



Review Article

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UTTARA BASTI IN FEMALES: A LITERARY REVIEW

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ABSTRACT

Uttara basti is a well-known Panchakarma procedure used to treat various disorders related to the mutrashaya, garbhashaya and yoni vikaras especially in management of female and male urinary tract disorders along with infertility. As a female plays a lead role in garbha formation, thus keeping the female health in check as referred in Ayurveda Uttara basti is so quite essential now a day. Thus, Uttara basti is significant in aiding the individuals to a better sexual life and in curing the complications that come along by curing the female genital disorders. The references of Uttara basti are very few and scattered in Ayurvedic classics, so understand them all it is mandatory to compile them, for understanding and practical applicability.

Keywords: uttara basti, female, review

INTRODUCTION

Uttara basti as per the word meaning suggests that something which is related with basti and Uttara. In Ayurveda wherever it is mentioned about the basti, it means that which is administered with the help of Basti Putaka. And the word meaning of Uttara refers to Uttama marga, which is prior to the Guda Marga and Uttama i.e. some more special to others. So, in both the context Uttara basti is concluded as the Basti which is better from rest of the basti's and is administered through the Mutra Marga.

In classics, there are two types of Uttara basti; male Uttara Basti and female Uttara Basti. In males, it is administered through the urethral orifice. And in females it is administered through Garbhashaya and Mutrayashaya. Because for both (Garbhashaya and Mutrashaya) the routes are common in females and possess a common path. For the formation of good progeny, a simile is quoted in classics i.e. these four things jala, karshana, beeja, ritu are needed for good quality¹. These subjects are related to the female body especially genital organs. The female has to carry the foetus for nine months till the birth of the child, so it is needed to provide sexual health to the females; hence Uttara Basti plays an important role in that. As per the Ayurveda all the disorders which are related to females only, are generally correlated to yoni vyapada and as per the Chikitsa sutra; Uttara Basti is a special line of treatment². Direct indications for Uttara Basti is explained by Acharya Charaka; are Basti Vikara, Yoni Bhramsha, Yoni Shoola, Asrigdara, Mutra Apravriti³ and Acharya Shusruta indicates in Mutraghata, Mutradosha, Yoni Vyadhi, Rajo Nasha, Aasta artava, Atyartava⁴. So, Uttara Basti is clearly mentioned for the sexual health of females to achieve good progeny and to fulfil their sexual desires.

Types

There are two types of Uttara Basti as per the main area of action⁵;

1. Yonigata Uttara Basti: the Basti which is administered into the yoni Marga i.e. vaginal route.
2. Garbhashayagata Uttara Basti: the basti which is administered into the Apatayamarga i.e. uterine route.

Another classification of uttara basti is as per the choice of drug⁶;

1. Anuvasa Uttara Basti: the basti which contains the Sneha Dravyas, it could be the Ghrita, Taila, Vasa and Majja. It is also called as the Sneha Uttara Basti.
2. Niruha Uttara Basti: the Basti which contains the Kashaya Dravyas, and it is also called as the Kashaya Uttara Basti.

And nowhere it is mentioned that to prepare the niruha uttara basti one should add madhu, saindhava, kalka⁷ etc. as per the general rule to prepare the niruha basti. So, only kashayas are administered through the uttara marga, in niruha uttara basti.

Basti Netra

It is hollow pipe like structure through which Basti Dravyas administered in Uttara Marga. It is also known as Pushpa Netra⁸, which can be made up from Suvarna (gold) or Rajata (silver)⁹. Its length varies from 12 angula⁹ to 14 angula¹⁰, for females, it is specially mentioned as 10 angula¹⁰. Its structure should be like Gopoochakara, in which its Agra Chidra (proximal end) should be like Jatipushpa Vrunta⁹ or Malatipushpa Vrunta¹². And its distal end should be small like it can pass a seed of Sarshapa⁹ or Mudga¹².

It should have two Karnika¹¹ (rings) one in the centre to tie the Basti Putaka and another at the proximal end to indicate the length of Netra which is administered in the Uttara Marga.

Netra Pranidhana¹² (Administration)

It is the length up to which the Netra is to be administered. It is differentiated into Apatyamarga and Mutra marga. And specially for bala netra administration it should be only 1 angula pramana.

Table 1

Marga	Ayu	Angula pramana
Apataya marga	Naari	4 angula
Mutra marga	Naari	2 angula
Mutra marga	Bala	1 angula

Basti Putaka

The putaka refers here for the the bag which contains the basti dravya (solution) prior administration to the uttara marga. It is connected to the pushpa netra and tied over the first karnika with the help of a thread. It should be made from the bladder of aurabhra (goat), shoukara (pig) and pakshi gala charma (throat skin of bird)¹³.

Dosage

Different Acharya's have different opinion over the dosage values; which basically depends upon the ingredients of the basti either sneha or kashaya. Acharya vagabhata defines the amount as 1 shukti which is for bala (less than 16 years) and he has also told that the madhyama matra in an adult female is 1 prakuncha. And it is also mentioned that the dosage can be adjusted on the behalf of age of the female.

Table 2

Acharya	Sneha uttara basti matra	In (ml)
Charaka ¹⁴	½ pala	24 ml
Vagabhata ¹⁵	1 shukti – 1 prakuncha	24ml – 48 ml
Sushruta ¹⁶	1 pala	48 ml

Table 3

Acharya	Kashaya uttara basti matra	In (ml)
Sushruta ¹⁷	2 prasruta	96 ml

According to Acharya Charaka the dose of sneha uttara basti can be administered in increasing order¹⁸, it seems similar to the concept of shodhanaga snehapana (administration of sneha through oral route for the pre-procedure of vamana and virechana karma).

Time of administration

Ritukala is the preferred time to administer the uttara basti, because at that time the yoni or garbhashaya will be avarana rahita (without covering), thus it receives the sneha easily. And pacifies the vata dosha which further helps the yoni to attain the pregnancy quickly¹⁹. This is the best time to administer the uttara basti whereas in atyayika (emergency) conditions, one can practices the uttara basti any time irrespective of ritukala.

Position

Females should lie down in supine position with well flexed thighs²⁰; it is correlated with lithotomy position. It helps in

proper flexion of the thigh muscles which further helps in proper vision of yoni and garbhashaya and increase the working area for the basti dravya.

Poorva Karma

There is a special poorva karma for uttara basti i.e. niruha basti prior to administration of uttara basti. As per the classics 2-3 asthapan basti are to be administered before uttara basti²¹. The reason behind that is niruha basti helps in the shodhana of the apana vayu which further leads to the better sneha absorption. Bahya abhyanga and swedana can be administered at poorvahane²² (early morning) to the lower abdomen of female. As per the bala of female; yavagu along with ghrita and ksheera is to be administered²³.

Pradhana Karma

After the poorva karma, a shalaka (probe) should be smeared with ghrita and administered into the urethra to clear the further passage. If the shalaka comes out without any obstruction, then the basti netra should be administered slowly and putaka should be pressurised without shaking. The basti netra should be administered gently in the direction of vertebral column²⁴. In a single day of 24 hours 2-4 sneha uttara basti which can be repeated for the next 3 days²⁵. Thus, one can administer a maximum of 4 sneha uttara basti in one ahoratri (24 hour) for upcoming 3 days¹⁸.

Paschata Karma

In all bastis there is a specific pratyagamana kala (retention period) which indicates their potency to act over the dosha. For uttara basti it is 100 matra kala²⁶ so, one should wait for 33 seconds. If basti dravya is retained for more than the specified time period; varti (suppositories) can be administered to avoid the complications.

Management for complications

There is no specific indication about the complications of uttara basti. But if daha (burning sensation) is present after the administration of uttara basti a specific niruha basti through guda marga should be administered, which is formed with sharkara, madhu and sheetal kashaya of yastimadhu or ksheeri vraksha kashaya along with cold milk can be administered²⁷.

DISCUSSION

The problem in hand regarding the urinary tract infection is that sterilization is mandatory. Along with that practically it is difficult to administer the basti netra which is made of metals which can ultimately harm the tissues of the urinary tract or female genitalia. Also, an important area for research is that the dosage as mentioned in classics is not practically administrable, hence the dosage needs to be standardised.

CONCLUSION

Sneha uttara basti is practically applied as anuvasana basti which is administered after niruha basti. Here niruha basti is applicable as the poorva karma of uttara basti which acts as rookshana karma prior to brumhana as a treatment modality. As no line of treatment is mentioned for uttar basti so anuvasana basti's line of treatment should be followed. In clinical practice uttara basti is a very apt line of treatment for infertility.

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