

**RE-VALIDATIONAL AND ELABORATIVE RESEARCH STUDY OF SHATVARYADI
YAPAN BASTI, ABOUT ITS PROPERTIES AND ACTION****Dr. Vrushali P. Sali¹, Dr. Huprikar² and Dr. Prashant G. Sali³**¹Principal, Professor & HOD, Dept. of Panchakarma, Dr. V.P. Ayurved College, Jalna.²Professor & HOD, Dept. of Panchakarma, Tilak Ayurved College, Rasta Peth, Pune-11.³Assistant Professor, Dept. of Rachana Sharir, GAC, Nanded-431601.***Corresponding Author: Dr. Vrushali P. Sali**

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ABSTRACT

Basti is *ardhachikstha*, *yapan basti* is to a one type of *niruha basti*. In *charaka* under *tri-murmiya adhya shatarvari* and other 26 *vanaspati* mentioned for the treatment of *marmaashtita vyadhi* specially for urinary and kidney disorders.

KEYWORDS: Shatavari, Yapan, Basti, Dravya, *Tri-marmiya*, *Milk etc.***INTRODUCTION**

Basti is one panchakarma. It is called to be *ardha chikistha* i.e. half treatment. In *samhita granthas* *basti* is expressed as main treatment for *vat vyadhi*. *Basti* is of two main type *Anuvasan* and *Niruha*, *Yapan basti* is one sub type of *niruha basti*. *Shatvaryadi yapan basti*^[1] is not directly explained any where in any *samhita granthas*. In *charak samhita siddhi sthan* chapter 9 i.e. *Tri-marmiya adhya shlok* no. 8, it comes as *Shatvaryadi*. Which is to be used in *basti shool* and *mutra vikar* and in the form of *siddha tail* and *niruha basti*. From this basic reference the *yapan kalpana* of it i.e. *Shatvaryadi yapan basti* is come out. This *Shatvaryadi yapan basti* is effectively used in number of *ayurvedic* research institute on urinary disorders and nephropathy.

Aim

To study the combined properties and action of *Shatvaryadi yapan basti*.

Objective

- 1) To elaborate properties of *Shatvaryadi yapan basti*.
- 2) To elaborate action of *Shatvaryadi yapan basti*.

Hypothesis

Shatvaryadi yapan basti found to have effective in properties and action.

METHODOLOGY

Its a conceptual type of critical and analytical study of *Shatvaryadi yapan basti*. All the ancient and modern literature, journals, research article and web material will be studied critically and then conclusion will be drawn about *Shatvaryadi yapan basti* about its properties and action.

Review of literature: Review of literature**1) Shatavari^[2]**BOTONICAL NAME: *Asparagus recemosus* willd.Family – *liliaceae*.Part Used - *Kand* (Root)*Rasa – Madhura, Tikta**Vipaka – Madhura.**Veerya – Sheeta.**Guna – Guru, Snigdha***Karma***Dosha – Vatapitta Shamak.**Rogaghnata – Raktagami, Raktapittashamak, Shotha, Madogami, Madobalya, Mutrakrichhra.**Dhatu – Rasayana, Madhya, Shukra, Rasa, Raktagami.**Mala – Mutrala, Purishya.**Organ – Basti-Balya.***2) Gokshura^[3]**BOTONICAL NAME: *Tribulus terrestris* (Linn)Family – *Zygophyllaceae*Parts used – Fruit, Root, *Panchanga**Rasa – Madhura**Vipaka – Madhura**Veerya – Sheeta**Guna – Guru, Snigdha***Karma***Dosha – Vatapittakaphashamak.**Rogaghnata- Ashmarinasak, Sharkaranasak, Mutrakrichchranasak,**Dhatu – Shukra, Manshavardhak, Raktagami,**Mala – Mutrala.**Organ- Bastishothahar.*

3) Brihati^[4]

BOTANICAL NAME - Solanum anguivi Lann.
 Family – Solanaceae
 Parts Used – Whole Plant, Root, Fruit, Seed, Leaf
 Rasa – *Katu, Tikta*.
 Vipaka – *Katu*
 Veerya – *Ushna*
 Guna – *Laghu, Ruksha, Tikshna*

Karma

Dosha – *Kaphavatashamak, Pittavardhak, Vatapittashamak*.
 Rogagnata –
Deepan, Pachana, Raktashodhaka, Shothahara, Bhedana, Mutrakrichhra.
 Dhatu – *Rakta, Rasa*.
 Mala – *Mutrala, Purishya*.

4) Kantakari^[5]

BOTANICAL NAME – Solanum xanthocarpum linn.
 Family – Solanaceae
 Parts Used – *Panchanga*.
 Rasa – *Tikta, Katu*
 Vipaka – *Katu*.
 Veerya – *Ushna*.
 Guna – *Laghu, Ruksha*.

Karma

Dosha – *Kaphavatashamak, Pittavardhak*.
 Rogagnata – *Mutrakrichchhrahana, Ashmaribheban*.
 Dhatu – *Shukrarachan, Madohar*.
 Mala – *Mutrala, Purishyabhedan, Swedajanana*.

5) Guduchi^[6]

BOTANICAL NAME – *Tinospora cardifolia* (Willd) (Miers.exHK.F&Th.)
 Family – *Meni-spernameaceae*.
 Parts Used – *Kanda*
 Rasa – *Tikta, Kashaya*
 Vipaka – *Madhura*
 Veerya – *Ushna*
 Prabhav – *Vishaghna*
 Guna – *Laghu, Snigdha*.

Karma

Dosha – *Tridoshashamaka, Pittasarak*
 Rogagnata – *Medogame, Pramehahar, Madhumehajjanya Bastivikarnashaka*.
 Dhatu – *Rakta, Meda, Shukra, Vrusha, Rasayani*.
 Mala – *Mutrasangrahan*.
 Organ – *Vrukka, Yakruta, Pilha*

6) Punarnava^[7]

BOTANICAL NAME: *Boerhavia diffusa* Linn.
 Family – *Nyctaginaceae*
 Parts Used – *Root*
 Rasa – *Katu*
 Vipaka – *Katu*
 Veerya – *Sheeta*
 Guna – *Laghu, Ruksha*.

Karma

Dosha – *Tridoshahara, Vatakaphaghna*.
 Rogagnata – *Shothahara, Mutrakrichchhra*.
 Dhatu – *Raktamedo, Raktapittavinashini*
 Mala – *Mutragame, Mutrala*.

7) Ushira^[8]

BOTANICAL NAME – *Vetiveria zizanioides* (L)Nash.
 Family – *Paaceae*
 Parts Used – *Root*
 Rasa – *Tikta, Madhura*
 Vipaka – *Madhura*
 Veerya – *Sheeta*
 Guna – *Laghu, Snigdha*

Karma

Dosha – *Vatapittashamaka*.
 Rogagnata – *Shosha, Mutrakrichchhra, Dahaprashamana, Raktaprasadutrajanana, Swedajanana, Swedadaurgandhy ahara*
 Dhatu – *Rakta, Rasa, Medha*.
 Mala – *Mutra, Sweda*

8) Yashtimadhu^[9]

BOTANICAL NAME – *Glycyrrhiza-glabra* Linn.
 Family – *Leguminoceae*.
 Part Used – *Root*
 Rasa – *Madhura*
 Vipaka – *Madhura*
 Veerya – *Sheeta*
 Guna – *Guru, Snigdha*

Karma

Dosha – *Vatapittashamak, Kaphastravi*
 Rogagnata – *Mutravirajaniya, Mutrakrichchhra, Puyameha, Balya, Pittajameha, Rasayan, Jeewaniya, Sadhaniya*.
 Dhatu – *Shukra, Majja, Raktagami, Rasayana*
 Mala – *Mutrala, Mutragami, Kashya*

9) Sareeva^[10]

BOTANICAL NAME – *Hehidesmos indicus*. R. Br.
 Family – *Asclepiadacene*
 Parts Used – *Root*.
 Rasa – *Madhur, Tikta*
 Vipaka – *Madhur*.
 Veerya – *Sheeta*
 Guna – *Guru, Snigdha*

Karma

Dosha – *Tridoshaghna, Tridoshashamaka*.
 Rogagnata – *Raktashudikar, Shothahar, Dhahprashaman, Mutrajanna Mutravirajaniya, Mutrakrichchhra, Pittajprameha*.
 Dhatu – *Rasa, Rakta, Meda, Shukra, Rasayan*.
 Mala – *Mutrala, Purishya, Sweda*.

10) Lodhra^[11]

BOTANICAL NAME – *Symplocos racemosus* Roxb
 Family – *Symplocaceae*

Parts used - Bark of tree
 Rasa - Kashaya
 Vipaka - Katu
 Veerya - Sheeta
 Guna - Ruksha, Laghu

Karma

Dosha - Kaphapittanashak.
 Rogagnata - Ratkashodhak, Shothahara,
 Raktapittanashak, Raktashoshaka.
 Dhatu - Rakta
 Mala - Purishya.

11) Pippali^[12]

BOTANICAL NAME - Piper longum Linn
 Family - Piperaceae
 Part Used – Fruit.
 Rasa – Katu.
 Vipaka – Madhur.
 Veerya – Anushnasheeta.
 Guna - Laghu, Singdha, Tikshna

Karma

Dosha – Kaphavatashamaka, Pittashamak
 Rogagnata-Raktage, Raktagnideepak, Raktavardhak,
 Kaphamedomutrapachak, Pramehaghna, Aammakapha-
 Aammamedo-Aammamutrapachak, Medoagniniyamak
 Dhatu - Rakta, Majja, Shukra, Rasayani.
 Mala – Purishyabhadan.

12) Kusha^[13]

BOTANICAL NAME - Desmostachya bipinnata
 Family - Graminae.
 Parts Used – Root.
 Rasa - Madhur Kashaya.
 Vipaka – Madhur.
 Veerya – Sheet.
 Guna -Laghu, Snigdha

Karma

Dosha - Tridoshagahna.
 Rogagnata -Mutravirechaneeya, Ashmaribhedan,
 Raktapittashamak, Mutrakrichchhra
 Dhatu - Rasa, Rakta.
 Mala- Mutrala, Purishya.
 Organ - Bastigami.

13) Kasha^[14]

BOTANICAL NAME - Saccharum spontaneum Linn
 Family - Poaceae
 Parts Used - Whole Plant, Root.
 Rasa - Madhura, Tikta, Kashaya.
 Vipaka - Madhura.
 Veerya – Sheeta.
 Guna - Laghu, Snigdha.

Karma

Dosha - Pittanashaka, Vatapitta-shamaka.

Rogagnata - Ashmaribhedana, Balya,
 Mutravirechaneeya Dahaprashamana, Raktapittashamaka,
 Mutrakrichchhra, Ashmari, Shosha, Rasayana.
 Mala – Mutrala.

14) Bala^[15]

BOTANICAL NAME - Sida cardifolia Linn
 Family - Malvaceae
 Parts Used – Root.
 Rasa – Madhura.
 Vipaka – Madhura.
 Veerya – Sheeta.
 Guna - Laghu, Snigdha, Pichhila

Karma

Dosha –Kaphapittavatanashaka.
 Rogagnata - Raktapittashamaka, Mutrakrichchhra,
 ojjovardhaka.
 Dhatu - Rakta, Mansa, Shukra, ojjovardhaka.
 Mala –Mutrala, Purishya(Grahi).

15) Vasa^[16]

BOTANICAL NAME - Adhatoda vasica
 Family - Acanthaceae.
 Parts Used - Root, Bark, Leaf, and Flower.
 Rasa - Tikta, Kashya.
 Vipaka – Katu.
 Veerya – Sheeta.
 Guna - Laghu, Ruksha.

Karma

Dosha - Kaphapittashamak, Vatavardhak, Pittashamak.
 Rogagnata –Raktashodak, Mutrajannana,
 Mutrakrichchhra, Mutradhah, Pittaja Prameha.
 Dhatu - Rakta, Rasa, Mansa.
 Mala - Pittasharaka.

16) Ajamodha^[17]

BOTANICAL NAME - Carum roxburghianum.
 Family -Umbeliferae.
 Part Used – Seed.
 Rasa – Katu, Tikta.
 Vipaka – Katu.
 Veerya- Ushna.
 Guna - Laghu, Ruksha, Tikshna.

Karma

Dosha - Kaphapittashamak, Pittavardhak.
 Rogagnata - Bastishoolghana, Asmarighana,
 Mutraghata, Mutrapravartak
 Dhatu - Shukra
 Mala –Mutrala, Purishya.

17) Upakunchika^[18]

BOTANICAL NAME - Nigella sativa
 Family - Ranunculaceae.
 Part Used – Seed.
 Rasa – Katu, Tikta
 Vipaka – Katu.
 Veerya – Ushna.

Guna - Laghu, Ruksha, Tikshna.

Karma

Dosha - Kaphavata shamak, Pittavardhak,
Aammapachana.
Dhatu - Rasa, Majja, Shukra.
Mala - Purishya

18) Kutaja^[19]

BOTANICAL NAME - Holerihena antidysenterica
(R.ex.Flem) Wall
Family - Apocynaceae
Rasa - Tikta, Kashya
Vipaka - Katu.
Veerya - Sheeta.
Guna - Laghu, Ruksha.

Karma

Dosha - Kaphapittashamak.
Rogaghanata - Raktapitta, Raktashodhak.
Dhatu - Rakta.
Mala - Purishya.

19) Khira^[20]

Botanical Name - Cucumis sativus.
Family - Cucurbitaceae.
Part used - Seeds
Rasa - Madhura
Virya - Sheeta
Vipaka - Madhura
Guna - Laghu, Ruksha.

Karma

Dosha - Pittasamaka, Vatakaphavardhaka
Rogagnata - Dahaprasamana, Raktapittasamaka,
Mutrakrichhha
Dhatu - Rasa, Rakta.
Mala - Mutrala, Mutrasangrahaniya.

20) Kalingad^[21]

Family - Cucurbitaceae.
Parts used - Seeds.
Rasa - Madhura.
Virya - Sheeta.
Vipaka - Madhur.
Guna - Laghu, Ruksha.

Karma

Dosha - Pittasamaka, Vatakaphavardhaka.
Rogagnata - Dahaprasamana, Raktapittasamaka,
Mutrakrichhha.
Dhatu - Rasa, Rakta.
Mala - Mutrala, Mutrasangrahaniya.

21) Kaakadi^[22]

Parts used - Seeds.
Rasa - Madhur.
Vipaka - Madhur.
Veerya - Sheeta.
Guna - Laghu, Ruksha.

Karma

Dosha - Pittasamak, Vatakaphavardhak.
Rogaghanata - Dahaprasaman, Raktapittasamak,
Mutrakrichhha.
Dhatu - Rasa, Rakta.
Mala - Mutrala, Mutrasangrahaniya.

22) Vacha^[23]

BOTANICAL NAME - Acorus calamos Linn
Family - Araceae.
Parts Used - Root.
Rasa - Tikta, Katu
Vipaka - Katu.
Veerya - Ushna.
Guna - Laghu, Tiksha.
Prabhav - Madhya.

Karma

Dosha - Kaphavatasamak, Vatarodhanasak.
Rogagnata - Mutrakrichhha, Ashmarichhadan.
Dhatu - Majja.
Mala - Mutrala, Purishya, Vishodanee.

23) Mishreya^[24]

BOTANICAL NAME - Anethum sowa
Family - Umbelliferae.
Parts Used - Seed
Rasa - Katu, Tikta
Vipaka - Katu.
Veerya - Ushna.
Guna - Laghu, Ruksha, Tikshna.

Karma

Dosha - Vatakaphanasak, Vatakaphajannya.
Rogagnata - Mutrakrichhha, Shukraghna.
Mala - Mutrala, Purishya.

24) Pashanbheda^[25]

BOTANICAL NAME - Bergenia ciliata (Haw) stemb
Family - Saxifragaceae.
Parts Used - Root.
Rasa - Tikta Kashaya.
Vipaka - Katu.
Veerya - Sheeta.
Guna - Laghu, Singdha, Tikshna, Sheeta.

Karma

Dosha - Tridoshghna.
Rogaghanata - Mutrakrichhha
Dhatu - Rasa, Rakta.
Mala - Mutrala.
Organ - Bastishodhan.
Prabhav - Ashmaribadhan

25) Madanaphala^[26]

BOTANICAL NAME - Randia (Dumetorum)
Family - Rubiaceae
Part Used - Seeds.
Rasa - Madhur, Tikta, Kashaya, Katu
Vipaka - Katu.

Veerya – Ushna.
Prabhav - Vamak
Guna – Laghu, Ruksha

Karma

Dosha - Kaphavatashodhak, Pittanissarak, Asthapan,
Anuvasanapoyogi
Dhatu – Raktagame, Rasagame.
Mala – Purishyashodan, Kaphamalashodan.
Organ – Bastishodhan.

26) Madhu – honey^[27]

BOTANICAL NAME-Miele

English Name – Honey

Rasa - Madhura, Kashaya

Veerya – Sheeta.

Vipaka – Madhura.

Properties - Sukshma, Yogavahi and Ruksha.

Actions - Deepana, Lekhana, Srotomukhavishodhana,
owing to Yogavahi attributes, it enhances the action of
combined drugs

27) Ghruta - (Ghee)^[28]

English Name – Ghee.

Rasa – Madhura.

Vipaka – Madhura.

Veerya – Sheeta.

Karma - Vrushya, Balya, Deepana, Veeryakara, Medhya,
Ojaskara Action - Vata-Pittahara.

28) Milk^[29]

Rasa – Madhura.

Vipaka – Madhura.

Veerya – Sheeta.

Gune – Mrudu, Shingdha, Slakshana, Picchile Guru,
Manda, Prasanna.

Karma – Vrushya, Rasayan, Balya, Medhya, Ojaskara

Action – Vata-pittahara.

DISCUSSION

Table no. 1: Analyzed properties of *Shatvaryadi yapan basti*.

Sr.no.	Dravya	Rasa						Vipaka			Veerya		Guna						
		Madura	Amla	Lavan	Katu	Tikta	Kashaya	Madhur	Amla	Katu	Sheet	Ushna	Guru	Laghu	Snigdha	Ruksha	Tikshna	Yogavahai	Sukdhma
	Dravya	Madhura	Amla	Lavan	Katu	Tikta	Kashaya	Madhur	Amla	Katu	Sheet	Ushna	Guru	Laghu	Snigdha	Ruksha	Tikshna	Sukshma	Yogavahai
1	Shatavari	✓				✓		✓			✓		✓		✓				
2	Gokshura	✓						✓			✓		✓		✓				
3	Brihati				✓	✓				✓		✓		✓		✓	✓		
4	Kantakari				✓	✓				✓		✓		✓		✓			
5	Guduchi					✓	✓	✓				✓		✓		✓			
6	Punarnava				✓					✓	✓			✓					
	Dravya	Madhura	Amla	Lavan	Katu	Tikta	Kashaya	Madhur	Amla	Katu	Sheet	Ushna	Guru	Laghu	Snigdha	Ruksha	Tikshna	Sukshma	Yogavahai
7	Ushira	✓				✓		✓			✓			✓	✓				
8	Yashtimad-hu	✓						✓			✓		✓		✓				
9	Sareeva	✓				✓		✓			✓		✓		✓				
10	Lodhara						✓			✓	✓			✓		✓			
11	Pippali				✓			✓			✓	✓		✓	✓		✓		
12	Kusha	✓					✓	✓			✓			✓	✓				
13	Kasha	✓				✓	✓	✓			✓			✓	✓				
14	Bala	✓						✓			✓			✓	✓				
15	Vasa					✓	✓			✓	✓			✓		✓			
16	Ajamodha				✓	✓				✓		✓		✓		✓	✓		
17	Upakunchika				✓	✓				✓		✓		✓		✓	✓		

18	<i>Kutaja</i>					✓	✓			✓	✓			✓		✓			
19	<i>Vacha</i>				✓	✓				✓		✓		✓			✓		
20	<i>Khira</i>	✓						✓			✓			✓		✓			
21	<i>Kalingadbeeja</i>	✓						✓			✓			✓		✓			
22	<i>Kakadibeeja</i>	✓						✓			✓			✓		✓			
23	<i>Mishreya</i>				✓	✓				✓		✓		✓		✓	✓		
24	<i>Pashanbhed</i>					✓	✓			✓	✓			✓	✓		✓		
25	<i>Madanphala</i>	✓			✓	✓	✓			✓		✓		✓		✓			
26	<i>Madhu</i>	✓					✓	✓			✓					✓		✓	✓
27	<i>Ghruta</i>	✓						✓			✓				✓				
28	<i>Milk</i>	✓						✓			✓		✓		✓				
		<i>Madura</i>	<i>Amla</i>	<i>Lavan</i>	<i>Katu</i>	<i>Tikta</i>	<i>Kashaya</i>	<i>Madhur</i>	<i>Amla</i>	<i>Katu</i>	<i>Sheet</i>	<i>Ushna</i>	<i>Guru</i>	<i>Laghu</i>	<i>Snigdha</i>	<i>Ruksha</i>	<i>Tikshna</i>	<i>Yogavahai</i>	<i>Sukdhma</i>
	Total	15	00	00	09	15	09	16	00	12	20	09	05	21	12	14	07	01	01

A) Properties of Shatvaryadi yapan basti

After studying individual ingredients of Basti dravya, it is seen to have the following properties.

Rasa – Madhura, Tikta,

Vipaka – Madhur.

Veerya – Unushna.

Properties – Guru, Snigdha, Tiksha, Sukshma, Yogavahi Karma- Medhya, Ojaskara, Vrushya, Balya, Deepana, Jeewaneya.

Dosha-

Vatapittakaphashamak, Pittasarak, Vatakaphaghna, Kapha strvi Aammapachana, Vatarodhanasak, Kaphavatashodhak, Tridoshaghna.

Rogagnata-

Mutrala, Mutrakrichchaanasak, Dahaprashamana, Raktaprasadan, Raktashodhak, Shothahara Mutravirajaniya, Mutravirechaneeya, Mutradhahprashamana, Bastisodhan.

Dhatu – Madhya, RasaRaktaShukragami, Manshavardhak, Vrusha,

✓ Rasayani, Madohar, Raktapittavinashini, Majja, Ojhovar dhaka, Dahaprasamana, Jeewaniya.
Mala – Swedajanana, Mutral, Purishya.

B) Specific action of Shatvaryadi yapan basti**1) Action on Dosha**

Srotomukhavishodhanis take place after Malavibhandhan in Pakvashya, after that following action take place according to dosha.

a) Vata Dosha

Basti is Vatanulomaka and Vatashamka due to its singdha guna, sukshma (subtle) attributes the Basti is effective in nirupastmbhita Vataprakopa. It eliminates mala and help them to expel out. Thus it clear srotas, causes srotomukhavishodhan and srotovivara. This dislodges the channels. The action of Basti starts from Pakvashaya and further in Ghahani i.e. Purishdhara and Pittadhara kala. These are also the places where Apana and Samana Vayu are Present. Thus, Basti causes improvement in the function of Samana and Apana Vayu, Vatanulomana. Digestion is improved. Mala are expelled more effectively. Purisha as well as Mutravibhandha is minimized.

b) Pitta Dosha

Tikta rasa and Tikshna guna of Basti causes ama pitta pachana, and Deepan. Madhura rasa Singdha guna of Basti creates pitta prasadan which increases pachaka pitta. It acts on Pittadhara kala, the digestive juices are stimulated. The strength of Dhatvagni is depended on Jatharagni. Hence, due to stimulation of Jatharagni. Dhatvagni are also stimulated.

c) Kapha Dosha

Tikshna guna of Basti causes Kapha pachana. It also improves prakrut 'Kelda' uttapatti and Mutratarpan. It causes cleansing of srotas dislodge obstacle and srotomukha vishodhana.

2) Action of Dhatus

Tikta rasa and anu-ushna veerya mainly acts as amapachak and Dhatvagni Deepak. By the singdha guna Prakrut Kelda' Uttapati takes places which causes Keldan of Dhatus. Tikshna and Sukshma guna of Basti helps in srotomukhavishodhan, srotovivaran and Dhatvagni vardhana. Due to Singdha guna and Madhura vipaka Dhatu Prasadan is manifested.

3) Action on Mala

a) Action on Purisha:-Property of Basti Deepan, Apananulomana. It expels out Mala and vitiated Doshas. It softens Purisha and overcomes vibandhan.

b) Action on Mutra:-Singdha guna causes prakrut 'keldauttapati' which manifested in 'Kelda' vahana and Mutra vardhan (improvement in Urine output) and overcomes Mutravibandhan.

c) Action on sweeda:- Due to Tikshana guna and anu-ushna veerya srotomukhavishodhan and amapachan manifested, also due to Sukshma guna srotovivaran happens. Which altimatly manifested in sweeda vardhan.

4) Action on srotas

The Basti has its action on the following srotamsi in the from of Upalepananashana, srotomukhavishodhana, and srotovivara. Annavaha, Udakavaha, Rasavaha, Raktavaha, Mansavaha, Medovaha, Astivaha, Majjavaha, Purishavaha, Mutravaha, Sweedavaha.

5) Action on Kala: It acts on Pittadhara and Purishdhara Kala.

6) Action on Organs: Pakvashaya, Grahani, Vrukka.

CONCLUSION

This conceptual research study of Shatvaryadi yapan basti shows that Shatvaryadi yapan basti has effective in properties and action.

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