IMPORTANCE OF LEFT LATERAL POSITION IN BASTI KARMA

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ABSTRACT
Ayurveda is a science of life which deals with both preventive and curative aspect of the diseases. Basti Chikitsa is one among the Panchakarma which deals with the same. All the Acharyas have highlighted the importance of Basti Chikitsa, and it has been designated as Poorna Chikitsa or complete treatment by few Acharyas. In classics Poorva Karma, Pradhana Karma and Paschat Karma during Bastidana have been explained elaborately. Acharyas said that during Bastidana patient should lie down in Vama Parshva (left lateral position) as Grahani and Guda are situated on the same side and also Guda Valayas submerge with other tissues of the Guda. Here an effort is made to understand this theory practically by dissecting the rectum, to identify the Valayas (mucosal folds) and clinically by administering the Basti in both left and right lateral position.

Keywords: Basti, Guda Valaya, Vama Parshva

INTRODUCTION
Basti chikitsa is one of the important treatment modality in Ayurveda, in which Basti Dravya is administered through Guda Marga using Basti (Bladder) of an animal. This procedure resembles with the enema in modern concept. Guda is considered as the Moolasthana of Shareera and if the drug is administered in this route, it will be absorbed through the Sira and spreads all over the body.

Figure 1: Position of the Bastidana

Basti Chikitsa is the prime line of treatment for Vata Dosha. Many scholars highlighted the importance of Basti Chikitsa by saying it as Ardh Chikitsa¹ and some have described it as Poorna Chikitsa or complete treatment². Basti Chikitsa is explained elaborately under three headings as Poorva Karma, Pradhana Karma and Paschat Karma.

Poorva Karma:
❖ Preparation of Basti Dravyas
❖ Snehana
❖ Swedana

Pradhana Karma:
❖ Ask the patient to lie down in the Vama Parshva (left lateral) position.
Introduce the Bastinetra through Gudamarga to administer the BastiDravya.

**Paschat Karma:**
- Rest in supine position for few minutes
- Snana
- Rasadi Samsarjana Krama.

**IMPORTANCE OF LEFT LATERAL POSITION**

*Vamashraye hi grahaneegude cha tat paarshvasamsthasya sukhopalabdhi Leeyante evam valayascha tasmaat savyam shayano arhati bastidanam*  

Cha Si 3/24, 25

As the Grahani (organ of assimilation i.e., duodenum, upper part of small intestine) and Guda (rectum) are located in the left side of the body, administration of Basti Dravya while the patient is lying in his left side endows pleasant benefits and also keeps the Valayas (mucosal folds) submerged (into the surrounding musculature). Hence Basti should be administered when the patient is lying on his left side for proper absorption.

**CURVATURES OF THE RECTUM**

The rectum presents with curvatures in antero-posterior and in lateral planes.

**Anterior- posterior curves**
1. Sacral curve- It is convex backwards towards the hallow of the sacrum.
2. Perineal curve- It is convex forwards at the anorectal junction.

**Lateral curves**
1. Upper curve- Convex to the right at the junction of third and fourth sacral vertebrae.
2. Middle curve- Most prominent and convex to the left side at the Sacro-coccygeal junction.
3. Lower curve –Convex to the right at the tip of the coccyx.

**INTERIOR OF THE RECTUM**

Two types of mucous folds, temporary and permanent are found in the interior of rectum. Temporary folds are mostly longitudinal in direction, situated in the lower part of rectum and disappear when the organ is distended. Permanent mucous folds known as Houston valves are horizontal in direction and situated along the concavities of lateral curves of the rectum. According to Houston, the valves are four, and are numbered from above downwards.

- **First valve:** is situated close to recto-sigmoid junction, opposite S3 vertebra and lies about 12cm to 14cm above the anus. It arises from the right or left side of the rectum.
- **Second valve:** is situated about 2.5cm above the third valve and arises from the left wall of the rectum along the concavity of the upper lateral curve.
- **Third valve:** is the most important and constant of the rectal valves. It arises from the anterior and right wall of the rectum, along the concavity of the middle lateral curve. The third valve is situated opposite S5, about 5cm above the anus.
- **Fourth valve:** is situated about 2.5cm below the third valve, arises from the left wall of rectum along the concavity of lower lateral curve.

![Figure2: Houston’s valves](image)
Among the four permanent mucous folds which are also known as Houston’s valves, first, second and fourth are not prominent but third one is most prominent as well as constant.

**IMPORTANCE OF THE HOUSTONS VALVES**

Rectal valves especially third fold support the weight of faeces, particularly in man who assumes upright posture. These valves prevent the passage of instrument into the rectum unless carefully passed. The cannula for rectal washing is usually passed in left lateral position of the patient to avoid injury of the Houston’s third rectal valve and for easy access to sigmoid colon.

**DISSECTION FINDINGS**

During routine PG (Post Graduate) dissection in our department, it was observed that first, second and fourth mucous folds were not prominent but the third mucosal fold was more prominent and constant.

**CLINICAL OBSERVATION:**

During routine clinical practice in our Hospital, we administered the *Basti* in left lateral position in five patients as per classical text and in another five patients we tried it in right lateral position. With keen observation we identified the easy entry of *Basti Netra* when administered in left lateral position, whereas resistance was found in the right lateral position.

**DISCUSSION**

*Basti Netra* easily enters into the *Guda* in the left lateral position and administered *Bastidravya* reaches the *Grahani*, as *Grahani* and *Guda* are present in same side.

Permanent mucosal folds can be correlated to *Valayas*, among which third fold which is prominent and constant lies in the right lateral part of the rectum. Third fold causes resistance when *Basti* is administered in the right lateral position and if the same is tried forcefully it may even injure the third rectal fold leading to rectal incontinence. As the permanent mucosal folds are less prominent in left lateral side of Rectum we may consider it as *Leeyanta* (Submerge) of the *Valayas* (mucosal fold).
CONCLUSION

The knowledge about the administration of Basti Dravya in left lateral position is very important to avoid complications of the Bastidana.

REFERENCES


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