-shaped single tube, enabling the complete and efficient removal of the oil from both pots simultaneously. This recovered medicated oil can be collected, filtered, and reused for subsequent sessions, making the process economical and sustainable. Once the oil is drained, the patient is carefully assisted by a nurse or attendant to stand up while the apparatus is gently detached from the chest. This process ensures no spillage of oil on the patient's body, maintaining cleanliness and comfort. Any residual oil remaining on the skin of the breasts can then be massaged by the patient herself, allowing deeper absorption of the medicated oil into the breast tissue and further enhancing the therapeutic benefits of the procedure. Best mode of working of the invention: In one exemplary best mode of working, the apparatus (100) for performing *Utsang Basti* therapy is utilized in a clinical Ayurvedic therapy center for the prevention and treatment of breast-related diseases such as mastitis, mastalgia, fibroadenoma, breast pain due to hormonal imbalance, or as a preventive wellness therapy for lactating mothers. A patient, for instance, a 34 years old lactating mother experiencing severe breast pain and tenderness due to blocked milk ducts, is identified for treatment. After a preliminary clinical examination, the Ayurvedic practitioner records the patient's medical history, current symptoms, and relevant details such as breast size, sensitivity levels, and the presence of any skin lesions. Based on the assessment, an appropriate size of therapeutic pots (102-1, 102-2) is selected. These pots are available in different sizes similar to brassiere cups to ensure a customized fit for complete immersion of the breasts in medicated oil without causing discomfort. Prior to therapy, a medicated warm oil (104-1, 104-2) is prepared using traditional Ayurvedic formulations as per advocated in *Sharangdhar Samhita* & other *samhitas*. In one example, the oil can be specially advocated oil for improvement of breast health in Ayurvedic texts, like *Sharangadhar Samhita*, *Bharat Bhaishajya Ratnakar*, etc. In another example, the medicated oil may be changed according to breast disease condition and requirement. This oil is warmed to a therapeutic temperature of around 38°-42°C to promote deep tissue absorption and increase blood circulation in the 19 breast tissue. The warming is done using a controlled heating unit to maintain uniform temperature throughout the therapy session. The therapeutic pots (102-1, 102-2) are mounted securely on the rubber inflatable bag (106), which is incorporated into a soft support housing made of medically safe, cushioned material to provide comfort and stability. The inflation mechanism (108), in this case, a hand-operated balloon pump, is attached to the inflatable bag through an air tube. Once the patient lies in a supine position, the apparatus (100) is carefully positioned on the chest, and fastening straps (122) are wrapped around the patient's back and secured using velcro. The straps ensure that the apparatus remains in position throughout the therapy session. Each therapeutic pot is half-filled with warm

medicated oil using a syringe (120) connected to the inlet ports (110-1, 110-2). This controlled filling prevents spillage and ensures a consistent oil level in both pots, facilitated by the fluid connection system (114) interlinking the pots. As the pots are filled, the practitioner gradually inflates the rubber inflatable bag (106) using the manual pump. This inflation creates a gentle upward pressure, pressing the pots securely against the chest and forming a leak-proof seal between the rims of the pots and the skin. This sealing ensures that the medicated oil completely immerses the breasts and maintains contact for maximum therapeutic effect. During the therapy, which typically lasts 15–20 minutes, additional warm medicated oil can be introduced into the pots using the syringe to maintain optimal levels, particularly if there is any minor evaporation or absorption into the skin. Any excess oil generated due to topping up or expansion is safely released through the overflow port (124), which is connected to a secondary collection container. Once the therapy is complete, the outlet ports (112-1, 112-2) are opened, and the used medicated oil flows through the drainage tube (116) into a collection container (118). This collected oil can be reused for the same patient to ensure cost efficiency and adherence to traditional practices. After the oil is drained completely, the inflatable bag is deflated, and the fastening straps are loosened to remove the apparatus. The therapeutic pots are then cleaned using warm water and a mild disinfectant. The patient's chest area is gently wiped, and a brief massage by herself/user is given to stimulate circulation and absorption of any residual oil on her breasts. The practitioner then evaluates the patient's response to the therapy, documenting changes in pain levels, swelling, and tissue firmness. In the specific example described, after three consecutive sessions spread over one week, the patient reported a significant reduction in pain and tenderness, improved milk flow, and an overall sense of relief. Clinically, there was a visible reduction in inflammation, and the breast tissue appeared softer and healthier. The airtight sealing of the pots ensured there was no oil spillage throughout the therapy, maintaining hygiene and reducing wastage of the medicated oil.

RESULT

1. An apparatus wherein (100) for performing *Utsang Basti* therapy for the prevention and treatment of breast-related diseases, the apparatus comprising: a pair of therapeutic pots (102-1, 102-2) configured to receive and hold medicated warm oil (104-1, 104-2), each pot having a shape and dimension corresponding to the anatomical contour and size of a human breast such that the breast is completely immersed in the medicated warm oil during therapy; a rubber inflatable bag (106) disposed beneath the therapeutic pots (102-1, 102-2), the rubber inflatable bag being configured to be selectively inflated to secure the therapeutic pots (102-1, 102-2) against the chest of a patient and create a leak-proof seal to thereby perform *utsang basti* therapy.

2. The apparatus wherein further comprising: an inflation mechanism (108) operatively coupled to the rubber inflatable bag (106), the inflation mechanism configured to inflate the rubber inflatable bag; a plurality of ports provided on each therapeutic pot, the plurality of ports comprising: an inlet port (110-1, 110-2) for introducing medicated warm oil into the therapeutic pot; and an outlet port (112-1, 112-2) for draining used medicated oil from the therapeutic pot. This continuous circulation of warm medicated oil is done by oil submersible pump. Medicated oil continuously keeping warm by heating elements & thermostat. After completion of the therapy; a fluid connection system (114) interconnecting the therapeutic pots (102-1, 102-2), the fluid connection system comprising a plurality of connecting tubes such that a consistent oil level is maintained between the two therapeutic pots during therapy; a drainage tube (116) operatively connected to the outlet ports of the therapeutic pots, the drainage tube configured to channel the drained used medicated oil into a collection container (118) for reuse by the same patient; a top-up mechanism comprising a syringe (120) configured to introduce additional medicated warm oil into the therapeutic pots through the inlet port during therapy; a fastening system (122) comprising adjustable straps or equivalent securing means to position and stabilize the apparatus on the chest of the patient; and wherein after the *utsang basti* therapy the outlet ports and the drainage tube are used to drain the used oil into the collection container, thereby completing the therapy without spillage of the medicated oil.
3. The apparatus wherein the inflation mechanism comprising a manual inflation unit including a hand-operated balloon pump, or an electric inflation unit including an electric air inflator, wherein either or both of the manual inflation unit and the electric inflation unit are configured to inflate the rubber inflatable bag.
4. The apparatus wherein the inflation mechanism automatically regulates the air pressure in the rubber inflatable bag to maintain a uniform sealing force against the patient's chest.
5. The apparatus wherein, in operation, the pair of therapeutic pots are half-filled with warm medicated oil, the rubber inflatable bag is inflated to create a sealed engagement between the therapeutic pots and the patient's chest, thereby fully immersing the breasts in the medicated oil for a predetermined time duration to perform *Utsang basti* therapy.
6. The apparatus wherein the rubber inflatable bag is incorporated in a support housing for securely holding the pair of therapeutic pots in fixed relation. The apparatus wherein the plurality of ports further comprises an overflow port (124) for releasing excess oil to prevent spillage during therapy, and wherein the inlet port, outlet port, and the overflow port are configured to be used interchangeably for topping up, draining, or overflow management;
7. The apparatus wherein continuous circulating warm medicated oil & making whirlpool of this oil to deep immerse the breast for more absorption. Heating elements & thermostat continuously warming the medicated oil to maintain its viscosity. The overflow port is directly connected to a secondary container for safe collection of excess medicated oil during therapy.
8. The apparatus wherein the medicated warm oil is formulated for deep absorption into the breast tissue, including adipose and glandular tissues.
9. The apparatus wherein the therapeutic pots are fabricated from stainless steel or medically safe material and are provided in different sizes similar to brassiere sizing for customization to individual users.

DISCUSSION

The apparatus operates by immersing both breasts in a warm, medicated oil for a duration of approximately 15 to 20 minutes. The medicated oil used in this therapy is carefully formulated for deep penetration through the skin layers, allowing the active herbal compounds to reach the adipose and glandular tissues of the breast. The warm oil improves blood circulation and facilitates systemic absorption, thereby nourishing the breast tissue, soothing internal injuries, and reducing localized inflammation. The therapy also mitigates *Vata Prakop*, a fundamental imbalance in Ayurvedic pathology that is associated with pain, stiffness, and disease progression in breast tissues. Due to its deep, lipid based formulation, the oil accumulates naturally in the breast's adipose tissue, allowing for sustained therapeutic action. Over time, regular use of this therapy may prevent the onset of serious conditions such as breast carcinoma, menopausal women and brightening and toning of breast, reducing the need for surgical interventions. From a physiological perspective, the invention leverages the unique oil-absorption properties of breast tissue. The breast is composed of glandular tissue (responsible for milk production), adipose tissue (fatty tissue), connective tissue, and an overlying skin layer. Because the breast contains a significant proportion of adipose tissue, it is inherently lipophilic, meaning it readily absorbs lipid-based substances such as medicated oils. Additionally, the skin of the areola and nipple is thinner and more permeable, which allows for deeper absorption of therapeutic compounds. The breast's rich vascularization further enhances systemic delivery of the absorbed substances, promoting healing and restoration of tissue health. This combination of deep tissue penetration, vascular uptake, and lymphatic stimulation makes the *Utsang Basti* therapy highly effective for both treatment and prevention of breast-related diseases.

Further more, by allowing the breasts to be fully immersed in warm oil, the apparatus delivers a unique combination of heat therapy, herbal medicinal action, and lymphatic stimulation. This not only promotes

healing of existing breast tissue damage but also acts as a preventive treatment for individuals at risk of breast diseases, including carcinoma, menopausal women and brightening and toning of breast. In summary, the apparatus represents a fusion of traditional Ayurvedic wisdom and modern engineering design, providing a safe, non invasive, and reusable solution for breast health management. The device enables deep tissue nourishment, detoxification, and preventive care through its innovative design, user-friendly features and scientific basis in breast tissue physiology. By addressing both therapeutic and preventive aspects of breast diseases, this invention has the potential to reduce dependence on invasive surgical treatments, offering a holistic and sustainable approach to women's health.

CONCLUSION

Utsang Basti Yantra has a great significance to avoid breast related diseases specially in Breast Carcinoma.

Data Availability

Data are available from the corresponding author.

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Disclaimer

The Institutes, where this study was performed, belong to a charitable organization engaged in health and education services in the region. The medications used in this study are common classical Ayurvedic recipes (open access); these are not branded/ proprietary medicines of any company.

Conflicts of Interest

The authors declare that they have no conflicts of interest & none source of funding.

Author Disclosure Statement

No competing financial interest exist.

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