

BASTI

(THE ENEMA THERAPY)

DEFINITION

- THE BASTI IS NAMED SO BECAUSE THE URINARY BLADDER OF ANIMALS IS USED TO INJECT THE CONTENT OF UNCTUOUS DRUGS OR ELIMINATORY DRUGS, INTO THE RECTUM OF THE BODY TO PRODUCE SOME EFFECTS.

DERIVATION

- 1)BASTNAADEEYATE ETI BASTI.(A.H.Su.19-1)
- 2)BASTIBHIRDEEYATE YASMAAT
BASTIRITOSMRUTAH.(Su.u.Khand 5/1)
- 3)BASTI-BASTEH AAVRINOTI MOOTRA –
TICH NAABHERADHOBHAGE MOOTRA
DHAARE STHAANE OUSHADHA
DAANARTHE DRAVYABHEDE.
(VAACHASPATYAM)

VARIETIES OF BASTI

- 1) Adhistaana bheda
 - a) Pakwaashyagata basti
 - b) Mootraashayagata basti
 - c) Garbhashayagata basti
 - d) Varangata basti



Dravya bhede

a) Nirooha basti

b) Anuvaasana basti

ACCORDING TO THEIR ACTION

Sushruta's view

- *a) Shodhana basti*
- *b) Lekhana basti*
- *c) Snehana basti*
- *d) Brumhana basti*



Vaagbhat's view

- *a) utkleshana basti*
- *b) Doshahara basti*
- *c) Shamana basti*



Sharangdhara's view

- *a) utkleshna basti*
- *b) shodhana basti*
- *c) shamana basti*
- *d) doshahara basti*

Charak 's view

- Vaataghana
- Balavarna krit
- Snehaneeya
- Shakrutkrut
- Krimighan
- Vrishatwakrut

According to shankya

- Karma basti
- Kaala basti
- Yoga basti


Anushanghika bheda

- a)Prasruta yogika basti
- b) Dwaadasha prasrtika basti
- c)Paada heena basti
- d)Teekshna basti
- e)Murdu basti
- f)Piccha basti
- g)Rakta basti
- h)Yaapana basti
- i)siddha basti

CONTRINDICATION OF

BASTI


- 1. AJEERNA
- 2. ATISINGDHA
- 3. PEETASNEHA
- 4. UTKRUSHTA DOSHA
- 5. ALPAAGNI
- 6. ATIDURBALA
- 7. ATIRUKSHA
- 8. ADHMAANA

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- 9. ALASAAKA
 - 10. PEETOUDAKA
 - 11. PRASAKTA CHARDI
 - 12. PRASAKTA NISHEETVA
 - 13. BHEETA
 - 14. BHUKTABAKTA
 - 15. BADDHA GUDODARA

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- 16. KASA PRASAKTA
 - 17. KRUDDA
 - 18. YANTIKLAANTA
 - 19. KRUTANASYAKARMA
 - 20. KSHUDHAARTA
 - 21. TRUSHNARTHA
 - 22. VAMANA KRIT
 - 23. VIRECHANAKRIT

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- 24.MATTA
 - 25.MOORCHITA
 - 26.SWASAPRASAKTA
 - 27.HIKKA PRASAKTA
 - 28.DAKODARA
 - 29.VISHOOCHIKA
 - 30.AMADOSHA


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- 31.AAMATISARA
 - 32.ALPAVARCHA
 - 33.ARASHA
 - 34.MADHUMEHA
 - 35.KUSTHA
 - 36.PAANDU
 - 37.BHRAMA
 - 38.AROCHAKA


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- 39.UNMAADA
 - 40.SHOKAGRASTHA
 - 41.SHTOULAYA
 - 42.KANTASHOSHA
 - 43.KSHATAKSHEENA
 - 44.SAPTAMAASAGARBHINI
 - 45.BAALA & VRIDDHA
 - 46.SHOOTEAPAAYU
 - 47.SHOPHA

INDICATION OF BASTI


- 1.SARVANGA ROGA
- 2.EKAAGANGA ROGA
- 3.KUKSHI ROGA
- 4.VAATA SANGA
- 5.MOOTRA SANGA
- 6.MALA SANGA
- 7.SHUKRA SANGA


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- 8.BALA KSHAYA
 - 9.MAAMSA KSHAYA
 - 10.DOSHA KSHAYA
 - 11.SUKRA KSHAYA
 - 12.AADHAMAANA
 - 13.AANGA SUPTI
 - 14.KRIMI KOSTHA
 - 15.UDAAVARATA


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- 16.SHUDHAATISARA
 - 17.PARVABHEDA
 - 18.ABHITAAPA
 - 19.PLEEHA DOSHA
 - 20.GULMA
 - 21.SHOOLA
 - 22.BHAGANDAR
 - 23.UNMAADA


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- 24.JWARA
 - 25.BRADHANA
 - 26.SHIRHA SHOOLA
 - 27.KARANA SHOOLA
 - 28.HRIDAYA SHOOLA
 - 29.PAARSWA SHOOLA
 - 30PRUSHHTA SHOOLA


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- 31.VEPANA
 - 32.KATISHOOLA
 - 33.AAKSHEPA
 - 34.ANGA GOURAVA
 - 35.ATILAGHAVA
 - 36.RAJAH KSHAYA
 - 37.VISHAMAAGNI
 - 38.SPIK SHOOLA

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- 39. JAANU SHOOLA
 - 40. JANGHA SHOOLA
 - 41. URAHA SHOOLA
 - 42. GULPHA SHOOLA
 - 43. PARSHINI SHOOLA
 - 44. PRAPAD SHOOLA
 - 45. YONI SHOOLA

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- 46. BHAAHU SHOOLA
 - 47. ANTRA KOOJANA
 - 48. ADHIMANTHA
 - 49. ARSHAS
 - 50. ASMARI
 - 51. STHANA SHOOLA
 - 52. DANTA SHOOLA

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- 53. NAKHA SHOOLA
 - 54. PARSUKAASTHI SHOOLA
 - 55. SHOSHA
 - 56. STHAMBHA
 - 57. PARIKARTIKA
 - 58. VAATAVYADHI
 - 59. JWARA
 - 60. TIMIRA

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- 61.PRATISHYAYA
 - 62.ARDITA
 - 63.PAKSHAAGATHA
 - 64.SHUKRASHOOLA
 - 65.UPADAMSHA

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- 66.VAATARAKTA
 - 67.STHANYA KSHAYA
 - 68.MANYA GRAHA
 - 69.HANUGRAHA
 - 70.MOODHAGARBHA
 - 71.MOOTRA KRICHA

CONTRADICTION OF ANUVAASANA

- 1. ANANSTHAPYA
- 2. ABHUKTA BHAKTA
- 3. ARASHA
- 4. AROCHAKA
- 5. APACHI
- 6. NAVAJWARA
- 7. PAANDU

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- 8.KAAMALA
 - 9.PRAMEHA
 - 10.MANDAAGNI
 - 11.DURABALA
 - 12.PLEEHODARA
 - 13.KAPHAODHARA
 - 14.URUSHTAMBHA
 - 15.VARCHABHEDA

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- 16.VISHAPEETA
 - 17.GARAPEETA
 - 18.KAPHABHISHYANDA
 - 19.GURUKOSHTA
 - 20.KRIMIKOSHTA
 - 21.KUSTHA
 - 22.STHAULYA
 - 23.PEENASA
 - 24.KRUSHA




INDICATION OF ANUVASAN

- 1. INDICATION OF BASTI
- 2. VAATA VYADHI
- 3. RUKSH

BASTI YANTRA VICHARA

- Consist of two parts-
- 1.basti netra-nozzele or canula,
- 2.basti putaka-bladder or bag
- Basti netra measurement-
- Age - length in angulas
- 1-6yr - 6
- 12yrs - 8
- 20 yrs- 12

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- (6 to 12 yrs increase of $\frac{1}{3}$ angula per year & 12 to 20 yrs increase of $\frac{1}{2}$ angula per year)
 - Varana basti netra -18 angula
 - Uttar basti netra - 12 & 14 angula

NETRA DOSHA

- 1.HRASVATA
- 2.DEERGHATA
- 3. TANUTA
- 4.STHOOOLTA
- 5.JEERNATA
- 6.SHITHILA BANDHANATA
- 7.PARSHWACHIDRA
- 8.VAKRATA



BASTI PUTAKA

- Made of bladder of maahisha & harini
- Oval shape
- Free from holes
- Free from dirty smell
- Bhavana of kashaaya & taila should be given
- Smooth
- Free from germs




Basti putaka dosha

- 1.Vishama
- 2.maasala
- 3.chidrayukta
- 4.sthoola
- 5.jaalayukta
- 6.vaatala
- 7.snigdha
- 8.klinnata

METHOD OF ADMINISTRATION OF BASTI

POORVAKARMA

- *1.DOSHA VICHARA*
- *2.OUSHDHA VICHARA*
- *3.DESHA VICHARA*
- *4.KAALA VICHARA*
- *5.SAATMYA VICHARA*

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- 6. *AGNI VICHARA*
 - 7. *SATVA VICHARA*
 - 8. *OKA VICHARA*
 - 9. *VAYA VICHARA*
 - 10. *BALA VICHARA*

- 1.DOSHA VICHAR- kshaya, vrididi, samta, urdhavgaman, adhogaman, trikagaman, shakhaashrita, kosthaashrita, madhyammarga ashrita, swadeshgamana, pardeshgaman, swatantra , partantra, anshaanshakalpana, dhatuvisaayeshassyra, kaala, prakriti, etc.



2. OUSHADHA VICHAR-

- Aamata
- Heenta
- atimatrata

MAATRA OF NIROOHA BASTI

- AGE (YRS) - DoSE (PRASITI)
- 1 - $\frac{1}{2}$
- 2 - 1
- 3 - 1.1/2
- 4 - 2
- 5 - 2.1/2
- 6 - 3
- 7 - 3.1/2
- 8 - 4
- 12 - 6
- 18 - 12
- UPTO 12 YRS INC. OF $\frac{1}{2}$ PRASITI PER ANNUM
- ABOVE 12 YRS INC. OF 1 PRASITI PER ANNUM

Sneha maatra in basti dravya

- Vaata - $\frac{1}{4}$ of kwath
- Pittta - $\frac{1}{6}$ „ „
- Kapha - $\frac{1}{8}$ „ „
- Healthy - $\frac{1}{6}$ „ „
- Tridosha - $\frac{1}{5}$ „ „




OTHER POINTS ABOUT BASTI DRAVYA

- a) atisheeta, atiushanta
- b) atiteekshaana, atimriduta
- c) atisnighatha , atirookshata
- d) atisandhrata , atidravyata


METHOD OF PREPATION OF BASTIDRAVYA


- a) Add madhu & saindhav
- b) Add sneha
- c) Add kalaka
- d) Add kwath
- Stirrer continuously while mixing.


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- Heating- indirectly in warm water
 - In absence of kalka mentioned - add pooti-yavindadi kalka

● ३. DESHA VICHARA -

- Two types
- a) Bhumi - jangal , annop, sadharan.
- b) Attur - prepration of patient
- # external snehana
- # swedana on kshroni , kati , vakshana,

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- # if atiruksha pt. – administration of 2/3 anuv asana before nirroha.
 - # administration of basti in shukala paksha.
 - # nirooha - after previous meal is digested.
 - # anuvasana – after meal .

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- 4. KAALA VICHARA- Two types
 - Ritu
 - Vadhi
 - 5. SAATYMA VICHARA –
 - 6.AGNI VICHARA - If mandaagni then pt. given deepana pachana before basti.

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- 7.SAATYA VICHARA - paravar, madhya, avara.
 - 8. OOKA VICHARA - according to pt. habits.
 - 9. VAAYA VICHARA – to decide dose & type of basti.
 - 10.BAALA VICHARA - To decide that pt. can tolerate basti.


PRADHANA KARMA

- 1. BASTI PRANIDHANA
- 2. BASTI PRATAYAGAMANA & NIREEKASHANA
- 3. NIREEKSHANA OF YOGA & ATIYOGA LAKSHANAAS.



- Basti pranidhana -

- preparation of bastiyantra filled with dravya
- abhyanga , swedana of pt.
- Position of pt.- left lateral posture, left leg straight , right leg semi flexed .
- Pt. should be steady, netra applied after guda smeared with snigdha dravya (upto karnika)


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- Putka properly pressed enabling dravya to enter pakvashya.
 - f) In case of balya , bringhana , vajikarana basti taadan on thigh & buttocks .
 - g)Removing of netra from guda.

● Precautions -

- # pt . Should take deep inspiration during administration .
- # netra inserted after oleation , 4-6 inches.
- # pressing of putka should be uniform.
- # some dravya should be left in putaka.
- # after administration pt lie down for 30 matra.

BASTI PRATYAGAMANA & NIREESHANA

- MAXIMUM PERIOD OF RETURN -45 MIN
- In case of failure –
- Pakwashaaya shoola
- adhamaana
- mootra shoola

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- Vaatapritriloomata
 - vishtambhata
 - Shoola
 - Jwara
 - Aarati

TREATMENT

- 1 .Adminstration of basti containing goomutra , yavashara, teekshana , aamala dravya.
- Introduction of phalavarti
- Swedana of kshroni , kati , vinshana pradesh
- Utraasana
- Virechana
- a)Eranada sneha
- b)Trivrit choorna/ lea
- c)Triphala choorna

SAMYAKA YOGA LAKSHANA

- 1. PRASRISHTA VITAKATA
- 2. PRASRISHTA MOOTRA
- 3. MALA, PITTA , KAPHA , VAYU MOVED GRADUALLY
- 4. LIGHTNESS IN BODY
- 5. PRASRISHTA VATA
- 6. RUCHI
- 7. LAGHUTA IN PAKWASHSAYA
- 8. AGNI TEEKSANATA
- 9. ROGA SHAMANA LAKSHANA
- 10. HEALTHY FEELING
- 11. INCREASE IN BALA.

AYOGA LAKSHANA

- Pain in head, heart ,umbilicus, rectum, penis.
- Shootha
- Pratishtyay
- Cutting pain
- Hrillaasa
- Vitsangha
- Mootrasangh
- Swasakrichata
- Parikartika
- Alpavegata
- Aruchi
- Guruta

ATIYOGA LAKSHAN

- Angasupti
- Angamarda
- Klama
- Kampa
- Nidra
- Dourabalya
- Tamapravesha
- Unmada
- Hikka
- T.T – grahi , depana , pachana chikitsa is to be adopted.

PASCHAT KARMA

- Bastiuttar vichara – administration of 2-5 basti in case of ayoga , in case of samayak yoga administration of anuvasana or maatara basti.
- Pathayaadi - after samyaka yoga
- Vishram
- Sukhooshana snana
- Dugda, yusha, masarasa yukta bojana.(1/3 of normal diet)
- 3. Parihara kala – twice the no. of days of the no. of basti given.



BASTI VYAAPATA

- BASTI NETRA VYAAPATA
- BASTI PUTAKA VYAAPATA
- BASTI DANA VYAAPATA

Basti netra vyaapata -

- a) Atihrasava – pakwashaya aprapti
- b) Atidreega- ati gati
- c) Taanu - guda shooba
- d) Sthoola - atikarshana
- e) Jreena - gudasharana
- f) Sthila bandhana – dravya haani
- g) Vakra netra - trika gati
- h) Parshava chiidra - gudapeeda

BASTI NETRA VYAAPATA CHIKITSA


- APRAPTI –YANETRA TAYAGA
- ATIGATI – PRATGAMANA NEERIKSHANA, IF APRATGAMANA USE PHALAVARTI, SHODHANA, TREESHANA BASTI.
- GUDA KSHOOBA, ATIKARASHANA, SHARANA, PEEDA – LEPNA OF JATIADI GHRITA / TAILA , PADAMAKA GHRITA /TAILA , GHRITA , ARASHOSHAMAKA MALLAMHA.
- DRAVYA HANI – PUNNA BASTI PUTAKA BANDHANA.
- PARASHAVA CHIDDRA , VAKRA NETRA – NETRA TAGYA

BASTI PUTAKA VYAAPATA

- Vishama – gativishama
- Masala basti – visragandhata
- Chiidrayukta basti – dravyasrava
- Sthoola basti -durgraha
- Jaalayukta basti – dravyasarava
- Vaatala basti – phineela jhaaga
- Atisnigdha – durgrahata
- Atikleena - durgrahata
- Chikitsa – basti putaka taagya, if vaata prakopa due to vaatala basti then app. Chikitsa.

BASTI DAANA VYAPATA

- 1 .SAVATA BASTI DAANA - PAKAWASHAYA SHOOL, TODA
- CH- ABHYANG, MRIDU SWEDANA ON PAKAWASHAYA, GUDA. [CHANDANABALALAKSHADI , KSHIRA BALA , PANCHAGUNA TAILA.]
- 2.DRUTAPRANITABASTI – VEDANA IN GUDA , VANSHANA , JANGA , URU , KATI , BASTI STAMBHA .
- CH- VATAGANA BHOJANA , ABHAYANGA , SWEDANA .
- 3.TIRAYAKA PRANIDAANA
- CH – NETRA WITHDRAWN & INTRODUCED AGAIN AFTER PROPERLY ANOINTING IT .

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- 4. ULLPTADATTA BASTI – VATA PRAKOPA IN GUDA , VAKSHA & SHRIHA SHOOLA , URUSADA.
 - CH. - BASTI CONTAINING BILVA, MADANA, SHYAMA , TRIVITRA , GOMUTRA ADMINISTERED.
 - 5. SAKAMPA BASTI DANA - GUDA SHOOTA , DAHAA.
 - CH .- MADHURA , KASHAYA DRAVYA SIDDHA BASTI & GUDA PARISHEKA

- 6. ATIPRANITA BASTI - GUDA VARANA & VEDANA , DAAHA ,TOODA.
- CH. - PICCHA BASTI, KSHIRA BASTI, ROPANA PICHU.
- ATIBHAYA & ATIMANDADATTA BASTI – BASTI APRAPTI.
- CH. – REPEAT BASTI
- 8. ATIVEGADATTA BASTI – CHARDI
- CH. –REPEAT BASTI , VIRECHANA, MRIDU ABHAYANG ON GALA, SHEETAUDAKA PARISHAKA, VIDHOONA , VITRASANA.

BASTI SHAYANA VIDHI VYAPAATA

- UCHAASHIRA – VEDANA IN MUTRAASHAYA, MEDRA , ANTRA PEEDANA.
- CH. – MRIDU SWEDANA , UTTAR BASTI
- ADHOSHIRA – HRIDYA & GUDA PEEDA , KOSTHA PEEDA .
- UTTANAVASTHA – BASTIAPRAPTI
- SANKUCHITA SAKATI – APRATYAGAMANA
- SITTING– SRIGHA PRATYAGAMANA.
- 6. STANDING – SRIGHAPRATYAGAMANA
- 7. RT . LATERAL – BASTIAPRAPTI

ANYA VYAAPATA

- AYOGA
- ATIYOGA
- KALAMA
- ADHAMANA
- HIKKA
- HRIDAPRAPTI
- URDHAVAPRPTI
- PRAVAHIKA
- SHIROARTI
- ANGAARTI
- PARIKARTIKA
- PARISRAVA

- AYOGA – UDARA GURUTA, ADHOVATA, MALA & MUTRA SANGA, NABHI & BASTI RUJA , DAAHA , HRIDAYA UPLEPA , SHOOTA , GUDA KANDU, PEEDAKA , VAVARNIYA , ARUCHI , AGNIMANDHAYA .
- CH. -
- USHANA PRAMATHAYA PANA
- SWEDANA
- PHALAVARTI
- VIRECHANA
- TREETKSHANA BASTI

- ATTYOGA – VIRECHANA ATTYOGA LAKSHANA
- CH. – PICCHA BASTI, ATISARAWATA CHIKITSA.
- KLAMA –VIDAHA, HRIDAYASHOOLA, MOOHA, PINDICOUDVASTANA , GURUTA.
- CH. – PACHANA , VIRUKSHANA , SWEDANA
- ADHAMAANA – GUDAPEEDA , VIDAHA , VISHANA SHOOLA ,HRIDAYA SHOOLA
- CH. – PHALA VARTI , NIROOHA , ANUVASANA
- 5 . HIKKA
- CH . – HIKKA CHIKITSA , BRIGHANAUPAYA ANUVASANA , DHOOMARAPANA.

- HRIDAYAPRPTI –
- CH. – KSHRITA SHEETA BASTI , AMALA & LAVANA SIDDHA BASTI , VATANAKSHAKA BASTI.
- URDHAWAPRPTI – MOORCHAADI
- CH. - SHEETALA JALA PARISHAKA , VITRASANA , KANTHAPEEDANA , ANULOMANA CHIKITSA, SWEDANA , NIROOHA BASTI, NASYA , SHIROLEPA.
- PRAVAHIKA -
- CH. – ABHYANGA , SWEDANA , ANULOMANA , LANGANA , SANSARGANA KARMA .

- SHIROARATI –GREEVASTHAMBANA ,
KANTHABHEDA , SHIROBHEDA ,
KARNABADHIRA , KARNANADA , PEENASA ,
NETRA VIBHARAMA.
- CH . –LAVANA TAAILA ABHYANGA ,
PRADHAMANA , DHROOMA NASYA,
VIRECHANA , SNIGDAH BOJANA &
ANUVASANA.
- ANGAARTI – VEEDANA , GATRASTHAMBANA ,
TOODA , BHEDA , SPURANA , JAMBHA.
- CH. – LAVANA TAAILA ABHAYANGA , USHNA
JALA PARISEKA , SWEDANA , NIROOHA ,
ANUVASANA.

- 11 . PARIKARTIKA – TRIKA , BASTI , VANKASHANA , NABHI SHOOLA.
- CH. – MADHURA & SHEETA CHIKITSA , ANUVASANA , PICHHA BASTI , LAVANA & AMALA YUKTA BOJANA .
- 12. PARISRAVA –
- CH . – SHEETA & PICHHA BASTI , SHEETA MADHURA DRAVYA LEPA PARISHEKA ON GUDA , MADHUR & RATKAPITTANASHAKA CHIKITSA.
- AYOGAJANYA – KLAMA , AADHAMANA , PRAVIHAK , SHIROAARATI .
- ATIYOGA JANAYA – HIKKA , HRIDAYAPRAPTI , ANGAARATI , PARIKARTIKA , PARISRAVA .

YAPANA BASTI UPADRAVA

- SHOOTA
- AGNINASHA
- PAANDU
- SHOOLA
- ARSHA
- PARIKARTIKA
- JWARA
- ATISARA



CHIKITSA

- DEEPANA & PACHANA
- ARISHTA , KSHEERA , SIDHU PANA
- YAPANA BASTI APRATYAGAMANA -
- TEEKSHANA NIROOHA BASTI DANA



ANUVASANA

BASTI

DERIVATION

- ANUSARA AASYAATE ITI ANUVASANA.

OR

- ANU AASYATHE ITI ANUVASANA.

Use of anuvasana

- Proovakaarma of nirooha.
- Paschatakarma of nirooha.
- Independent chikitsa.


IMPORTANT POINTS REGARDING ANUVASANA BASTI

- PRAMANA - $\frac{1}{4}$ OF NIROOHA BASTI
- C.I. – IN KAPHA , MEDA PRADHANA ATTUR, PRAMAHI, SANTARPAJANAYA VYADHI , SHODANAYOGYA .
- SISHIR , HEMANT , VASANT – ADMINISTERED IN DAY TIME .
- OTHERWISE - COMPLICATIONS LIKE ADHAAMANA , GOURAVA , JWARA.
- SHRADA , GRISHMA , VARSHA – ADMINISTER IN NIGHT TIME .
- GIVEN IIN 1ST PRAHARA OF NIGHT

- ADMINISTERED IN NIGHT - PITTA DOSHA , KAPHA KSHAYA , ATIRUKSHA , VATAVYADHI , AATAYIKA AWASTHA .
- ON 9TH DAY AFTER VIRECHANA .
- ADMINISTERED AFTER MEALS.
- KAPHA DOSHA - 1/3
- PITTA DOSHA - 5/7
- VATA DOSHA - 9/ 11

FUNCTION OF BASTI

- 1ST BASTI– SNEHANA OF BASTI , VANKSHANA.
- 2ND BASTI – SNEHANA OF SHIROGATA VATA.
- 3RD BASTI – BALA , VARNYA INCREASE.
- 4TH BASTI – SNEHANA OF RASA.
- 5TH BASTI – SNEHANA OF RAKTA.
- 6TH BASTI – SNEHANA OF MASA.
- 7TH BASTI – SNEHANA OF MEDA.
- 8TH BASTI – SNEHANA OF ASTHI.
- 9TH BASTI – SNEHANA OF MAJJA.

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- ORAL SNEHANA & ANUVASANA ARE NOT DONE TOGETHER. (AGNI & VATA DUSTI)
 - 14 . EXCESSIVE ANUVASANA – AGNIMANDHAYA
 - EXCESSIVE NIROOHA – VATA PRAKOPA
 - 15 .DAILY ANUVASANA IN – ROOKSHA , VATAVYADHI , VANKSHANA & KSHRONI SHOOLA .

ANUVASANA VIDDHHI VIDHANA

PROOVA KARMA

- Abhyanga - external
- Swedana - parisheka , avagahana , taapa.
- Bhojana - sadharana (neither snigdha* nor rooksha*)
easily digestible* , 1/4 of normal diet
- # vaata – masa rasa
- # pitta – ksheera
- # kapha – yusha
- (snigdha cause – mada moorcha.
- Ruksha cause – bala& varna nasha.
- Indigestible – jwara etc.

- d) Chankramanadi – after mala & mootra visarjanadi chakaramana of 100 pada.

PRADHANA KARMA

- POSTURE & PROCEDURE AS IN NIROOHA
- AFTER ADMINISTRATION MRIDU MARADANE & TAADAN
- IN SAMAYAKA YOGA - SNEHA COMES OUT WITH MALA & VATA WITHOUT DAHA.

PASCHATA KARMA

- Basti pratyagamana - within 3 yamas , if not introduce phalavarti or treekshana nirooha basti , if not causing trouble neglect upto 24 hours.
- Pathayaadi - laghu aahara, dhanayaka & shunti kwath. Ushana jala.



SNEHA BASTI VYAPATA & CHIKITSA

- VATAAVRIT SNEHA
- PITTA AVRIT SNEHA
- KAPHA AVRIT SNEHA
- ANNA AVRIT SNEHA
- PURISHA AVRIT SNEHA
- ABHUKTAPA ANEETA SNEHA

- VAATAAVRIT SNEHA – ANGAMARDA, JWARA , ADHAMANA , URU VEDANA , PARSHAVA VEDANA, ANGAVASTANA , KSHAYA- MUKHARASTA , JAMBHA , KAMPA.
- CH. --
- a) Gomutra , amlayukta , sasneha ushana nirooha basti.
- b) Anuvasana basti in evening.

- 2. PITTA AVRIT SNEHA – dhaa , trishana , kotha, mooha , tamapravesh , sweda, pandutaa.
- Ch. –
- Madhura & tikta nirooh basti
- 3. KAPHA AVIT SNEHA – tandra , sheetaporvaka jwara , aalasya , praseka, aruchi, angagourava, moorcha , galani , mukhamaadhuraya.
- Ch. –
- Kashaya , katu , goomutra , surayukta ushna teekshna nirooha basti.

- ANNAAVRIT SNEHA – chardi , moorcha , galani , angashoola , nidra , angamarda , daaha , amashaya shoola , vataavrodha , hridashoola , mukhavaaraasaya , swaasa , bharna .
- Ch. –
- Pachana churana(lavana bhaskar, hingavastaka , churana ,shunti kwath)
- Mridu virechana (trivarta churana , swadista churana , avipatikara churana.)

- 5. PURISHA AVRITA SNEHA – mala & mootra avroodha , pakawashaya guruta, adhamaana , hridayagarha , swasa.
- Ch. –
- Abhyanga , swedana , phalavarti , nirooha , anuvasana , udavarata chikitsa.
- 6. ABHUKTA PRANITA SNEHA – gatragraha , indraya uplepa , awsada , kasa , swasa , aruchi.
- Ch. –
- Nirooha , virechana , chardinashaka chikitsa.

MAATRA BASTI

- 1. TYPE OF SNEHA BASTI
- 2. DOSE – ½ OF ANUVASANA
- (SNEHA BASTI – 6 PALA
- ANUVASANA – 3 PALA
- MATTAR BASTI – 1 ½ PALA)
- 3. CAN BE ADMINISTERED DAILY
- RARE COMPLICATION & RESTRICTIONS
- INDICATIONS – exerted patients from vyayama , bharavayana , madhapana . Mathuna , durbala, vata peedta , baala, vridhdha , raja , sukumara.



UTTARA BASTI

DEFINATION

- MEAN BY WHICH FLUID OR LIQUID IS MADE TO PASS THROUGH MEDRA INTO BASTI, APATHYAPATHA INTO THE GARABHASAYA.

IMPORTANT POINTS

- Administered for urinary & genital problems.
- Puspha netra – 12 angula (ch.), 14 angula (sh.) inserted 6-7 angula.
- In females – 10 angula , inserted 2 ang. In mootra marga,(in case of young girl 1 ang.) 4 ang. In garbhasaya,
- Shape – jatipuspha , moolabhaga like gopunch , aagra chrida allow to pass sarshap . Consist of 2 karnika
- Putka - bladder of sheep ,goat , pig

BASTI DRAVYA PRAMANA

Sneha -

Charak - $\frac{1}{2}$ pala.

Sushruta – 1 prasiti (for female) , kwath -
2 prasiti .

For mootrashyagatha basti – 1 prasarata
.

UTTARA BASTI VIDHI

VIDHANA


1. POORAVAKARMA –
 - a) Attur pariksha
 - b) Uttara basti vineshaya
 - c) Attur siddhata

INDICATION OF MUTRASHAYA

BASTI

13 TYPES OF ROGA

- a) Mootrasaada
- b) Mootrajathara
- c) Mootrakricha
- d) Mootrosanga
- e) Sankshaya
- f) Mootraateeta

- 
- a) Asteela
 - b) Vaatabasti
 - c) Ushnavaata
 - d) Vaatakundilika
 - e) Granthi
 - f) Vidvigatha
 - g) bastikuudala

INDICATION OF UTTAR BASTI

SHUKRADOSHA

SHUKROTKSHEKA

KLAIBYA

DHWAJABHANGA

INDICATION OF UTTAR BASTI

1. Vaataja yoni
2. Pittaja yoni
3. Kaphaja yoni
4. Tridosha yoni
5. Arajaska yoni
6. Asruja yoni
7. Acharana yoni
8. Aticharana yoni
9. Prakcharana yoni
10. Upapluta yoni
11. Paripluta yoni
12. Udaavarthini yoni
13. Karinini yoni
14. Putraghani yoni
15. Antramukhi yoni
16. Soochimukhi yoni
17. Shushka yoni
18. Vamini yoni
19. Shandi yoni
20. Maha yoni



INDICATION OF UTTAR BASTI

- YONI BHRAMSHA , RAJODOSHA , YONI DOSHA , YONI SHOOLA , TREEVA YONI VYAPTA , ASRIGDHARA , PUSPHNANASHA , AKAALA RAJAPRAVRITTI , APARAJA GARBHA NIRODHA , VANDHAYATA.



ATTUR SIDDHATA

- *ADMINISTERED IN RITUKALA (garbhashayagata)
- *KSHEERA , YAVAGU , GHRUTHA , SHOULD BE GIVEN
- *EVACUATION OF FEACES & URINE DONE
- *ABHAYANG OF SRONI , SPIK , KATI , PARSHWA , YONI , VANKASHANA .



PRADHANA KARMA

- BASTI PRANIDHANA

1. Abhayanga

2. Apply snigdha taila to medra

3. Pass shalaka (remove avrodha , ascertain length of netra)

4. In ladies uterine sound should be passed.

5. Uttara basti administered



- NIREEKSHANA

Kwatha basti – comes out quickly.

Sneha basti – does not comes out quickly.

In garbhashaya gata Sneha basti – comes out quickly.

- Uttara basti given in the interval of three days , given 2-3 times at the time.
- In ladies basti given daily in ritukaala.

PASCHAATA KARMA-

Treva vedana – ahiphenaasava , nidroaya
rasa

Abhayana & swedana (for pratyavarti)

Use of pippalayadi phala varti

Avasada – dashmoolaaristha , kastori bhairava
rasa,

Hemagarbha rasa , sootashékara rasa .

BASTI KARMUKTAVA (nirooha)

- Vayahsthapana.
- ayush vriddi
- Treekshanata of agni & meda.
- Swara prasadana.
- Varana prasadana.
- Roga nashaka
- Shodhana
- Dridhata of sharira
- Shukra & bala vriddi



BASTI KARMUKTAVA (anuvasana)

- Bala & varna vriddi .
- Vata shamaka
- Manasa prasadana
- Agni vriddi

KAASHYAPPA'S OPINION

Both Asthapana & anuvasana 1st act on pakawashaya , and keep the vata in samavastha . It produce chedana of vaata . So all the vata vikaras will be diminished just like the tree which is cut by its root loses the extremities , stem , shakha , kanda , pushpa etc.

Regarding anuvasana after sprinkling water to the root of a tree , the flower , barks , shakas , fruits etc . Will get their nutrition . Anuvasana basti will also produce cooling to the head and thereby tarpana to the body . It act on the rasadi spatadhatus .

CHAKRAPANI'S OPINION

- THE CORRECTLY GIVEN BASTI WILL STAY IN THE PAKAWASHAYA , SHRONI , NABHI AND ADHOBHAGA . BASTI DRAVYA WILL REACH THE ENTIRE SROTASA, IN VIEW OF ITS VEERYA AND PRODUCE ALLEVIATING ACTION SHAMANADI KARMAS.
- AFTER THE ADMINISTRATION OF BASTI , IT WILL COME OUT , BUT IT DOES SHODHANA OF MALA ETC. IT COMES OUT DUE TO THE EFFECT OF APANA VAYU . IT ALSO CAUSES SHODHANA OF DOSHAS FROM PADA THE SHIRAS

CONCLUSION

- BRAMHANA BASTI - INCREASE PROTEINS, HB ,RBC , B₁₂ CONTENT IN THE BLOOD , INCREASE WEIGHT
- AFTER ADMINISTRATION OF BASTI PYRUVIC ACID IS REDUCED CAUSING INCREASE IN VIT.B₁₂ ,CONTENT (MAINTAIN THE SHEATH COVERING THE NERVES)
- VIT . HAVE CONTROL OVER ANNAPACHANA & HRIDAYA .

- PRODUCE A BETTER ENVIRONMENT FOR BENEFICIAL BACTERIAS (generate vit . B , vit k ,)
- CAUSES LOCAL RELEASE OF PRESSURE FROM PAKAWASHAYA , KATI , PARASHAVA , KOSTHA CAUSING RELIEF FROM PAIN .
- KSHREE BASTI CAUSE HEALING OF WOUNDS IN ULCERATIVE CONDITIONS .



THANKS

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