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Research Article

## Efficacy of *Vaitarana Basti* with respect to Ayurveda

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### ABSTRACT

*Vaitarana* means a river which can bring back dead to live, *Vaitarana Basti* has described as a *Shodhana Basti*. *Vaitarana Basti* is classified by Acharya Vangasena and Acharya Chakradutta of its different combination. *Vaitarana Basti* mainly indicated in *Amavasthajanya Vikara* and *Vata-Kapha Pradoshaja Vikara*. *Vaitarana Basti* is best modality in the condition of *Ama* and *Leena Dosha* for *Shodhana* and *Dosha Nirharana*. *Vaitarana Basti* helps in the removal of *Ama-Shula-Shotha Avastha* and *Kaphavarana*.

**Keywords:** *Vaitarana Basti*, *Shodhana Basti*, Acharya Vangasena, Acharya Chakradutta

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### INTRODUCTION

*Basti* is Panchkarma therapy considered as "*Chikitasardha*" in ancient text of Ayurveda. The process in which the medicated oil or decoction is administered into the *Pakwashaya* or *Garbhashaya* or *Mutrashaya* with the help of *Basti Yantra* is known as *Basti*. *Vaitarana Basti* is described on the basis of its different combination of *Dravyas*. It is classified by Acharya Vangasena & Acharya Chakradutta. It is very useful in *Amadosha* predominance, viz. *Anaha*, *Amavata*, *Shotha* & *Shoola*, all types of *Vata-Kaphaja* disorders etc.<sup>1-5</sup>

### Definition:

The term *Basti* means bladder. The bladder of animals was used as the *Basti yantra* for *Basti karma* in olden days. *Basti* is named so as urinary bladder of *Baffallo*, goat etc. is used for administering the medicine. Acharya Charaka has used word "*Basti*" for *Niruha*.

### Classification of *Basti*:

- 1) According to *Adhithana*:
  - (a) *Pakwasayagata Basti* (b) *Mootrashayagata Basti* (c) *Ashayagata Basti* (d) *Vrana Basti*.
- 2) According to *Dravya*:
  - (a) *Matra Basti/Anuvasana Basti/ Sneha Basti* (b) *Niruha Basti/ Asthapana Basti*.

3) According to *Sankhya*:

(i) *Karma Basti*: 30 *Basti* (18 *Anuvasana* and 12 *Niruha*)

➤ A- *Anuvasana*, N-*Niruha*

1	2	3	4	5	6	7	8	9	10
A	N	A	N	A	N	A	N	A	N
11	12	13	14	15	16	17	18	19	20
A	N	A	N	A	N	A	N	A	N
21	22	23	24	25	26	27	28	29	30
A	N	A	N	A	A	A	A	A	A

1<sup>st</sup> A + 12 N & 12 A (Alternately) + 5 A

(ii) *Kala Basti*: 16 *Basti* (10 *Anuvasana* and 6 *Niruha*)

1	2	3	4	5	6	7	8
A	N	A	N	A	N	A	N
9	10	11	12	13	14	15	16
A	N	A	A	N	A	A	A

➤ A- *Anuvasana*, N-*Niruha*

1<sup>st</sup> A + 6 N & 6 A (Alternately) + 3 A

(iii) *Yoga Basti*: 8 *Basti* (5 *Anuvasana* and 3 *Niruha*)

➤ A- *Anuvasana*, N-*Niruha*

1	2	3	4	5	6	7	8
A	N	A	N	A	N	A	A

1<sup>st</sup> A + 3 N & 3 (Alternately) + 1 A

*Sneha Basti* - *Sneha Basti* has 3 types viz. - (i) *Sneha Basti*, (ii) *Anuvasana Basti*, (iii) *Matra Basti*. *Acharyas* have given special names to some *Basti*, such type of *Basti* are mentioned under this classification: (i) *Vaitarana Basti*, (ii) *Siddha Basti*, (iii) *Madhutailika Basti*, (iv) *Pichchha Basti*, (v) *Yapana Basti*.

### ***Niruha Basti***

It is processes in which medicated *Kwatha* administered through the rectum in to *Pakwashaya* by the *Basti Yantra* and evacuates *Doshas* and *Malas* from the body is known as *Niruha Basti*. It is also called *Asthapana Basti* which enhances longevity. *Acharaya Sushruta* has opined the *Madhutailika*, *Yapana*, *Yuktarakta*, *Siddha Basti* as the synonym of *Niruha Basti*.

*Niruha Basti* contains some ingredients that are common to all *Basti*. They are *Makshika*, *Lavana*, *Sneha*, *Kalka*, *Kwatha* and *Avapa dravya* they are mixed according to this sequence only.

### ***Anuvasana Basti***

The *Basti* which is having *Sneha Dravya* (*Taila* & *Ghrta*) is used as the main liquid medicine is called *Anuvasana Basti*. The *Basti* which remains inside the body for a day without causing any harm is called as *Anuvasana Basti* or which is administered everyday is called as *Anuvasana Basti* (Su. Chi. 35/18) *Anuvasana Basti* is said to be a type of *Sneha Basti*. *Sneha Basti* is three types:

1. *Sneha Basti*: The quantity of *Sneha Basti* is 1/4<sup>th</sup> of *Niruha* i.e. 6 Pala (240 ml).
2. *Anuvasana Basti*: The quantity of *Sneha* is ½ of *Sneha Basti* i.e. 3 Pala (120ml).
3. *Matra Basti*: Minimum quantity of *Sneha* i.e. 1 & 1/2 Pala (60ml).

### ***Vaitarana Basti***

The term *Vaitarana* has been made from the word "*Vitaranam*", which means to donate, go across, to leave which help to expel out the *Dosha*. Thus, we can say that *Vaitarana Basti* helps to expel out the morbid *Dosha* from the body and thereby giving relief in the disease. *Vaitarana* is the name of river, which has to cross by a person who is supposed to death. This *Basti* is powerful in a sense that it can bring back life of a person who is about to cross the *Vaitarana*.

### **Indications:**

According to *Acharya Chakradatta* it is recommended in *Amavata* (Rheumatism), *Anaha* (Flatulence) and *Shoola* (Pain) etc. According to *Acharya Vangasena* it is recommended in *Shoola*, *Vata* disorders, *Gridhrasi*, *Janu Sankocha*, *Vishama Jwaram* and in *Klaibya* etc.

**Contraindication:** *Vridhha*, *Garbhini*, *Duarblya*, *Shramata*, *Kshudhartha* and in *Arsha* etc.

### **MATERIAL AND METHODS**

**Ingredients:** According to *Acharya Chakradatta*:

- (i) *Guda* – ½ Pala (24gm)
- (ii) *Saindhava Lavana* – 1 Karsha (12 gms)
- (iii) *Tila Taila* – *Eshat* (60-70 ml)
- (iv) *Amleeka* (*Chincha*) – 1 Pala (48gms)
- (v) *Gomutra* – 1 Kudava (192ml)

According to *Acharya Vangasena*:

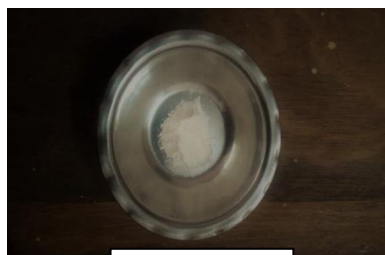
- (i) *Guda* – ½ Pala (24gm)
- (ii) *Saindhava Lavana* – 1 Karsha (12 gms)
- (iii) *Tila Taila* – *Eshat* (60-70 ml)
- (iv) *Amleeka* (*Chincha*) – 1 Pala (48gms)
- (v) *Surabhipayasa* or *Godugdha* – 1 Kudava (192ml)

### **Note:**

*Basti* is mentioned in *Niruhadhikara* and having *Teekshana* and *Shodhana* properties should be administered as *Yoga Basti*. *Anuvasana Basti* should be given before and after *Vaitarana Basti*. If it is continuously given the patient may get severe abdomen pain due to its *Teekshnata*.



Guda



Saindhava



Tila Taila



Chincha



Godugdha

**Requirements:** *Basti Putaka* (Brass) or enema pot or glycerine syringe 100cc, *Basti Netra* or rubber catheter 10 no., prescribed medicines, cotton, hand gloves, kidney tray, measuring jug, churning and hole towel.

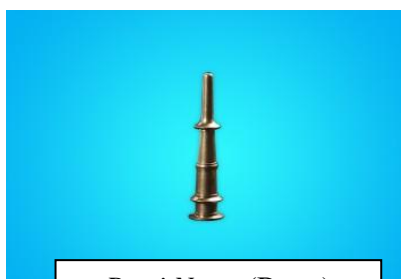


*Basti Putaka* & Glycerine Syringe



Enema Pot

***Basti Netra:***



*Basti Netra* (Brass)

rubber catheter



#### Mode of Action of *Vaitarana Basti*:

*Vaitarana Basti* works by the virtue of action of ingredients present in it. The ingredients present are *Chincha*, *Saindhava*, *Guda*, *Gomutra*, *Tila Taila* and *Godugdha*.

#### The action of each ingredient can be described as follows:

***Saindhava Lavana:*** *Sukshma Guna* reaches up to the micro channel of body. *Tikshna Guna* breaks down the morbid *Mala* and *Dosha Sanghata* while *Snigdha Guna* liquefies the *Dosha*. Irritant property eliminates the *dosha*.

***Guda:*** In this *Basti* instead of *Madhu*, *Guda* is used. It along with *Saindhava* makes homogenous mixture, to form a solution having properties to permeable the water easily. Here, *Purana Guda* should be taken as it is *Laghu*, *Pathya*, *Anabhisya*, *Agnivardhaka* and *Vata-Pittaghna*. It also helps in carrying the drug up to micro-cellular level.

***Sneha:*** *Sneha dravya* reduces *Vata Dushti*, softens micro-channels, destroys the compact *mala*, and removes the obstruction in the channels. (Ch.Si.1/7). In this *Basti*, *Tila Taila* mixed with the mixture of *Guda* and *Saindhava* help in forming the uniform mixture. It also protects the mucus membrane from the untoward effect of irritating drugs in the *Basti drava*.

***Amleeka or Chincha (Tamarind):*** *Amleeka* is having *Vata-kaphashamaka*, *Ruksha* and *Ushna* properties. *Ruksha Guna*

helps in counteracting the *Ama* which is chief pathogenic factor of many diseases.

***Gomutra:*** In this *Basti*, *Gomutra* is chief content, which owing to its *Katu Rasa*, *Katu Vipaka*, *Ushna Virya*, *Laghu*, *Ruksha*, *Tikshna* properties pacify the *Kapha*. The *Ruksha Guna* of *Gomutra* is very helpful in the diseased condition like *Amavata*. It is useful for *Vaitarana Basti* owing to its *Tridosahara*, *Agnideepana*, *Pachana*, *Srotovishodhana* and *Vatanulomaka* properties. Thus it works as curative as well purification measure.

***Godugdha:*** Properties: *Brimhana*, *Vrishya*, *Medhya*, *Balya*, *Jeevaneeya* & *Rakta-pittaghna*.

**Procedure:** *Poorva Karma* (Pre Operative Procedure), *Pradhana Karma* (Main Operative Procedure) and *Pashchata Karma* (Post Operative Procedure).

#### 1) POORVA KARMA:

**Preparation of *Basti Davya*:** *Vaitarana Basti* is prepared as per the classical method used for the preparation of *Niruha Basti*. *Jaggery (Guda)* is mixed uniformly with equal quantity of lukewarm water. *Saindhava* is added to the above. *Tila Taila* is added till the mixture become homogenous. *Chincha Kalka* is taken and added to above mixture carefully. *Gomutra* is added slowly and mixing is continued so as to have uniform *Basti Dravya*. Finally after filtering, *Basti Dravya* is made lukewarm by keeping it into hot water.



Guda in Liquid form



Chincha Kalka





All Ingredients



Mixture of Guda &amp; Saindhava



Mixture of Tila Taila



Added Chinchā Kalka



Mixing Godugdha

**Gomutra Properties:**

*Lekhana, bhedaka, laghu pachaka, agnideepaka & medhya.*

Gomutra cures diseases like Shoola, Shotha, Anaha and Amavata etc.

**Godugdha Properties:**

*Brimhana, Vrishya, Medhya, Balya, Jeevaneeya & Rakta-pittaghna.*

It cures diseases like Gridhasi, Janusankocha, Klaihya and Kati, uru, prushta & shoola.

**2) PRADHANA KARMA:**

After Mala, Mutra Veganivarana, Sthanika Snehana (Tila Taila) and Sthanika Swedana (Nirgundi Patra Nadi Sweda) should be done. Patient should advise to lie down in the left lateral position on the Basti table (Droni) with straight body and left hand kept as pillow. His right leg is folded at knee joint and made to rest flat over the straight left leg. Then Sukhoshna Snehā is to be applied in the anal region and on the Basti Netra. Introduce the Basti Netra slowly up to 1/4 part of the Basti Netra. Lukewarm Basti should be administered slowly.

**Note:**

Anatomically Grahani and Guda are lying on the left side of the body. So in the left lateral position there will be better

accessibility of medicament. Left lateral position helps in the gravity because of anatomical slop. It facilitates passing of Basti Dravya across the rectum to other areas.

**Basti Pratyagamana:**

It will take maximum period in Return of 1 Muhurta (48 minutes).

**Samyoga:**

*Prasasta vidamutra-Mala-mutra Pravartana*, increase appetite, *Agni vraddhi, Laghuta, Roga shanti* and *Bala vraddhi*.

**Ayoga:**

*Shiro Hridaya, Guda, Basti, Medhra Vedana, Shotha, Pratishyaya* (Rhinitis), *Parikartika, Hrilasa* (Nausea), retention of flatus and *Shwasa* (Dyspnoea).

**Atiyoga:**

*Adhmana, Parikartika, Parisrava, Hridgraha, Vibhramsha, Stambha* and *Kamla*.

**3) PASHCHAT KARMA:**

Removing of Netra from Guda, then Basti tadana on thigh & buttocks, then ask him to change postures from left lateral to prone, right lateral and supine postures, if patient gets

natural urge with in 10 to 15 minutes ask him to for motion and observed *Samyak Lakshana* of *Basti karma*.

#### Diet:

Fresh Green Gram *Khichidi* in lunch and dinner next day *Anuvasana Basti* should be administered.

#### Vaitarana Basti in Amavata:

Acharya Chakradutta and Acharya Vangasena have explained the role of *Vaitarana Basti* in management of *Amavata*. *Amavata* is first mentioned as separate disease by *Madhava Nidana*. The ingredients of *Vaitarana Basti* mainly possess *Deepana*, *Pachana*, *Ushna*, *Sukshma*, *Laghu*, *Teekshna* and *Lekhana* properties. These properties help to alleviate *Ama* and *Vata* in the body. *Basti dravya* reaches various part of the body like *Sandhis* and minute channels like by its *Sukshma Guna* and liquefies the *Dosha* which was present in various forms. *Gomutra*, which is the chief content, is helpful to reduce the *Shotha* and *Ruja* as it is mainly indicated in *Ama*. At the same time it does the *Srotovishodhana* there by decreasing the *Srotobhiyandana* which internally leads to *Vatanulomana* because of removal of obstruction and finally expels *Ama* and *Kapha-vata* out of the body. Thus *Basti dravya* after reaching to large intestine and small intestine get absorbed from intestine, due to *Laghu*, *Ushna*, *Thikshna* and *Ruksha Guna* of *Vaitarana Basti Dravya*, It breaks the obstructions and expels out the morbid material from the all over the body thus help in breaking down the pathogenesis of disease.

#### Vaitarana Basti in Gridhrasi:

Acharya Vangasena has explained role of *Vaitarana Basti* management of *Gridhrasi* in *Basti Karma Adhikara* (Shloka 186-190). *Gridhrasi* mainly condition which is associated with *Shula*, *Stambha*, *Sankocha*, *Shotha* i.e. *Vata-kaphaja*. The *Lavana-amla-sneha-gomutra yukta Vaitarana Basti* acts as *Vatashamaka* and also reduces the symptoms in *Vata-kaphaja Gridhrasi*. The *Godugdha Vaitarana Basti* has got the more lipid content in it. The rectum has a rich blood and lymph supply and drugs can cross the rectal mucosa like other lipid membranes. Lipid soluble substances are rapidly absorbed from the rectum. In the rectum, in the upper portion, the absorption in via the upper rectal mucosa and is carried to the superior haemorrhoidal vein into portal circulation. Whereas that absorbed in the lower rectum enter directly into systemic circulation via middle and inferior haemorrhoidal vein. These factors-the probable mode of action and probable mechanism of action may be responsible for the relief in the signs and symptoms of the disease. The *Lavana-amla-sneha-dugdha Yukta Vaitarana Basti* acts as *Vatashamaka* and also reduces the symptoms in *Vataja Gridhrasi*.

#### Specialities of the Basti:

It can be given after food like *Anuvasana Basti*. But if the patient is strong enough it can be given in empty stomach. Acharya Vangasena, *Godugdha* can be used instead of *Gomutra*.

#### Pharmacodynamics of Basti:

*Dravya* though situated in the *Pakvashaya* draws up the *Dosa* from sole of feet to head by its *Veerya* as the sun situated in sky takes up the *rasa* of the earth. Acharya Parashara opined that *Guda* is the *Mula* of the where all *Sira* are located. The *Basti* administered through the *Guda* reaches up to head and nourishes up to head and nourishes the body.

*Basti* is that which reaching up to *Kati*, *Parshava*, *Kukshi* and churning up the faecal and morbid matter and spreading the unctuous effect in the whole body, draws out the faecal and morbid matter with ease.

#### Modern Pharmacokinetics

Drug administration via the rectum can achieve higher blood levels of the drug than administration through the oral route due to partial avoidance of hepatic first-pass metabolism. The rectum has a rich blood and lymph supply and drugs can cross the rectal mucosa as they can cross other lipid membranes. Thus, un-ionized and lipid-soluble substances are readily absorbed from the rectum. The portion absorbed from the upper rectal mucosa is carried by the superior haemorrhoidal vein into the portal circulation, whereas that absorbed from the lower rectum enters directly into the systemic circulation via the middle and inferior haemorrhoidal veins. Thus, administration of drugs in the *Basti* form has faster absorption and provides quicker results.

#### DISCUSSION

*Vaitarana Basti* is special type of *Basti* which is described by the Acharya Vangasena and Acharya Chakradutta. Qualities of the *Vaitarana Basti* are *Laghu*, *Ruksha*, *Ushna*, *Tikshna* and majority of the drugs are having mainly *Vata Kapha Shamaka* action, owing to this property antagonism to *Kapha* and *Ama*. *Vaitarana Basti* showed significant result in *Sandigata-vata*, *Amavata*, *Gridhrasi* etc. diseases where there is involvement of mainly *Ama* and *Kapha*. *Basti* helps in elevating the *Avarana* of *Vata* by *Kapha*. Reduction in this *Avarana* was seen as there was improvement of *Kaphavrita Vyana* symptoms. *Basti* helps in *Vatanulomana* thus helping correcting the *Apanavata*. *Basti* therapy may be stimulator for Gastro-intestinal tract and also for whole body functions.

#### CONCLUSION

The majority of the content drugs of *Vaitarana Basti* are having *Laghu*, *Ruksha*, *Ushna* and *Tikshna* properties which works as *Vata Kapha Shamaka*. *Vaitarana Basti* shows significant effect in *Ama*, *Shula* and *Shotha Avastha*.

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