

Critical Study of *Asthapana Basti*

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Abstract

Ayurveda is based on the fundamental of tridosha. Vata, pitta and kapha are considered as chief factors responsible for health and disease. For achieving healthy life *Ayurveda* describes a well known procedure which is known as *Panchakarma*. Among these *Panchakarma basti* is a well known best procedure for *Vataj* disease. Vasti is the Karma in which, the medicine prepared according to disease and it administered through rectal canal which reaches up to the Nabhi Pradesh, Kati, Parswa, Kukshi. Vamana and Virecana cannot be used in old persons, children and in weak. In such a condition *Asthapana Basti* alone is the best therapy. *Asthapana Basti* stabilizes the Age (Vaya), normal functions of Dosa, Dhatu and Deha i.e., strength of the body. The present review article deals with *Asthapana basti* as described in *Bhrihatrayee* (*Charak samhita, Sushrut samhita, Ashtang hridayam*). In this paper we study the different aspects of *asthapana basti* which is mentioned in *Sushruta-Samhita, Ashtang-Hridaya, Charaka-Samhita*.

Keywords

Asthapana basti, Bhrihatrayee, Vata, Sodhana, Panchakarma



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INTRODUCTION

Among *Dosha*, *Dhatu* and *Mala*, more importance has been given to the *Doshas* in most of the *Ayurvedic* classics. In *Tridosas*, *Vata Dosa* is an essential constituent of the body¹. The normalcy of *Vata Dosa* corresponds to physiological states of other two *Doshas* and body². Various aetiological factors for the derangement of *vata* has been mentioned such as excessive walking, exercise, sleeping on an uncomfortable bed, withholding of natural urges, trauma to vital organs, excessive riding on fast moving, jerky vehicles, unwholesome dietary habits³ etc.

For these *Vataj* diseases, *Basti* is the complete treatment for derangements. In this paper we are going to compare *Asthapana basti Arh*, *Anarha*, *Samyak Yoga*, *Ayoga*, *Atiyoga*, *Vyapad* with each other from *Bhrihatrayee* and put it in tabulated form. And will be studied in detail.

Medicated decoctions administered into *Pakvashaya* through anal rout by the *Basti yantra* and evacuate *Dosha* and *malas* from the body is known as *Niruha Basti*⁴. Care must be taken that *Anuvasana Basti* should be given before and after the *Niruha Basti*. This *Basti* is *Kwatha pradhana* hence it is known as *Kasaya Basti*. It removes the

Dosha and *malas* from the body hence named as *Niruha*. It also enhances longevity therefore known as *Asthapana Basti*.

Basti sustain age, provides happy life, strength digestive fire, intellect, voice and complexion, and performs all functions. It is free from complication for child, old and adult patients⁵ alike, alleviates all disorders, draws out feces, mucus, bile, *Vayu* and urine; gives firmness, semen and strength and pacifies all disorders by eliminating accumulation of impurity situated all over the body.

METHODOLOGY

One by one each detail of *Asthapana Basti* from *Charaka-Samhita*, *Sushruta-Samhita* *Ashtanga-Hridaya* will be studied according to following points:

Arha-Anarha

Samyak-yoga

Ayoga

Ati-yoga

Heena-yoga

Vyapada

All this collected data will be compiled in relative groups. Collected data will be correlated with *Charaka- samhita*.

OBSERVATIONS

TABLE No. 1. *Asthapana Basti Arha*

SR.NO.	INDICATION	CHARAKA ⁶	VAGBHATA ⁷	SUSHRUTA ⁸
1.	<i>Sarvanga vata</i>	+	-	+
2.	<i>Ekanga roga</i>	+	-	+
3.	<i>Kukshi roga</i>	+	-	-
4.	<i>Vatasanga, Mutrasanga</i>	+	+	+
5.	<i>Malasanga</i>	+	+	+
6.	<i>Shukrasanga</i>	+	+	-
7.	<i>Bala, Mamsa, Shukra, kshaya</i>	+	-	-
8.	<i>Adhmana</i>	+	-	+
9.	<i>Angasupti, Krimi koshtha</i>	+	-	-
10.	<i>Udavarta</i>	+	-	+
11.	<i>Shuddhatisara</i>	+	+	+
12.	<i>Parvabheda, Abhitap</i>	+	-	-
13.		+	-	-
14.	<i>Pleehadosha</i>	+	+	-
15.	<i>Gulma, Shoola</i>	+	+	+
16.	<i>Hridroga</i>	+	-	+
17.	<i>Bhagandara, Unmada</i>	+	-	-
18.	<i>Jvara, Bradhna</i>	+	+	+
19.	<i>Shiro graham</i>	+	-	+
20.	<i>Karna, Parshva, Prishtha, Kati graham</i>	+	-	-
21.	<i>Hridaya graham, Akshepa</i>	+	-	+
22.	<i>Anga gaurava, Atilaghava</i>	+	-	-
23.	<i>Rajah-kshaya</i>	+	+	+
24.	<i>Vishamagni, Jangha Sphika Janu Uru Gulpha Parshni Prapada shoola</i>	+	-	-
25.	<i>Yoni shoola</i>	+	-	+
26.	<i>Bahu, Anguli, Stana, Danta, Nakha, Parva-ashti shoola</i>	+	-	-
27.	<i>Shosh, Stambha</i>	+	-	-
28.	<i>Antra koojana, Parikartika</i>	+	-	-
29.	<i>Vatavyadhi</i>	+	+	+
30.	<i>Timira</i>	+	-	+
31.	<i>Pratishyaya</i>	-	+	+
32.	<i>Adhimantha</i>	-	-	+
33.	<i>Ardita, Pakshaghata</i>	+	-	+
34.	<i>Sharkara shoola, Updansha</i>	-	-	+
35.	<i>Vatarakta, Anaha</i>	-	+	+
36.	<i>Ashmari</i>	-	+	-
37.	<i>Stanyakshya</i>	-	-	+
38.	<i>Manyagraha, Hanugraha</i>	+	-	+
39.	<i>Mudha garbha, Udara-roga</i>	-	-	+

TABLE No. 2. Ashthapana Basti Anarha

SR.NO.	INDICATION	CHARAKA ⁹	VAGBHATA ¹⁰	SUSHRUTA ¹¹
1.	<i>Ajeerna</i>	+	-	+
2.	<i>Atisingdha</i>	+	+	-
3.	<i>Peeta sneha, Utklishtha dosha</i>	+	-	-
4.	<i>Alpagni</i>	+	+	+
5.	<i>Anaklanta, Kshudharta Shramarta</i>	+	-	-
6.	<i>Atidurbala, Trishnarta</i>	+	-	+
7.	<i>Atikrisha, Bhuktabhakta</i>	+	+	-
8.	<i>Virikta, Vamita, Kritanasya</i>	+	+	-
9.	<i>Kruddha, Peetodak</i>	+	-	-
10.	<i>Bheeta, Mada, Murcchita</i>	+	-	+
11.	<i>Prasakta chhardi</i>	+	+	+
12.	<i>Prasakta nishthava</i>	+	-	-
13.	<i>Shvasa -Kasa prasakta</i>	+	+	+
14.	<i>Hikka, Badha prasakta</i>	+	+	-
15.	<i>Chhidrodara, Dakodara</i>	+	+	-
16.	<i>Alasaka, Visuchika, Amadosha</i>	+	-	-
17.	<i>Amatisara, Adhmana</i>	+	+	-
18.	<i>Prameha, Kushta</i>	+	+	+
19.	<i>Pandu, Bhrama, Arochaka</i>	-	-	+
20.	<i>Unmada, Shokgrasta</i>	-	-	+
21.	<i>Shthaulya, Kanthashosha</i>	-	-	+
22.	<i>Kshata kshina</i>	-	+	+
23.	<i>Saptamasa garbhini, Arsha</i>	-	+	+
24.	<i>Shunapayu</i>	-	+	-
25.	<i>Sutika</i>	+	-	-
26.	<i>Praseka, 3rd-4th garbhini</i>	-	+	-
27.	<i>Udar roga</i>	-	-	+

TABLE No. 3. Asthapana Basti Samyak yoga

SR.NO.	INDICATION	CHARAKA ¹²	VAGBHATA ¹³	SUSHRUTA ¹⁴
1.	<i>Prashast mala pravritti</i>	+	+	-
2.	<i>Prashast mutra pravritti</i>	+	-	-
3.	<i>Prashast vata pravritti</i>	+	+	-
4.	<i>Ruchi</i>	+	+	-
5.	<i>Agni vriddhi, Asya laghuta</i>	+	-	-
6.	<i>Roga shanti, Anukula svasty</i>	+	-	+
7.	<i>Bala vriddhi</i>	+	-	+
8.	<i>Hridaya, Udara shuddhi</i>	-	+	-
9.	<i>Kapha pitta shaman</i>	-	-	-
10.	<i>Mala-pitta-kapha-vata-nissarana</i>	-	+	+
11.	<i>Laghava Ayu</i>	-	-	+
12.	<i>Sharir upachaya, Mana tusti</i>	-	-	+

TABLE No. 4. Asthapana Basti Ayoga

SR.NO.	INDICATION	CHARAKA ¹⁵	VAGBHATA	SUSHRUTA ¹⁶
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1.	<i>Shira, Hridaya, Guda shoola</i>	+	-	-
2.	<i>Linga shoola, Pratishyaya</i>	+	-	-
3.	<i>Vikartika, Hrillasa, Shwas</i>	+	-	-
4.	<i>Vata sanga</i>	+	+	-
5.	<i>Mutra sanga</i>	+	-	+
6.	<i>Aruchi</i>	-	+	+
7.	<i>Mutrakruccha, Jadyata</i>	-	-	+
8.	<i>Hridaya, Udara ashuddhi</i>	-	+	-
9.	<i>Kapha pitta utklesha</i>	-	+	-

TABLE No. 5. Asthapana Basti Atiyoga

SR.NO.	INDICATION	CHARAKA ¹⁷	VAGBHATA	SUSHRUTA ¹⁸
1.	<i>Kaphakshayaja vikara</i>	+	-	+
2.	<i>Pittakshayaja vikara</i>	+	-	-
3.	<i>Vatakshayaja vikara</i>	+	-	-
4.	<i>Supti, Angamarda</i>	+	-	-
5.	<i>Klama, Vepathu</i>	+	-	-
6.	<i>Nidra nash, Balabhava</i>	+	-	-
7.	<i>Tamah pravesha</i>	+	-	-
8.	<i>Unmada, Hikka</i>	+	-	-
9.	<i>Virechana atiyoga</i>	+	-	+
10.	<i>Pramoha</i>	+	-	-
11.	<i>Gal shosh, Daha, Mrityu</i>	-	+	-
12.	<i>Krishta, Jeeva rakta</i>	-	+	-
13.	<i>Mada, Murccha</i>	-	-	+
14.	<i>Gudabhransha, Shoola</i>	-	-	+
15.	<i>Kapha pitta rahit shvetaudaka nissarana</i>	-	+	-
16.	<i>Kapha pitta rahit lohitaudaka nissarana</i>	-	+	-
17.	<i>Manasa dhavanavat udaka shrava</i>	-	+	-
18.	<i>Medokhandavat shrava</i>	-	+	-
19.	<i>Trishna, Bhrama</i>	-	+	-
20.	<i>Netra praveshanam</i>	-	+	-
21.	<i>Ati vamaana vyapada</i>	-	+	-

TABLE No. 6. Vyapada of Asthapana Basti

SR.NO.	INDICATION	CHARAKA ¹⁹	VAGBHATA ²⁰	SUSHRUTA
1.	<i>Ayog, Atiyoga, Adhmana</i>	+	-	+
2.	<i>Klama, Hikka</i>	+	-	-
3.	<i>Hridaya prapti</i>	+	-	+
4.	<i>Urdhva gamana</i>	+	-	-
5.	<i>Pravahika</i>	+	-	+
6.	<i>Shira shoola</i>	+	-	-
7.	<i>Angarti, Parikartika</i>	+	-	+
8.	<i>Parishrava</i>	+	-	+
9.	<i>Jeevadana, Kukshi shoola</i>	-	-	+
10.	<i>Vibhand, Gaurava</i>	-	-	+

DISCUSSION

Table 1 Asthapana Basti Arha

The list given by *Charaka* is very extensive. It can be simply short listed as

11. *Vatavyadhi*
12. Diseases in the Seat of *Vata Dosha*
13. *Shodhan Arha diseases*
14. Diseases in which *Brihan* is required.
15. Diseases from rectal and anal region where evacuation is necessary

The additional diseases given by *Sushruta* and *Vagbhata* are *Pratishyaya*, *Adhimanth*, *Sharkara shool*, *Upadansha*, *Vatarakta*, *Ashmari*, *Stanyakshaya*, *Moodhagarbha*, *Udarroga* and *Aanaha*. Out of this diseases *Adhimanth*, *Upadansha*, *Moodhagarbha* are not mentioned in *Charak Samhita*. *Ashmari* is considered as one type of *Mutrakricchra* according to *Charaka* and in treatment of *Mutrakricchra Basti* is indicated. In *Vatarakta Chikitsa basti* is indicated after *Virechan* and *Raktamokshan*. In *Pratishyaya* and *Udarroga*, *Charaka* has indicated *Basti* in particular stage only. *Aanaha* can be considered in *Vatavyadhi*.

Table 2 Asthapana Basti Anarha

The list given by *Charaka* is very large. It contains very vague compilation. The additional symptoms given by *Sushruta* and *Vagbhata* are *Pandu*, *Bhrama*, *Arochak*, *Unmad*, *Shokgrast*, *Sthaulya*, *Kanthshosh*, *Saptmas Garbhini*, *Alpavarcha* and

Gudashotha. *Charaka* has indicated *Basti* at particular stage in *Arsha*, *Pandu*, *Arochak*, and *Unmad*. *Garbhini* is always contraindicated for *Panchakarma*. The rationale of other symptoms cannot be described.

Table 3 Asthapana Basti Samyak Yoga

The list given by *Charaka* comprises mainly of evacuation of *Vata*, *Purish* and *Mutra*. This phenomenon helps to enhance *Agni*, *Ruchi*, *Laghav* and *Bala*. *Sushruta* and *Vagbhata* have given almost similar symptoms. *Udara* and *Hrid Shuddhi* are two additional symptoms given by *Vagbhata* that can be included in *Aashay laghuta*. The additional symptoms given by *Sushruta* such as *Shareer Upachaya*, *Ayu* and *Manah Tushti* can be correlated to *Agnivridhi*. Since these attributes directly depends on *Agni*.

Table 4 Asthapana Basti Ayoga

The list given by *Charaka* can be classified as

1. *Ruja: Shir, Hridaya, Nabhi*
2. *Shotha: Basti, Medhra*
3. *Sanga: Mutra, Vata*
4. Other symptoms: *Shwas, Parikartika, Hrullhas*

The additional symptoms described by *Vagbhata* and *Sushruta* are similar to the symptoms mentioned by *Charaka*.

Table 5 Asthapana Basti Atiyoga

All the authors have described that symptoms are similar to *Virechana Atiyoga*.

The list of Charaka can be classified as

1. *Teevra Dhatukshaya*
2. Symptoms due to Water loss from *Rasa Raktadi Dhatu*
3. Symptoms due to *Doshakshaya*

The additional symptoms given by *Sushruta* are *Murccha*, *Shool*, and *Gudabhransha*. *Murccha* can be included in *Dhatukshaya* symptoms. *Shoola* can be due to *Vataksaya*. *Gudabhransha* is due to more evacuation of faecal matter. The additional symptoms described by *Vagbhata* are *Bhrama*, *Netra praveshana*, *Krishata*, *Daha* and *Vamana Atiyoga Lakshana*. The first four symptoms can be attributed to *Doshakshaya* and *Dhatukshaya*. The last symptom cannot be attributed to any cause. The commenter of *Ashtang Hridaya* has not thrown any light on this topic.

Table 6 Asthapana Basti Vyapad

Charaka has described twelve *Vyapad* of *Asthan Basti*. The only additional symptom given by *Sushruta* is *Jeevadan*. *Vagbhata* has not described symptoms of *Virechana Vyapad*.

CONCLUSION

The conclusions are being to presents here as follows.

1. *Asthan Basti Arha* can be short listed as *Vatavyadhi*, *Shodhan Arha*, and diseases in anal and rectal region.
2. *Asthan Basti Samyak Yoga* symptoms mainly comprise of evacuation of *Vata*, *Purish* and *Mutra*. *Asthan Basti Ayoga* can be classified as *Ruja*, *Shotha* and *Sanga*.
3. *Asthan Basti Atiyoga* symptoms are similar to *Virechana Atiyoga*.
4. Some additional symptoms are also given by *Sushruta* and *Vagbhata*. While preceding the *asthan vasti* we must follow the *Charaka Samhita* as well as *Sushruta Samhita* and *Ashtang hriday*.

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