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Review Article

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## Various Types of *Basti Karma* and their Therapeutic Indications: An Ayurveda Review

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### Abstract

*Basti* is commonly used alone or along with Ayurveda medication, in all *Vata Vyadhi*, also indicated in various diseases including *Anaha*, *Malavrodh*, *Rajokshay*, *Adhman*, *Vatrakta*, *Pleeha*, *Parshva graham*, *Prishta graham* and *Akshepak*, etc. *Basti Karma* also employed as *Brihan Basti* to increase weight in malnourished individuals and as *Lekhan Basti* to decrease weight in obese individuals. (1-3)

Drugs that are lipid soluble are taken in passively through diffusion, and some of the active components are taken in actively through active transport. When given as *Basti*, the medicine will have a higher bioavailability, or the portion of the substance that can have an active effect on the body.

According to the consistency of the medications *Sneha Basti* and *Niruha Basti* are two types of this therapeutic procedure. *Lipids* are utilized in *Sneha Basti*, in a form of medicated oil or *Ghee*; the administered medications remain inside the body for a longer period of time. The major element of *Niruha Basti* is a decoction of medicinal plants, and other ingredients like lipids and honey, etc. *Asthapan*, a synonym of the word *Niruha*, means to "establish life span & age" and to "remove" morbid *Doshas* from the body. (4-7)

**Keywords:** *Ayurveda*, *Panchkarma*, *Basti Karma*, *Enema*, *Detoxification*

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### 1. Introduction

*Basti* is commonly used alone or along with Ayurveda medication, in all *Vata Vyadhi*, also indicated in various diseases including *Anaha*, *Malavrodh*, *Rajokshay*, *Adhman*, *Vatrakta*, *Pleeha*, *Parshva graham*, *Prishta graham* and *Akshepak*, etc. *Basti Karma* also employed as *Brihan Basti* to increase weight in malnourished individuals and as *Lekhan Basti* to decrease weight in obese individuals. (1-3)

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medicinal plants, and other ingredients like lipids and honey, etc. *Asthapan*, a synonym of the word *Niruha*, means to "establish life span & age" and to "remove" morbid *Doshas* from the body. (4-7)

### Advantages of *Basti Karma*

- It offers both curative and preventive approaches.
- It is the best treatment for a variety of psychosomatic illnesses.
- It increases longevity and immunity.
- It slows down the ageing process, strengthens the body and mind.
- Rids the body of impurities, serves as the best rejuvenator and aphrodisiac.
- It is the best for maintaining both the quality and quantity of life.

### 2. Route of Administration

When used in different combinations, *Basti* can be used for a variety of things, including *Shodhana*, *Shaman*, *Lekhana*, *Brimhana*, *Vajikarana* and *Vaya*

*sthapana* effects, etc. The various routes of administering *Basti* includes *Mutramarga* to treat urogenital conditions, *Apathyamarga* is administered intravaginally to treat female reproductive system diseases and anal pathway to balance out *Vata Dosha*. *Uttara Vasti* is the name for the enema administered through the genitalia or urinary tract. *Vrana Marga* for injuries, the therapeutic fluids is injected into the ulcers and sinuses, etc.

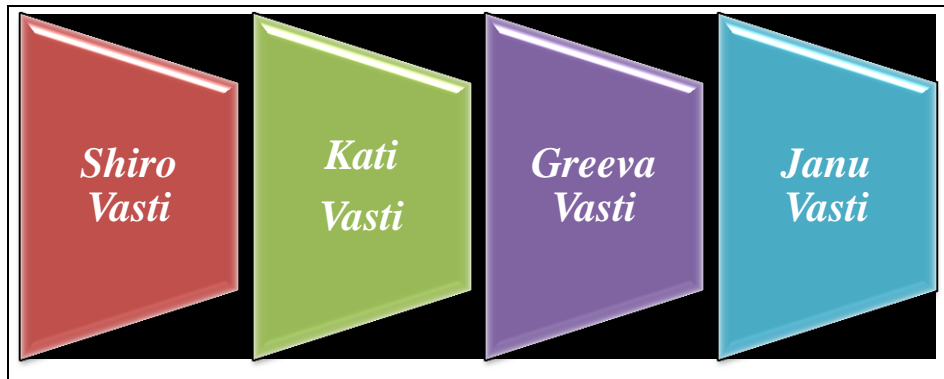
### 3. Classifications

According to *Sushruta*, it can be divided into four categories: *Shodhana Basti*, *Lekhana Basti*, *Snehana Basti* and *Brimhana Basti*. *Shodhana Vasti* is used to clean pathological *Doshas* and facilitate process of excretions. *Lekhana Vasti* is the *Sanskrit* word for scraping, the extra fat that has built up in the body and is contributing to morbidity is scraped off by *Lekhana Vasti*. This *Basti* is effective in treating obesity, overweight conditions and hormonal disorders, etc. *Snehana Vasti* is used to make unctuousness, to give oiliness and to lubricate body. *Sneha* is a type of medicated fat (ghee or oil) used in *Basti*. *Brimhana Vasti* is used to increase the body's bulk, particularly the muscles' strength and size

As stated by *Charaka Bala-varna krit Vasti*, enhances *Bala*. *Vataghna Vasti* destroys the morbid/vitiated *Vata*, *Snehaneeya Vasti* gives the lubrication and unctuousness. *Shukrakrit Vasti* enhances the amount and quality of sperm using. *Krimighna Vasti* eliminate and kills *Krimi*, *Vrishatva Krit Vasti* improves libido and sexual arousal.

According to *Sushruta Teekshna Vasti* offers intense, strong, and quick-action, *Mridu Vasti* gives mild and slow action, *Lekhana Vasti* removes exacerbating or inciting the *Doshas* in order to get them ready for elimination. *Vata Shamana* and *Pitta Shamana* are the two types of *shamans Vasti*, *Kapha Shamana* calms morbid *Kapha*, etc. To encourage weight growth, *Brimhana Vasti* is recommended. *Karshana Vasti* a weight loss remedy, *Rasayana Vasti* used as rejuvenator, immune-modulator and anti-aging. (6-8)

Ayurveda also classified *Vasti* on the basis of location where it applied as depicted in Figure 1. These are *Shiro Vasti*, *Kati Vasti*, *Greeva Vasti* and *Janu Vasti*, these therapies employed for specific therapeutic purposes as described in next paragraph.



**Figure 1.** *Vasti* types based on applied location

*Shiro Vasti* entails holding a specific volume of oil on the head for a specific amount of time. It is a unique process in which a leather bag is used to hold therapeutic oil over the head. The recipient must first shave his head before sitting down on a stool that is knee-high. The *Shiro vasti* procedure starts with a little head massage. With the aid of an elastic belt, the leather cap is secured over the forehead and ear. With a gramme flour paste, the leather cap is plastered to the wearer's head. This assists in stopping oil leaks, on the scalp, lukewarm liquid is poured from a specific height. Second massage of the head is performed once the oil has been removed and the scalp has been washed. It is repeated for seven or fourteen days, increasing or decreasing the duration by five minutes each day. Alopecia, paralysis, dry mouth and sleeplessness, etc. can all relieved by *Shiro Vasti*.

*Kati Vasti* is the next variety of *vasti*, the lower back is designated as *Kati*. In the *Kati Vasti* technique, the lower back is covered with warm, medicinal oil. The major procedural steps are started after a back massage with local oil and fomentation. The receiver should be placed on a table keeping belly up; ring-shaped black lentil dough is created and applied to the sore and stiff

area of the back. To prevent the oil from spilling out when kept within, it should be glued. Warm medicinal oil is carefully put inside the ring. The cold oil is taken out, heated, and then poured back in at regular intervals. The type of sickness and the person's constitution determine the length of the therapeutic procedure. The oil and dough ring are removed after being in the heated oil for about 30 minutes, and the targeted area is then massaged. This therapy can be employed for the treatment of sciatica, back pain and lumbar spondylosis, etc.

*Greeva Vasti* is another type of *Vasti*, *Greeva* denotes neck, the oil is held on the neck with the aid of a dough-based barrier. This therapy is considered good for torticollis, stiff neck and cervical spondylitis, etc.

*Janu* is the type of *Vasti* in which knee joint is referred to as *Janu*. The warm, medicated oil is applied to the knees here for a set amount of time. The recipient's body composition and disease state determine the type of oil utilized and the length of time the therapy is administered. The osteoarthritis, stiff joints and knee sprain, etc. might all benefit from this therapy.

#### 4. Common Indications of Vasti Therapy

The most successful *Panchakarma* procedure in Ayurveda is the *Vasti* therapy. Constipation, chronic fever, kidney stones, common cold, neck and backaches, distention and paralysis, etc. are common conditions that can be treated with the help of *Vasti Karma*. This therapy also considered useful for sciatica, rheumatism, arthritis and gout, etc. (8-11)

#### 5. Conclusion

This article concluded that *Basti* is given to reduce the *Vata* at its own location. The *Vata* disease itself is cured as the *Vata* is brought under control because without the primary cause, the disease would not exist. *Vasti Karma* offers curative and preventive approaches, helps to treat psycho-somatic illnesses, increases longevity and immunity, strengthens the body and mind, serves as rejuvenator and detoxifies body by eliminating morbid *Vata Dosha*. There are different purposes for which various types of *Vasti Karma* utilizes; *Shodhana Vasti* is used to facilitate process of excretions, *Lekhana Vasti* is for scraping extra fat to treating obesity and hormonal disorders. *Snehana Vasti* is used to give oiliness and lubricate body. *Brimhana Vasti* is used to increase the body's bulk, particularly the muscles' strength and size. Ayurveda also classified *Vasti* on the basis of location where it applied as *Shiro Vasti*, *Kati Vasti*, *Greeva Vasti* and *Janu Vasti*, these therapies employed for specific therapeutic purposes.

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#### Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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