

**SAMHITA'S CONSIDERATION OF BASTI WITH SPECIAL EMPHASIS TO PREPARATION, INDICATIONS AND CONTRAINDICATIONS****Dr. Kamlesh Ramprakash Satija^{*1}, Dr. Gajanan Ambadas Thakare², Dr. Manisha Vasudeo Bhagat³**¹Professor and HOD, Samhita Siddhant Dept., P.R. Pote Patil College of Medical Science, Ayurved, Amravati, India.²Associate Professor and HOD, Panchakarma Department, P.R. Pote Patil College of Medical Science, Ayurved, Amravati, India.³Assistant Professor, Panchakarma Department, P.R. Pote Patil College of Medical Science, Ayurved, Amravati, India.

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ABSTRACT

An Ayurvedic detoxification technique known as *Basti Karma* or the use of enema is one of the five major forms of purification termed *Samshodhana Chikitsa*. This way to cleanse the body can be performed through four types of therapies include *Vamana*, *Virechana*, *Nasya* and *Raktamokshana*. *Basti Karma* can be divided into various categories according to their ingredients, their therapeutic purpose, and the frequency at which they are given along with being dependent upon the individual situation and medical history of the patient. Ayurvedic practitioners use *Basti Karma* therapy both separately or in concert with other herbal medicines particularly in treating problems related to muscle disorders, neurological disorders, rheumatoid arthritis, lower back pain and conditions affecting *Apana Vayu* specifically *Anaha* or *Malavrodha* as well as treating *Vatarakta* and *Pleehavridhi*. *Basti* includes the use of medicinal ghee or oil, based on the characteristic ability to remain within the body for a longer period without causing harm.

KEYWORDS: *Basti*, *Panchakarma*, *Samshodhana Chikitsa*, *Vataja disorders*.**INTRODUCTION**

Panchakarma includes five therapies provided by *Samshodhana Chikitsa* in Ayurvedic medicine: *Vamana*, *Virechana*, *Basti*, *Raktamokshana* and *Nasya*. Amongst these five therapies, *Basti* has a unique significance because of its many forms of therapeutic value. *Basti* primarily acts on the *Pakvashaya* and *Guda*, which is the region where *Vata* ordinarily resides. In the sequence of

the history of the disease, the first area in the body where *Vata* collects is in the *Pakvashaya*; once *Vata* has been established there, it spreads throughout the body and creates systemic imbalances and causes disease in multiple organ systems. Ayurveda suggested various ingredients for performing *Basti* therapy as mentioned in **Figure 1**, each ingredients serves specific function and play vital role towards the success of therapy.^[1-4]

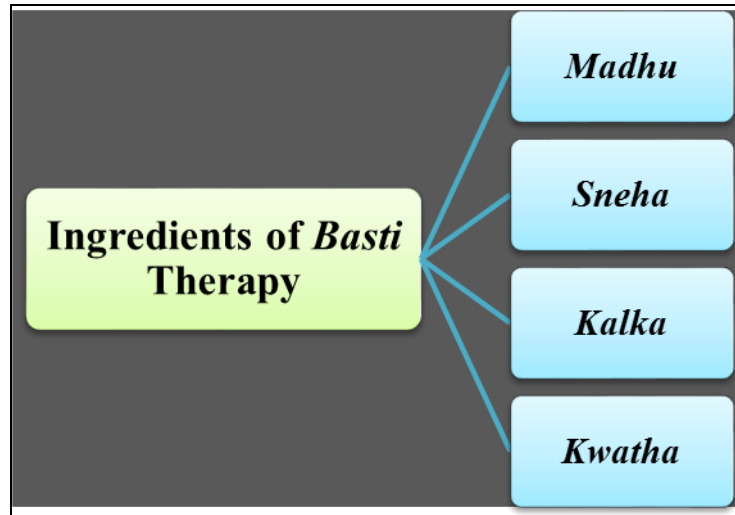


Figure 1: Major ingredients of Basti therapy.

Basti therapy provides cleansing and nourishment to the colon and intestines because it operates by avoiding the digestive processes of the upper GI tract. Basti therapy is used to treat diseases related to the dysfunction of *Apana Vayu*. The main form of therapy used for *Vata* disease is Basti. This has direct benefits in treating vitiated *Doshas* and also benefits *Vata* through the inherent qualities found in the Basti medication. The additional benefits of Basti include overall health, graceful aging, complexion improvement and enhanced vigor. It is not appropriate to perform a Basti on women who are *Garbhini*, *Rajashrava*, *Atisara*, or those suffering from *Arsha* and *Bhagandara*.^[4-6]

Preparation of Basti Kalpana

The process for preparing Basti is based on a systematic and explicit method of combining the ingredients in a way that establishes a stable emulsion. The ingredients of Basti are prepared by mixing *Madhu*, *Saindhava*, add unctuous substances (*Sneha Dravyas*). Historically, the equipment used for administering Basti included an animal bladder (sterilized) with a tube (*Basti Netra*). Today in modern times, a clean enema bag with tubing is used to administer Basti. A patient typically has preparatory steps completed (*Abhyanga*, *Swedana* and bowel/bladder elimination) before using the therapy, allowing them to be more receptive to receiving the therapy. The preparation of Basti Dravya is a crucial step and is done according to classical Ayurvedic principles as mentioned in Table 1.^[5-7]

Table 1: Preparation of Basti Dravya.

Ingredient	Description / Procedure
<i>Madhu</i>	Taken first in a clean vessel; acts as <i>Yogavahi</i> and helps in proper mixing of ingredients.
<i>Saindhava Lavana</i>	Added to honey and mixed thoroughly; helps in liquefaction and enhances absorption.
<i>Sneha</i>	Medicated oil or ghee is added gradually and mixed well to form a uniform emulsion.
<i>Kalka</i>	Fine paste of selected drugs is added and triturated properly for uniform distribution.
<i>Kwatha</i>	Warm decoction is added slowly while stirring continuously to achieve a homogeneous mixture.

Administration Procedure

✓ **Patient Positioning:** The patient is asked to lay on his or her left side with the left leg extended, and right leg placed at 70 degrees so that the patient appears comfortable and has been prepared to receive the Basti.

✓ **Insertion:** After adequately lubricating the Basti nozzle (*Basti Netra*), the nozzle is slowly inserted into the anus in a direction parallel to the natural curvature of the spine to prevent any damage or discomfort to the patient.

✓ **Delivery of Drug:** Once the Basti fluid has been delivered into the rectum, the Basti fluid must be delivered slowly and with enough pressure to avoid introducing any air into the rectum.

Indications

Basti is used to treat a variety of illness, but specifically those with *Vata* imbalance along with neuromuscular and musculoskeletal disorders.^[7-9] Examples of these include in Table 2.

Table 2: Indications of Basti Therapy.

Category	Disorders/Conditions
Musculoskeletal and Neurological Disorders	<i>Sandhivata</i> <i>Katishoola</i> <i>Avabahuka</i> <i>Manyastambha</i>
Gastrointestinal Disorders	Long-term constipation Irritable bowel syndrome Abdominal pain (<i>Shoola</i>) <i>Vata</i> -related gastrointestinal disturbances
Urological & Reproductive Disorders	Infertility Menstrual disturbances Erectile dysfunction Conditions managed by Uttar <i>Basti</i> technique
Miscellaneous Disorders	Extreme fatigue <i>Vata</i> -related obesity

Contradiction for Basti therapy

There are numerous conditions which contraindicate *Basti* therapy because they will either worsen the condition of the patient or result in significant safety concerns. *Basti* therapy is contraindicated in acute abdominal diseases including those with perforations in the intestine, peritonitis, appendicitis, large tumour mass, and in patients with very advanced anaemia.^[7-9] In addition, patients who are extremely weak or emaciated should not receive *Basti* therapy. Patients suffering from moderate to advanced respiratory issues, such as dyspnea, acute cough, and/or fever should also not be treated with *Basti*. Patients with bleeding disorders such as rectal bleeding, bleeding from piles (*Arsha*), and/or anal fissures, as well as other anal problems should avoid *Basti* therapy. Pregnant patients should be treated with caution with respect to *Basti* therapy, particularly during the first and last trimesters of their pregnancy. A number of other conditions which also contraindicate *Basti* therapy include acute fever, severe dehydration, and a very low level of *Agni*.^[10-12]

CONCLUSION

Basti Karma is an integral part of *Panchakarma* and an essential component of Ayurvedic treatment due to the large degree to which it can positively affect the body as a whole and specifically return the body back to balance when treating *Vata* related problems. The main purpose of *Basti* is to provide both an eliminating effect (i.e., Cleansing) and/or a nourishing effect (i.e., providing nutrition to the body) *via* using the intestinal tract for expelling waste product from the body. *Basti* can be classified and prepared into a variety of different formulas and has a wide array of clinical indications for the treatment of a variety of clinical conditions (musculoskeletal, neurological, digestive, and Urogenital). There are numerous conditions which contraindicate *Basti* therapy such as; acute abdominal diseases, tumour mass, anaemia, bleeding disorders and condition of severe dehydration, etc. *Basti* therapy offers desirable therapeutic effects if prepared, administered and performed properly as per the standard guideline.

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