



CONCEPTUAL STUDY OF SIDDHA BASTI AND IT'S MODE OF ACTION

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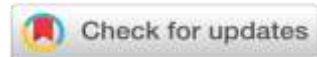
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ABSTRACT

The administration of liquid medicine through the rectal, urethral, or vaginal route is collectively called *Basti* therapy. The *Basti* refers to the administration of medicine through enema using decoction or oil through the rectal route. Administration of medicine through the urethral or vaginal route is specifically known as *UttarBasti*. *Basti chikitsa* is called *Ardhachikitsa* i.e half treatment. *Basti* is the best *Panchakarma* treatment for *Vata dosha*. There are various types of *Basti* described in *Brihatrayi*. In this article, we discussed *Siddha basti* which is described by *Aacharya sushrut* in *chikitsasthan niruhachikitsitama adhyay*. Is a type of *Madhutailika Basti* that can be administered to any individual at any time and have less *Vyapad*(Complication). It is administered in small amounts as compared to *NiruhaBasti* It can be given in hundred of diseases. It enhances *Bala*(Strength) and *Varna*(Complexion). It can be given without any restriction of *Aahar* and *Vihar*. *Siddha* means to achieve or conquer or to succeed. The *Basti* which are specially planned to eradicate the diseases is called *Siddha basti*. So this *Basti* can be given in all types of *Vatvyadhi* as *Basti* is the best *Panchkarma* in *Vata dosha vyadhi*

Keywords: *Basti chikitsa, Panchkarma, Siddha basti.*

INTRODUCTION

Panchkarma means five therapeutic procedures. *Panch* refers to the five and *Karma* refers to the therapy that brings about homeostasis by the way of the evacuation of accumulated morbid *doshas*. *Basti* therapy is considered as half or whole treatment¹. *Basti* is described as the best line of treatment to cure the imbalances of *Vata dosha* simultaneously it is also effective in rectifying the abnormal accumulation of *Pitta dosha* as well as *Kapha dosha*². As a *Vata dosha* has a predominant role in the pathogenesis of any disease; *Vata dosha* alone is capable of mobilizing pathological accumulation of *Doshas* from the *Shakha* (Periphery) to *Koshtha* (Intestine), where from it is eliminated from the body. Thus, *Basti* treatment gains much importance in the practice of *ayurveda*. *Aacharya Sushrut* described *Siddha basti in chikitsasthanniruhachikitsitama adhay*, which is a type of *Madhutailika Basti* that can be administered to any individuals at any time and have less *Vyapad* (Complications)³. It is administered in small amounts as compared to *NiruhaBasti*. It can be given in hundred of diseases. It enhances *Bala* (Strength) and *Varna* (Complexion)⁴. All drugs mentioned in *Siddha basti* are *aahariya dravya*. *Aahariya dravyas* are *Mrudu* as compared to *Aaushdhi dravyas* like *Gomutra*, *Yavkshar*. *Siddha Madhutailika Basti* can be given in *sarva Kal* and it content an equal quantity of *madhu* and *taila*. Here Some different types of *SiddhaBasti* in all *granthas* are mentioned as follows.

1 Charak samhita

Acharya Charak explained the meaning of *Siddha basti* in *Basti siddhi adhyay* as follows *Basti* for specific diseases which successfully treats the disease and provides success to the physician is called *Siddha basti*⁵. In this chapter, thirty-seven excellent formulations of *Basti* containing a smaller number of ingredients, which are easily available and devoid of discomfort are described as follows:

- Three formulations of *Basti* each for *Vata*, *Pitta*, and *Kapha* diseases.

- Four formulations of *Basti* each for cleansing the colon, for promotion of virility, and astringent action.
- Three formulations of *Basti* for life-threatening bleeding.
- Two formulations of *Basti* each for excessive secretion, burning sensation, and cutting pain in the anal region, tenesmus, over the action of *Basti*.
- Two formulations of *Basti* for bleeding disorder and one formulation of *Basti* for *Pramehavyadhi*.

Three formulations of *Basti* for *Vata* disorders:

1. *Bilva* (*Aegle marmelos*), *Agnimantha* (*Premnamucronataroxb.*) *Shyonakah* (*Oroxylum indicum vent.*), *Kashmaryah* (*Gmelina arborialinn.*), *Paatali* (*Stereospermumserveolens*).
2. *Shalaparni* (*DesmodiumGangeticum*), *Prashniparni* (*UrariaPicta*), *Brihati* (*Solanum indicum*), *Kantakari* (*Solanum surattense*), *Vardhamanaka* (*Ricinus communis*)
3. *Yava* (*Hordeum vugare*), *Kulattha* (*Dolichos biflones Linn.*), *Kola* (*Ziziphus mauritiana Linn.*), *Sthira* (*Desmodiumgangeticum*) These above three groups of drugs are to be used along with four types of unctuous substances (ghee, oil, muscle fat, bone marrow) and meat soup as *Basti* in diseases caused by *Vata*. Third group of *Vataghna Basti* contents is the same as the content of *Siddha basti kwatha* described in *Sushruta samhita*.

2 Sushruta samhita: In *Sushruta samhita*, in *niruhachikitsitam adhyaay* various *Basti* are described. He described four types of *niruhaBasti* as *Madhutaik*, *YuktarathaBasti*, *Siddha basti*, and *Yapan Basti*⁶.

3 Sharandhar samhita: In *sharandharsamhita*, *Inuttarkhand*, various *Basti* are described in *Basti adhyay*, *Sharandhar* also mentioned *siddha basti*⁷. In *sharandharsamhita*, the *Basti* content of *Siddha basti* is different than in *sushrutasamhita* Here in *sharandharsamhita*, *Panchmoolkwatha* is described as *kwathdravyas* instead of *yav*, *kol* and *kulattha kwa-*

the drugs used in preparation of Siddha basti are as follows.

SIDDHA BASTI INGREDIENT

Ingredient of Siddha basti as per Acharya Sushruta

Table no 1 - Siddha basti ingredient⁸

| <i>Dravyas</i> | <i>Pramana</i> | |
|--------------------------|-------------------------------------|-------------------|
| <i>YavKolKulthakwath</i> | 4 prasrut2 karsha(Approx. 340 ml) | |
| <i>Madhu</i> | 2 Prasrut 1 karsha(approx. 170 ml) | |
| <i>Taila</i> | 2 prasrut 1 karsha (Approx 170 ml) | |
| <i>Saidhav</i> | } 1 Karsha (Approx 13 grams) | |
| <i>Yashtimadhu</i> | | (Approx 13 grams) |
| <i>Pippali</i> | | (Approx 13 grams) |

PREPARATION OF SIDDHA BASTI –

Mixing of ingredients of Basti –As Basti Nirman karma given in samhita should be followed in Basti preparation⁹.

Preparation of Yav kol Kultha kwath for Basti - Kwath should be prepared according to textual reference mentioned in Sharangdharsamhita¹⁰. Kwath-Bharad and water should be taken in 1:16 proportion and reduced to 1/8 th. So 340 ml of Kwath should be prepared.

Preparation of Siddha basti

1. 170 ml of Makshikam should be added with 13gm of Saindhav.
2. Then 170 ml of Tilataila should be added and stirred well.
3. The above said Kwathdravya should be added to the mixture. (340 ml).
4. Yashtimadhuchurna 13 gms and Pippalichurna 13 gms should be added.
5. Thus total 720 ml of Siddha basti is prepared.

Total Quantity- 760 ML (Approx)

Siddha basti is a type of MadhutailikaBasti so it is given in quantity of Padheen Basti means ¼ th lees in dwadashprasrutikBasti.e 9 prasrut¹¹.

Time and Duration of Basti

Siddha basti is a type of Madhutailik Basti and it comes under the category of NiruhaBasti. Niruha-Basti kaal is Madhyahne Kinchidavarthe. Hence Siddha basti is given in the morning time when a patient does not feel much hunger¹².

Comparison between Siddha basti and NiruhaBasti

The ingredient of NiruhaBasti are Makshik, Lavana Sneha, Kalka and kwatha. Siddha basti is the variant of NiruhaBasti. So content is also the same where a dose of mashika and sneha s taken in equal quantity that's why it is a type of Madhutailika Basti. It has not only curative action but also preventive action hence Acharya Charak described about Basti treatment as Basti therapy increases the longevity of life, and increases the complexion of the body and it is well accepted by all age groups of people i.e Shishu-Vridha and Yuva, thus it cures all the diseases¹³.

Table no2- Properties of dravyas mentioned in Siddha basti

| Drug | Rasa | Veerya | Vipaka | Guna | Doshghnata | Karma |
|--|------------------|--------|--------|--------------------------------------|--------------|--|
| Yaya ¹⁴ Hordeum vugare | Kashay Madhur | Sheeta | Katu | Laghu, Ruksha, | VataKaphahar | Medohar, krimighna |
| Kola ¹⁵ Ziziphus mauritiana | Madhur Amla | Sheeta | Madhur | Snigdha, sheeta Pichhila | Vat Pittahar | Bhedan, Anuloman Deepan, Pachan |
| Kulattha ¹⁶ Dolichos biflorus | Katu Kashay | Ushna | Katu | Ushna, teekshna | VataKaphahar | Meda- raspachak, |
| Saidhav ¹⁷ | Lavan | Sheeta | Madhur | Sheeta, sukshmayavayi, vikashi | Tridoshghna | Help in emulsification, liquefy doshas |
| Madhu ¹⁸ | Madhur kashay | Ushna | Madhur | Yogvahi, Sukshma, Laghu | Tridoshghna | Lekhan Yogvahi |
| Taila ¹⁹ | Madhur kashay | Ushna | Katu | Snigdha, guru | VataKaphahar | Bruhan, Preenan |
| Yashtimadhu ²⁰ | Madhur | Sheeta | Madhur | Snigdha, Guru | Vat Pittahar | Prasadan, Balyavarnya |
| Pippali ²¹ | Katu | Ushna | Madhur | Ushnateekshna, laghu | Vat kaph har | Deepan Pachan, Medohar |

Importance of dravyas mentioned in Siddha basti

1 *Madhu* - *Madhu* contains pre-digested sugar, Proteins, fats, and many minerals like Fe, Zn, and Mg. it has healing and antioxidant properties. The main role of *madhu* in *Basti* is to increase the retention time of *Basti* by counteracting the irritable property of *Saidhav*. It acts as *Yogvahi* (It can be absorbed quickly and acts as a vehicle for other drugs).

2 *Saidhav* - It is helpful in regulating acid- alkaline balance and maintaining osmosis. A combination of *madhu* and *Saidhav* is helpful to maintain glucose and electrolytes.

3 *Sneha* – The *Sneha* used in *Basti* is mainly composed of triglycerides, fatty acids, and phospholipids. These fatty acids are absorbed through the wall of the colon as they do not require bile salt or pancreatic lipase or micelle formation for absorption²². *Sneha* pacifies the *Vata dosha* and nourishes the flora of the intestine. It also inhibits inflammation and adhesions of irritants and increases mineral absorption.

4 *Kalka* - *Kalka* used in *Siddha basti* are *Yashtimadhu* and *Pippalichurna*. Their properties are mentioned in table no 2 above. *Kalka* is used to in-

crease the permeability of the *Basti* drug.

5 *Kwath* – The action of *Basti* depends upon drugs used in *kwath* preparation. *Kwath* brings the *Basti* solution homogeneous and imparts volume. *Kwath-dravya* in this *Basti* are *Yav*, *Kol*, and *Kultha*. The properties of these drugs are mentioned in the above table. Mainly these *dravyas* are having *Medohar Bhedan* and *VataKaphashamak* properties.

PROBABLE MODE OF ACTION OF SIDDHA BASTI

Siddha basti can be considered as *Snaihika Basti* and *Vataghana Basti*. It has properties such as *bala Upachay* and *varna Upachay*. Ingredients of this *Basti* vary from the usual *Niruha Basti*. In this *Basti*, *Madhu* and *taila* were taken in equal quantity. *Madhu* is one of the important content of *Basti*. It has a property called *Yogvahi* means it can get the properties of the drug that are mixed with it and carry the drug to the targeted site, hence it is used in *Basti*. It also has *srotoshodhan* (clearing of body channels) and *lekhan* (scraping of mainly *meda dhatu*) properties. *Guna* of *Tiltaila* is exactly opposite to *Vata dosha* so *tila* hence helping in the alleviation of *Vata dosha*. *Tiltaila* has *snehana*, *Sandhaniya*, and *shoolprashamanaproperties*. *Saidhav* is useful in breaking the

molecule of *madhu* and *tiltaila*. *Kwath* bring the *Basti* solution homogeneously. *Kwathdravya* in this *Basti* is *yav kol Kultha* which has *Vata Kaphashamak* and *Medohar* properties. Mixing of all dravyas mentioned in Siddha basti results in a homogenous and hyperosmotic solution. which causes movement from the cell to the lumen of the intestine and facilitates the absorption of endotoxins into solution and resulting in detoxification by elimination.

CONCLUSION

Siddha basti described in sushrut samhita is a special type of basti can be given in hundred of disease. Quantity of Siddha basti is Padheen prasrut i.e 9 Prasrut. Acharya Sushrut mentioned the properties of siddha basti like It inhance Bala(Strength) and Varna (Complexion). This is review article on siddha basti, Further study needed for more evaluation.

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