

## **A CRITICAL REVIEW OF THE APPLICATION OF *BASTI* IN *PRAMEHA* FROM CLASSICAL POINT OF VIEW**

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### **ABSTRACT**

Charaka has explained various purification procedures in *Prameha*. Specifically, *Basti* is contraindicated in *Prameha* as it will increase the progress of the disease. But still, if one goes through all the classics, it will be observed that various *Bastis* are used in *Prameha*. So, in the present study, effort is taken to compile all the contexts at one place which will be helpful for further studies. The present study also throws light on the contents and method of preparation all those *Bastis*.

**Keywords:** *Prameha, Meha, Madhumeha, Basti*

### **INTRODUCTION**

*Doshas* won by the means of *Langhana* and *Paachana* have the chances of accumulation and provocation again. But, if they are pacified through the way of *Samshodhana* therapy, they will never get provoked again.<sup>1</sup> *Samshodhana* therapy includes following procedures viz. *Vamana, Virechana, Asthapana Basti* and *Shirovirechana*.<sup>2</sup>

During the treatment of *Prameha*, all the classics clearly advocate the role of *Samshodhana* in it. Charaka clearly suggested that *Samshodhana* is the prime treatment in *Sthoola Pramehi*.<sup>3</sup> Even Sushruta also elaborated various modes of *Samshodhana* in his guidelines.<sup>4</sup>

*Vamana* and *Virechana* are the main tools in the treatment of *Prameha*. Charaka had suggested to avoid the use of *Asthapana Basti* and *Anuvasana Basti* in *Prameha*. But also, in the same classic, in the same *Sthana*, one finds the references of the use of *Basti* in *Prameha*. So, it is bound to collect, compile and assess the data of *Bastis* in *Prameha*, to understand this contradictory event.

### **Materials and methods –**

All the data was collected and critically reviewed from Charaka Samhita, Sushruta Samhita and *Ashtanga Hridayam*.

**Literary study -**

**Importance of Basti:**

The diseases pertaining to extremities and bowels and also those arisen in vital parts, upper parts and localized parts have no cause other than *Vayu* in their production. As *Vayu* is responsible for disjunction and conjunction of faeces, urine, bile etc. with their receptacles, there is no remedy other than *Basti* for pacification when it is aggravated severely. As per some experts, *Basti* is so effective that it shares half the burden of whole treatment. Some experts even go further and claim that sole *Basti* efficiently carries the burden of whole treatment.<sup>5</sup> Because on account of its varied functions and its being composed of the various kinds of medicinal drugs *Basti* help to retain (*Sangraha*), pacify (*Shamana*) and cleanse (*Samshodhana*) the different *Doshas* of the body. It helps the recreation of growth of fresh semen, contributes to the building up of an emaciated frame, reduces corpulence, invigorates eyesight, arrests

premature old age and tends to improve one's complexion and bodily strength, impart longevity, contributes to the growth of the body, ensure the enjoyment of sound health and guards against the inroad of any disease.<sup>6</sup>

*Basti* is very effective in the pathological conditions created individually by *Vata*, *Pitta*, *Kapha* and *Rakta* each or by the complex involving two or more humors.

**Definition:**

It is defined in two ways i.e. one indicates the whole of *karma* and the other indicates just instrument used for it.

Charakacharya, defined *Basti* on the basis of the *Karma* similar to that of *Vamana* and *Virechana* i.e. "*Basti* which going up to the umbilical region, waist, sides and belly, stirring up the accumulated faeces and impurity, the body comes out with the faeces and impurity properly and easily is taken as well administered."<sup>7</sup>

**Table 1:** Compilation of various Bastis in Prameha in samhitas

Sr. No.	Name of Basti	Ingredients				Phalashruti
		Kvath Dravya	Kalka Dravya	Prakshep Dravya		
1	Rasnadi Niruha Basti <sup>8</sup>	Rasna, Amruta, Eranda, Vidanga, Daruharidra, Saptacchada, Ushira, Suravha, Nimba, Shampaka, Bhunimba, Patola, Patha, Akhuparni, Dashamoola, Tikta, Musta, Trayantika, Shigru, Triphala, pinditaka (madanphala)	Madhuyashti, Krishna (Pippali), Phalini, Shatavha, Rasanjana, Shveta Vacha, Vidanga, Kalinga, Patha, Musta	Gomutra	Madhu, Saindhava, Tila Taila, Goghrit	krimi (intestinal parasites), Kushtha (obstinate skin diseases including leprocy), <b>Meha (obstinate urinary disorders including diabetes)</b> , bradhna (inguinal swelling), udara (obstinate abdominal diseases including ascites), Ajirna (indigestion)
2	Saindhavadi Taila		Saindhava (Rock Salt), Madana,		Erand Taila or Tila Taila	Kaphaja Diseases, Bradhna, Udavarta

	<i>Anuvasana Basti</i> <sup>9,10</sup>		<i>Kushta, Shatavha, Nichula, Vacha, Hribera, Rasna Madhuka, Bilva, Bharangi, Devdaru, Katphala, Nagara, Pushkara, Meda, Chavyaka, Shati, Chitraka, Vidanga, Ativisha, Shyama, Harenu, Nilini, Sthira, Ajmoda, Krishna, Danti,</i>			(Upward Movement Of Vayu In The Abdomen), <i>Gulma</i> (Phantom Tumour), <i>Arsha</i> (Piles), <i>Pliha</i> (Splenic Disorders), <b>Meha</b> , <i>Adhyavata</i> (A Joint Disease), <i>Anaha</i> (Tympanites) And <i>Ashmari</i> (Calculus).
3	<b>Vidangadi Taila Anuvasana Basti</b> <sup>11</sup>	<i>Vidanga, Eranda, Rajani (Haridra), Patol, Triphala, Amruta, Tender leaves of Jati, Nirgundi, Dashmoola, NimbAkhuparni, Patha, Sahachara, Shampaka Karavir;</i>	<i>Madanphala, Bilva, Trivrutta, Krishna, Rasna, Bhu-Nimba, Devdaru, Kalinga, Saptaparna, Vacha, Ushir, Darvi, Kushta, Manjistha, Agni, Haridra, Shati, Choraka Shatavha, Pushkarmoola</i>		Tila Taila	<i>Kushta, Krimi, Meha, Arsha, Grahani</i> (Sprue), <i>Klibata</i> (Impotency), <i>Vishamagni</i> (Irregular Digestion), <i>Mala</i> (Production Of Morbid Matter In Excess) And The Diseases Caused By All The Three <i>Doshas</i> (Viz., <i>Vata, Pitta</i> And <i>Kapha</i> ).
4	<b>Panchatikt a panchaprasrutik Basti</b> <sup>12</sup>	<i>Patol, Nimbi, Bhu-Nimba, Rasna Saptacchada- Decoction =1 Prasruta</i>	<i>Sarshapa kalka</i>		<i>Goghrit =1 Prasruta</i>	<b>Meha</b> , <i>Abhishyanda</i> (Conjunctivitis) And <i>Kushtha</i> .
5	<b>Panchatikt a Basti</b> <sup>13</sup>	<i>Patol, Nimba, Karanja, Rasna, Saptachhada Decoction=1 Prasruta</i>	<i>Sarshapa kalka=1 Prasruta</i>		<i>Goghrit =1 Prasruta</i>	<b>Meha</b> , <i>Abhishyanda</i> (Conjunctivitis) <i>Kushtha</i> And <i>Krimi</i> .
6	<b>Prameha Nashaka Basti</b> <sup>14</sup>	<i>Soma-valka (Vit-khadir)</i>				<b>Prameha</b>
7	<b>Mustadi Yapana Basti</b> <sup>15,16,17</sup>	<i>Musta, Ushir, Bala, Aragvadha, Rasna, Manjishtha, Katu-Rohini, Trayamana, Guduchi, Goksura Bibhitaka, Bruhati, Punarnava, Shaliparni, Kantakari = each 1 pala Madanphala= 8 Water=1 Adhaka (256</i>	<i>Shatapushpa, Madhuka, Fruit of Kutaja, Priyangu Rasanjana,</i>	<i>Mamsa rasa= ½ Prastha (32 tolas)</i>	<i>Madhu, Goghrita =Both in equal quantity and Saindhav</i>	1. It promotes semen, muscle tissue and strength, rejuvenates the body. 2. It cures <i>Kshata-Khina</i> , cough, <i>Gulma</i> , colic pain, irregular fever, <i>Bradhna</i> or <i>Vardhma</i> , <i>Kundala</i> (circular movement of

		<i>Tolas</i> ) boiled till remains 1/4 <sup>th</sup> , then add Godugdha= 2 <i>Prasruta</i> (16 <i>Tolas</i> ) boiled again till two <i>prasthas</i> of the liquid remains				<i>Vayu</i> ), <i>Udavarta</i> , pain in the pelvic region, <i>Asrug-rajah</i> (menorrhagia), <i>Visarpa</i> (erysipelas), <i>Pravahika</i> (dysentery)and d headache. 3. It cures stiffness of knee joints, thighs, calf region and the region of urinary bladder. 4. It cures <i>Ashmari</i> , insanity, piles, <b><i>Prameha</i></b> , flatulence, <i>Vatarakta</i> (gout) , <i>Pitta-</i> <i>Kaphaja Vyadhi</i>
8	<b><i>Vidangadi Taila Anuvasana Basti</i></b> <sup>18</sup>	<i>Vidanga</i> , <i>Udichya</i> , <i>Saindhava</i> , <i>Shati</i> , <i>Pushkara</i> , <i>Chitrka</i> , <i>Meda</i> , <i>Madana</i> , <i>Yashtavha</i> , <i>Shyama</i> , <i>Nichula</i> , <i>Nagara</i> , <i>Shatavha</i> , <i>Nilini</i> , <i>Rasna</i> , <i>Kalasi</i> , <i>Vrusha</i> , <i>Renu</i> ( <i>Parpata</i> ), <i>Bilva</i> <i>Ajmoda</i> , <i>Krishna</i> , <i>Danti</i> , <i>Chavya</i> , <i>Naradhip</i>			Erand taila or Tila Tail	<i>Pliha</i> , <i>Udavarta</i> , <i>Vatarakta</i> , <i>Gulma</i> , <i>Anaha</i> , <i>Diseases</i> <i>Pro-</i> <i>duces</i> <i>By</i> <i>Kapha</i> , <b><i>Prameha</i></b> , <i>Sharkara</i> And <i>Arsha</i> .
9	<b><i>Bhadradi Basti</i></b>	<i>Bhadra</i> ( <i>Katphala</i> ), <i>Nimbi</i> , <i>Kulattha</i> , <i>Arka</i> , <i>Koshataki</i> , <i>Amruta</i> , <i>Ama-</i> <i>ra</i> ( <i>Devadaru</i> ), <i>Sariva</i> , <i>Bruhati</i> , <i>Patha</i> , <i>Murva</i> , <i>Aragvadha</i> And <i>Vatsaka</i>	<i>Vacha</i> , <i>Madana</i> , <i>Sarshapa</i> , <i>Saindhava</i> , <i>Amara</i> , <i>Kushtha</i> , <i>Ela</i> , <i>Pippali</i> , <i>Bilva</i> And <i>Nagara</i>	<i>Gomutra</i> , <i>Amla</i> (Fer- mented liquids)	<i>Katuka</i> <i>Taila</i> ( <i>Sarshapa</i> <i>Taila</i> ), <i>Madhu</i> (Honey), <i>Yavakshara</i> , <i>Tila Taila</i>	<i>Kamala</i> (Jaundice), <i>Pandu</i> (Anaemia), <b><i>Prameha</i></b> , Obesity, <i>Agnimandya</i> Kaphaja <i>Vyadhi</i> , Aversion To Food, <i>Galaganda</i> (Goiter), <i>Garavisha</i> (Homicidal Poison), <i>Glani</i> (Exhaustion), <i>Shleepada</i> (Filariasis) And <i>Udara</i> (Ascites)
10	<b><i>Madhutailik Basti</i></b> <sup>19,20</sup>	Decoction of <i>Eranda</i> <i>Moola</i> = 8 <i>Pala</i>	<i>Shatapushpa</i> =1/2pala		<i>Madhu</i> & <i>Tila Taila</i> = each 4 <i>Pala</i> , <i>Saindhava</i> = 1 <i>Tola</i>	<i>Medoroga</i> (Obesity), <i>Gulma</i> , <i>Krimi</i> , <i>Pliha</i> , <i>Udavarta</i> And <b><i>Prameha</i></b> . It Is Best For Strength And Complexion, Aphrodisiac, <i>Deepana</i> And <i>Brihana</i> .
11	<b><i>Rasnadi</i></b>	<i>Rasna</i> , <i>Aragvadh</i> ,	<i>Madanaphala</i> ,	<i>Mamsa-</i>	<i>Madhu</i> ,	Increases the growth of

	<b>Asthapana Basti</b> <sup>21</sup>	Varshabhu(Punarnava), Katuka, Ushira, Musta, Trayamana, Amruta, Manjishtha, Brihata Panchamoola, Bibhitaka And Bala-Each One Pala (40gms)	Yashtavha, Yashtim adhu, Saindhava, Phalini(Priyangu), Indrajava, Rasanjana	rasa	Draksha Sauvir	muscles, semen, strength, ojas, life span and digestive power, Gulma, Asrugdara, Visarpa, Mutrakruccha (Dysuria), Kshat-Kshaya (Injury To Lung), Visham-Jvara (Intermittent Fever), Arsha, Grahani, Vatakundali, Vatarakta, Sharkara, Ashthila (Enlarged Prostate), Kukshi Shool (Pain In Epigastrium), Udara, Aruchi (Anorexia), Raktapitta (Bleeding Disorders), Kaphonmad (Insanity Of Kapha Origin), <b>Prameha (Diabetes)</b> , Adhmana (Flatulence) And Hridgrahana (Catching Pain Of The Heart).
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### Observations –

**Table 2:** Frequency of Usage of drugs in various Bastis

Sr. No.	Kwath Dravya	Kalka Dravya	Prakshep Dravya
1.	Rasna-4	Shatapushpa-7	Gomutra-2
2.	Amruta(Guduchi)-5	Madanphala-4	Amla-1
3.	Argvadha-5	Indrajava-4	Mamsarasa-2
4.	Eranda-4	Vacha-4	
5.	Ushir-4	Pimpali-3	
6.	Nimba-4	Kushtha-3	
7.	Patol-4	Bilva-3	
8.	Patha-4	Sarshapa-3	
9.	Musta-4	Yashtimadhu-3	
10.	Triphala-3	Rasanjana-3	
11.	Vidanga-3		
12.	Haridra-2		

After analyzing all the above data, it is observed that there is hardly any mention of the quantity of the separate entities. Only at some places, the

quantities are specified, e.g. – Half pala Mamsarasa in Mustadi Yapana Basti, Eranda Mula Kwatha 8 pala, Shatapushpa Kalka half

*pala, Madhu and Taila* – each 4 *pala* are explained in *Madhu Tailika basti*.

## DISCUSSION

*Asthapana* is contra indicated in *Madhumeha*.<sup>22</sup> One is advised not to administer *Anuvasana* in *Prameha* *Anuvasana* should specially (*Visheshatah tu*) be avoided in *Meha* patients as per Charaka.<sup>23</sup> In *Anuvasana*, it is said that the patients who are ineligible for *Asthapana*, are also ineligible for *Anuvasana*. *Madhumeha* is already enlisted in contra indications of *Asthapana*. So, automatically it becomes contra indicated for the administration of *Anuvasana*. Still, the mention of *Prameha* separately in the same sutra stresses the importance of avoiding this method of treatment in all types of *Prameha*.

The reason stated by Charaka behind this selection is very clinical. He says if someone administers *Asthapana* in *Madhumeha* patient, one's *Madhumeha* will show the increase.<sup>24</sup> Also, if someone tries to push *Anuvasana* in *Prameha* patients, there are chances of sudden rise in the quantities (*Doshan Utkleshya*) of all the humors which will lead to *Udara* condition.<sup>25</sup>

Chakrapani while explaining the rationale behind administration of *Basti* in *Kushtha*<sup>26</sup> reveals the answer. Though a disease is enlisted in contra indications of a *Karma*, one must remember that one can still use that remedy in specific stages of the same contra indicated disease. Though it may lead to some adversity after its usage in that disease, the benefits got from the same in that disease condition will balance them. Ultimately if two contradictory conditions arise during treatment, one has to choose less harmful or the procedure producing more benefits in comparison to its adverse effects.<sup>27</sup> when one finds *Vata* component can be pacified with *Basti* more comfortably and the patient will get more benefits than harm, one can use *Basti* in *Prameha* or *Madhumeha*.

Scanning all the medicines used in these *Bastis*, it is found that following medicines were used more frequently than others. After assessing there *dosha* specific pattern, the drugs were classified in three groups viz. *Vataghna* – *Pittaghna* and *Kaphaghna*. When *Prameha* will show typical *Dosha* dominant pattern, based on the analysis, one can add certain drugs from the following chart.

**Table 3:** distribution of various drugs used in *Bastis* on the basis of their *Doshaghната*:

Dosha / media of usage	Kwatha	Kalka	Prakshepa
<i>Vataghna</i>	<i>Rasna, Eranda moola, Triphala, Vidanga, guduchi, Musta</i>	<i>Bilwa, Sarshapa, Yashti madhu</i>	<i>Amla Rasa dravya, Mamsa Rasa</i>
<i>Pittaghna</i>	<i>Guduchi, Aaragvdha, Ushir, Neemba, Patol, Patha, Triphala, Musta</i>	<i>Indrayava, Bilwa, Yashti madhu, Rasanjana</i>	
<i>Kaphaghna</i>	<i>Neemba, Patol, Patha, Triphala,</i>	<i>Shatapushpa, Madan phala, Vacha, Pippali, Kushtha, Sarshapa, Rasanjana</i>	<i>Gomutra</i>

## CONCLUSIONS

Though contra indicated, *Basti* treatment can be used as “*Avasthika Chikitsa*” in *Prameha*. It can

be used when *Vata* has to be won and other factors are supportive to use *Basti*.

One can use the knowledge of maximum used medicines while using the *Basti* according to *Dosha* dominance of *Prameha*.

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