



ROLE OF BASTI KARMA IN GERIATRIC DISORDER(YAPNA AND BRIMHAN BASTI)

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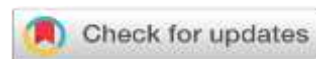
<https://doi.org/10.46607/iamj0910112022>

(Published Online: November 2022)

Open Access

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Article Received: 12/10/2022 - Peer Reviewed: 30/10/2022 - Accepted for Publication: 01/11/2022



ABSTRACT

There are many geriatric disorders that are found in our society and if they are not treated in the beginning stage or the condition when they come for a transient period then it can cause a worse condition of the person which may not be or may become too difficult to treat. Three factors that affect the life span are 1. Heredity 2. Diet 3. Ionizing radiation. Changes with age are universal intrinsic progressive and deleterious. Some important geriatric disorders are such as insomnia, dementia, osteoarthritis, R.A, Hypertension, etc. In *Ayurveda*, we can give a good result or sufficient relief to the patients by the process of *Basti Karma*, especially *Yapan Basti*, and *Brimhana Basti*.¹*Basti* is the major therapy among *Snehadi Karma* because of a combination of different drugs. It does *Sam-sodhana*, *Samsamana*, and *Sangrahana* of *Dosha*, it increases the *Kshina*, nourishes the eye, destroys the *Vali Palita*, and arresting ageing.

Keywords: *Yapan Basti, Brimhana Basti, Geriatric Disorder*

INTRODUCTION

The biologist defines ageing as 'the sum total of all changes that occur in a living organism with the pas-

sage of time and lead to a decreasing ability to survive, stress, functional impairment, and death.' If the

functional capacity at the age of thirty is taken as 100% then there is a measurable decline at 60 years.

1. Nerve conduction velocity - 50%
2. Resting Metabolic rate - 20%
3. Cell water - 25%
4. Cardiac output - 30%
5. Glomerular rate - 40%
6. Vital capacity of the lung - 50%
7. Renal plasma flow - 70%
8. Maximum voluntary ventilation- 80%

Yapan Basti and *Brimhana Basti* is a good treatments for geriatric diseases.² *Yapan Basti* is a special type of *Basti* which is having the property to support life and promote longevity.³ *Yapan Basti* can be given at any time.⁴ Probably *Niruha* is *Lekhana* and *Anuvasana* is *Brimhana*. *Yapan Basti* is having both actions and hence It is neither *Rukshana* nor *Snigdha*. Hence it is called *Napumsake Basti*. It is explained as both *Brimhana* and *Medohara*. It improves *Agni* and relieves *Vibandha*. It is *Balya*, *Vrishya* and *Rasayana*.

MATERIAL AND METHOD- As the name suggests *Rajyapana Basti* is superior amongst all the *Basti*. It is the king of *Yapana* and is the best *Rasayana*.⁵ ***Kwath Dravya*** – *Musta*, *Uśīra*, *Bala*, *Rasna*, *Aragvadha*, *Guduci*, *Manjistha*, *Katuki*, *Trayamana*, *Punarnava*, *Panchmula* - 1 *Pala* each. *Madanphala*- 8, *Jala*- 1 *Adhaka* reduced to $\frac{1}{4}$ th + *Kshira* – 2 *Prastha* reduced to *kshiravasesha*, *Mansa rasa* – $\frac{1}{2}$ *Prastha*, *Madhu* – $\frac{1}{2}$ *Prastha*, *Saindhava* – $\frac{1}{2}$ *Karsha* ***Kalka Dravya*** – *Sathava*, *Madduka*, *Kutajaphala*, *Rasanjana*, *Priyangu*

Brimhana Basti⁶- *Vidarigandhadi Basti*- *Vidarigandhadi kwath*, *Kakolyadikalka Ghrut*, *Mansa rasa* ***Aswagandhaadi Ksheer Basti*** – *Ksheera* prepared from *Aswagandha*, *Bala*, *Nagabala*, *Satavari*, and *Masha*.

Kalk – *Aswagandha*, *Bala*, *Satpuspha*, *Pippli*, *Yasthimadhu*.

Ghruta – *Aswagandhaghruta*, *Madhu*, *Saindhava lavana*

DISCUSSION

Basti is half of the whole treatment according to the *Ayurved*.⁷ It is said to control almost all diseases, all

the *Doshas*, and It is a very acute onset of action through, it is typically scheduled to eliminate and pacify *Vayu*.⁸ *Yapan Basti* is a special type of *Basti*, having the property to support life and promote longevity. If honey is added to *Basti* it becomes more potent and enhances the *Sukra* qualitatively and quantitatively. *Madhu* is an excellent *Yogavahi* due to its synthesis from multiple *Dravya*. When it is mixed with *Vrishya Yoga* it attains the qualities of *Vrishya*. There is no other drug better than *Tail* for the alleviation of *Vata* due to its *Vyavayi*, *Ushna*, *Guru*, and *Snigdha* properties.⁹ A combination of both *Madhu* and *Tail* serves a dualistic function in improving the excellence of *Sukra* and alleviating *Vata*.

CONCLUSION

Ayurveda has provided a considerable emphasis on the presentation of the ageing process and *Basti* provides ample opportunity to improve the quality of life among the aged. *Basti dravya* is rich in antioxidant which removes free radical from the body. Free radical in the body produces progressive damage to body tissue and play important role in developing many diseases like Cardiovascular disease, Neurodegenerative disorder, etc. *Basti* revitalizes and rejuvenates the functional dynamics of body systems. It promotes good quality body tissues hence as an antioxidant activity, the *Basti karma* must be taken into account.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Chauhan Dharmendra et al: Role of Basti Karma in Geriatric Disorder (Yapna and Brimhan Basti). International Ayurvedic Medical Journal {online} 2022 {cited November 2022} Available from: http://www.iamj.in/posts/images/upload/3047_3049.pdf