



## Review Article

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### A CRITICAL REVIEW ON ANUVASAN BASTI

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#### ABSTRACT

Basti is Panchakarma's most essential and popular procedure, used to treat various disorders. It is a method of administering medicine in the form of oil and decoction through the rectal route. Anuvaasan Basti is a type of Basti in which Sneha is used for administration. Vata is the main causative factor in the manifestation of diseases occurring in the Shakha, Koshtha and Marma. Anuvāsana Basti can be used as a single therapy for various Vata Vikaras. An attempt has been made here to review the concept of Anuvāsana Basti.

**Keywords:** Basti, Anuvāsana Basti, Matra Basti, Sneha Basti

#### INTRODUCTION

Basti is the most popular procedure among the Panchakarma as Acharya Charak said it is ardhā chikitsa<sup>1</sup>. In this procedure, medicated oil or Decoction is administered into the body through the rectal route. It is a Pradhanatama chikitsa because it has many functions like Sanshodhana, Sanshamana, Sangrahana, and Shariropachaya, along with these functions Vriddhi of Varna, Bala, Aarogya and Aayushya. It moves along the Nabhi, Kati, Parshva and Kukshi Pradesha, where it churns up the stool, including all other morbid Doshas situated at these places and properly nourishes it along with nourishing the body<sup>2</sup>. Vata is considered a primary causative factor for diseases associated with Shakha, Koshtha, and Marma, Sarvanga<sup>3</sup> and Basti chikitsa, and it is the best pacifier for Vata; hence it is known as Shreshtha Vatahara Chikitsa<sup>4</sup>. Basti Karma is classified into different types based on Sankhya, Dravya used Root of administration, Matra, Karmukata and. Based on the drug used, two types of Basti are Niruh and Snaihik Basti (Anuvaasan)<sup>5</sup>. In Niruha Basti, Kwatha is used as the main constituent, while Sneha is the main constituent of Anuvaasan Basti or Snaihika Basti.

Different Yogas of Anuvāsana Basti have been mentioned by Acharya, which can be used in the management of various disorders. Anuvaasan, as its name suggests, is given after a meal and remains inside the body for some time without causing harm.

#### Contraindications

Based on Matra of sneha, Acharya Sushrut classified the Snaihika Basti<sup>6</sup> into 1. Sneha Basti, 2. Anuvāsana Basti and 3. Matra Basti, a dose of sneha Basti is the fourth part of Niruh Basti, i.e., 6 Pala, the dose of Anuvaasan Basti is half of Sneh Basti, i.e., 3 Pala and dose Matra Basti is 1/4<sup>th</sup> of Sneha Basti, i.e., one and a half Pala<sup>7</sup>.

#### Anuvāsanaopaga Gana

Acharya Charaka has mentioned Anuvāsanaopaga Gana<sup>8</sup>, which enhances the efficacy of Anuvaasan basti. It consists of the following 10 Dravyas.

Rasna (*Pluchea lanceolata*), Suradaru (*Cedrus deodara*), Bilva (*Aegle marmelos*), Madanaphala (*Randia dumetorum*), Shatapushpa (*Anathem sowa*), Vriscchira (*Boerhavia diffusa*), Punarnava (*Trianthema portulacastrum*), Shwadanshra (*Tribulus terrestris*), Agnimantha (*Premna integrifolia*), Shyonaka (*Oroxylum indicum*).

#### Indication

All the conditions in which Niruha Basti is indicated. People have Rukshata (dry skin) and Tikshna Agni (good digestion capacity). A person suffering from Kevala Vatavyadhi means there is no association with any other dosha or Aama.<sup>9,10</sup>

Table 1: Contraindications of Anuvāsana Basti and their Adverse Effects<sup>11</sup>

Contraindications <sup>12</sup>	Adverse Effects due to administration of Anuvaasan basti in these contraindicated persons
Abhuktabhakta (Empty stomach)	Anna obstructs Anuvāsana Basti, but while we give Anuvaasan Basti on an empty stomach, the Basti Dravya moves upwards due to the absence of any obstruction in Annavaha Srotasa.
Nava Jwar (Acute fever), Kamala (Jaundice) Pandu (Anaemia)	Doshoklesha leading to the manifestation of Udararoga

Prameha (urine abnormality)	
Arsha (piles)	Abhishyanda in Arsha and Aadhmaana
Arochaka (Anorexia)	Further decreased desire for food
Mandagni/ Durbala Agni (Diminished digestive fire)	Further weakening of Agni (digestive fire)
Pratishyaya (, Pleeha, Kahodara, Urustambha, Varchobheda, ingestion of Visha as well as Gara, Pittaja Abhishyanda, Kaphaja Abhishyanda, Guru Koshtha, Shleepada, Galaganda, Apachi, Krimikoshtha	Excessive aggravation of already excited Doshas
Ratrau (In the night)	Doshotklesha, Aadhmaana, Gaurava, Jwara
Day time in Ushna Kala and Pittadhikya <sup>13</sup>	Daha
After intake of either Ruksha Aahara or Atisnigdha Aahara, <sup>14</sup>	Bala and Varna nasha and Mada and Murccha respectively

According to Acharya Sushruta use of Anuvasana Basti in Udara, Prameha, Kushtha, and Sthaulya can result in Gatrasadana as well as Asadyatva of these Rogas<sup>15</sup>.

#### Time-related to Administration of Anuvasanabasti

- Diurnal Variation
- According To Ritu (Season)
- Intake of Food (Diet Time)
- According to Shodhana Karma
- Atyayika Avastha (Emergency Condition)

#### It should be administered in the Daytime

**Reason:** In the daytime, Doshas are situated in their place. Annarasa strengthens Jatharagni, as well as openings of Shrotas (Srotomukha); it is clear all these factors simultaneously lead to the spread of sneha throughout the body.<sup>16</sup>

#### Administration of Sneha Basti is Contraindicated in Night-time

**Reason:** it may be because there is Kapha Vriddhi during sleep and Sneha leads to further Kapha aggravation, but if the patient has increased Pitta and decreased Kapha Dosha condition and if he is suffering from Vataja Vikara and having Ruksha Sharira, then Sneha.<sup>17</sup>

**According to Ritu:** When there is Sheeta Kaal (Winter Season) and Vasanta Ritu (Spring Season), then Anuvasana Basti should be administered in the daytime, while in Sharada, Greeshma (Summer Season), Ghanaagama or Varsha Ritu (Rainy Season), it should be administered in the night.<sup>18</sup>

**Immediate after Intake of Food:** Sneha Basti should be administered immediately after meal until the hands are wet because if Anuvaasan Basti is administered during digestion, it may cause Jwara.<sup>19</sup>

**After Shodhana Karma:** Acharya Charaka has mentioned that Anuvasana Basti should be given on the ninth day of Shodhana Karma or after Sansarjana Karma because After Shodhana Karma, Kapha and Pitta Doshas are in Kshaya Avastha so if Anuvaasana Basti administered within nine days after Shodhan Karma then it will lead to further accumulation of Kapha Dosha<sup>20</sup>.

Acharya Sushruta mentioned that Anuvasana Basti should be administered after the Shodhana Karma as it strengthens and lead to the spreading of Sneha dravya all over the body<sup>21</sup>. It has been suggested that when the patient regains strength during the period of Sansarjana Karma (seven days after Shodhana Karma), after examining the patient, if there is a requirement for Bala, then Anuvasana Basti can be administered<sup>22</sup>.

**Atyayika Avastha (Emergency Condition):** When there is a predominance of Vata Dosha in the body, which causes severe painful conditions, the patient feeds the patient, and Anuvasana Basti should be administered. In such conditions, this can be done at any time of day and night.<sup>23</sup>

**Daily Administration:** Acharya Charaka has mentioned that Anuvasana Basti can be administered daily

- When there is an aggravation of Vata Dosha in the body,
- To the patients doing Vyayama daily,
- Whose Agni is Pradipta,
- Patients having Ruksha Sharira and
- Patients are suffering from Udavarta.
- As the water falls over sand and gets absorbed immediately, the Sneha given by the mean of Anuvasana Basti to the patients (who have the aggravation of Vata Dosha) gets quickly absorbed<sup>24</sup>.

#### Sneha Basti Matra (Dose)

According to Acharya Sushruta, Matra should be given as: Sneha Basti – 1/4th of the total quantity of Niruha Basti (6 pala = 240 ml).

Anuvasana Basti – 1/2 of Sneha Basti (that is 3 pala = 120 ml)  
Matra Basti – 1/2 of the quantity of Anuvasana Basti is 1.5 pala = 60 ml<sup>25</sup>

#### Indication of Matra Basti

- Matra Basti is always beneficial for persons that emaciated by
- Karma (Mansa, Vaacha, Karmana),
- Vyayama (Exercise),
- Bhara (Weightlifting),
- Adhva (Walking),
- Vyavaya (sex).
- For persons who are Durbala (Weak) and
- Who is Afflicted with Vataja Vikaras.

It can be safely administered in all seasons (due to its minimal dose) without any restrictions and specificity of work. It is a form of Anuvasana Basti which strengthens the body and helps quickly evacuate the bowel. It nourishes the body and cures different Vataja Vikaras.

#### Anuvasana Basti Vidhi

The administration of Anuvasana Basti can be divided into three Karma as  
Purva Karma,  
Pradhana Karma and  
Paschata Karma

#### Purva Karma

**Examination of the patient:** The patient should be examined for Dosha, Aushadha, Desha, Kala, Satmya, Agni, Satva, Vaya and Bala, and then the appropriate type of Basti and Basti Dravyas should be selected<sup>26</sup>.

**Material Collection:** Basti Putak (instead of using Basti of various animals, now syringe can be used), Basti Netra and Basti Dravya (to be administered). Then Basti Drugs can be distributed under all aseptic precautions with the help 100ml syringe, a simple rubber catheter and hand gloves.

**Preparation of Basti Dravya:** For Anuvasana Basti, medicated oil prepared using Vataghna Dravyas should be used<sup>27</sup>. It should be mixed with Saindhava Lavana (Rock Salt) and Shatapushpa for easy Pratyagamana. It should not be too hot or too cold. It should be well prepared because the use of Aamataila may cause Abhishyanda in Guda<sup>28</sup>.

#### Preparation of patient

**Snehana and Swedana:** The patient should be massaged well (Especially on the abdomen, lower back, and hip region), and then Swedana with Naadi Swed (Steam) or hot water should also be done.

**Diet:** Before this, the patient should be fed with Yusha, Kshira and Mansarasa in Kaphaja, Pittaja and Vataja Vikara, respectively.

**Chankramanadi:** The patient should be asked to pass faeces and urine.

**Positioning of the patient:** As Grahani and Guda are both located on the left side of the body; hence Patient should be lie in a left lateral position with the flexed right leg at the knee because the administered Basti material will have no hindrance in its path and this position helps to achieve expected benefits.

#### Pradahana Karma

This comprises the administration of Basti Dravya after positioning the patient and observations of lakshanas for Samyaka Yoga, Ayoga and Atiyoga. Administration of Basti Dravya, The prepared Basti Dravya, should be administered in the left lateral position with the flexed right leg at the knee, and after this, the hips of the patient should be tapped or massaged with the palms to prevent the early return of the oil from the anus. Then the patient should lie on the bed (in a supine position), and the toes of both legs should be pulled gently. His bilateral soles, heels, toes, calf regions and other painful parts should be massaged with oil. After this, the patient should sleep comfortably by keeping his head over a pillow and avoiding other work. Acharya Sushruta said that patient should lie (In the supine position) for a hundred Matra. It has also been suggested that palms, soles and buttocks should be struck slowly three times each and then the cot should be raised three times. After this, observation of lakshanas should be done.

**Anuvasana Basti Samyaka Yoga Lakshana** means proper administration of Anuvasana Basti results in the following signs and symptoms<sup>29</sup>.

Pratyetyasakti tailam sashakriccha (Return of Bastidravya that is medicated oil with the faecal matter without any obstruction)

Raktadi Prasada (Purity of Rasa-Raktadi Sapta Dhatu)

Buddhi and Indriya Prasada (Clarity of intellect and sensory organs)

Swapnanuvritti (Calm and continuous sleep)

Laghuta and Bala (Lightness and strength to the body)

Srishtavega (Proper manifestation of natural urges without any obstruction)

Acharya Sushruta said that when Anuvasana Basti returns timely (within 9 hours) along with Vata and Purisha without causing heat and pain, it should be considered as its SamyakaYoga<sup>30</sup>.

#### Anuvasana Basti Ayoga Lakshanas

Improper application of Anuvasana Basti gives rise to the following signs and symptoms.

Ruk in Adhosharira, Udara, Bahu, Prishtha, Parshva (pain in the lower part of the body, abdomen, arms, back and sides of the body)

Ruksha and Khara Gatrata (dryness and roughness of the body Graha of Vit, Mutra and Samira (obstruction in the pathway of stool, urine and flatus).<sup>31</sup>

#### Anuvasana Basti Atiyoga Lakshanas

Excessive use of Anuvasana Basti may result in

- Hrilasa (nausea),
- Moha (confusion),
- Klama (mental fatigue),
- Sada (exhaustion),
- Murccha (fainting) and
- Vikartika (gripping type of pain).<sup>32</sup>

Acharya Vagbhata mentioned that Samyaka Yoga, Ayoga, and Atiyoga Lakshanas of Anuvasana Basti are the same as Snehapana<sup>33</sup>.

**Paschata Karma:** After the administration of Anuvasana Basti Dravya, the following points should be focused on - Basti Pratyagamana Kala

Pathya and administration of other Basti

Basti Vyapada and Chikitsa

**Basti Pratyagamana Kala:** The Anuvasana Basti should be retained in the body for three Yama, nine hours (one Yama is equal to three hours).

- If it returns before this, then another Anuvasana Basti should be administered.
- If it does not occur after this period, one should wait for Ahoratra (twenty-four hours).
- If there is no Pratyagamana even after twenty-four hours, then, Phalavarti or Tikshna Basti should be administered.

Vagbhata Acharya has mentioned that if there is no Pratyagamana, it may be due to the excessive dryness of Koshtha.

#### Pathya and administration of other Basti

After Basti Pratyagamana, the intake of food should be avoided that night.

The next day, food should be given during the day and in the evening when the patient has a good appetite.

The patient should take Kosha Jala or Dhanyaka and Sunthi Siddha Jala for drinking the following morning. This helps to stimulate the digestive power and produces a desire for food.<sup>34</sup>

#### CONCLUSION

After reviewing, it can be concluded that Vata is the main causative factor in the manifestation of various diseases, and Basti is said to be Shreshtha Chikitsa of vata. Among different types of Basti, Anuvasana Basti is considered Shreshtha Vaat shamak as it contains Sneha, Shreshtha vata shamak.

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