

A REVIEW OF KSHARABASTI

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ABSTRACT

Basti is one important panchakarma procedure described in classics. It is also called as ardhha chikitsa or poorna chikitsa. Actions of basti depends on ingredients used in basti. Ksharbasti is one important basti described in Chakradutta and Vangasena. It is mainly used in diseases like Medoroga, Aamavata, Sthoulya, Grahani Roga, kapha sansarga vata and dhamanipratichaya. Here an attempt is made to review kshar basti described in Ayurveda.

KEYWORDS: Kshara ,Vaitarana, Basti

INTRODUCTION

Basti is one among panchakarma procedures described in Ayurvedic classics. It is one important procedure in panchakarma for the treatment of vataja diseases. Also it is effective in pittaja, kaphaja, raktaja diseases, samsarga, sannipata of doshas. Basti is administration of medicines with the help of animal bladder⁵.The term basti is mainly used for niruha basti. Actions of basti depend on medicines that are used in basti.It is called as Aardha chikitsa and sometimes sampoorna chikitsa. Kshara basti is a type of niruha basti described in classical text wherein kshara is used. It is a type of niruha and containing teekshna dravyas. It is mainly used in diseases like Medoroga, Aamavata,

Sthoulya, Grahani Roga, kapha sansarga vata and dhamani pratichaya. Here an attempt is done to review concept of kshara basti in ayurvedic classics.

Review of kshar basti¹

Kshara basti is mentioned in Chakradutta niruha basti adhikara and vangasena. It is indicated in diseases like Shoola,Vitsanga, Aanaha, Mutrakruchra, Krimi, Udavarta, Gulma. Acharya says mixture of ingredients filtered, heated over water bath and used in basti.

Ingredients	Quantity
Guda	2 pala
Saindhava lavana	1 aksha

Amlika	2 pala
Shata pushpa	1 aksha
Gomutra	8 pala ^{7,8}

Also vaitarana basti⁸ is mentioned in niruha basti adhikara of Chakradutta and basti karma adhikara of vangasena samhita⁸ is indicated in shoola, aamavata, anaha, vatakaphaja disorders. As per Chakradutta kshar basti should be administered after food⁴.

Ingredients	Quantity
Guda	1 shukti
Saindhava Lavana	1 karsha
Taila	Ishat
Chincha	1 Pala
Gomutra	1 kudav ^{7,8}

DISCUSSION

Actions of basti depends on the ingredients used and that is why it is important to know ingredients of kshara basti.

Guda-

Normally in basti madhu is used but in this basti instead of madhu, guda is used. Tila taila mixed with the solution of jaggery and saindhava helps in forming a uniform mixture. It also helps carrying the drug to microcellular level. Purana guda is a better option as it is laghu, pathya, anabhishtandhi, agnivardhaka, vatapittagna¹² and it takes the drug upto the microcellular level.

Saindhava Lavana

Saindhava is an important substance because it regulates the concentration of blood and blood volume and controls the body fluids. It has usna, tikshna, anantiguru, anatisnigdha, visransanasamartha, chedana, Agnideepaka, shukravardhak, does not increase burning sensation, tridosha nashaka and has madhura rasa¹⁵.

According to charaka samhita saindhava is best among salt⁵. There are 2 varieties white and red

Guna-laghu, snigdha Karma-rechana, pachana, deepana, chakshusya Doshakarma-tridoshagna

Amayika prayoga-Hrutnetrarogagna, Vrana, aruchi nashaka. Madhu and saindhava represent glucose and electrolytes and it prevents dehydration. Salt stimulates ionic action potentials. Honey, jaggery and saindhava make a homogeneous mixture.

Kalka-It gives potency to the whole combination and helps disintegrate malas by increasing osmotic permeability of solution. In case the quantity of kalka is increased it may result in dehydration.

Gomutra-

Gomutra has several therapeutic uses. It is laghu, usna, teekshna¹⁶ Because of this it can reach deep tissues of body. It balances vata and kapha and increases pitta. Gomutra is composed of 95% water and 5% urea, minerals, salts, hormones, hormones and

enzymes which include iron, calcium, phosphorous, carbonic acid, potash, nitrogen, ammonia, manganese, sulphur, potassium, amino acids, cytokine and lactose. It removes imbalance in body and thus maintain general health¹⁰. Helps in maintaining volume of fluids, helps in spreading, cleansing, anulomana and nirharana.

Amlika-Amlika or tamarindus indica is a tree with many therapeutic uses. Tamarind word is derived from Arabic word tamar hind (Indian date). It is called amlika in sanskrit because of its sour properties. Recent research studies show that it has antioxidant, fungicidal and antibacterial property.¹¹

Pulp of tamarind contains tartaric acid and used in basti. Rasa-madhura, amla Guna-guru, ruksha, Virya-usna Vipaka-Amla Karma-kaphavatahara, Dipana Rogagnata-Vatavyadhi, Agnimandya, Kamala, shotha⁶.

Mode of action of Basti:

There are several references about basti to explain the mode of action of basti. It is said that when basti is administered it reaches nabhipradesh, kati, parshwa, kukshi and veerya of basti spreads all over body and churns and removes the doshas through the anal route². Acharya parashara¹³ says that guda is the mula of all siras in the body, hence the medicines administered through guda reaches upto head and nourishes the whole body. Ashtanga Sangraha¹⁴ says just like

farm gets nourished by water supplied through the channels the medicines administered through the guda first reaches and nourishes apana vata followed by samana vyana udaan and prana vayu. By this the veerya of basti is carried and nourishes the body and promotes the health and diseases.

CONCLUSION

Actions of basti are because of ingredients present in it. Kshar basti is a type of basti wherein kshariya dravyas and teekshna dravyas like gomutra are used and is very effective in kaphaja, aamaja and medo dhatu vikara.

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