Role of Basti Karma towards the management of Madhumeha: an Ayurveda perspective

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ABSTRACT

Ayurveda the Indian medical system mentioned Madhumeha as imbalance of the Doshas; Vata, Pitta and Kapha. Madhumeha correlated with diabetes as per modern medical science characterized by hyperglycemia and disturbance of water and electrolyte homeostasis. In Ayurveda (Brihatsray) it is considered as Ashtha mahagada as difficult to cure. It is also relates with life-style related metabolic disorder since consumption of junk foods, day time sleep, lack of exercises and sedentary habits may precipitate symptoms of diabetes. Now a day’s Madhumeha has become very common pathological condition affecting more than 20% of world population. Madhumeha may be managed by good conduction of Ahara-Vihara, Yoga, Sodhana karma and use of various ayurveda formulations, however recently Panchakarma has gain great attention towards the management of Madhumeha since some specific modalities of Panchakarma effectively removes vitiated Doshas and Vasti Karma is one of them. Considering this aspect present article summarized ayurveda perspective of Basti Karma towards the management of Madhumeha.

Keywords: Ayurveda, Diabetes, Madhumeha, Panchakarma, Basti Karma.

INTRODUCTION

Madhumeha (diabetes) is a metabolic disorder which mainly involves high blood sugar level, increased frequency of urination, excessive thirst and hunger etc. Ayurveda considered Madhumeha as Sadhya, Yapya and Asadhya depending upon Dosa involvement.1,5 Ayurveda described various etiological factors responsible for disease condition including Bij Dosh, ageing, disturbed life style, stress, anxiety, hormonal imbalances and consumption of unhealthy diet.3-6 Bahudravashleema and Bahuabaddhamedha are also considered as major pathological factors of Madhumeha. When Nidana Sevana aggravates Kapha then Meda Dhatu vitiated and pathogenesis of diabetes may take places. The Samprapthighatakus of diabetes are as follows:

\[
\begin{align*}
\text{Dosha:} & \quad \text{Vata, Pitta, Kapha} \\
\text{Dushya:} & \quad \text{Meda, Mamsa, Rakta, Majja, Rasa and Ojas} \\
\text{Srotas:} & \quad \text{Mootravaha} \\
\text{Srotodusti:} & \quad \text{Atripravrutti} \\
\text{Agni:} & \quad \text{Dhatvagni}
\end{align*}
\]

The main clinical symptoms of Madhumeha are Prabhootha mutrata, Avila mutrata and Medu dushti lakshanas. Ayurveda literatures suggested that conduction of brimhana, use of herbal medicine, diet control, panchakarma and balanced life style may help in the management of diabetes.5-8

BASTI KARMA IN MANAGEMENT OF DIABETES

Basti Karma is recommended in Madhumeha especially for the patient having optimum physical and mental strength. The general line of treatment involve use of Deepana Pachana Dravyas followed by Sthanika Ahbyanga and Mridu Sweda then finally Basti Karma. It is strongly recommended that regular follows up should be taken while using Basti Karma for longer time.

Some literary study confirms that Madhutilika basti decrease sugar levels as well as other symptoms related to diabetes. A study proved that Madhutilika basti offers beneficial effects in the management of Shoola Madhuneha, Madhutilika Basti along with conduction of Pathya Ahara Vihara help to reduces clinical symptoms of diabetes since it not only detoxify body nut also pacify Dosa.7-10
Figure 1: **Basti** recommended for disease management.

The general procedural protocol for performing **Basti Karma** involves following steps:

1. **Purvakarma**
   Purvakarma may be performed with Deepana Pachana Dravyas such as; Panchakola Churna, Chitrakadi Vati, Trikatu Churna and Agnitundi Vati

2. **Pradhanakarma (Basti Karma)**
   Basti may be prepared with the drugs possessing Shodhanaguna to reduce Doshadushti such as; Madhutailika basti, Salasaradigana basti and Panchatikta prasritika basti.

- **Niruh Basti**
  It is recommended in Avaran Janya Madhumeha and for obese diabetic patient.

- **Anuvasana Basti**
  It is recommended for Sahaj Madhumeha.

### Table 1: **Basti** recommended in Madhumeha

<table>
<thead>
<tr>
<th>Basti recommended by Acharya Charaka</th>
<th>Basti recommended by Acharya Sushruta</th>
<th>Basti recommended by Acharya Vagbhata</th>
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</thead>
<tbody>
<tr>
<td>Rasnadi Niruh Vasti</td>
<td>Rasnadi Niruh Vasti</td>
<td>Pittagha Mrdud Niruh Vasti</td>
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<td>Vidangadi Tail Vasti</td>
<td>Vidangadi Tail Vasti</td>
<td>Madhutailika Vasti</td>
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<td>Somavalkal Vasti</td>
<td>Kaphahara Vasti Kalpo(</td>
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<td>Mustadi Yapna Vasti</td>
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<td>Katutumbi Vasti</td>
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**Beneficial Effects of Basti Karma in Madhumeha**

**Basti Karma** detoxifies by expelling vitiated Doshas out from the body. Basti is considered as comfortable approaches of Panchkarma since it may be use without giving much stress to the patient. The some medicine used in Basti form acts faster than the oral route. Basti is Sreshtha Vata pacifying since it possesses properties like Laghu and Raksa Guna which pacify Snigdha pradhana dushyas thus prevent pathogenesis of Madhumeha. Basti reduces vitiation of Vata, Pitta, Kapha and Rakta doshas. It cleans the Srotas, strength Oja, Teja, Shukra and Agni thus balances Medha. Vata is associated with Madhumeha and Pakvashaya is major place of Vata therefore administration of medicament through Basti into colon & rectum pacifies vitiated Vata doshas. It also removes toxins & waste materials from lower extremity of body. The cleansing effect of Basti dravya reduces Avarana of Kapha & Meda in Madhumeha thus relief clinical symptoms.

- Basti dravya liquefy Dosha (Bahu Abaddha Meda)
- Dissolve amyloid deposition leading to insulin activation
- Vyavayi, Vikasi, Ushna, Tikshna & Anupravana Bhava effect of Basti dravya modify Apana, Vayu and Agni thus toxic materials excreted through gastrointestinal tract
- Basti dravya offers Srotoshodhana, Agnivardhana and Kostha Shodhana thus activate Medodhatwagni which reduces obesity mediated diabetes

**Probable mode of action of Basti**

**Basti Karma** helps in diabetes by inducing absorption, modulating system biology and through neural stimulation. In absorption mechanism it is believe that after reaching in rectum and colon Basti increases secretion of bile from gall bladder leading to formation of conjugate micelles which resulted absorption of medicament through passive diffusion. Taila of Basti may absorb through colon and large intestine there by break pathogenesis of disease.
The modulation of system biology enables *Basti* to act on the organ systems. Organs are interconnected at molecular level and molecular incident transformed through cellular level followed by tissue level and finally reaches at organ level. Therefore it can be say that effects of *Basti* on gastrointestinal system affect other system of body and help to maintain internal homeostasis.

The mechanism of neural stimulation is related with the feedback system of neural tissue of vaso-motor center. This centre affected by neural and chemical reflexes of other centre. The parasympathetic nerves of GIT may be stimulated by *Basti* which further affect activity of vaso-motor center and maintain blood pressure in diabetic patient.

**CONCLUSION**

Ayurveda suggested use of *Shodhana Chikitsa* for the management of metabolic disorder such as; diabetes. *Shodhana Chikitsa* pacifies vitiates *doshas* and break pathogenesis of disease. *Basti Karma* normalizes *Vata, Kapha, Meda, Kleda* and *Sneha* for the management of *Avaranjanya Madhumeha*. *Basti* controls *Vyan* and *Apan vayu* which play significant role in the pathogenesis of *Madhumeha*. *Basti* reduces *Shirahshoola, Anidra, Bhrama* and *Santapa* which may precipitate diabetes.

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