



Ayurvedic review article on *Uttar basti*

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Article Info

ISSN (online): 2582-7138

Volume: 05

Issue: 05

September-October 2024

Received: 09-07-2024

Accepted: 11-08-2024

Page No: 130-131

Abstract

In Ayurveda, Basti is considered as Ardhchikitsa by some Acharyas and as a complete therapeutic procedure by others due to its vast areas of action. As defined by Acharya Charak, Basti is of three types and among them; Uttar Basti has been highlighted for most of the uro-genital disorders in both males and females. As it gives quick relief and can easily be practiced in OPD basis, it outpowers other systems of medicine and can be used as alternative for invasive intervention. Vaginal douching and Urethral douching have been practiced already but Uttar Basti has a far wider scope in terms of disease diversity. Through this article, an attempt has been made to review Uttarbasti through classical texts to understand the concept of Uttarbasti and to understand its mode of action with its importance in clinical practice.

Keywords: ayurveda, uttarbasti, uro-genital disorders

Introduction

Ayurveda is unique science of life. There are many local procedures described in Ayurveda specially for the woman. These includes mainly Yonidhavan (Cleaning of vagina), Uttar Basti (Insertion of medicated oil or liquid), Yoni Dhupan (Vagina fumigation), Yoni Lapan (Vagina painting), Yonivarti (Vaginal suppository), Yoni Puran (Vaginal packing), Yoni parishek (Vaginal wash), Pinda Chikitsa. Uttarbasti is one of them. It is mentioned for the genito-urinary disorder of both the males and females. It directly works locally^[1, 2].

The medicaments are introduced inside the body by the help of urinary bladder that procedure is named as Basti. In all Panchakarma therapy Basti is Pradhana due to its different actions and Nanavidha Dravya Samyoga. Among the three types of Basti, Uttar Basti has some special quality, so it is nominated as "Uttar" i.e. "Shrestha". The Basti which is given in Uttar Marga (i.e. in urinary or vaginal passage) than usual Adho Marga (i.e. in anal passage) is termed as Uttar Basti. Uttarbasti is indicated in Yoni Roga, Vandhyatva (infertility), Yoni Vibransha (prolapsed of uterus), Mutraghata, Mutrakruccha, Garbhashya Roga, Asrugdar (dysfunctional uterine bleeding), Yoni Shula and Artava Vikara^[3]. Uttar Basti is contraindicated in Virginity, Carcinoma of Cervix, Heavy bleeding, HIV, Hepatitis B, Hypersensitivity, Vesicovaginal fistula etc. Ideal time for the administration of Uttar Basti is Rutu Kala (after completion of menstrual bleeding), because at that time the uterus and vagina are devoid of covering and their orifices are open, thus receives Sneha easily. In emergency cases it can be given in other days than Rutu Kala. Uttar Basti Yantra consists of two parts- Bastiputaka and Bastinetra (Pushpanetra). As the quantity of drug to be used in Uttar Basti is less in comparison to Basti, Bastiputaka should be Mridu and Laghu^[4].

Discussion

- Poorva Karma
- Pradhana Karma
- Paschyata Karma

- a. **Poorva Karma:** The patient selected for Uttar Basti proceeds for the following procedures. 1) Evacuation of the bladder & bowels 2) Bath 3) Light diet in the form of gruels, Milk with ghee, etc. 4) Abhyanga: By any Vatashamak Tail (Mahanarayana Taila, Dashmula Taila etc.) Abhyanga should be given for ten minutes on the Kati Pradesha, Adhodara, Prustha and Parshva Pradesha. 5) Sweden: After Abhyanga, Swedana was given to same parts for about 15 minutes with hot water bag. 6) Yoni Prakshalana: Vaginal douche with 500 ml of Panchavalkala Kwatha or Dashmula Kwatha or Triphla Kwatha was given with all aseptic precaution. 7) Examination of pulse, B.P. etc. was done. 8) Patient was placed in lithotomy position. 9) The genital organs were painted with antiseptic solution and covered with perineal towels and clips were applied to fix the covering. 10) Routine P/V examination was performed in order to assess the size, shape, position of uterus. 11) The trolley with instruments, light arrangement was made ready.
- b. **Pradhana Karma:** It includes the administration of medicine. (a) Sims speculum and anterior vaginal wall retractor were inserted in order to visualise the cervix. (b) Allis forceps was applied to the anterior lip of the cervix. (c) The vaginal canal, external os and fornices were swabbed with the antiseptic solution. (d) With the help of uterine sound, the length and position of uterus was assessed, whether the os was open or not was seen. (e) The os is dilated gradually with lubricated Hegar's dilators enough to admit the uterine canula easily. (f) Then the uterine canula was entered in direction of uterus and pushed up to internal os. Then the Basti Dravya (Sneha / Kwatha) was injected drop by drop with syringe from other side of canula. (g) At the same time of injecting the medicine into uterus patient was kept in head low position.
- c. **Paschyata Karma:** (a) It is important to watch and observe that the Basti Dravya was expelled out properly or not and then a sterilized gauze piece was kept into the vagina. (b) All instruments were removed slowly and perineal towels taken away. (c) Patient was advised to extend and twist her legs, was given head low position for 15 minutes in the O.T. and advised same in I.P.D. for 2- 3 hours. (d) Pulse and Blood pressure recorded for two hours. Chikitsa of Apratyavartana of Basti Dravya should be done by giving Niruha Basti and Varti of Shodhana Dravya, Pravesha (insertion) of Eshani Shalaka and by Squeezing below. Uttar Basti In Various Disorders An unovulatory condition can be effectively combated with the help of administration of Uttar Basti with Phala Ghrita, Phalakalyanaka Ghrita, Shatavari Ghrita and Shatapushpa Ghrita because all this drugs will have Artavajanana property. Kshar Taila or Apamarga Kshar Taila can be used for Uttar Basti, if tubal block is due to adhesions but in cases of spasm due to fibrosis Bruhana Snehas (Bala Taila etc.) can be used 6, 7, 8. Cervical erosion along with chronic cervicitis can be treated with Uttar Basti of Jatyadi Ghrita, Ropana Ghrita, Triphla Ghrita etc. Cervical Mucus Disorders can be treated with Jatyadi Ghrita, Go-Ghrita, Shatavari Ghrita etc. In endometrial condition Uttar Basti with Snehas prepared from Bruhana Dravyas should be administered as absorption of these Sneha Dravyas is very rapid which helps in recuperating thickness of endometrium and

improving quality of endometrium. In case of Vaginal Mucosal defects Triphala, Panchavalkal, Dashmula etc. drugs should be administered by Uttar Basti to restore normal PH. Sneha Dravya (like Ghrita, Taila etc.) having Snigdha and Pichchhil Guna (properties) which helps in improving the secretions of vaginal mucosa. Similarly some herbal preparations (like Kwetha, Kalka etc.) predominantly having Kashaya Rasa which helps to decrease vaginal secretions.

Probable mode of action

Uttarbasti has vatshamak property due to snigadh guna of Sneha used for uttarbasti. Lukewarm oil or ghrita used for uttarbasti enhances blood circulation of vagina, Cervical canal and endometrium and causes better absorption of drug due to suskshma guna of Sneha. Most commonly the medicated Ghritas/ Taila are indicated for Uttar Basti in our Ayurvedic classics. Ghrita have special property 'Sanskaranuvarta'. Due to this Grita adapts medicinal property of other drugs without losing its own property therefore Ghrita called 'Mahasneha'. Due to sukhshma guna Sneha enters micro channel and by snigdha guna it pacifies vata shamana. Due to this the drugs used for uttarbasti mostly prepare with oil base. It shows Uttar basti have good efficacy to normalise vitiated vata which is primarily responsible for all Yonivyapada.

Conclusion

Uttar Basti having remarkable positive results and classic have mentioned role of Uttar Basti on all yoni vyapad to arthadushti in female and from shukradusti to ashmari in case of male. Uttar Basti is very useful by using administering the drug locally on target organ.

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