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Basti Chikitsa

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ABSTRACT

The Ayurvedic therapy for Detoxification and Rejuvenation. Ayurveda, the ancient Indian system of medicine, is known for its holistic approach to health and wellness. One of the key components of Ayurvedic therapy is Panchakarma, a detoxification and rejuvenation process that aims to restore the body's balance and harmony. Among the various treatments included in Panchakarma, Basti Chikitsa is one of the most important and effective therapies. Nowadays, except in some of the Vaidya traditions in Kerala, basti administration is often done using enema-can or douche-set. In the aforesaid classical procedure active pressure is expected to be given on the bastiputaka whereas, in conventionally used enema-can only passive or gravitational force plays a role. This is important in the context of basti danakala or pidanakala or time for basti administration'

Keywords: **Basti, enema can, bastiputak, danakala, panchkarma.:**

Introduction

Basti, the prime treatment in shodhana is considered as one of the most important treatments for many diseases according to Ayurvedic classical literature. It is the best treatment modality for all types of vata diseases. Basti Chikitsa is a type of enema therapy that involves the administration of medicated herbal or oil-based solutions into the rectum. The term "Basti" comes from the Sanskrit word "Vasti," which means "bladder" or "bag." In Ayurveda, Basti Chikitsa is considered a primary therapy for a variety of health conditions, including digestive disorders, arthritis, back pain, respiratory conditions, and menstrual problems.

Type of Basti

a) External

Janu Basti

Kati Basti

Manya Basti

Vrana Basti

Hridaya Basti

b) Internal

Aasthapan Basti

Anuvasana Basti

Matra Basti

Uttar Basti

Main Text

The process of Basti Chikitsa involves the use of a sterile catheter to introduce the medicated solution into the rectum. The solution is held in the colon for a specific amount of time to allow the body to absorb its therapeutic properties and eliminate toxins. The duration of the treatment depends on the patient's individual needs and health status. Two apparently healthy male adult individuals (Subject-A and B) who had matra basti on previous day and with prior sneha-sveda in the morning were administered niruha basti comprising of Makshika (honey) 150 ml, Saindhava (rock salt) 15 g, Tila taila 150 ml, kalka (paste of fresh herbs or dried powders) 30 g, added to Erandamula kvatha (decoction of castor roots in water) to make total 960 ml with classical method and with conventional enema-can method respectively, after taking written informed consent. There are two main types of Basti Chikitsa: Kashaya Basti and Sneha Basti. Kashaya Basti involves the use of herbal decoctions, while Sneha Basti involves the use of oil-based solutions. Both types of Basti Chikitsa have their unique benefits and are used to treat different health conditions.

Kashaya Basti is used to treat digestive disorders, such as constipation, bloating, and flatulence. The herbal decoctions used in Kashaya Basti help to stimulate the digestive system, improve bowel movements, and eliminate toxins from the body. Some of the commonly used herbs in Kashaya Basti include Triphala, Dashamoola, and Guduchi.

Sneha Basti, on the other hand, is used to treat a variety of health conditions, including arthritis, back pain, and menstrual problems. The oil-based solutions used in Sneha Basti help to lubricate the colon, reduce inflammation, and promote relaxation. Some of the commonly used oils in Sneha Basti include sesame oil, ghee, and castor oil.

Basti Chikitsa is a safe and effective therapy when performed by a qualified Ayurvedic practitioner. However, it is not recommended for everyone. People with certain health conditions, such as rectal prolapse, anal fissures, and active hemorrhoids, should not undergo Basti Chikitsa. Pregnant women and people with a weak constitution should also avoid Basti Chikitsa.

Benefits

The root cause of diseases like Shakhagata, Koshthagata, Marmagata, Urdhwajatrugata & Sarvangat ie, generalized & localized is Vayu (Vata). It (Vata-Vayu) does both Vikshepa (Disintegration of biotoxins) or sanghata (Integration) of Purisha, Mutra, Pitta, Kapha etc. & Malashaya. Basti is not only the best treatment of the aggravated (vitiated) Vata than other Panchakarma therapy or internal medicines but also other doshas like Kapha, Pitta, Saptadhatu, Mala (Swed, Purish etc.), Mutra. Therefore, Charakacharya referred Basti treatment as the half (and fee) of all the treatment modalities & some of the Acharyas called complete treatment

Basti works as a Sanshodhana (elimination of biotoxins), Sanshamana (detoxification) & sangraha (retention of normal constituents of body) of the doshas by the combination of different types drugs(dravyas). It increases the shukra dhatu (sperm count) & sexual potency. It can increase or decrease the body weight as required working by the 234 combinations of various dravyas. It nourishes the eyes (Netrahitakar). It decreases wrinkles of skin which is aging sign. It increases the youthsness in life & arrests aging process fastly. johamely, Basti gives healthy, fit de fall of pleasure in life.

According to Sushrutacharya Basti is the multirole treatment in the management of Vata. Pinta, Kapha, Rakta, Sansarga & Sannipata dosha cases because each & every movement of Kapha, Rakta dosha can't be completed without Vata (vayu). So conection of vitiated Vata is the treatment of correction of other doshadastijanya diseases,

Discussion

Usage of animal bladder for preparation of bastiputaka was possible and justified in earlier days, however, is not feasible and practical today. As an alternative, a plastic bag of 50 microns thickness and having 1.51 capacity is used as bastiputaka, and is disposed of after single use. It is filled with bastidravya, and tied with metal bastineta to form bastiyantra [Figure 2]. Bastineta is a tubular structure usually made up of brass, having tapering end and wider base, which resembles cow's tail. It has three rings on external surface called as karnika (ridges), the last two at the bottom are used to tie the bastiputaka with netra.

The classical texts of Ayurveda have given liberty to the Vaidya to think and modify the instruments, line of treatment and modality wherever required, without losing its core principles. Here, in the subject-A, niruha basti is administered with the classical method but the bastiyantra is modified wherein disposable plastic bag is used instead of the animal bladder/leather bag. When the homogenous emulsion of bastidravya enters the colon with "uniform positive pressure" within short time, it reaches up to proximal colon, i.e. nearer to caecum and probably exerts procedure effect.

Human colon is supposed to be sluggish in absorption and motility. It is involved in various functions, including absorption of water and electrolytes, transport of intraluminal contents, and production of short-chain fatty acids (SCFA). SCFAs (butyrate, propion and acetate), which have an integral position in colonic health are principally synthesized in colon.

We assume that due to uniform positive pressure homogenous emulsion of bastidravya reaches quickly to proximal colon where it probably stimulates ICCSM, which in turn initiates colonic propagating activity and chain of reactions like churning of contents in proximal colon and production of SCFA, absorption of electrolytes, water and other active principles through carrier mediated transport mechanism. Other factors like luminal distention and chemical stimuli by niruha-bastidravya contribute to this process. This can happen with the classical method and not by the adopted conventional method in which the tube and cannot give sufficient pressure for bastidravya to reach proximal colon as a homogenous emulsion.

Conclusion

In conclusion, Basti Chikitsa is a valuable therapy in Ayurvedic medicine for detoxification and rejuvenation. It is a safe and effective way to treat various health conditions and improve overall health and well-being. Basti is the main treatment as it possesses a wide spectrum of effects and is thought to be the Ardhachikitsa (50% of all treatment modality) in Ayurveda. Though Basti is given in the Pakvashaya (Rectum and Colon) its active ingredients i.e. Virya of the basti spread in the entire body to get desired action. Basti Virya may act through enteric nervous system (ENS). The Gastrointestinal system has a network of nerve fibers, which known as Enteric Nervous System (ENS). Similar to brain, ENS send and receives impulses; record experiences and responds to various stimuli.

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