

## BASTI AND BASTI YOGA'S MENTIONED IN BRUHATRAYEE'S A LITERARY REVIEW

KS Chaithra Rani<sup>1</sup>, Rudragoudar Mrinal Nandakumar<sup>2</sup>, M Renuka<sup>3</sup>,  
Rudragoudar Nandakumar M<sup>4</sup>

<sup>1</sup>PG Scholar,<sup>2</sup> PG Scholar, <sup>3</sup>Assistant Professor, Department of Samhita & Siddhanta, Sushrutha Ayurvedic Medical College, Bangalore, Karnataka, India

<sup>4</sup>Professor, Department of Rachana Sharir, Government Ayurvedic Medical College, Shivamogga, Karnataka, India

### Abstract:

Ayurveda the science of life, aiming to maintain the health of healthy individuals and to cure the disease, The management aims both *Shodhana* and *Shamana chikitsa*, *Shamana* deals with pacifying diseases whereas *Shodhana chikitsa* deals with various modalities like *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana* that is to eliminate the *doshas* out of the body and there by relieving the symptoms of disease. *Basti* is one among five therapeutic measure in *Ayurveda*, specially indicated in *vata* and *vata* dominant conditions, mainly of 3 types *Asthapana basti*, *Anuvasana basti*, *Uttara basti*. The therapy which while moving in the umbilical region, lumbar region, sides of chest and pelvic region churns up the stool including all other morbid matter located there and appropriately eliminates them with ease after nourishing the body is called *basti*. There is none other than *vayu* which is the most important causative factor of disease in *shakha*, *koshta*, *marma*, *urdhva*, *sarva avayava* and *anga*. *Vayu* is responsible for the separation and combination of stool, urine, *pitta*, including other *malas* of *shareera*, when all this get exceedingly aggravated there is no remedy other than *basti* for its alleviation. so *basti* is called *ardha chikitsa*. Several *basti yogas* mentioned in *ayurvedic* texts right from *jwara chikitsa* to *yoni* and *shukra rogas* and also *basti* is *vayasthapana kara* and also have wide application in *vajikarana*, wide source of *basti prayogas* with different combination of *dravyas* is present in *ayurvedic* texts, So here an attempt is made to highlight and screen various *bastis* given in classics.

**Keywords:** *Basti*, *Ardha chikitsa*, *Chikitsa*, *Ayurveda*, Medicated enema

### Introduction:

*Basti* is the most important among *panchakarma* due to its various effects, *pitta* and *kapha* are dependent on *vata* as it functions based on *vata*

itself, *basti* is not only best for *vata* it also equally effective in correcting the morbid *pitta kapha* and *rakta*<sup>1</sup>. *Charaka* has considered *basti* therapy as half of the treatment of all diseases,

while some author considered it as the complete therapy for all the ailments<sup>2</sup>. In alternative science enema is mainly given to remove the feces from large intestine while in Ayurveda *basti* is given as a route of administration of drugs for multiple action, which acts locally on large intestine as well as systematically on all body tissues.

*Charaka* as described *basti* elaborately and out of twelve chapters of *siddhisthana*, eight are contributed to *basti* in addition scattered references regarding *basti* are available in various chapters of *charaka samhitha*. First two chapters of *siddhisthana* deals with properties of *basti samyak yoga*, *ayoga lakshanas*, indications and contra indications of *basti*. This denotes the importance of *basti* in the field of *kayachikitsa*.

In *sushruta samhitha* four chapters have been devoted completely for the description of *basti* in *chikitsa sthana* and other neumerous references also available.

In *ashtanga sangraha* 19<sup>th</sup> chapter sutra *sthana* dedicated to *basti* only, in addition 4 chapters of *kalpa* deals with *basti* In *ashtanga hridhaya* 19<sup>th</sup>

chapter of sutra *sthana basti vidhi* and 4<sup>th</sup> and 5<sup>th</sup> chapter of *kalpa sthana* named of *basti kalpa* and *basti vyapath* siddhi explains the various aspects of *basti*. In *kashyapa samhitha*, *basti* has been explained in detail in *siddi* and *kila sthana*

### **Basti nirukti:**

The word '*Basti*' has its origin from the root '*Vas*' with the suffix of *Pratyaya* '*Tich*' to give rise the word '*Basti*'. According to *Siddhanta Kaumdi*, the root '*Vas*' has meanings as follow:

- 1) *Vasu Nivase* - This means to stay, to reside and to dwell. It indicates towards the stay of medicine in large intestine for some time after its introduction through the rectum, which causes movements in large intestine and waste materials therein which are begged for their elimination.
- 2) *Vas aachadane* – It means to cover. It indicates to urinary bladder which provides cover urine.
- 3) *Vas Snehachadana Praharneshu* – It means to oil which is done by introducing the drugs by an instrument named as *Basti*.

### **Basti lakshana :**

*Charaka Samhita Siddi Sthana* defines *Basti* as the procedure in which the

properly prepared drug is administered through rectum, reaches up to the *Nabhi Pradesha, Kati, Parshva* and *Kukshi*, churns the accumulated *Dosha* and *Purisha*, spreads the unctuousness (potency of the drug) all over the body and easily comes out along with the churned *Purisha* and *Doshas* is called *Basti*. *Sushruta Samhita Dalhana* says "The procedure in which the medicaments are introduced inside the body through the rectum with the help of animal urinary bladder is termed as *Basti*".

*Ashtanga Hridaya* describes As the apparatus used for introducing the medicine is made up of *Basti* (animal urinary bladder), therefore it is known as *Basti*. According to modern medicine, enema is the procedure in which any liquid preparation is introduced through rectum by means

of adequate instruments or injection as liquid or gas into the rectum.

***Basti Yantra :***

The instrument or device used for *basti* karma is called as *Bastiyantara*. It comprises of two parts

1. *Basti-Netra*
2. *Basti-Putaka*

*Basti Netra* In this contest *Netra* refers to *Nalika* (tube). It can be made of gold, silver, copper or such other higher metals or alloys, long bones of animals, bamboo, wood etc. were used in ancient times. Generally, it must resemble the tail of cow with a tapering end and a wider base. But, according to *Charaka* it is tubular apparatus with round ends and smooth surfaces. the dimensions are different to suit the patients of different age group.

**The measurement of *Basti-yantra*<sup>3,4,5</sup>:**

No	Age	Length	Diameter of <i>bastiyantara</i> tip	Diameter of <i>basti yantra</i> base
1.	< 1 year	5 <i>angula</i>	--	1 <i>angula</i>
2.	1-6 years	6 <i>angula</i>	Size of green gram	1 <i>angula</i>
3.	7-11 years	7 <i>angula</i>	Size of black gram	1 ½ <i>angula</i>
4.	12-15 years	8 <i>angula</i>	Size of <i>kalayam</i>	2 <i>angula</i>
5.	16-20 years	9 <i>angula</i>	Size of soaked <i>kalaya</i>	2 ½ <i>angula</i>
6.	> 20	12 <i>angula</i>	<i>Karkandhu</i>	3 <i>angula</i>

*Sushruta samhitha* says

No	Age	Length	Diameter of <i>bastiyantara</i> tip	Diameter of <i>basti yantra</i> base
----	-----	--------	-------------------------------------	--------------------------------------

1.	1 year	6 <i>angula</i>	Size of green gram	Feather of <i>kanku</i> bird should pass through
2.	8years	8 <i>angula</i>	Size of black gram	Feather of eagle must pass through
3.	16 years	10 <i>angula</i>	Size of <i>kalayam</i>	Feather of peacock must pass through
4.	> 25	21 <i>angula</i>	<i>Kolasthi</i>	Feather of vulture must pass through

*Karnika* In order to prevent undue penetration of the *Basti Netra* deep in to the rectum as well as for tying the *Putaka*, three *Karnika* or rims are made. First rim is made at a required point above the distal end. Two *Karnikas* are provided on the *Netra* at distance of 2 *Angula* between one, another at proximal end to tie the *Basti-putaka* properly<sup>6</sup>.

#### ***Basti-putaka :***

The bag or container used to carry the *Basti dravya*, ready for application is known as *Basti-putaka*. In olden days the urinary bladder of animals which is matured enough like cow, buffalo, deer, pig, goat etc were used. It was then processed to make soft and non-slimy by removing the blood vessels and other impurities. It should be made suitable for well-fitting with the *Basti netra* and should not have any foul smell.

If bladder is not available some other materials are recommended for the

purpose which is alike *basti* and also which can withhold the contents . They are the skin of lower limb or neck of monkeys or other animals, thick cloth with sufficient strength and size may also be used<sup>7</sup>. present day modernization various types of materials are available to make up of *Bastiputaka* and even disposable *Basti Netra* are available. The rubber bladder and polythene bags are best choice.

#### ***Basthi vidhi :-***

The procedures and preparations of the *basti* are classified into three parts:

-

1. *Poorvakarma*
2. *Pradhanakarma*
3. *Paschatkarma*

The physician who is administering *basti* should have good theoretical knowledge and sufficient practical experiences in the therapy. The classical books have explained so many complications that are produced

due to improper and in efficient administration.

The patients selected for *basti* therapy has to undergo through proper clinical examinations to decide the physical as well as the mental conditions. The following ten factors are to be considered<sup>8</sup>. 1. *Dosha* 2. *Aushada* 3. *Desha* 4. *Kala* 5. *Satmya* 6. *Agni* 7. *Satva* 8. *Vaya* 9. *Bala* The critical

examination of the above factors will enable the physician to decide, the type of *basti*, number of *Basti*, *Basti dravya*, etc., to be administered in the particular patients.

Dose schedule<sup>9,10,11</sup>The adult dose of *Niruha basti* is *Dvadasaprasrita* i.e. 24 *Pala*

Age Wise Dose schedule of *Niruha basti*

Sl No	Age	Dose according <i>charaka</i>	Dose according to <i>sushrutha</i>	Dose according to <i>vagbatta</i>
1	1 year	1 <i>pala</i>	2 <i>anjalis</i> of the patient hand	1 <i>pala</i>
2	2 year	2 <i>pala</i>		2 <i>pala</i>
3	3 Year	3 <i>pala</i>		3 <i>pala</i>
4	4 Year	4 <i>pala</i>		4 <i>pala</i>
5	5 Year	5 <i>pala</i>		5 <i>pala</i>
6	6 Year	6 <i>pala</i>		6 <i>pala</i>
7	7 Year	7 <i>pala</i>		7 <i>pala</i>
8	8 Year	8 <i>pala</i>	4 <i>anjalis</i> of the patient hand	8 <i>pala</i>
9	9 Year	9 <i>pala</i>		9 <i>pala</i>
10	10 Year	10 <i>pala</i>	8 <i>anjalis</i> of the patient hand	10 <i>pala</i>
11	11 Year	11 <i>pala</i>		11 <i>pala</i>
12	12 Year	12 <i>pala</i>		12 <i>pala</i>
13	13 Year	14 <i>pala</i>		14 <i>pala</i>
14	14 Year	16 <i>pala</i>		16 <i>pala</i>
15	15 Year	18 <i>pala</i>		18 <i>pala</i>
16	16 Year	20 <i>pala</i>	To be fixed on <i>netra and dravya pramana</i>	20 <i>pala</i>
17	17 Year	22 <i>pala</i>		22 <i>pala</i>
18	18-70 Year	24 <i>pala</i>		24 <i>pala</i>
19	Above 70 Year	20 <i>pala</i>		20 <i>pala</i>
20	Above 25 year	-	12 <i>prastha</i>	-

The quantity of *Sneha basti* is calculated as  $\frac{1}{4}$  of *Niruha* with respect to age.<sup>12,13</sup> Contents of Niroohabasti<sup>14,15,16</sup>. The usual contents of *Niruha basti* are: - *Madhu* (honey) , *Lavana* (rock salt) , *Sneha* (oil/ghee/*Taila*) , *Kalka* (medicines made as paste) , *Kwatha* (decoction) , *Prakshepa Dravya* According to the condition of patient and disease the ingredients like milk, *Mamsarasa*, *Amla dravya*, *Mutra* etc., are also used, which are termed as *Prakshepa Dravya*<sup>17</sup>

*Sneha* is selected considering the disease and condition of the patient. The *Paka* of *Sneha* should be maintained at Chikkanapaka.<sup>18</sup>

*Kalka* is the paste prepared by grinding the prescribed drugs for particular *Niruha*. Drugs for *Kalka* are mentioned in *Sushruta Samhita*. If no Drug is specifically mentioned *Shatapushpa* is used as *Kalka*.<sup>19</sup>

*Kwatha* is the decoction made as per the ingredients selected rationally to suit the condition of the patient. *Madanaphala* is a usual ingredient of *Kwatha* for *Niruhabasti*.

Proportion of Contents of *Niruha*: *Charaka* has described the total

quantity of *Niruha* as 12 *Prasrita*. Out of these, *Kwatha* should be of 5 *Prasrita* i.e. 10 Pala. The *Sneha* should be  $\frac{1}{6}$ th,  $\frac{1}{4}$ th and  $\frac{1}{8}$ th i.e. 4 Pala, 6 Pala, 8 Pala in Pitta, *Vata* and *Kapha* respectively of Nirooha<sup>20</sup>. 24 Pala of *Niruha* may contain the different ingredients on the basis of original text of *Charaka* and *Chakrapanidatta* commentary, in the following proportions: *Makshika* – 4 pala. *Lavana* – 1 karsha, *Sneha* – 4 pala, *Kalka* – 2 Pala, *Kwatha* – 10 Pala. 20 Pala. The remaining portion should be made up by *Avapa Dravyas* or *Prakshepaka dravyas* like *Gomutra*, *Mamsarasa* etc. i.e., 4 Pala totaling it to 24 Pala.

According to *Sushruta*<sup>21</sup> 1. *Makshika* – 4 Pala. 2. *Lavana* – 1 Karsha 3. *Sneha* – 6 Pala. 4. *Kalka* – 2 Pala. 5. *Kvatha* – 8 Pala. 6. *Avapadravya* – 4 Pala Total quantity is 24 Pala

### **Bedha of BASTI :**

*Basti* which can be classified under this headings:

### **1. Classification of Basti According to dravya :**

Depending up on the nature of *Basti* drugs i.e. *Kashaya* and *Sneha* the *Basti*

is mainly sub-classified as *Niruha* and *Anuvasana Basti*.

a. *Niruha Basti* :The *Basti* which eliminates the vitiated *Dosha* thus provides strength to the body, is called *Niruha Basti* (Su. Chi. 35:18).

Its other important synonym is *Asthapana*. As it stabilizes the young age (*Vaya Sthapana*) and provided longevity (*Ayu Sthapana*), so it is called as *Asthapana Basti* (S.Chi. 36:17)

In *Niruha Basti*, *Kashaya* (decoction) is the dominant content along with *Sneha*, *Kalka*, *Madhu* and *Saindhava*. But depending upon drugs used for preparations of *Basti* it may be classified as follows (Su. Chi. 35/18):

1. *Madhutailaika Basti*
2. *Yuktaratha Basti*
3. *Yapana Basti*
4. *Siddha Basti*

b. *Anuvasana Basti* (Unctuous Enema) : In this type of *Basti* only *Sneha* is used. The *Sneha* given in the *Basti* does not harm even if it is retained for one day, therefore it is called *Anuvasana Basti* (Su. Chi. 35/18; A. S. Su. 28/18)

**2.According to the *maatras* of oil used in the *Basti*:**

a. *Sneha Basti* : 1/4th of the quantity of *Niruha* i.e. 6 *Pala* (298ml)

b.*Anuvasana Basti* : The quantity of *Sneha* is half of the *Sneha Basti* i.e. 3 *Pala* (148ml).

c.*Matra Basti* : In *Matra basti*, minimum quantity of *Sneha* is given i.e. 1/2 of *Anuvasana Basti* (1 1/2 *Pala* or 74ml).

**3. Classification based on *sthana* :**

It depends upon the part of the body used for the administration of *Basti*.

- a.*Pakvashayagata Basti*
- b.*Garbhashayagata Basti*
- c.*Uttara Basti*
- d.*Mutrashayagata Basti*

**4.According to the Number of *Basti* to be administered :**

- a.*Karma Basti* -30 *Basti* - 12 *Niruha* & 18 *Anuvasna Basti*
- b.*Kala Basti* - 16 *Basti* - 6 *Niruha* & 10 *Anuvasana Basti*
- c.*Yoga Basti* - 8 *Basti* - 3 *Niruha* & 5 *Anuvasana Basti*

In the above types fixed sequence of *Niruha* and *Anuvasana Basti* is followed.

**5.classification based on *karma*:**

- a. According to its effects after administration  
1.*Shodhana Basti*

2.Lekhana Basti

3.Brumhana Basti

b. According to action on Dosha

1.Utkleshana Basti

2.Vataghna Basti

**6.Classification of basti According**

**To *prasrutha*(quantity) :**

a.Dvadasha Prasritaki Basti

b.Ekadasha Prasritaki Basti

c.Nava Prasritaki Basti

d.Pancha Prasritaki Basti

e.Chatuha Prasritaki Basti

f.Ekaika Prasritaki Basti

g.Padahina Prasritaki Basti

**7. Other Classification of *basti* :**

**Different *basti yogas* mentioned in classics according to *vyadi* are:**

**1.*Basti* useful for *rasayana* and *vajikarna* :**

1	<i>Niruha basti with kaakolyadhi madhura dravyas (sushrutha uttara 39/308)</i>
2	<i>Mustaadhi basti (sushrutha uttara 6/42-47)</i>
3	<i>Niruha basti with nyagrodhadhi gana (sushrutha uttara 39/310) (charaka chikitsa 3/245)</i>
4	<i>Niruha basti with aragvadhaadhi gana (sushrutha uttara 39/313)</i>
5	<i>Anuvasana basti with aragvadhaadhi gana (sushrutha uttara 39/313)</i>
6	<i>Patolaadhi anuvasana basti (charaka chikitsa 3/252)</i>
7	<i>Jivanthyaadhi yaamaka basti (charaka chikitsa 3/250,251)</i>
8	<i>Guduchayadhi niruha basti (charaka chikitsa 3/247-249)</i>
9	<i>Anuvasana basti with pushakara mula, pippali, madana etc (sushrutha chikitsa 37/8-10)</i>
10	<i>Chandhanaadhi anuvasana basti (charaka chikitsa 3/253)</i>
11	<i>Chandhanaadhi niruha basti in vishama jwara (charaka siddhi 3/48-52)</i>
12	<i>Mustaadhi yaapana basti in vishama jwara (charaka siddhi 12/15)</i>
13	<i>Balaadhi yaamaka anuvasana basti in vishama jwara (charaka siddhi 12/18)</i>
14	<i>Dwipanchamulaadhi basti in vishama jwara (charaka siddhi 12/18)</i>
15	<i>Chathu sneha anuvasana basti in vishama jwara (charaka siddhi 12/18.1)</i>
16	<i>Pratama balaadhi yaapana basti (charaka siddhi 12/15)</i>

**2. *Basti* useful in *jwara* :**

3.Doshahara Basti

4.Pittaghna Basti

5.Shamana Basti

6. Kaphaghna Basti

7.Shonitaghna Basti

*Rakta Basti ,Vaitarana Basti ,Kshara Basti ,Mutra Basti ,Mamsa Basti , Kshira Basti .*

Approximately 216 kinds of *Basti* formulations are mentioned by *Charaka* in various chapters of *Siddhithana*. Further *Samshodhana* as well as *Samshamana* effects may be achieved on the basis of drugs administered<sup>22</sup>.

1	<i>Niruha basti with kaakolyadhi madhura dravyas (sushruta utara 39/308)</i>
2	<i>Mustaadhi basti (sushruta utara 6/42-47)</i>
3	<i>Niruha basti with nyagrodhadhi gana (sushruta utara 39/310) (charaka chikitsa 3/245)</i>
4	<i>Niruha basti with aragvadhaadhi gana (sushruta utara 39/313)</i>
5	<i>Anuvasana basti with aragvadhaadhi gana (sushruta utara 39/313)</i>
6	<i>Patolaadhi anuvasana basti (charaka chikitsa 3/252)</i>
7	<i>Jivanthyaadhi yaamaka basti (charaka chikitsa 3/250,251)</i>
8	<i>Guduchayadhi niruha basti (charaka chikitsa 3/247-249)</i>
9	<i>Anuvasana basti with pushakara mula, pippali, madana etc (sushruta chikitsa 37/8-10)</i>
10	<i>Chandhanaadhi anuvasana basti (charaka chikitsa 3/253)</i>
11	<i>Chandhanaadhi niruha basti in vishama jwara (charaka siddhi 3/48-52)</i>
12	<i>Mustaadhi yaapana basti in vishama jwara (charaka siddhi 12/15)</i>
13	<i>Balaadhi yaamaka anuvasana basti in vishama jwara (charaka siddhi 12/18)</i>
14	<i>Dwipanchamulaadhi basti in vishama jwara (charaka siddhi 12/18)</i>
15	<i>Chathu sneha anuvasana basti in vishama jwara (charaka siddhi 12/18.1)</i>
16	<i>Pratama balaadhi yaapana basti (charaka siddhi 12/15)</i>

**3. Basti useful in atisara:**

1	<i>Anuvasana basti with taila processed with dashamula and chitraka etc (charaka chikitsa 19/154)( ashtanga hridhaya chikitsa 9/50)</i>
2	<i>Piccha basti in pittaja atisara (ashtanga hridhaya chikitsa 9) (sushruta utara 40/112)</i>
3	<i>Chandanaadhi niruha basti ( charaka siddhi 3/46)</i>
4	<i>Anuvasana basti with kakolyadhi gana (sushruta utara 40/108)</i>
5	<i>Anuvasana basti taila processed with dadhi, manda, bilwa etc.. ( sushruta utara 40/110)</i>
6	<i>Anuvasana basti with ksheera ,ikshvaku etc (sushruta utara 40/109)</i>
7	<i>Seetapushpaadhi taila anuvasana basti in pittaja atisara (charaka chikitsa 19/62)</i>
8	<i>Drakshaadhi niruha basti in pittaja atisara (charaka siddhi 3/53-55)</i>
9	<i>Shatapushpaadhi gritha in pakvathisara (ashtanga hridhaya chikitsa 9/71)</i>
10	<i>Anuvasana basti with gritha prepared with prapoundarika (ashtanga hridhaya chikitsa 9/98)</i>

**4. Basti useful in pravahika :**

1	<i>Niruha basti with yasti madhu (sushruta utara 40/140)</i>
2	<i>Anuvasana basti with kaakolyadhi gana (sushruta utara 40/142)</i>
3	<i>Dasamoolaadhi niruha and anuvasana (sushruta utara 40/143)</i>
4	<i>Mustaadhi yaapana basti (charaka siddhi 12/15)</i>

**5. Basti useful in gulma:**

1	<i>Basti with dasamula kwatha + eranda taila in kaphaja gulma (charaka chikitsa 5/53)</i>
2	<i>Palaashadhi niruha basti (charaka siddhi 3/44,45)</i>
3	<i>Prathama balaadhi yaapana basti (charaka siddhi 12/15)</i>
4	<i>Saindavaadhi anuvasana basti (charaka siddhi 4/13-16)</i>

5	<i>Madhutailika basti (sharangadhara utara kanda 5/44-48)</i>
6	<i>Vidangaadhi taila anuvasana basti (sushrutha chikitsa 37/39-42)</i>
7	<i>Jivanthyaadhi anuvasana basti (sushrutha chikitsa 37/23-36)</i>
8	<i>Anuvasana basti with vasa, taila, gritha with mamsa in vataja gulma (sushrutha utara 42/22)</i>
9	<i>Anuvasana basti with vasa, gritha with kalka of pittahara dravya in pittaja and kaphaja gulma (sushrutha utara 42/23)</i>
10	<i>Dashamula basti mixed with ksheera and gomutra and kshara in raktaja gulma (ashtanga chikitsa 14/126)</i>
11	<i>Ksheera basti in pittaja gulma (charaka chikitsa 5/34)</i>
12	<i>Uttara basti with dashamoola kwatha and gomutra in raktaja gulma (charaka chikitsa 5/182)</i>
13	<i>Uttara basti with jivaneeya gana dravya in raktaja gulma (charaka chikitsa 5/182)</i>
14	<i>Kusha panchamulaadhi niruha basti in pittaja gulma (sushrutha chikitsa 38/51-54)</i>

**6. Basti useful in prameha:**

1	<i>Saindavaadhi taila anuvasana basti (charaka siddhi 3/13-16)</i>
2	<i>Raasnaadhi niruha basti (charaka siddhi 3/61-64) (sushrutha chikitsa 38/71-76)</i>
3	<i>Vidangaadhi taila anuvasana basti (charaka siddhi 4/18-22)</i>
4	<i>Pancha tiktha prasruthika niruha basti (charaka siddhi 8/8)</i>
5	<i>Musthadhi yaapana basti (charaka siddhi 12/15)</i>
6	<i>Surasaadhi gana niruha basti (ashtanga chikitsa 14/3,4)</i>
7	<i>Niruha basti with nimba ,devadaaru,sariva,pata etc (sushrutha chikitsa 38/60-63)</i>
8	<i>Niruhabasti with dashamula, haridra, bilva etc (sushrutha chikitsa 38/64-66)</i>
9	<i>Niruha basti with vasa.punarva,eranda,dashamula etc.. (sushrutha chikitsa 38/67-70)</i>

**7. Basti indicated in udara roga:**

1	<i>Dasahamula niruha basti in vatodara (charaka chikitsa 13/63)</i>
2	<i>Niruha basti with dashamula kwatha with teekshna virechaka kalka (charaka chikitsa 13/64)</i>
3	<i>Dashamilaadhi dravya taila anuvasana basti (charaka chikitsa 13/65) chakradatta 37/12</i>
4	<i>Kshera basti in pittodhara (charaka chikitsa 13/68) chakradatta 37/15,16</i>
5	<i>Niruha basti with teekshna anulomana dravya in baddhodhara (charaka chikitsa 13/89-90)</i>
6	<i>Anuvasana basti with taila + lavana in baddhodhara (charaka chikitsa 13/89-90)</i>
7	<i>Raasnaadhi niruha basti (charaka siddhi 3/61-64)</i>
8	<i>Dashamula basti in vatodhara (ashtanga hridhaya chikitsa 15/57-58)</i>
9	<i>Nyagrodaadhi niruha basti in pittodhara (ashtanga hridhaya chikitsa 15/59-61)</i>

**8. Basti in vatavyadhi:**

1	<i>Niruha basti in mamsa and medagata vata (charaka chikitsa 28/92) (ashtanga hridhaya chikitsa 21/18)</i>
2	<i>Niruha and anuvasana basti in adhonabhogata vata (charaka chikitsa 28/98) (ashtanga hridhaya chikitsa 21/15)</i>
3	<i>Dashamulaadhi gritha basti prayoga in all vata rogas (charaka chikitsa 28/121)</i>
4	<i>Amrutha taila anuvasana basti in all vata vikaras ( charaka chikitsa 28/157-164)</i>
5	<i>Yaapana basti and anuvasana basti in pranavrutha samana (charaka chikitsa 28/204)</i>
6	<i>Sarvasthanavrutha vata-yaapana basti , Madura anuvasana basti (charaka chikitsa 28/240)</i>
7	<i>Gomutra niruha basti in kaphavrutha vata (charaka chikitsa 28/192)</i>
8	<i>Kaphavrutha vata-niruha basti ( charaka chikitsa 28/187)</i>
9	<i>Dashamulaadhi majaa sneha anuvasana basti in asthi and koshtagata vata (charaka chikitsa 28/124-127)</i>
10	<i>Raasanaadhi niruha basti (charaka siddhi 3/61-64)</i>
11	<i>Yaapana basti in pittaja vata (charaka siddhi 12 )</i>
12	<i>Mahaa snehaadhi anuvasana basti (ashtanga hridhaya chikitsa 21/28,29)</i>
13	<i>Prasaarani taila anuvasana basti (ashtanga hridhaya chikitsa 21/65,66)</i>
14	<i>Sahacharaadhi taila anuvasana basti ( ashtanga hridhaya chikitsa 21/67-69, 70-72)</i>
15	<i>Balaa taila anuvasana basti (ashtanga hridhaya chikitsa 21/73-81)</i>
16	<i>Teeksha niruha basti in kaphavrutha vata ( ashtanga hridhaya chikitsa 22/57)</i>
17	<i>Niruha and anuvasana basti in malaavruta vata (ashtanga hridhaya chikitsa 22/67)</i>
18	<i>In gridrasi anuvasa processed with citraka and ativisha pata bilva with taila (sushrutha chikitsa 37/15-18)</i>
19	<i>In grudrasi niruha basti with vaasa punarnava eranda dashamula etc (sushrutha chikitsa 38/67-70)</i>
20	<i>In adhmana, basti with panchakoladhi (sushrutha chikitsa 5/26)</i>
21	<i>In adhmana, mustadi yapana basti (charaka siddhi 12/15)</i>
22	<i>In adhmana, eranda muladhi niruha basti (charaka siddhi 3/38-42)</i>
23	<i>In adhmana, dvitheeya baladi basti (charaka siddhi 12/6)</i>
24	<i>In adhmana, rasnadi niruha basti (sushrutha chikitsa 38/71-76)</i>
25	<i>In kanja and pangu, anuvasa basti with chitraka ativisha paata n bilvadi (sushrutha chikitsa 37/15-18)</i>
26	<i>In apatanaka, anuvasana with trivruth (sushrutha chikitsa 5)</i>
27	<i>In ardhitha, prathama balaadi yaapana basti (charaka siddhi 12/15)</i>
28	<i>In pakshagata, bala taila anuvasana (sushrutha chikitsa 5/19)</i>

**9. Basti in mutrakrichra**

1	<i>Mustaadhi yaapana basti (charaka siddhi 12/15)</i>
2	<i>Drakshadhi niruha basti (charaka siddhi 3/53-55)</i>
3	<i>Uttar basti with madhura gana dravyas (charaka chikitsa 26/75)</i>
4	<i>Trividha basti in vataja mutra kruchra (sushrutha utara 45/22)</i>

5	<i>Uttar basti with trinapanchamula (sushruta utara 59/21)</i>
6	<i>Trivrit taila gritha anuvasana basti and utara basti in vata janya mutrakruchra (sushruta utara 59/17,18)</i>
7	<i>Niruha basti with dashamula, bilva etc in mutravarodha (sushruta chikitsa 38/64-66)</i>

**10. Basti in yonivyapat:**

1	<i>Balaadhi yamaka anuvasana basti (charaka siddhi 12/18)</i>
2	<i>Chatursneha anuvasana basti (charaka chikitsa 12/18)</i>
3	<i>Trivrut sneha utara basti (charaka chikitsa 30/112)</i>
4	<i>Uttara basti with ksheera processed with dashamula (charaka chikitsa 30/111-112)</i>
5	<i>Uttara basti with gritha processed with kutaja (charaka chikitsa 30/100)</i>
6	<i>Uttar basti with taila processed with vatahara dravya in prak charana and aticharana (charaka chikitsa 40/105)</i>
7	<i>Mustaadhi yaapana basti in rajo vikara ( charaka siddhi 12/15)</i>
8	<i>Chandanaadhi niruha basti in pradara (charaka chikitsa 3/48-52)</i>
9	<i>Anuvasana basti with taila processed chandana in rakta pradara ( sushruta chikitsa 37/29)</i>
10	<i>Anuvasana basti with daatasyaadhi taila (charaka chikitsa 30/78-80)</i>
11	<i>Kusha panchamulaadhi niruha basti in rakta pradara (sushruta chikitsa 38/51-54)</i>
12	<i>Niruha with lodhra, chandana, rasnaa in rakta pradara (sushruta chikitsa 38/55-59)</i>
13	<i>Uttar basti with taila processed with jivaneeya gana (charaka chikitsa 30/102)</i>

**11. Basti in klaibya**

1	<i>Eranda mula and palasha niruha basti (charaka chikitsa 30/196-197)</i>
2	<i>Jaraajanya klaibya yaapana basti (charaka chikitsa 30/202)</i>

**12. Basti in vataraktha:**

1	<i>Ksheera basti mixed with gritha (charaka chikitsa 29/88-90)</i>
2	<i>Basthi with madhuyashtyadi taila (ashtanga hridaya chikitsa 22/41-44)</i>
3	<i>Basti with sukumara taila (charaka chikitsa 29/96-102)</i>
4	<i>Basti with amruthyaadhi taila (charaka chikitsa 29/103-109)</i>
5	<i>Mustaadhi yaapana basti (charaka siddhi 12/15)</i>
6	<i>Rasanaadhi niruha basti (sushruta chikitsa 38/71-76)</i>

**13. Basti in udavatha:**

1	<i>Saindavaadhi taila niruha basti (charaka siddhi 4/13-16)</i>
2	<i>Palaashadhi niruha basti (charaka chikitsa 3/44-45)</i>
3	<i>Mustaadhi yapana basti (charaka siddhi 12/5)</i>
4	<i>Chiktraka pata bilva taila anuvasana basti (sushruta chikitsa 37/15-18)</i>
5	<i>Rasnadhi niruha basti (sushruta chikitsa 38/71-76)</i>

**14. Basti in anaha:**

1	<i>Anuvasana and niruha basti with vamaana and virechana dravyas (sushruta utara 56/26-27)</i>
2	<i>Dwipamchamuladi basti (charaka siddhi 12/18)</i>

3	<i>Saindhavaadhi anuvasana basti (charaka siddhi 4/13-16)</i>
4	<i>Erandaamulaadhi niruha basti (charaka siddhi 3/38-42)</i>
5	<i>Anuvasana basti with taila processed with kakolyadhi, meda etc (sushruta chikitsa 37/11-13)</i>
6	<i>Palaashadhi niruha basti (charaka siddhi 3/44,45)</i>
7	<i>Anuvasana basti with eranda taila processed with vidanga, medha (sushruta chikitsa 37/36-42)</i>

**Discussion:**

*Chikitsa* is such that which can able to get rid of *vyadhi* in an appropriate time, the *chikitsa* that which, while moving in a umbilical region, lumbar region, sides of chest and pelvic region churns up the stool including all other morbid matters like *dosha* located there, and appropriately eliminates them with ease after nourishing the body is termed as *basti chikitsa*. Much yoga's mentioned in the classics and even different forms and types of *basti* but appropriate to person, season and disease one should choose the *basti* and treat the conditions. If such *basti* which is administered properly will definitely give rise to greater benefits like purity of tissue elements, clarity of intellect and senses, good and continuous sleep, lightness of the body, strengthens the body and proper manifestation of natural urges without any obstructions, appropriate elimination of stool, urine and flatus, promotion of appetite and *Agni*,

alleviates the disease and restoration of natural health and strength.

**Conclusion:**

*Vata* is the main cause for the manifestation of the disease, *basti* can able to relieve this *vata*, so termed as *ardha chikitsa* and even some others say it is complete *chikitsa*. But to achieve success in the administration and to obtain the desired therapeutic effects, *basti* should be administered keeping in view the factor like nature of the *doshas*, medicines, habitat, season, homologation, *agni*, *satva*, age and even *bala* of the patient. Then only one can achieve siddhi in *basthi chikitsa*.

**References:**

1. Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindiviyakhya vaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.193.
2. Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha

- Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini-Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 971.
- 3.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini-Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 989.
- 4.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivakhyavaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.168
- 5.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivakhyavaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.168
- 6.** Vagbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhambha Sanskrit Pratishthan; 2011. p.232.
- 7.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini-Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 990-91.
- 8.** . Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini-Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 988.
- 9.** Vagbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhambha Sanskrit Pratishthan; 2011. p.233.
- 10.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivakhyavaignanika vimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p. 190

- 11.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini- Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p.997.
- 12.** Vaghbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhamba Sanskrit Pratishthan; 233.
- 13.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini- Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 995.
- 14.** Vaghbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhamba Sanskrit Pratishthan; 2011. p.236.
- 15.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini- Hindivakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 994.
- 16.** Vaghbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhamba Sanskrit Pratishthan; 2011. p.307.
- 17.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivakshya vaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.211.
- 18.** Vaghbhata. In, Tripathi B. Srimadvagbhataviracita Ashtanga Hridayam Nirmala-Hindivakshya Visheshavaktavyadhibhishca Vibhushitam, Delhi: Chaukhamba Sanskrit Pratishthan; 2011. p.872.
- 19.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivakshya vaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.210.
- 20.** Agnivesha, Charaka, Dridabala, Shastri Kashinatha, Chaturvedi

Gorakha Natha. In, Shastri R, Upadhyaya Y, Pandeya GS, Gupta B, Mishra B. Caraka Samhita Savimarsha-Vidyotini- Hindivyakhyopeta, Varanasi: Chaukhambha Bharati Academy; 2009.Vol.2 p. 996.

**21.** Sushruta, Nagarjuna. In, Shastri A. Sushruta Samhita Ayurveda-TattvaSandipika Hindivyakhya

vaignanikavimarshopeta, Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Vol 1 p.210-11.

**22.** Nanda KO. A clinical study to evaluate the effect of erandamuladhi niruhabasti in udavartini yonivyapat wsr to primary dysmenorrhea.SDM college of Ayurveda and hospital Hassan; 2016.

**Corresponding author:**

**KS Chaithra Rani**

PG Scholar Final Year, Department of Samhita and Siddhanta, Sri Dharmasthala Manjunatheshwara college of Ayurveda and hospital.hassan.

Email: [drchaithraks@gmail.com](mailto:drchaithraks@gmail.com)

**Source of Support: NIL**  
**Conflict of Interest : None declared**