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Basti Chikitsa for Healthy Life in Present Scenario: A Review

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ABSTRACT

Introduction: In the present scenario, it is very difficult to maintain our health and lifestyle balance. *Ayurveda* is an ancient medical science and has a solution for this situation in the form of *Panchakarma*. As stress and busy life schedule cause the vitiation of *Vata*, among *Panchakarmas* -especially *Basti* is very effective in maintaining our healthy life because *Basti* maintains the proper functions of *Vata*. When *Vata* has maintained properly then the normal physiological body function runs properly and decrease the chances of disease. As *Vata* regulates all functions of our body, we should maintain the equilibrium of *Vata* in our body to keep it healthy. *Basti* is also very useful to maintain the disorder of *Vata* such as hemiplegia, muscular dystrophy, sciatica, Parkinsonism, cerebral palsy. Along with digestion and metabolism, *Basti* maintains our inner beauty as well as our outer beauty.

Conclusion: *Basti* is very useful in infertility. It is also useful in mental disorders. That's why *Acharyas* say, " *Basti* is half treatment for any diseases". *Basti* is not only useful for a diseased person but also in healthy persons. In diseased person it cures disease and in normal person it maintains health.

Key Words: *Ayurveda*, *Panchkarma*, *Vata*, *Basti*, Healthy life

INTRODUCTION

In a present era, the human being is prone for numerous degenerative issues, because of modern lifestyle, professional stress, food habits etc. ^{1,2} Lifestyle related disorders like hypertension and diabetes, reported especially in young adults are a prior concern. ³⁻⁷ Association between different diseases like cardiac dysfunction and chronic liver diseases have also been reported. ^{6,8} In such disorders *Ayurveda* management is very useful and satisfactory because of its long-lasting effects and multisystemic regenerative actions without any harm. ⁶ *Panchakarma* is a comprehensive system of knowledge and practice to purify the body from the degenerative influence of toxins and restore it to balance with natural laws.

In *Ayurveda*, there are two types of *Karmas* *Shaman Karma* and *Shodhana Karma*. In *Shodhana Karma* there are five

types of *Karma* such as *Vaman*, *Virechana*, *Basti*, *Nasya* and *Raktamoshana*. Among the *Shodhana Karma*, *Bastikarma* is considered as prime as it can provide relief in *Koshtagata*, *Dhatugata*, *Marmagata* and *Sarvashareergatavikara*. ⁹ *Basti* is one of the major treatment modality that comes under *Yuktivyapashraya Chikitsa*. As *Vata* is responsible for disjunction and conjunction of faeces, urine, bile etc. with their receptacles, there is no remedy other than *Basti* for the pacification of *Vata* when it is aggravated severely. Hence *Basti* is said as half medicine or even whole medicine by *Acharyas*. The rectal absorption can prove the good alternative route of drug administration as it provides partial avoidance of first portal pass metabolism. It has been demonstrated that the rectal route is more efficient than even the intravenous route. ^{6,10}

Ayurveda aims mainly at maintaining the health of healthy persons and recovering the deceased persons. ⁶ As per this

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view, *Basti* is used not only for the diseased person but it is used in a healthy person. It seems to be very effective concerning immunity. *Basti* provides equilibrium of *Dosha*, *Dhatu*, *Malas*, provided person should follow *Dinacharya* and *Ritucharya*. *Shodhana* in the form of *Basti* possesses benefits like disease preventive, curative and health promotive. Thus, this is the relevance of *Basti* in healthy person for its immunity. Keeping this in view, this article has highlighted the relevance of *Basti Karma* in diseased person as well as healthy persons to cure the disease and maintain health respectively.

AIMS AND OBJECTIVE

- To discuss, evaluate and elaboration of *Bastichikitsa* in a healthy person.
- To discuss, evaluate and elaboration of *Bastichikitsa* in diseased persons.

Material and Methods: *Ayurvedic* classical text such as *Charak Samhita*, *Sushrut Samhita*, *Ashtanghrudaya* etc. and other literature were reviewed critically and scientifically to compile the concept of *Basti*. Modern scientific literature describing the mechanism of absorption was reviewed critically. Further, data available on web-based sources and article published on the internet were compiled.

Literary review of Basti

Basti karma means enema which is medicated. In this process, medicated decoctions and oils are administered via anus in the body with the aid of instruments specially designed for the process of *Basti*. *Basti karma*'s place of action is *Pakwashaya* which is *Vata Dosha*'s main site.¹¹ Hence it is the major treatment modality for *Vata Dosha*. *It is the major treatment modality for Vata Dosha*. *Vāta* is considered as the cause of all type of movements of the body and is the main etiological factor in the pathogenesis of various diseases.¹² *Apan Vayu* is responsible for the elimination and retention of faeces, urine and other excreta.¹³ *Vata* is mainly located in the large intestine.

Basti sustains the age, improves strength, digestive fire, intellect, voice, and complexion and provides a happy life. The body performs all its functions smoothly.¹⁴ It is very beneficial for all age groups. The bioavailability of the drug i.e. the part of the drug increases when given as *Basti*. According to *Acharya Sushrut*, *Basti* works as plant watered at its root and then root circulate it in all branches.¹⁵ It has also been described as *Artha Chikitsa* i.e. half treatment for the management of diseases.

¹⁶ The age of administration of *Basti* starts from one year.

Classification of Basti

According to the consistency of the drugs, *Basti* is broadly divided into two types

Niruha Basti (Aasthaapana) and Anuvasan Basti

Niruha Basti/ Aasthaapana Basti, - Decoction of medicinal plants is the major content of this *Basti*, other ingredients like honey, *Saindhava*, *Sneha*, *Kalka*, *Prakshepa Dravya* are also included to form a suspension. *Niruha* means to eliminate. This *Basti* eliminates morbid *Doshas* from the body. It is also known as *Asthapan* which means to establish life span and sustains age.¹⁷ 12 *Prasuta* i.e. approximately 1200ml is the quantity of *Niruha Basti* for administration. The quantity of *Sneha* to be added depends upon the dominance of *Dosha*.¹⁸

Vata dominance- 6 *Pala* i.e. 1/4th of *Niruha Bastidravya*

Pitta dominance- 4 *Pala* i.e. 1/6th of *Niruha Bastidravya*

Kapha dominance- 3 *Pala* i.e. 1/8th of *Niruha Bastidravya*

Sneha Basti/Anuvasan – In this type medicated *Sneha* in the form of Oil/ Ghee, lipids are administered. *Anuvasan* means to stay, the administered medicines stay inside for a longer period, without causing any harm. It can be given daily.

Sneha Basti again subdivided according to the quantity of *Sneha*(oil) into two types.¹⁹

Anuvasana Basti- 1/4th of the quantity of *Niruhabasti*

Matra Basti- 1/2th of the quantity of *Anuvasanabasti*

The number of *Basti* to be given according to the need of the patient, *Basti* is divided into²⁰

Karma -30 *Basti*

Kala -16 *Basti*

Yog -8 *Basti*

Anuvasana and *Niruha Basti* are given alternately. *Rasayana* and *Burhan Basti* can be given to the geriatric person. *Dosha shaman Basti* is preferred for the young person as metabolic activities are at its peak level. *Varnya Basti* is preferred for the people who are more beauty conscious. *Lekhan Basti* can be given to the obese person or who want to be loose their extra fats. *Vrushya Basti* can be given in infertility. *Burhan Basti* can be given to the children for their normal growth and development. The person who is habituated with heavy work or heavy exercise can undergo *Matra Basti*. *Matra Basti* has an advantage as the person does not need to follow any special *Pathya*.

Bastikala (Time factor for *Basti*)-According to various authors, *Basti* in a healthy person can be given in *Varsharitu*. *Varsharitu* is the best time for *Basti* because in this season *Vataprakopa* is present in the body as well as in the environment.²¹ Usually, *NiruhaBasti* is given in the morning because evening time is the period of *Vataprakopaka* and *Niruha Basti* causes *Vataprakopa*. This is the reason why *snehadravya* is added to *NiruhaBasti*. *AnuvasanaBasti* can be given in the evening. *Basti* can also be given according to age, *Rutu*, *Kala*, etc.

Indications²² - *Vatajvikara*(hemiplegia, muscular dystrophy, sciatica, parkinsonism, cerebral palsy), diseases related to muscles and bone, Rheumatic diseases, *Vibandha*(constipation), abdominal distension, delayed mild stone in children, *Ashmari*(kidney stone, bladder stone), *Jeerna Jwara*(chronic fever), *Niramaatisar*(chronic diarrhoea).

Contraindication- *Krusha*(very emaciated), *Amatisara*(Acute diarrhea), *Chhardi* (vomiting), *Kasa* (cough), *Shwas* (asthma), *Madhumeha* (Diabetes), *Shoona-payu* (inflamed anus), *Kritahara* (immediately after taking food) Table 1.

Table 1: Shows Basti according to diseases²³⁻²⁶

Sr. No.	Basti Prakar	Ingredients	Diseases
1	Vaitrana Basti	Amlika (Emali), Guda, Saindhava, Gomutra and Tilataila in the proportion of 4:2:1:16	Amavata
2	Kal Basti	Dashmula, Triphala	Amavata
3	PicchaBastiMocharasa Basti	Mocharasa -50 gm 2. Dugdha (Milk) -2 litres 3. Ghrita -80 ml 4. TilTaila -20 ml 5. Mulethi Kalka -40 gm	Atisaar, Pravahika
4	Lekhana Basti	Triphala Tail - 160ml, Putayavanadikalka - 96gms, Tiphalaad iQauth- 480ml, Shuddha Shilajiti, Kasis, Hingu, Tuttha-, Yavkshaar, Saindhava 12gm each, Madhu- 210ml, Gomutra-120ml	Sthoulya
6	Panchatiktaksheerabasti	Tiktavargadravya, milk, ghruta	Asthipradoshaja Vikara
7	Ksheerbasti	Drug -1 Parts, Ksheera - 8 Parts, Water-32 Parts.	Amlapitta, Parinamshool
8	PanchaprasrutikaBasti	Ksheer- 200ml, Madhu- 100ml, Taila- 100ml , Ghruta- 100ml, Saindhava	Asthidhatu pradoshaja Vikaar (Disease-related bones)
9	Yapanbasti	Madhu, Sneha, Saindhava Lavana, Kalka- Specific kalkadravya like Shatpushapa, Madhuyasti, Kutaja, Rasanjana, Saindhava and Priyangu Kwatha- Musta, Bala, Rasana, Katurhini, Punarnava, Gudhuchi, Prushnaparni, Kantakari, Ushira, Aragvadha, Bibhitaka, Trayama-na, Manjishtha, Shaliparni, Gokshur, Bruhati, MadanphalaKshira	SaptaDhatu vrdhaka
10	Madhutailika Basti	ErandaQuath, Shatpushpachurna, Saindhava, Madanphala and Madhu and taila	Saptadhatu vardhaka, Klaihya, Ksheenta,
11	Yuktaratha Basti	Vacha, Saindhaav, Pimpali, Madanphala, Madhu, Taila, Erandamu-laquath, Mamsarasa	Katishula, PravaasGrasit, Parshwashula
12	Siddha Basti	Yava, Kola, Kulattha, Pippali, Yashtimadhu, Saindhava, Madhu, Taila	Upachyaya, Ksheen
13	Dhanwanter Basti-	Dhanvantari tail made up of BalaMoola, Yava, kola, Kulatha, Dashmula, Jivaniyagana, Daruharidra, Manjishtha, Chandan, Sariva, Tagara, Triphala, Til oil, Cow milk	Vataroga
14	Manjishtadikwath Basti	SaindhavaLavana5 gm, Manjishthadi Kalka 40 gm, MurchitaTila-Taila 60 ml, Madhu 80 ml ManjishthadiKwath 100 ml [Manjishtha, Triphala, Guduchi, NimbaTwak, Shatapushpa] Gomutra 100 ml, Kanji 100 ml Total 480 ml	Peripheral arterial disease
15	Sahacharadi	Kalka, Sneha and Kwatha should be taken in 1:4:16 ratio. 1 part of Kalka of Sahachara (Barleriapronitis), Nagara (Zingiberofficinalis), Devadaru (Cedrusdeodara), 4 parts TilaTaila and 16 part Kwatha of Sahachara, Devadaru and Nagara	Neurological
16	Madhuyashtyadi	Madhu, Saindhalavana, Yashtimadhu tail, Shatpushpakalka and ErandaMulaQuath	Amlapitta
17	Pipplyadi	Pipali, Madhuka, Bilva, Shatahva, Madan, Vacha, Kustha, Shati, Pushakaramula, Chitraka, Deavdaru, Tilataila, Cow milk	Parikartika
18	Kheerbala	Bala 10 gms, Milk 160 ml, tila oil 40ml	Infertility

Table 1: (Continued)

Sr. No.	Basti Prakar	Ingredients	Diseases
19	Murivenna	Karanja Bark, Kumari Leaves, Tambul, Shigru, Murivenna Taila, Vatasthbh, Kinshuka Leaves, Vasukam Whole plant, Palandu Bulb, Shatavari.	Asthibhagna
20	ChandanaBalaLakshadi tail Basti	Chandana, Bala, Laksha Sesame oil(Til Oil), Bala (Bheda), Ashwagandha, Bala, Darvi, Murva, Musta, Twaka, Tamalptra, Nagksehara, Raasna, Laksha, Shati, Pittsaar, Sariva, Sovarchallavana, Rock salt	Katigatvat
21	Erandmooladi	Kwatha (decoction) Dravya: 480 ml Erandamula 10 g, Rasna Root 10 g, Bala Whole plant 10 g, Devadaru Heartwood 10 g, Sahachara Whole plant 10 g, Kalka (herbal paste) Dravya: 40 gm Madana Phala Fruit 7.0 g, Musta Rhizome 6.6 g, Vacha Bark 6.6 g, Punarnava Whole plant 6.6 g, Pippali Fruit 6.6 g, Sarshapa Fruit 6.6 g, Murchita Tila Taila Sesame oil - 80 ml Saindava Rock salt - 5 g Madhu Honey - 80 ml Godugdha Milk - 200 ml	Osteoporosis
22	Madhutailik	Erandmoola roots, Shatapushpa fruits, Madanphaal seeds, Honey, Sesame Oil, and Rock Salt.	Diabetes
23	Dwipanchmooladi	Dashmula, Til oil, Madhu	Vataroga
24	Balaguduchyadi	Bala, Guduchi, Daruhardra, Paste of 16 gms each Jatamansi, Chandan, Kundaru, Ashwagandha, Saral, Rasna, Til Oil	Bruna
25	Saindhavadi	SaindhavaLavana, Sryashi, Rasana, Shatapushpa, Yavani, Sarjika, Marich, Sunthi, Kushtha, Sovarchlavan, Vida lavan, Vacha, Ajmoda, Madhuka, Jeeraka, PushakrMool, Kana (Pippali), ErandaTaila, Shtapushpa, Kanji, Mastu (TakraPrakar)	Amavata

Bastikarmukata (Stepwise Mode of Action of Basti)–

Before starting *Basti Chikitsa* some *Purvakarmas*(pre-treatment) are to be carried out to achieve better results.

Amapachana- It clears the obstruction in *Srotas* caused by *Ama*. *Amapachana* is done with the *Deepana*, *Pachana Dravyas* such as *Trikatu Churna* or *Panchkola Churna*. When *Amapachana* is achieved, the *Srotomukh* becomes clear and *Srotas* become ready to carry vitiated *Doshas* from *Shakha* back to *Koshtha*.

Snehana (oleation of the body)- *Sneha* enters the body through tiny pores of the skin by its *Anupravana Prabhava*. After entering the *Srotas*, it causes *Vishyandana* and softness in the body and destroys obstruction in *srotas*.²⁷ It also pacifies *Vata* as *Sneha* is *Vatashamaka*.

Swedana- After proper *Snehana*, *Swedana* is done to liquefy the *Doshas* which obstruct the minute channels.²⁸

Thus with the help of these three procedures, *Amapachana*, *Snehana* and *Swedana* *Dosha* move from *Shakha* towards *Koshtha*.

Basti- Any substance present in the body which is not conducive to health is considered as *mala*.²⁹ *Vagbhata* said that if one ignores to evacuate this *Mala* properly, it may lead to various diseases such as *Prameha*, *Arsha*, *Grahani*, *Medoroga* etc. In healthy and empty rectum the absorption is more and in diseased condition and the presence of stool delays absorption.³⁰ Hence proper excretion of *Mala* is very essential which is done by *Basti*.

Bastidravya given through rectal route reaches *Pakwashaya* which is considered as the main site *Vata*. As *Vata* is pacified the disease itself get cured because it is a major causative factor in the disease. Other two *Doshas* do not have existed without *Vata*.

VataSthana and so it can alleviate the Vataat.

According to *Ayurveda*, water given at the root of the plant gives nutrition to the whole plant similarly the *Basti* functions.³¹ *Guda* (rectum) is considered as the *Moola* of *Sharira*. It has rich blood and lymph supply. The *Bastidravya* cross the rectal mucosa and absorption of unionized and lipid-soluble substances from the rectum takes place through the rectal venous plexus. The absorption of the drug from the rectum is according to the laws of transfer of molecules across the biological membrane. It is known as diffusion. Diffusion is

the transport of molecules from a region of higher concentration to a region of lower concentration. The concentration of *Bastidravya* is more in the lumen of the rectum and lower in the cells adjacent to the rectum. Thus the molecules of *Basti* move from the rectum to surrounding cells. Many factors such as physical status of *Bastidravya*, ingredients of *Basti* and their solubility, temperature, size of molecules, pH of gastrointestinal fluid, ionization, the surface area of absorption, vascularity influence the rate of diffusion and absorption.

The constituents of *Basti* reach up to the small intestine and get absorbed through the gut wall, dispersed in the body and thus exert systemic effects.³² The intestine is enclosed by 4 layers viz. Muscular, Submucosal, Serosa and mucosal layer. When *Basti* is administered, initially *Bastidravya* comes in contact with the mucosal layer which is most superficial. The layers of the intestine and the villi get the nutrition thereby improving the absorption of micronutrients. These micronutrients enter the circulation and finally reach up to the target organ. These all things would be possible only when the intestine gets purified regularly. The mucous membrane of the intestine can easily absorb the lipid-soluble content and finally thrusts into circulation. Thus drug may deliver to the target tissues and *Basti* proves effective in curing many diseases.

Furthermore, in *Niruhabasti* the contents of *Basti* are *Makshika*, *Saindhava*, *Sneha*, *Kalka*. *Saindhava* by its *Sukshma*. *Teekshna* and *Vyavayiguna* spread in the minute channel of the body.³³ The other *Dravyas* used to prepare *Basti* different properties, some are water-soluble and some are fat-soluble and get absorbed accordingly. *Sushrut* explained how the *Basti* eliminate the *Doshas* from the body, *Virya* of *Bastidravya* extracts the morbid *Doshas* from all parts of the body to the *Pakwashaya* just like the sun which resides in the sky and evaporates the water from the earth surface. Similarly, by its *Ushna*, *Tikshnaguna*, *Basti* not only eliminate the *Mala* and *Apana Vayu* but also vitiated *Doshas* present inside the body along with *Bastidravya*.³⁴

DISCUSSION

Vāta is considered to be the cause of all type of movements of the body and plays a major role in the pathogenesis of many diseases. It aggravates due to *Dhātuksaya* (diminution of *Dhatu*) or by *Margavarana* (occlusion of its channel by other tissues).³⁵ Most of the neurodegenerative disorders occurring in present scenario show *Vata* dominant symptoms where *Vata* primarily gets aggravated due to *Margavarana* (occlusion), which in turn leads to *Dhātuksaya* (diminution of *Dhatu*) leading to the increased provocation of *Vāta*. Due to this critical mechanism, neurodegenerative diseases become almost incurable, if they are treated late.

Basti administered in the *Pakwashaya* affects the whole body by its *Virya*. According to modern science, its action of active principles of drug act on receptors in the gastrointestinal tract which is similar to the enteric nervous system. ENS (Enteric Nervous System) is a considerable group of neurons, it is accomplished with Autonomous reflex without the influence of the central nervous system. More than 500 million neurons are present in the ENS (Enteric Nervous System). Hence it's also called "the second brain".³⁶ There are several similarities between CNS -ENS concerning cellular structure, neuropeptide secretion and specific functions and recent studies have shown that there is a great impact of CNS and ENS on each other.³⁷ *Basti* may act on the receptors of the ENS to stimulate the CNS causing secretion of obligatory hormones or other chemicals. It is recognized that the enteric nervous system has a unique capability to arbitrate reflex activity independently of input from the brain or spinal cord.³⁸ This suggests that the ENS comprises sensory receptors, primary afferent neurons, interneurons and neurons of the motor. The events regulated, at least in part, by the ENS are numerous, involving motor activity, secretion, absorption, blood flow and interaction with other organs, such as the gall bladder or pancreas.³⁹ ENS produces several hormones and around 40 neurotransmitters of the same classes as found in the brain. Moreover, neurons in the gut are supposed to generate as much dopamine as those in the head. Serotonin produced in the gut comes into the blood, it is involved in mending damaged cells in the liver and lungs there.⁴⁰

Basti administered through *Guda* (rectal route) normalizes *Apana Vayu* leading to *Vatanulomana* and improves physiological functioning of *Vata*. Moreover, *Bastidravya* spreads all over the body, pacifies the aggravated *Dosha* along with *Vyana Vayu* leads to *Samyaka Rasa Raktadi Dhatu Nirmana*. *Samyak Rasa Dhatu* leads to the formation of *Samyak Rakta*, *Mamsa* and *Uttarottar Dhatu*. It strengthens the muscle power of the body and promotes tissue regeneration. It improves the function of the bladder, uterus, fallopian tube, and ovary.

Basti is effective on *Asthivaha* and *Majjavaha Srotas* also. *Purishadhara Kala*, the colon membrane, is considered as *Asthidhara Kala*, the membrane of the bone tissue.⁴¹ *Asthi* is important sites of *Vata Dosha*. Hence, medications are given rectally affect all the tissues up to bone tissue. A significant increase in serum calcium was seen after the course of *Basti*. Though serum calcium decreased after 90 days, it was still higher than the baseline level. *Basti Chikitsa* exerts a modifying influence on immune responses by regulating pro-inflammatory cytokines, immunoglobulins and functional properties of T-cells.⁴²

In Rickets, there is decreased absorption of calcium and phosphorus from the intestine, leading to bending and softening of the long bones. The large intestine contains a large

number of Ca-Na ion channels, which take up calcium from the extracellular fluid.⁴³

Basti in pregnancy- Nowadays the ratio of normal labour is decreasing rapidly because of lifestyle changes. Administration of *Matrabasti* during the ending of 8th month and in 9th month of pregnancy helps in the induction of normal labour.

In children- *Basti* is like nectar in child patient. It is very effective in the development of the baby as it develops paraneuron which stimulates the nervous system. Significant improvement occurs in the case of cerebral palsy.

Agnimandya, *Dhatudurbalata* and *Strotovaigunya* are the main pathological conditions for manifestations of any disease. Thus, *Basti* acts on these factors and improves health. Different types of *Basti* like *Snehabasti*, *Chakshushyabasti*, *Madhutailikbasti*, *Yuktharathbasti*, *Siddhabasti*, *Bruhanbasti*, *Utkleshanbasti*, *Doshaharbasti*, *Yapanabasti*, *Vrishyabasti*, *Rasayanabasti*, can be considered as health promotive. Most of the *Dravyas* used in these types of *Basti* like *Tail*, *Ksheer*, *Madhu*, *Saindhav*, *Triphala*, *Mamsa Rasa* etc are significant sources of protein, vitamins and minerals. Different clinical studies have shown that there is a considerable increase in serum proteins, essential fatty acids, vitamin- k, and vitamin B-complex levels after the course of *Basti* treatment.

When the channels of the body are cleaned by *Niruha Basti* it provides complexion and strength. *Anuvasana Basti* destroys roughness, lightness and coldness of *Vata*. *Basti* provides clarity of mind, energy, and strength to the body.⁴⁴

All the *Dhatus* gets nourished by *Basti* enhancing the body's *Dhatwagni* to maintain *Dhatu-samyak* (homeostasis) and increase the immunity of the body towards the invasion of the disease.

CONCLUSION

Basti is one of the most important and useful treatments for a diseased and healthy person. There are so many types of *Basti* according to diseases, *Rutu*, *Bala*, *Kala*. So we can consider these factors while adopting the *Basti* in any person. *Basti* is not only curative but also disease preventive and health promotive. *Basti* helps to maintain the equilibrium of *Vata dosha* in our body. It increases *Shukra*(potency), *Oja* (vital energy) and *Agni* (digestive fire). In this modern era, as per our daily routine, health management is very difficult. So, by the use of *Basti Karma*, we can manage our hectic lifestyle and make it a healthy life.

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