

**A CONCEPTUAL REVIEW ON A UNIQUE PANCHAKARMA THERAPY - UTTAR
BASTI*****¹Dr. Savita R. Magdum and ²Dr. Vijaykumarswamy G. Hiremath**²nd Year PG Scholar Dept. of Panchakarma SVM Ayurvedic Medical College, Ilkal.
Professor Dept. of Panchakarma SVM Ayurvedic Medical College, Ilkal.***Corresponding Author: Dr. Savita R. Magdum**²nd Year PG Scholar Dept of Panchakarma SVM Ayurvedic Medical College, Ilkal.

Article Received on 03/11/2020

Article Revised on 23/11/2020

Article Accepted on 13/12/2020

ABSTRACT

In Ayurveda sthanik chikitsa (local therapies) are prescribed by Ancient Acharyas. Among all these basti chikitsa is considered as Chikitsardha and some physicals accept it as complete therapeutic measures because basti has a vast field of action.^[1]

Among all basti Uttar Basti is unique Ayurvedic procedure which is defined very descriptively in Ayurvedic classic. It is mention for the genito-urinary anatomical and physiological disorder of both the males and females. Uttar Basti is proven effective and acts as detoxification therapy.

INTRODUCTION

Ayurveda is unique science of life. There are many local procedures described in Ayurveda specially for the woman. These includes mainly Yonidhavan (Cleaning of vagina), Uttar Basti (Insertion of medicated oil or liquid), Yoni Dhupan (Vagina fumigation), Yoni Lapan (Vagina painting), Yonivarti (Vaginal suppository), Yoni Puran (Vaginal packing), Yoni parishek (Vaginal wash), Pinda Chikitsa. Uttarbasti is one of them. It is mentioned for the genito-urinary disorder of both the males and females. It directly works locally.^[2]

1. CLASSICAL UTTARBASTI

1.1. Definition: The basti administered through the uttar marga and has sreshta guna is known as Uttar Basti. (Uttarmarga means the Mutra and Shukra Marga in male and the Mutra and Yoni marga in female) The basti which is administered after Niruha Basti and through the Uttar Marga is said to be Uttar Basti.^[3]

1.2. Guna : Uttar Basti alleviates Shukra Dushti, Artava Dushti, Kashtartava, Atyartava, Yonirog, Aparasanga, Mutraghat, Other diseases of Mutra, Ashmari, Sharkara, Bastishula, Vamkshana Shula, Mehana Shula, Shukrotseka and other diseases of Basti.^[4]

1.3. Uttar Bast Yantra – Basti Putak
Basti Yantra.

1.3.1. Uttar Basti Putak

Quantity of kwath or sneha administered is comparatively less. Small size animal like goat, sheep, pig etc.^[5] (Niruha Basti - Old buffalo, deer, pig or goat) or

leather of birds. It should be smooth, devoid of siras, processed with kashaya dravya, clean and devoid of foul smell.^[6]

1.3.2. Basti Netra – It is also called as Pushpa Netra. It should be made up of gold, silver or bronze.^[7]

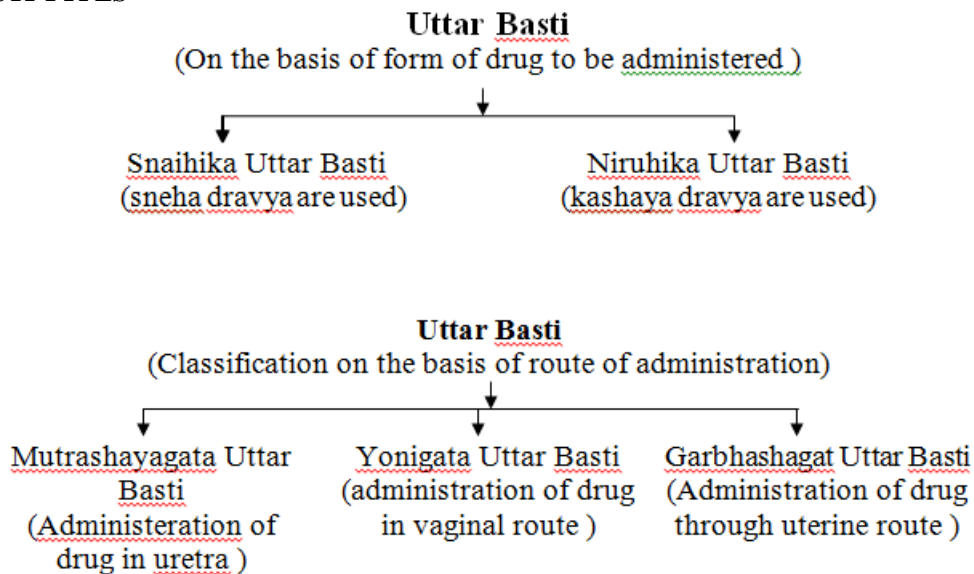
Structure of tip – Jatipushpavruntal ashwa mara

Basti netra should have a broad base with tapering end. So that it resembles Gopuccha and insertion end should be similar to the buds of Karveera or Jatikusuma.^[8]

Karnika – two karnika. One at the base to tie the putaka and the other at four angulas from the tip indicating the length to be inserted.^[9]

Difference between the male and female basti netra .

	Male	Female
Length	12 angulas	10angulas
Chidra (opening)	Sarshapa nirgaman	Mutra marga – mudga praman, Yoni marga – Medrasama.
Length of insertion	Charak – length of Medhra Sushruta – 7 angula	Mutramarga - upto 12 yrs - 1 angula Reproduction age - 2 angula Apatyamarga (yoni) - 4 angula ¹⁰

2. UTTAR BASTI TYPES

Male = Mutrashaya (vesicular / uretral route)

Female= Yoni marga / garbhashaya)

3. KARMA VIDHI**3.1. Purva karma**

As per the derivation of the word Uttar Basti should be given after the administration of niruha basti, about two to three niruha basti should be given before the administration of Uttar Basti.^[11]

Abhyanga and swedana karma should be done preferably over the back, groin and abdomen then yavagu added with ghee should be given for drinking.^[12]

3.2. Prdhan karma

3.2.1. In male – The patient should be brought to basti room and advised to sit on the stool having the height equal to knee of patient. The penis is made to erect.^[13]

After smearing the ghee, the probe should be inserted into uretra. if the probe can be passed without any obstruction, then the basti netra should be introduced according to the length of phallus in the same manner as that of netra for guda i.e. carefully without shaking.^[14]

Slowly medicine should be pressed in. Then remove the netra by leaving some oil in putak without shaking.

3.2.2. In female –The patient is made to lie down on her back. Then she is made to fold her legs at knee (lithotomy position). Then the Uttar Basti yantra containing the prescribed dravya (either kwath or sneha) is taken and the basti netra lubricated with sneha is carefully introduced into the Apathymarga in the direction of vertebral column. Medicine should be administered into the yoni by gently pressing the putak.^[15]

3.3. Pashat karma

After the medicine has returned a second and third enema should be given yoush or mansa rasa has to be taken.^[16]

3.4 Pratyavartana

The Uttar Basti dravya pratyavartana one may wait and neglect. If it is updravakari it has to be expelled using teekshna Uttar Basti.^[17]

4. INDICATIONS

Indicated in the following conditions ^[18,19]

- 1) Shukradushti
- 2) Atyartava
- 3) Rajah Nasha
- 4) Kashtartava
- 5) Mutraghata
- 6) Mutradosha
- 7) Yoni vyadhi
- 8) Obstruction of apara
- 9) Shukroseka
- 10) Sharkara
- 11) Ashmari
- 12) Basti shula
- 13) Vankshana shula
- 14) Meha shula

4.1. Contraindications^[20]

In males

Urethral stricture
Bleeding disorder
Carcinoma of bladder
Carcinoma of penis
Hypo/ epispadiasis

In females

Intrauterine Uttar Basti

Hypersensitivity
Carcinoma of cervix
Heavy bleeding
Virginitis
Vesicovaginal fistula

Intravaginal Uttar Basti

Hypersensitivity
Menorrhagia
Retrovaginal fistula

5. TIME OF ADMINISTRATION

Uttar basti should be administered in the morning time.

5.1. Time of administration of Uttar Basti - In Female

Ritukala is the appropriate time for administration of Uttar Basti as during this period the yoni or garbhashaya will be Avaranaraha. When garbhashaya mukha is open, so this time is taken as post menstrual period (when os is open). Thus receives the drug easily and becomes pregnant. ^[21]

5.1.1. Dose

There are some differences of opinion regarding the exact dose of medicine to be administered in Uttar Basti. It also differs according to whether kashaya or sneha is used.

Sushruta samhita – The quantity of kwath of Uttar Basti to be given in urinary passage should be one Prasrita ~ 750 ml. For Uttar Basti in vaginal passage the quantity should be 2 Prasrita ~1500 ml, ^[22] One Shukti (~20 – 25 ml) dose for girl. ^[23]

Sharangdhar Samhita - The dose of sneha as Two Pala ~ 100 ml for vaginal and One Pala~ 50ml for vaginal passage respectively for adult woman and Two Karsha (20-25ml) for urinary passage of girls. ^[24]

5.2. Time of administration of Uttar Basti - In Males

Charak Samhita –The dose of sneha in Uttar Basti in Half Pala (~20-25ml) or according to vya, bala, deha, satva and satmya etc.

Sushrut samhita – The dose of sneha in a subject of 25 yrs is Prakunja (1 Pala ~50 ml). Below this age lesser sneha is used. The dose of kwath for primary passage is 1 Prasrita (~750ml)

Vagbhata Samhita – The dose of sneha basti should be 1 shukti (2 karsha ~20 – 25ml) or according to dosha it could be increased or described. ^[25]

Sharangdhara samhita – For subject below 25 yrs the dose of sneha is 2 Karsha~20 to 25 ml and above 25 yrs it is 1 Pala to 50ml. ^[26]

6. ANATOMICAL CONCEPT OF UTTAR BASTI

6.1. In Male

The urinary bladder is hollow elastic roughly spherical shape organ that functions as the body's urine storage tank. A pair of urethral opening on the inferior end of the posterior wall of the urinary bladder allow urine from left and right ureters to enter the hollow lumen.

A small funnels forms at the inferior end of the urinary bladder leading into the urethra, the tube that carries urine, out of the body during urination.

It is located in the pelvic cavity anterior to the rectum and superior to the reproductive organs of the pelvis. In females the urinary bladder is some what reduced in size and must share the limited space of the pelvic cavity with the uterus that rests superior and posterior of it.

Many tiny wrinkles known as rugae, line the inner surface of the urinary bladder and allow it to stretch as it fills with urine. The urinary bladder sits in a unique position inferior to the peritoneum, a membrane that lines most of the abdominopelvic cavity. The superior bladder is made up of serious membrane continuous with the peritoneum that provides protection from friction with other organs in the abdoninopelvic cavity.

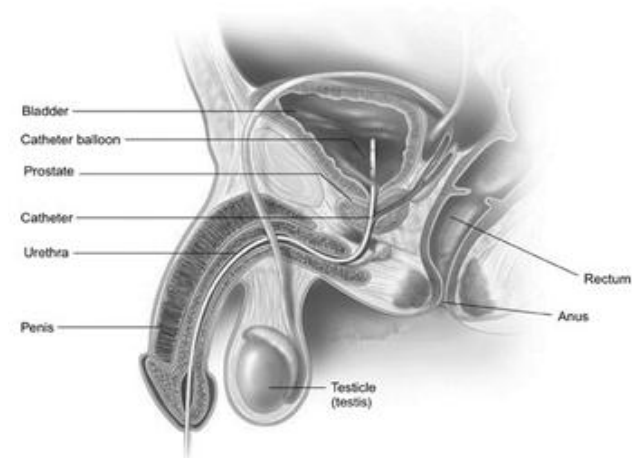
6.2. In Female

Uttar Basti garbhashaya can be considered as intra uterine and intra vaginal therapy.

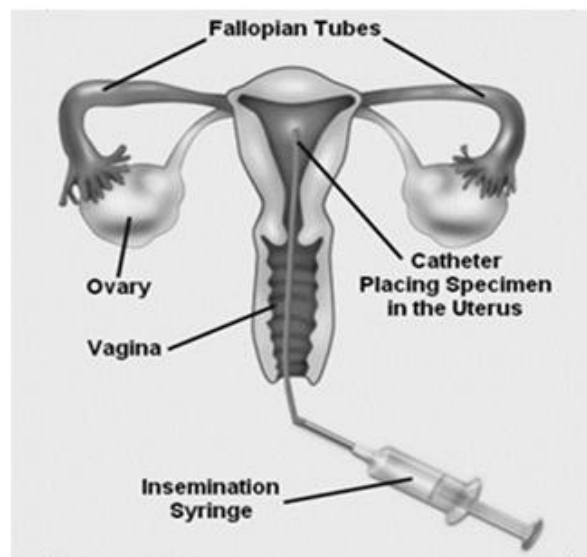
Vagina is oftenly described as slightly 's' shaped fibromuscular collapsible tubes between 6 to 10 cm long extending from cervix of the uterus. The vaginal wall consists of three layer, muscular coat and tunica adventia.

The surface of the vagina is composed of numerous folds, which are often called rugae.

The vagina has an excellent elasticity because of presence of smooth elastic fibres in the muscular coat. In the walls of vagina arteries, blood vessels and lymphatic



vessels are abundantly present. Drug absorbed from the vagina does not undergo first-pass metabolism because blood leaving the vagina enters the peripheral circulation via a rich venous plexus, which empties primarily into internal iliac veins.



7. MODE OF ACTION

7.1. Purva Karma

Snehan and swedan are very important procedure as pradhan karma as well as purva karma of several panchakarma procedure. Uttar Basti deals with Apan vayu as the near by situated organs are its seat. Snehan and swedan prior to Uttar Basti does its anuloman and thus Uttar Basti becomes more efficacious. Beside this chances of any type of complications are also less, if vatanuloman is done prior to procedure. Other than it due to Snehan and Swedana prior to Uttar Basti relax the abdominal muscles. Good relaxation is very important for Uttar Basti, so that uterus dose not get irritated by the instillation of medicine and also lessen the pain during and after procedure. Yoni prakshalana dose prior to Uttar Basti with kwath of antiseptic a nullifies the possibility of any type of infection as a complications.

7.2. Pradhan karma

Mode of action of Uttar Basti can be understood in two ways.

7.2.1. Local effect of Uttar Basti

Effect of Uttar Basti will depend on various points like method, instrument and drug used etc. If the medicine is put in cervical canal it may act more on the cervical factors. For the factors like cervical stenosis, a katu ushana taila based medication can be more useful, while for increasing secretion of mucus from cervical glands, a nutritive and Madhur-shita ghrita based medicine will be more efficacious. In the same way, the drug selection for ovulatory and tubal factor will be totally different from each other. On ovary the effect of drug will be after absorption and then by promoting the Hypothalamic –

Pituitary–Ovarian axis. While in tubal block Uttar Basti acts locally. In ovulation, a drug with snehan property can be good while for the tubal block a drug with Lekhana karma will be better. Uttar Basti may also stimulate certain receptors in the endometrium leading to correction of all the physiological processes of reproductive system. Intravaginal Uttar Basti may also facilitate the absorption of drug as posterior fornix has a very rich blood supply and it may also act as reservoir of drug.^[27]

7.2.2. Systemic effect of Uttar Basti after absorption

It seems that Ayurveda had a clear distinguishing approach between oral and parenteral route of drug administration from the very beginning.

Uttar Basti may act by stimulating some neuroendocrine pathways after getting absorbed.

Systemic effect of Uttar Basti also be understood with the help of systemic biology concept. Systemic biology is the latest concept emerging and getting accepted in modern science. This concept believes in the holistic approach and believes that all the bodily systems and organs are interconnected at molecular level. And any change in any organ molecular level will certainly change the other. This concept actually the first step of modern science toward the concept of Mahabhut and tridosha. The effect of Uttar Basti drugs have on the physiology of reproductive system, it will definitely involve the physiological functions and corrections of other organs.^[28]

DISCUSSION

The most controversial point regarding Uttar Basti emerges its dose. As it is mentioned from very low doses to very high doses.

According to Shusruta dose comes around 10 ml. Acharya Sharangdhara has given it approximate 100 ml. This large difference in doses due to different approach of Acharyas. Dose indicated by Acharya Sushruta is accurate for intra uterine uttar basti as the capacity of uterus is approximately 03 ml. Niruha type of uttar basti with stambhaka dravya will lessen the discharges and infection, Anuvasan type of Uttar Basti may help in restoring the normal tone of pelvic musculature leading to correction of prolapse or at least prevention from further prolapse. Acharya sushruta has considered both Niruha as well as Anuvasan type of Uttar Basti. It denotes that Uttar Basti was used for both the shodhana as well as shaman purpose.

Because of influence of modern science, it is said that oil embolism can be complication of Uttar Basti. But ayurveda itself has ruled out the possibility of it.

CONCLUSION

Uttar Basti having remarkable positive results and classic have mentioned role of Uttar Basti on all yoni vyapad to arthadushti in female and from shukradusti to ashmari in case of male.

Uttar Basti is very useful by using administering the drug locally on target organ.

REFERENCES

1. Anup Jain. A textbook of panchakarma, New Delhi : Jaypee brothers medical publishers : Reprint, 2019; 328.
2. Dr. Ayodhyprasad Achal and Vimal Achal. Striroga Vijnana, Varanasi : Chaukhamba Surbharati Prakashan, 1999; 131.
3. Acharya Mukundilal Dwivedi. Ayurvediya Panchakarma Chikitsa, Delhi : Chaukhamba Sanskrit Pratishthan, Reprint, 2017; 910.
4. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsa Sthan, 2018; 126: 207.
5. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsa Sthan, 2018; 205.
6. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsa Sthan, 2018; 205.
7. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, Chapter no, 240
8. Mukundalal Dwivedi. Ayurvediya Panchakarma Chikitsa, Delhi : Chaukhamba Sanskrit Pratishatan; Reprint, 2017; 915.
9. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, Chapter, 240.
10. Dr. Brahmanand Tripathi. Sharangdhar Samhit, Varanasi; Chaukhamba Sulabha bharti Prakashan; Reprint, 2019, 243.
11. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, Chapter no, 240.
12. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsa Sthan, chapter no, 2018; 205.
13. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, chapter no, 241.
14. Shri. Kashinath Shastri & Shri. Gorakhnath Chaturvedi. Charak Samhita, Varanasi; Chaukhamba Bharati Academy; Reprint, 1998; 1064.
15. Shri. Kashinath Shastri & Shri. Gorakhnath Chaturvedi. Charak Samhita, Varanasi; Chaukhamba Bharati Academy; Reprint, 1998, 1066.
16. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, 2018; 206.
17. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsasthana, chapter no, 2018; 206.
18. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, Chikitsasthana, chapter no, 2018; 207.
19. Shri. Kashinath Shastri & Shri. Gorakhnath Chaturvedi. Charak Samhita, Varanasi; Chaukhamba Bharati Academy; Reprint, 1998; 1065.
20. Anup Jain. A textbook of panchakarma, New Delhi : Jaypee brothers medical publishers : Reprint, 2019; 397
21. Shri. Kashinath Shastri & Shri. Gorakhnath Chaturvedi. Charak Samhita, Varanasi; Chaukhamba Bharati Academy; Reprint, 1998; 1065.
22. Kaviraj Ambikadatta Shastri. Sushruta Samhita, Varanasi : Chaukhamba Sanskrit Sansthan; Reprint, 2018; 205.
23. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, chapter n, 242.
24. Dr. Brahmanand Tripathi. Sharangdhar Samhita, Varanasi; Chaukhamba Sulabha bharti Prakashan; Reprint, 2019; 243.
25. Dr. Brahmanand Tripathi. Ashtanghrudaya, Delhi : Chaukhamba Sanskrit Pratishatan; Sutrasthan, Chapter no, 242.
26. Dr. Brahmanand Tripathi. Sharangdhar Samhita, Varanasi; Chaukhamba Sulabha bharti Prakashan; Reprint, 2019, 242.
27. Vd. Sarvesh Kumar Singh & Vd. Kshipra Rajoria, A Textbook of Panchakarma, Varanasi, Chaukhamba Prakashan, chapter no, 520.
28. Anup Jain. A textbook of panchakarma, New Delhi : Jaypee brothers medical publishers : Reprint, 2019. chapter, 404.