

REVIEW OF SPECIAL BASTIS: LITERARY REVIEW

Dr. Manasi Sanap*

India.



*Corresponding Author: Dr. Manasi Sanap

India.

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ABSTRACT

Basti Chikitsa is considered to be a prime treatment modality among the Panchakarma. It has not only curative aspects but also preventive and promotive aspects. Acharya Charaka has considered it as the chief treatment regimen for various disorders. Vata is responsible for dislodgement or combination of vit, mutra, pitta and kapha. Hence to say any malfunction in the body is caused by vata dosha and Basti is the prime line of treatment for vata dosha. None of the treatment modalities are as effective as Basti chikitsa for the mitigation of vata dosha. Hence it is considered as ardhha chikitsa and some even say it is Poorna chikitsa or complete treatment. Sushruta says, basti is useful in treatment of vata, pitta and kapha doshas & even in the derangement of rakta dhatu. It is also effective in combination of two doshas or all the three doshas. Acharya Charaka has stated that Basti is the main treatment of Vata Dosha. Vata is given more importance by denoting the characters of Vayu are life and vitality. Vayu is the supporter of all living beings, Vayu is present in whole universe and Vayu is the lord of all. As described earlier, Vayu has the influence on Trividha Rogamarga. Basti enters the Pakvashaya which the main Sthana of Vata Dosha and pacifies the Vata Dosha which is the originator of all Vikara. Granthkar explains various basti such as dravya bhedanusr madhutailik, karmukatva bhedanusr Lekhan basti, Piccha basti by sharangdhar, Vaitaran basti by Chakradatta. For various vyadhis such as Lekhan basti in sthaulya, Vaitaran basti Aamvat, Piccha basti in raktaj atisar.

KEYWORDS: Basti, Ardhha chikitsa.

INTRODUCTION

Basti introduced into the Pakvashaya acts upon the whole body and on every system of the body, from head to toe and draws out the impurities by its potency similar to the sun which evaporates the water from the earth by its heat.

यथा कुसुंभादि युतात् तोयाद्रागं ह्येत् पटः । तथा द्रविकृताद् देहाद्
बस्तिर्निहस्त् मलान् ॥ (As.Hru.Su.19)^[1]

As the cloth absorbs the dye from water mixed with kusumba plant, in the same way Basti eliminates the malas from the body which have undergone liquefaction due to snehana and swedana.

नाभिप्रदेशं कटि पार्श्व कुक्षिगत्वा शकृदोषचयं विलोड्यां संस्नेह
कायं सुपुरीष दोषः सम्यक् सुखेनैति वयः स बस्ति
(Cha.Si.1/40)^[2]

The Basti dravya which is administered, churns and collects the accumulated doshas and shakrut from nabhi, kati, parshwa and kukshi pradesha, causes snehana to the body and expels out the doshas. All acharyas have highlighted the importance of Basti chikitsa: some have

even gone to the extent of ascribing it as poornachikitsa (complete treatment).

Acharya Charaka Says

The root cause for disease is vata dosha which causes diseases in shakhas, koshtas, marma pradesha, urdhwanga (head and neck), sarva avayava or all parts of the body.

Vata is responsible for dislodgement or combination of vit, mutra, pitta and kapha. Hence to say any malfunction in the body is caused by vata dosha and Basti is the prime line of treatment for vata dosha. None of the treatment modalities are as effective as Basti chikitsa for the mitigation of vata dosha. Hence it is considered as ardhha chikitsa and some even say it is Poorna chikitsa or complete treatment.

तत्र स्नेहादिनां कर्मणां बस्तिकर्म प्रधान तन्माहुःचार्याः । कस्मात् ।
अनेक कर्म कर्त्वाद् बस्तः, इह खलु बस्तिः नानाविध द्रव्य
संयोगात् दोषाणाम् संशोधन संशमन सद्ग्रहणि करोति । क्षीण शुक्रम्
वाजीकरोति, कृशम् बृहति, स्थूलं काश्चयति, चक्षुः प्रीणयति, वली
पलित उपहन्ति, वयः स्थापयति । शरीर उपचयं वर्णं बलमारोग्यम्

आयुषः । कुरुते परिवृद्धिं च बस्तिः सम्यगुपासितः । (Su.Chi.35/3-4)

AIM: To study special types of basti with its importance.

OBJECTIVE

1. To study different types of basti & their indications.

MATERIAL AND METHOD

From Ancient Samhita – Charak Samhita, Sushrut Samhita, Ashtanga Sanhita, Panchkarma textbook

DISCUSSION

1. Madhutailika basti

यस्मान् मधु च तैलं च प्राधान्येन प्रदीयते । माधुतैलिक इत्येवं भिषग्भिर् बस्तिर् उच्यते ।। (Su.chi.38/114)^[3]

The basti mainly contains Madhu and Taila in equal proportion. Hence this basti is named as madhutailika basti.

Paryayas of Madhutailika basti are

Yuktha Ratha Basti: Madhutailika basti can be used at any time, even while-travelling. Hence it is called as Yuktharatha Basti. (Acc to Vangasena if Pippali and Madanaphala are added, it is called as Yuktaratha basti.

Yapana Basti - यापनस्तु बस्तयः सर्व काले देयाः । (Cha.Si.12/15)

- It is also called as Yapana basti because it can be used anytime.
- Siddha Basti: as it is useful for curing many diseases it is called as Siddha basti.
- Doshahara Basti: as it eliminates vitiated doshas it is known as on Doshahar basti and is also termed as auspicious.
- Snigdha Basti: this word denotes the predominant oily nature and the prolonged usage like that of Matrabasti (should not be confused with Anuvasana).

Importance

नृपाणां तम् समानानां तथा सुमहताम अपि नारीणां सुकुमाराणां शिशुस्थ विर्योरपि दोषनिर्हरणार्थाय बलवर्णोदयाय च । समासेन उपदेक्ष्यामि विधानं मातुर्तैलिकं ॥ यान स्त्री भोज्य पानेषु नियमश्चात्र नोच्यते। फलं च विपुलं दृष्टं व्यापदां च अपि संभवः ॥ योज्यस्तवः सुखेनै च निरुहकम मिच्छता । यदेच्छति तदैवैष प्रयोक्तव्यो विपश्चिता।। (Su.Chi.38/96-99)^[4]

- There are no much restrictions told after administration of this basti like Yana, Maithuna and in terms of Annapana. (Dietary regimen) It can be administered in Sarvakala
- It is an Mrudubasti and hence there is less chance for Vipak complications.

- It is very beneficial in raja, sukumara, stree, shishu etc and can be administered in above said persons without any restrictions.
- It is very much useful in improving bala and Varna.
- It can be administered without previous shodhana.

Indications of Maadhu Tailika Basti

सुखिनाम् अल्पदोषाणां नित्यं सिग्धाश्चये नराः।

मृदु कोष्ठाश्च ये तेषां विधेया माधुतैलिकाः ॥ (Su.Chi.38/117)^[5]

The person who are sukhi(delicate) with alpa dosha, those who consume sneha daily, those who have mrudu koshta, in them prescription of madhutailik basti is ideal.

| | | |
|------------------|--------|------------|
| Makshik | 200ml | 2prasruta |
| Lavana | 6gms | ½ aksha |
| Sneha | 200ml | 2 prasruta |
| Shatpushpa Kalka | 24 gms | ½ pal |
| Kwath | 400ml | 4prasrut |

2. Erandmuladi Niruha Basti

Erandamooladi niruha basti is mentioned in Charaka samhita and it contains 35 drugs. It is one of the important kaphahara basti. There are 22 ushna veerya and 7 sheeta veerya drugs. 9 drugs are having katu vipaka and 20 drugs are having madhura vipaka and also kapha-vata shamaka are 10 in number. Most of the drugs are having Laghu, Ruksha Gunas and Katu, Tikta and Kashaya rasa and as avapadravya, Gomutra is also mentioned.

एरण्डमूलं त्रिपलं पलाशं हस्वानि मूलानि च यानि पंच।
रसन अश्वगन्ध अतिबला गुडुची पुनर्नव आरग्वथ देवदारु ।
भागाः पलाशां मदनाष्टयुक्ता जलदिकंसे ववथिथेऽप्रशेषे ॥
पेष्याः शतहा हपुषा प्रियंगु सपिप्पलीकं मधुकं बला च।
रसाञ्जनं वत्सकबीज मुस्तं भागाक्षमात्रं लवणांशयुक्तम् । समाक्षिक
तैलयुतः समूत्रे बस्तिनृणां दीपनलेखनीयः ॥ जंघ अरुपादं
त्रिकपृष्ठशूलं कफवृत्ति मारुतनिग्रहं च ॥विट् मूत्र वात ग्रहणं
सशूलम् आध्मान् अमश्मीर शर्करे चा आनाह अर्शा गृहणी प्रदोषान्
एरण्डबस्ति शमयेत् प्रयुक्त ॥(च.सि.३/३८-४२)^[6]

| | | |
|---------|-------|------------|
| Makshik | 200ml | 2 prasruta |
| Lavana | 15gm | 1aksha |
| Kalka | 30gm | 3 aksha |
| Sneha | 200ml | 2 prasruta |
| Kwath | 300ml | 3 prasruta |
| Gomutra | 100ml | 1 prasruta |

Indications: Pain and heaviness of jangha, pada, trika, prushta, vibandha (retention of urine, faeces and flatus), avaran of vata by kapha, mootra nigraha, varcha nigraha, adhman (abdominal distension, discomfort), ashmari (renal calculi), sharkara, anaha (constipation), arsha (haemorrhoids), grahani.

Benefits: Lekhana, Dipana.

3. Lekhan Basti

त्रिफलाववाथ गोमूत्र क्षौद्र क्षार समायुताः ऊषकादि प्रतिवापा
बस्तयो लेखनास्मृताः ॥ (Su.Chi 38/82)^[7]

| | | |
|-----------------|----------|--------|
| Makshik | 4 Pala | 200ml |
| Saindhava | 1 aksha | 12 gms |
| Trifala kashaya | 8 Pala | 300 ml |
| Gomutra | 3 Pala | 100 ml |
| Kshar | 3 Karsha | 5 gms |
| Katu taila | 6 Pala | 100 ml |
| Trifala kalka | 2 Pala | 45 gms |

Indications

Lekhana, hyperlipidaemia, Obesity.

4. Piccha Basti

Picchabasti is indicated in jeernaatisar avastha and jeernagrahani by charaka and vagbhata. Picchabasti acts as grahi (bowel binding), and contains dipana and pachana drugs. Piccha basti is explained as one of the treatment in Arsharoga. Picchabasti cures excess bowel movements and duodenal disorders.

It is also mentioned in Chakradutta, Su. Chi- 38/85-86, Vangasena (Atisarachikitsa).

बदरि एरावति शेलु शाल्मलि धन्वन अङ्कयाः

क्षीरसिद्धाः क्षौद्रयुक्ताः सारुः पिच्छिल संज्ञिताः ।

वायह माहिष औरश्न बैड लैणैय कौकुटम्। सध्यस्कम् असृगाजं वा देयं
पिच्छिलबस्तिषु॥

कृत अनुवासनस्यास्य कृत संसर्जनस्य चा वर्तते यद्य अतीसारः
पिच्छाबस्तिस्तः परम्॥ परिवेष्टय कुशैरादेर आवृन्तानि शाल्मलेः ।
कृष्णमृत्तिका ऽऽलिप्य स्वेदयेद् गोमयाग्निना॥ सुशुष्कां मृत्तिकां
इनात्वा तानि वृन्तानि शाल्मलेः ।

शृते पयसि मृद्रीयादापोत्थयो उत्सूखले ततः ॥ पिण्डं मृत्तिसमं प्रस्थे
तत् पूतं तैलसर्पिषोः ।

स्नेहितं मात्रया युक्तं कल्केन मधुकस्य चा। बस्तिम् अभ्यक्तगान्नाय
दध्यात् प्रत्यागते ततः॥

स्नात्वा भुञ्जीत पयसा जाङ्गलानां रसेन वा

पित्तातिसार ज्वर शोथ गुल्म जीर्णातिसार ग्रहणीप्रदोषान् । जयत्ययं
शीघ्रम् अतिप्रवृद्धान् विरेचन आस्थापनयोश्च बस्तिः ॥ (Cha. Chi
19/63-68)^[8]

| | | |
|----------------|-------|------------|
| Makshik | 200ml | 2 prasruta |
| Lavana | 12gm | 1aksha |
| Sneha | 200ml | 2prasruta |
| Kalka (yashti) | 30 gm | 1 pal |
| Kshirpak | 500ml | 5 prasruta |

Indications: PittajaAtisara, jwara, gulma, shotha, jeernatisara, grahani, gudabramsha and raktasrava.

Special indication: In vatasleshma vibandha (obstruction), in Excessive atisara due to kapha or when associated with pain. Here the patient should be given picchabasti prepared with the paste of pippali, bilva, kushta, shatavari and vacha added with salt.

Benefits: It acts as evacuative and sustaining and overcomes the advanced stage of the above diseases. It stabilizes the functions of dosha, dhatu and mala.

5. Vaitarana Basti

According to Garuda purana, Vaitarana is the name of the river, which a person is supposed to cross during death in his astronomical kingdom. This vasti is so powerful in a sense that it can bring back life of a person who is about to cross the vaitarana river.

पल शुक्ति कर्ष कुडव अम्ली गुड सिन्धुजन्म गोमूत्रैः । ईषतैलयुतो
अयं बस्ति शूल आनाह आमवातहरः ॥

वैतरणः क्षारबस्ति भुक्ते चापि प्रदियते॥ (C.D. 73/32)

| | | |
|---------------|---------------|---------|
| Aamlika kalka | 1 pala | 50 gram |
| Guda | 1 shukti | 25gram |
| Saindhava | 1 karsha | 15gm |
| Gomutra | 1 kudava | 200 ml |
| Taila | Not specified | 50 ml |
| Total | 350 ml | |

Phalshruti: Shool, Anaha, Amavata.

CONCLUSION

Basti not only relieves the symptoms, it helps in curing the disease by breaking the pathogenesis and also prevents future complications. Type of Basti need to be chosen according to Dosha involvement, symptoms and condition of the patient. Different patterns of Basti i.e Karma, Kaal and Yoga are chosen according to chronicity and severity of the disease. Erandmuladi basti is advised in Vata-Kaphaja condition and piccha basti is advised for pittaj atisara, jwara, Lekhan basti is kaphaghna basti, Vaitaran basti is shooghna basti. This article is a compilation of various Basti indicated especially for this disease in classical texts.

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