

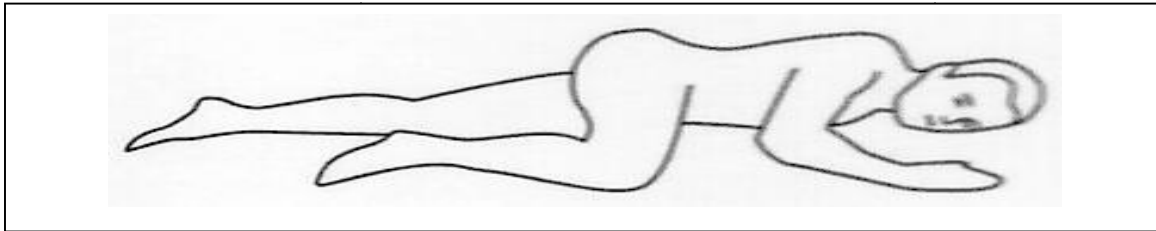
IMPORTANCE OF LEFT LATERAL POSITION IN BASTI KARMA**Dr Raviraj S Kurabet¹, Dr Krishnamurthy N², Dr Nithin Kumar³**¹PG Scholar, ²Guide, Asso Professor, ³Co-Guide, Asst Professor;
Department of ShareeraRachana, SDM College of Ayurveda Kuthpady,
Udupi, Karnataka, India**ABSTRACT**

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, GudaValaya, VamaParshva***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 *Moolasthan* of *Shareera* and if the drug is administered in this route, it will be absorbed through the *Sira* and spreads all over the body.

**Figure1: Position of the Bastidana**

Bastichikitsa is the prime line of treatment for *Vata Dosha*. Many scholars highlighted the importance of *Basti Chikitsa* by saying it as *Ardha Chikitsa*¹ 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*³.

IMPOTANCE OF LEFT LATERAL POSITION⁴

*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 RECTUM⁵

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

Anterior- posterior curves

- 1) **Sacral curve-** It is convex backwards towards the hollow 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 RECTUM⁶

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.

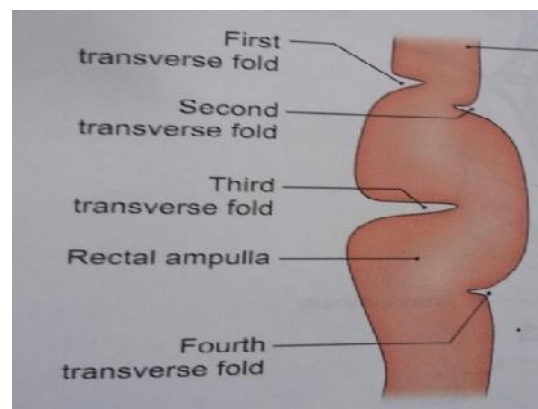


Figure2: Houston's valves

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 VALVES⁷

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.

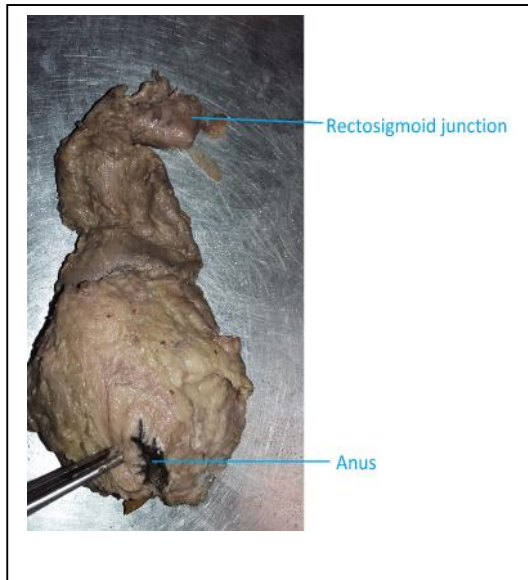


Figure 3: Rectum

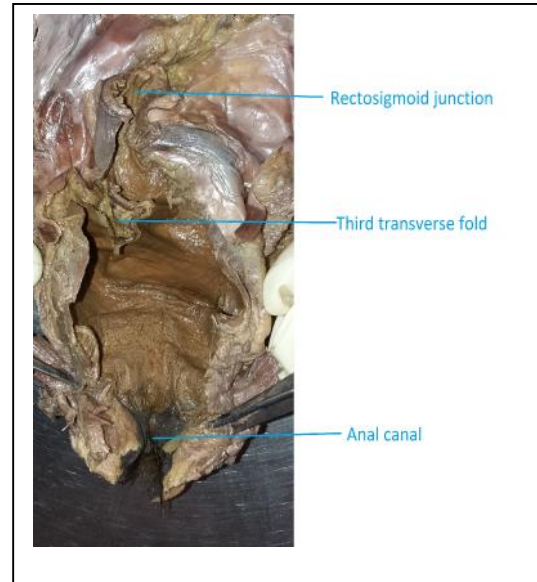


Figure 4: Interior of the Rectum

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*.

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CORRESPONDING AUTHOR

Dr Raviraj S Kurabet

Final year PG scholar, Department of Shareera Rachana, SDMCA, Udupi, karanataka, India

Email: drravirajsk@gmail.com

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