

## Importance Of Basti As Ardha-Chikista

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### Abstract -

Panchakarma is a systematic treatment which detoxifies or purifies the human body. Basti therapy is the most powerful of the five main procedures of panchkarma. Basti is not only best for vata disorders but also cures samsarga & sannipata condition of dosha, kaphaj & pittaj disorders, shakhagat, koshtagat & tiryakgata rogas. It is highly useful in pediatrics to geriatrics, and used in astangas of Ayurveda. It also offers 'Rasayana and vajeekarana' benefits, So Basti therapy is a half of the treatment of all the disease while some authors consider it as complete remedy for many diseases by combination of different types of basti dravya.

**Key Words** - Panchkarm, Basti, Medicated enema, Ardha-Chikista

### Introduction -

**B**asti is one of the procedure which is included in panchkarma i.e. vaman, virechan Basti, Nasya & Raktamokshan. In this procedure medicated fluid in the form of oil or kwath is administered through anal canal. Basti is most useful & highly effective therapy among the panchkarmas. Basti is not merely the enema; rather it is a highly complex, sophisticated and systemic therapy. Basti has vast fields of therapeutic action. It is considered as prime treatment modality for Vata Dosha & Kaphaja, Pittaja, Raktaja disorder. Basti is a multi-dimensional treatment procedure offering wide-range of clinical benefits in different diseases. This is extra ordinary therapeutic action. So it is termed as ardha chikista in Panchkarma. Some aacharyas even described Basti as purn chikista.

तस्माच्चिकित्साधर्द्ध इति प्रदिष्टः कुन्सन्ध चिकित्साऽपि च

बस्तिरेकैः । (अ.ह.सं. १९/८६)

बस्तिर्वाते च पित्ते च कफे रक्ते व शस्यते ।

संसर्गे सन्निपाते च बस्तिरेव हितः सदा ॥ (सु. चि. ३५/६)

### Aims & Objectives -

- 1) To study the concept of basti.
- 2) To review importance of basti as ardha-chikista in panchkarma therapy.

### Materials & Methods -

This is review article based on collection of literary material from available sources in ayurveda

as bruhrtrayi, laghutrayi, ayurvedic classics, online data & available journals.

### Review of Literature -

The concept of basti as ardh-chikista will be reviewed from classical texts of ayurveda and ayurvedic journals.

### Etymology of Basti -

The word vasti is derived from the root "Vas + cit"

‘वसु - निवासे’ - means to reside

‘वस् - आच्छादने’ - means to cover

वस् - वासने सुरभिकरणे’ - to give fragrance

‘वस्तेः आवृणोति मूत्रं’ - that wraps urine

‘वस्ति नाभेरद्योभागे स्थाने’ - located in sub-umbilical area (the site of urinary bladder)

### Definition -

१. ‘बस्तिनादीयते इति बस्ति वा पूर्वं अन्वेत्यतो बस्तिः ॥’

(अ.ह.सं. २८/२)

The procedure in which basti (urinary bladder of aja or mahish) is used for administration of the drugs.

२. बस्तिभिः दीयते यस्मात् तस्मात् बस्तिरिति स्मृतः ॥

(वंगसेन)

The Karma in which the medicines are administered through the anal canal is called as basti. Generally the term vasti / basti is known for all kinds of basti like niruha, Anuvasan, uttarbasti, etc.

**Action of basti -**

नाभिप्रदेशं कटिपार्श्वकुक्षिं गत्वा शकृद् दोषचयं विलोड्य ।

संस्नेहा कायं सपुदीषदोषः सम्यक् सुखेनैति कृतः स बस्तिः ॥

(च.सि. १/४०)

The medicine is administered through anal canal. This basti dravya reaches to Nabhi-Kati-Parvsa-Kukshi-Pradesh. (i.e. from anal canal, large intestine upto small intestine). It is retained for certain period of time, churns the accumulated dosha & purisha. It spreads the potency of drugs all over the body, drag the waste matter from all body to colon and eliminate them out of body resulting into the desire effect. Basti is the bio-purification procedures as it takes only few-minutes to act. Basti acts in sakhagata, koshagata and even in tiryakgata rogas.

**Basti as Ardha-Chikista -**

शाखागताः कोष्ठगताश्च रोग मर्मोर्ध्वसर्वावयवांगजाश्च ।

ये सन्ति तेषां न हि कश्चिदन्यो वायोः परं जन्मनि हेतुरस्ति ॥

विण्मूत्रपित्तादिमलाशयानां विक्षेपसंघातकरः स यस्मात् ।

तस्यातिवृद्धस्य शमाय नान्यद् बस्तिं विना भेषजमस्ति किञ्चित् ॥

तस्मात् चिकित्सार्थं इति ब्रूवन्ति सर्वा चिकित्सामपि बस्तिमेके ।

(च.सि. १/३८-४०)

- 1) The diseases of Sarvanga, Ekanga, Sakhagata, Koshthagata, marmagata, Urdhvajatrugata, generalized and localized are due to none other than Vayu. It does Vikshepa (disintegration) and Samghata (integration) of Purisha, Mutra, Pitta etc. and Malasaya. There is none other than Basti is best treatment for aggravated Vata. So Charaka praised Basti as half of the treatment and some scholars called it complete treatment.
- 2) There is no other therapy equivalent to Basti as it does Sodhana quickly & comfortably; does Apatarpana or Santarpana rapidly and free from complications.
- 3) Acharya Charaka cited that Basti introduced in the colon acts upon the whole body and on every system. Thus, drawing out the impurities by its potency like sun evaporates the liquid from the earth by its heat.
- 4) Basti is the major therapy among Snehadi Karma because by combination of different drugs it does Samsodhana, Samsamana, Sangrahana of Dosha; it increases the Kshina Sukra, makes the thin into corpulent, obese into normal, nourishes the eye, destroys the Vali-Palita and arrests ageing.
- 5) No therapy other than Basti provides immediate strength; hence it is supreme line of treatment particularly in children and aged person.

- 6) There is no treatment equivalent to Basti in the protection of Marma and in the management of their affliction, which are the vital parts in the body.
- 7) It can be used in almost all the disease by using specific drugs indicated in that disease condition;
- 8) Basti is invariably useful in diseases of Vata, Pitta, Kapha; Samsarga and Sannipata condition of Dosha. Sneha and Sodhana Basti together pacifies the Tridosha.
- 9) The Basti Karma is equivalent to all the other Karma and acts like Amruta.
- 10) Basti nourishes the body up to the tip of hairs and nails it is beneficial in children, young, elder, healthy and patients.
- 11) Basti is major among all Karma because it destroys the disease by cleansing the Srotases and by increased the Oja, Teja, Sukra, Agni and Medha.

**Conclusion -**

Basti is the choice of treatment in diseases of Vata, Pitta, Kapha, Samsarges & sannipat condition of dosha. Basti can be used in almost all the diseases by using specific drugs and useful in children's & aged persons. It is having not only curative action but also preventive & promotive action. So Basti can be considered as Ardha-Chikista or Purna Chikista in Panchkarma.

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