

BASTIDANE VIDHI AND SIGNIFICANCE OF LEFT LATERAL POSITION IN BASTI KARMA- A REVIEW ARTICLE**¹Dr. Seema Ningappanavar, ²Dr. Arun B. Jainer**¹PG Scholar, ²Associate Professor,

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ABSTRACT

Panchakarma firmly upholds the principles of Ayurveda which has attained the prominent place in treating various innumerable challenging chronic and morbid disorders. Among all Panchakrmas Basti Karma stands out because of its remarkable actions extending from toes to head.^[1] To achieve above said actions each Panchakarma procedures should be conducted appropriately with specific steps like Purva, Pradhana and Paschat Karma, respectively, which guide us a systematic method to be followed while performing Basti chikitsa. Bastidane Vidhi is one such procedure explained by Acharya Charaka where the Trividha Karma of Basti is mentioned very clearly by elaborating the position of the Rogi during procedure and that position is (Left Lateral Position), that allow the Basti dravya to get easily absorbed.^[2] Hence in this article an attempt is made to explore the importance of Bastidane Vidhi with special importance to left lateral positioning in Basti Karma.

KEYWORDS: Ayurveda, Panchakarma, Basti Karma, Trividha Karma, Bastidane Vidhi, Left lateral position.**INTRODUCTION**

- Basti Chikitsa is one among the Panchakarma procedures which stands out by the significance of actions achieved among the rest others. As Basti Karma has been highlighted as, Ardha Chikitsa,^[3] by many Scholars and few of them called it as Poorna Chikitsa.^[4]
- As mentioned in Ayurveda Classics, Basti Karma is best indicated for Vataja vikaras but its action is not only limited to Vata Vyadhis but also has significant actions in Pittaja, Shleshmaja, Rakta Samsargaja and Sannipataja vikaras.^[5]
- In order to achieve above said remarkable actions the vidhi(conduct of procedure) should be more precise with specific steps like Purva, Pradhana and Paschat Karma which direct us with the systematic method to be followed and avoid probable confusions and complications related to the procedure.
- Bastidane Vidhi is the method of Basti administration mentioned by Acharya Charaka. In this context Acharyas throw light on importance of anatomical positioning of Basti which allows easy absorption of Basti dravya.^[2]

BASTIDANE VIDHI

तैलाक्त गात्रं कृतमूर्त्रविट्कं नातिक्षुधार्तं शयने मनुष्यम्।

समेऽथवेषन्त्रतशीर्षके वा नात्युच्छ्रिते स्वास्तरणोपपन्ने ॥

सव्येन पार्श्वेन सुखं शयानं कृत्वर्जुदेहं स्वभुजोपधानम्।

सङ्कोच्य सव्येतरदस्य सक्थि वामं प्रसार्य प्रणयेत्ततस्तम्॥

स्निग्धे गुदे नेत्रचतुर्थभागं स्निग्धं शनैर्ऋज्वनु पृष्ठवंशम् ।

अकम्पनावेपनलाघवादीन् पाण्योर्गुणांश्चापि विदर्शयंस्तम्॥

प्रपीड्य चैकग्रहणेन दत्तं नेत्रं शनैरेव ततोऽपकर्षेत्। (Ch. Si.3/17-19)

Purvakarma

1. Application of taila to the body has to be done , had passed urine and stools, not very hungry should be made to sleep over a well spread also not very high bed which is uniform in level or which is low at the head level.
2. The patient should lie comfortably on his left side, keeping his body straight, and use his folded left hand as pillow. He should then flex his right leg, keeping the left leg straight.
3. The guda pradesha of the patient should be lubricated and also lubricate Basti netra with

specified sneha and it should be inserted up to one fourth part from the top (Basti netra) slowly and straight following the position of the vertebral column.

Pradhana Karma

The physician should not shake his hand and quickly compress the Basti putaka so that the content goes inside at one stretch.

Paschat Karma

Thereafter the Basti netra has to be withdrawn slowly.^[6]

LEFT LATERAL POSITION

वामाश्रय हि ग्रहणीगुदे च तत् पार्श्वसंस्थस्य सुखोपलब्धिः॥
लीयन्त एवं वलयश्च तस्मात् सव्यं शयानोऽर्हति बस्तिदानम्
(Ch. Si. 3/24)

During the administration of Basti it is desirable to allow patient to be in lateral position as the Grahani-Guda lie in the left part of human body and the folds of Rectum get submerged in this position which allow easy absorption of Basti dravya.^[2]

COMMENTRIES

1. According to Acharya Chakrapani, in the prakruta avastha the Grahani and Guda lie in left side of the body and if the Basti given in such prakruta avastha where grahani and guda lie in same plane also the Guda valis are submerged so that no obstruction occurs during bastidana and samyak lakshanas of Basti can be obtained.^[7]
2. According to Acharya Jeyata, Grahani is the seat of Agni and agni is situated above Nabhi. If there is vyapad occurring while administration of basti its not by Basti netra but due to the agni dushti/grahani dosha leading to dosha prachyuti from grahani leading to basti vayapads.^[8]

Left Lateral Positioning: Patient lays on his/her left side, the right leg is flexed at hip and knees, the left leg is straight and the upper arm rests in a flexed position on the bed.

Anatomical Correlation Of Basti Karma

1. Guda

Guda is one among the Sadyo Pranahara Marma, it does the expulsion of Vata and Varcha.^[9]

Pureeshvaha Srotas

Pureeshavaha Srotas are 2 in number, whose mula is present at Pakwashaya and Guda. Any injury leads to Anaha, Durgandhata and granthi in antra pradesha.^[10]

Guda Valis – 3 in number.^[11]

Pravahinee, Visarjinee and Samavaranee^[12]

- The terminal part of large intestine is the Guda. It is divided into Uttara gudam(Rectum) and Adhara Gudam (Anal Canal).

- It has got 3 valis at a distance of 1 and half angulas (3.81 cm) from one another.
- The outermost vali is the Samvaranee lies at a distance of 1 and half angulas(3.81 cm) from the Gudoushta (mucocutaneous junction of Anus)
- The middle vali is Visarjani and the innermost is Pravahinee.

2. Pakwashaya

- Pakwashaya is one among the koshtangas where it carries out the truteeya avasthapaka i.e. Katu avasthapaka.
- After the ahara undergoes paka and rasa shoshana takes place in grahani it reaches pakwashaya and gets pinda roopakara and atu rasayukta.
- Due to rukshata of mala and katu rasa, Vata vriddhi takes place in Pakwashaya.^[13]

3. Grahani

- Grahani is situated in between Amashaya and Pakwashaya
- It is Agni ashrayasthana and does grahana of anna hence called Grahani.
- Grahani is present above Nabhi, it is dependent upon bala of agni and gets brumhita by agni itself
- It does grahana of apakwa anna and does its pachana then let it to Pakwashaya.
- If the agnibala gets durbala then Grahani lets the apakwa anna as it is to next phase.^[14]

Mode of Action of Basti

- The medicine administered through Guda pradesha reaches up to the Nabhi, Kati, Parshva, Kukshi, then churns the accumulated Dosha and Pureesha, through potency of drugs spreads all over the body and easily evacuates out along with the Pureesha and Dosha is called Basti.
- This emphasises the mechanism of Basti involves veerya of basti reaching Nabhi, Kati, Parshva and Kukshi.^[15]

Rectum Anatomy Related to Basti

The Rectum is situated in the distal part of the large gut, placed between the sigmoid colon above and the anal canal below. In man, the rectum is not straight as what name implies, in fact it is curved from side to side also in anteroposterior direction. The rectum begins as the continuation of the sigmoid colon and ends by becoming continuous with the anal canal at the anorectal junction. The rectum is 12 cm long with the diameter of 4 cm.^[16]

The mucous membrane of an empty rectum shows two types of folds.

1. **The longitudinal folds**– transitory, present in the lower part of an empty rectum and are obliterated by distension.
2. **The horizontal folds or Houston's valves** – permanent and are most marked when the rectum gets distended.

There are four horizontal folds that are numbered from above to below

- 1. The first transverse fold:** small, projects from right wall, 12cm-14cm above anal canal.
- 2. The second transverse fold:** projects from the left wall and lies near upper end of rectum. Situated 7.5 cm above anus.
- 3. The third transverse fold:** the largest and most constant fold, 5 cm above from anus, lies at the upper end of rectal ampulla projecting from the anterior and right walls.
- 4. The fourth transverse fold:** inconstant, 2.5 cm below the middle fold which projects from the left wall.^[17]

The third horizontal fold is the most largest and constant one which plays a prominent role in the Bastidane Vidhi.

ROLE OF BASTI YANTRA IN BASTIDANA

Basti Yantra consists of

1. Basti Netra
2. Basti Putaka
 - Basti netra consists of 3 karnikas where last 2 karnikas are used to tie the Basti Putaka.^[18]
 - Basti Netra length for patients above 20 yrs of age – 12 angulas(21.12 cm).^[19]

Colon anatomy and length of Basti netra

Anal Canal – 3.8 cm.^[20]

Rectum – 12 cm.^[16]

Third transverse fold of Rectum- 5cm from Anus.^[17]

1 Angula = 1.763 cm.^[21]

- While explaining Bastidane Vidhi it is mentioned that 1/4th of Basti netra to be introduced into the Guda marga which is to say 1/4th of 12 angulas (21.12 cm) of Basti Netra is 5.28 cm.
- Hence by inference, the length of Basti Netra which has to be inserted into the anal canal should be more than 5.28 cm which can overcome all the resistance laid by the third mucosal fold for the comfortable administration and easy absorption of the Basti dravya.

DISCUSSION

1. Bastidane Vidhi which is mentioned by Acharya Charaka and Acharya Vagbhata gives appropriate knowledge of the steps to be followed while administering Basti and it is justified that the left lateral position is necessary as Grahani and Guda lie in the same plane so the Basti dravya is easily absorbed.
2. According to the commentaries by Acharya Chakarapani and Acharya Jejjata it can be inferred that the Grahani and Guda lie in left portion of the body in the prakruta avastha and it is necessary that the Basti dravya be given in prakruta avastha itself so that the Agni which is present above Nabhi resides in the left side of the body and the proper

functioning of Agni and Grahani(Adhithana of Agni) can be achieved during mechanism of Basti.

3. The mode of action mentioned by Acharya Charaka gives us the connectivity of the structures involved and the veerya of Basti reaching Nabhi, Kati, Parshwa Kukshi which helps in understanding the Agni/Grahani sthana(Vama Parshwasthana above Nabhi)
4. The knowledge of the anatomical structures related to any Panchakarma is crucial. So also in Basti Karma, as the Guda valis compared with the permanent mucosal folds of the Rectum lie in the right lateral part of the Rectum. The Samavaranee Vali which is compared with third mucosal fold can cause resistance when the Basti is administered in the right lateral position. The word leeyanta of Valis in the shoka indicate that the Guda valis in the left lateral position get submerged letting them to be less prominent reducing the resistance to Basti netra.
5. The interpretation of the dimensions of the Basti Netra and the Guda marga is necessary as it provides the proper calculation for the insertion of the Basti netra so that the Guda Valis don't interfere with the passage of Basti netra and easy absorption of Basti dravya.

CONCLUSION

The interpretation of the Bastidane Vidhi mentioned in Ayurveda classics gives beneficial knowledge about the scientific reasoning behind the administration of Basti Dravya in left lateral position, helpful in avoiding the complications of the Bastidana and to achieve Samyak lakshanas of Basti.

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