

KSHEERA BASTI – A REVIEW ARTICLE

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ABSTRACT

In Ayurveda, *Basti Chikitsa* is considered as *Ardha Chikitsa*. There are different classifications of *Basti* based on the ingredients and actions. *Ksheera Basti* is among them, and *Ksheera* is used as *Avapa Dravya* or in the form of *Ksheerapaka*. *Ksheera Basti* also can be considered as *Mridu Nirooha Basti*. It is now used extensively in disorders involving *Asthivaha Srotas* and *Majjavaha Srotases*. Different formulations of *Ksheera Basti* are available in *Brihatrayis*. Various research has been done on *Ksheera Basti* in different diseases and has proved its efficacy.

Keywords: Basti chikitsa, Ksheera Basti

INTRODUCTION

Vayu is the most important causative factor of disease in *Sakha*, *Koshta*, *Marma*, *Urdhva*, *Sarvavayava*, and *Anga*¹. All the *Acharyas* explained the *Asraya Asrayi bhava* of *Vata* and *Asthi*, so if a disease occurs in *Asthi*, we need to treat *Vata* as well. When *Vata* is aggravated, there is no remedy except *Basti* for its

treatment². So *Basti* is known as the *Ardha chikitsa* or *Sarva chikitsa*³.

Ksheera Basti is a variant of *Nirooha Basti*, in which *Ksheera* is used as *Kwatha* or *Avapa Dravya*. The *Kwatha* as *Ksheera Paka* is prepared using different formulations. As milk is used, it can be considered a

Mridu Nirooha Basti, and it is *Brimhana* and *Sodhana* in nature.

Properties of *Ksheera*: *Ksheera* is generally *Madhura*, *Snigdha*, *Sita*, *Brimhana*, *Vrishya*, *Medhya*, etc. It is wholesome for all living beings and has *Dosha Samana* and *Sodhana* properties⁴. It is mainly indicated by *Vata Pitta Vikaras*. It is used in procedures such as *Vamana*, *Virechana*, *Asthapana*, *Nasya*, *Alepa*, *Avagaha*, etc.

Ingredients of *Ksheera Basti*

Generally, the *Ksheera Basti* has the following ingredients⁷.

Ingredient	Amount
<i>Ksheera</i>	2 <i>Prastha</i>
<i>Madhu</i>	1 <i>Prasrita</i>
<i>Taila</i>	1 <i>Prasrita</i>
<i>Ghrita</i>	1 <i>Prasrita</i>

This is also known as *Pancha Prasritika Basti*.

Properties of *Dravyas* in *Ksheera Basti*

Makshika: The honey has *Chedana*, *Kapha hara*, *Vrana shodhana*, etc. properties. Honey contains sugars, organic acids, vitamins and minerals. It is amphiphilic and hygroscopic, which helps the *Basti Dravya* to be easily absorbable, healing and cleansing.

Sneha: The *Basti* is administered to the *Pakvasaya*, the *Sthana* of *Vata Dosha*. *Sneha* helps to control *Vata*'s impairment. The *Sneha* lubricates the colon and softens the *Mala* in it. In most *Ksheera Bastis*, the *Sneha* used is *Taila* to pacify the *Vata* and *Kapha Doshas*. In some yogas, *Ghrita* is mentioned, which has *Vata Pittahara* action.

Kalka: *Kalka* gives the potency of the *Basti Dravya*. It helps the *Basti Dravya* attain a particular consistency and disintegrates the *Mala* by increasing the solution's osmotic permeability.

Kashaya: *Kwatha* or *Kashaya* helps maintain the volumes of the *Basti Dravya*, essential in spreading *Basti Dravya* up to the ileocecal junction, and proper absorption of *Basti* occurs. In *Ksheera Basti*, *Ksheera* is used as *Dharoshna* or *Ksheera Kashaya*. *Ksheera Kashaya* is prepared as a Prescribed drug -1 Part, *Ksheera* - 8 Parts, Water-32 Parts, and this will be

Milk is an essential nutrient source for all animals. It can be good for bones as it provides vitamin D, Calcium, and Phosphorus. Rectal administration of milk may cause direct absorption of nutrients and prevent osteoporosis.

Ksheera Basti – Definition

- A *Basti*, which has the main ingredient *Kashaya*, *Taila* or *Ksheera*, is known as *Nirooha Basti*⁵.
- A *Basti* in which *Ksheera* is a main ingredient is called *Ksheera Basti*⁶.

heated and reduced to the same amount as *Ksheera*⁸. *Avapa Dravya*: These are added to the *Basti Dravya* to enhance the potency in chronic disease conditions. *Avapa Dravya* can be powders of certain drugs, milk, urine, *Mamasa Rasa*, etc. *Saindhava*: As a *Basti Dravya*, *Saindhava* brings hyperosmotic status to the colon, facilitating the movement of endotoxins from the colon and eliminating them. It also stimulates ionic action potential, one of the main factors for *Basti*'s action. In many of the *Ksheera Basti Yoga*, *Saindhava* is not mentioned.

Indications

Vatarakta, *Visarpa*, *Vaisvarya*⁹

*Asthyasraya Vyadhi*¹⁰

*Pittaroga*¹¹

*Paittika Gulma*¹²

*Pittodara*¹³

*Plihodara*¹⁴

*Halimaka*¹⁵

Visha in *Vata sthana*¹⁶

*Vatarakta*¹⁷

*Parikartika Basti Vyapad Chikitsa*¹⁸

In *Basti* Complications like *Parisrava*, *Daha*, *Parikarta*, *Pravahana*, *Atiyoga*, *Jivadana*¹⁹

*Garbhakshaya*²⁰

Contraindications

- *Kaphaja Vyadhi*
- *Medoja Vyadhi*
- *Amaja Vyadhi*

Different formulations of *Ksheera Basti* from classics

1. *Pancha Prashritika Basti* : Mentioned in *Charaka Siddhi Prastrutika Yogika Siddhi*, acts as *Vatanasaka, Balya, Varnya*²¹.
2. *Yashtahva Ksheera Basti*²²
Indicated for *Vatarakta, Vaisvarya, Visarpa*
3. *Pittahara Basti* - 4 *Ksheera Basti Yogas* are mentioned for *Pittasamana* in *Caraka Samhita*, and it is advised to give as *Suseeta* (cold)²³.
4. 2 *Pittahara Bastis* are mentioned in *Ashtanga Hridaya Kalpa Sthana*²⁴
5. *Mustadi Yapana Basti*²⁵
6. *Vajikarana Basti*²⁶
7. *Raktaprasadaja Basti*²⁷
8. *Vajikarana Basti*²⁸
9. *Dosha Samana Basti*²⁹

Many of these *yogas* are advised to be given as *Seeta*. *Mridu Koshta* is present in most of the *Pitta Rogis*. If we provide the *Basti* as hot, it will cause easy elimination or less retention time.

DISCUSSION

In general practice, many *Vaidyas* do not use *Saindhava* in *Ksheera Basti*. A combination of milk and salt is considered incompatible in some Ayurvedic texts as it causes digestive issues. However, chemically, these two will not cause any adverse chemical reactions. For patients with no gastric issues, we can add *Saindhava* and *Madhu* in the *Basti yoga*. Most of the *Ksheera Basti yogas* contain *Tikta Rasa Pradhana Dravyas*. These drugs, on processing with *Ksheera*, help in reducing the *Vata* and promote *Asthi Dhatu*. Milk is a colloidal dispersion containing fat globules, casein and whey proteins in an aqueous solution of lactose, minerals and a few other minor compounds. So, it generally improves the health of the person.

CONCLUSION

Ksheera Basti acts as *Mridu, Brimhana* and *Vata Pitta samaka*. It promotes the nourishment of *Asthi Dhatu* and is beneficial in diseases like *Sandhigata Vata, Vatarakta*, etc.

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