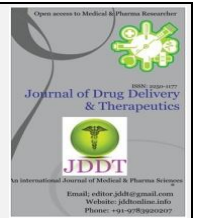




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Review Article

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 (*Brihatrayi*) it is considered as *Ashta 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*.

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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 *Dosha* involvement.¹⁻⁵ Ayurveda described various etiological factors responsible for disease condition including; *Bija Dosha*, ageing, disturbed life style, stress, anxiety, hormonal imbalances and consumption of unhealthy diet.³⁻⁶ *Bahdravashma* and *Bahuabaddhameda* 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 *Samprapthighatakas* of diabetes are as follows:

Dosha:	<i>Vata</i> , <i>pitta</i> , <i>kapha</i>
Dushya:	<i>Meda</i> , <i>Mamsa</i> , <i>Rakta</i> , <i>Majja</i> , <i>Rasa</i> and <i>Ojas</i>
Srotas:	<i>Mootravaha</i>
Srotodusti:	<i>Atipravritti</i>
Agni:	<i>Dhatvagni</i>

The main clinical symptoms of *Madhumeha* are *Prabhootha mutrata*, *Avila mutrata* and *Medo 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 Abhyanga* 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 *Madhutailika basti* decrease sugar levels as well as other symptoms related to diabetes. A study proved that *Madhutailika basti* offers beneficial effects in the management of *Sthoola Madhuneha*. *Madhutailika Basti* along with conduction of *Pathya Ahara Vihara* help to reduces clinical symptoms of diabetes since it not only detoxify body nut also pacify *Dosha*.⁷⁻¹⁰

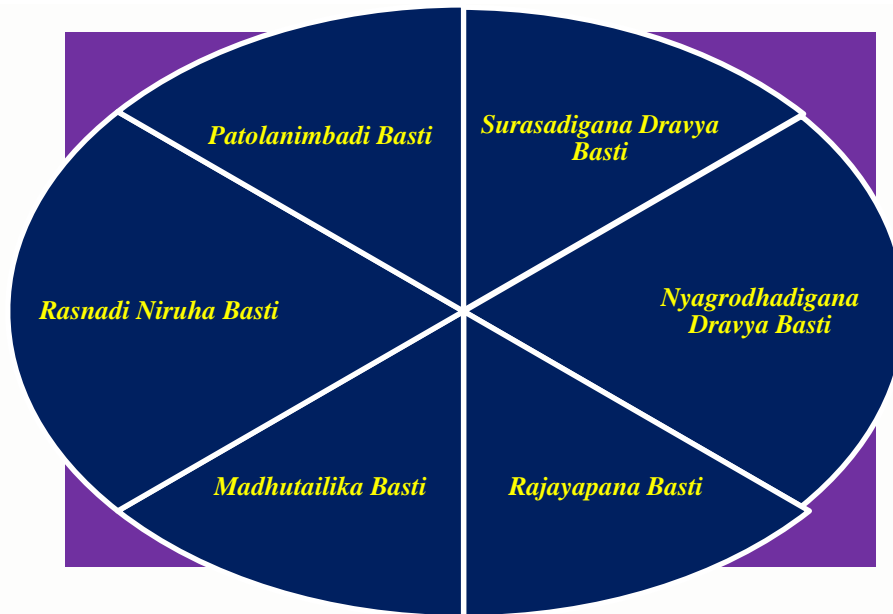


Figure 1: Basti recommended for disease management.

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

Basti recommended by Acharya Charaka	Basti recommended by Acharya Sushruta	Basti recommended by Acharya Vagbhata
Rasnadi Niruh Vasti	Rasnadi Niruh Vasti	Pittaghn Mridu Niruh Vasti
Vidangadi Tail Vasti	Vidangadi Tail Vasti	Madhutailik Vasti
Somavalkal Vasti		Kaphahara Vasti Kalpa[
Mustadi Yapna Vasti		
Katutumbi Vasti		

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 Srestha Vata pacyfying since it possesses properties like Laghu and Ruksa Guna which pacify Snigdha pradhana dushyas thus prevent pathogenesis of Madhumeha. Basti reduces vitiation of Vata, Pitta, Kapha and Rakta dosha. It cleans the Srotas, strengthen 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, Agnivaradhana 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 vitiated *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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