

# BASTI IN AYURVEDA DURING PREGNANCY

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**Abstract:-** Pregnancy is the state in which kapha dosha is increased normally because of Rasa vriddhi and kapha vardhak ahar-vihar. Only a little change in ahar-vihar leads to alter the doshas state. Vata vardhak ahar-vihar, Ratri jagran (less sleep common in pregnancy), seasonal changes, alpa ahar, vomiting etc. leads to vitiate the Vata dosha.

Vitiated Vata dosha is the main reason for many physical and psychological abnormalities in pregnant woman. Like; PROM, IUGR etc. So this is very necessary to keep Vata in normal State and Basti is the best therapy to regulate the vata dosha, which is chief governing factor behind all the physiological and pathological processes both in body and the mind.

Generally Basti and all panchkarma are contraindicated in pregnancy. There are only few basti which can give during pregnancy, which are discussed in this article.

**Key words:** Basti, Pregnancy, vata dosha .

## BASTI:-

**Etymology:** In Sanskrit the word 'Basti' is derived from the root 'vas' by adding 'tich' pratyaya and it belongs to masculine gender according to Vachaspathyam. Meaning of the root 'vas' is 'nivas' i.e. to reside, to stay, to dwell.

(vas aachchhadane) cover/ to coat

Coating of sneha for the elimination.

"Basti" literally means bag/container/bladder. In ancient times, sterilized urinary bladders of animals were used to instil the enema, hence the name of the procedure is Basti Karma. Today plastic enemas and syringes are used to push medicated decoctions viz. medicated oil enemas and cleansing enemas into the intestines of the patient.

'Basti' is the principal treatment for the disorders of 'vata'. Acharya Charak mentioned that there is no cause greater than 'vata' in the manifestation of disease and there is no better remedy than 'Basti'.

"kjhhksip;a o.kZa cyekjksX;ek;q" k%A

dq:rs ifjo`f)a p ofLr% IE;xqikflr%AA"( lq-fp-35@4)

'Basti' can cure diseases of all the tridoshas, completely destroy the vitiated doshas by entering moola sthana of vata, which is supposed to be responsible for all diseases. Thus basti is said to be the half of the whole treatment and sometimes complete treatment.

"ofLrokZrs p fiÜks p dQs jäS p 'kL;rs A

lalxsZ lféikrs p ofLrjso fgr% lnk AA" (lq-fp-35@6)

## PREGNANCY:

Pregnancy is the state in which kapha dosha is increased normally because of Rasa vriddhi and kapha vardhak ahar-vihar. Only a little change in ahar-vihar leads to alter the doshas state. Vata vardhak ahar-vihar, Ratri jagran (less sleep common in pregnancy), seasonal changes, alpa ahar, vomiting etc. leads to vitiate the Vata dosha.

Vitiated Vata dosha is the main reason for many physical and psychological abnormalities in pregnant woman.

Increased vata dosha leads to Preterm delivery, Premature rupture of membrane, Low birth weight baby, IUGR etc.

It also affects psychological condition of pregnant woman, in which Satva is decreased, Raja and Tama are increased. If Raja is increased, it leads anxiety, fear and intolerance of pain. If Tama is increased then it creates depression, negative thoughts, fear from delivery and intolerance of pain so that patient will not cooperate in labour and there are more chances of operative delivery.

There are more chances of Post-partum depression.

So this is very necessary to keep Vata in normal State and Basti is the best therapy to regulate the vata dosha, which is chief governing factor behind all the physiological and pathological processes both in body and the mind.

## TYPES OF BASTI GIVEN DURING PREGNANCY:-

### 1. Anuvasana (oil enema):

Basti with medicated oils, tonics, herbal milk. Used in pure vata disorders and when a person is having excess hunger or dryness related to vata imbalances.

### 2. Niruha-Asthapana (decoction enema):

Basti of water based medical extracts or medicated water. Used among other conditions for evacuation of vata, nervous diseases, gastrointestinal vata conditions, gout, certain fever conditions, unconsciousness, certain urinary conditions, appetite, pain, hyperacidity and heart diseases.

### 3. Matra Basti (daily oil enema):

Used by someone emaciated by overwork or too much exercise, too much heavy lifting, walking too long of a distance, too much sexual activity or someone with chronic vata disorders. It does not need to be accompanied by any strict dietary restriction or daily routine and can be administered, in the appropriate cases, in all seasons. It gives strength, promotes weight and helps elimination of waste products.

### 4. Bruhana Basti (nutritional enema):

Used for providing deep nutrition in select conditions. Traditionally, highly nutritive substances have been used, such as warm milk, meat broth, bone marrow soup and herbs like shatavari, ashwagandha, yashtimadhu or vidarikanda etc.

**BASTI GIVEN DURING PREGNANCY:**

Generally Basti and all panchkarma are contraindicated in pregnancy. There are only few basti which can give in pregnancy.

**▪ Basti in 5<sup>th</sup> month:**

In 5<sup>th</sup> month Asthapan and Anuvasan basti is given for the diseases in pregnant woman. It means, basti can't be given before 5<sup>th</sup> month because in first trimester uterus is pelvic organ and basti can produce trauma to uterus and so that there is chances of abortion. But after 4<sup>th</sup> month basti is indicated if necessary.

➤ lkapes ekfl xfHkZ.;k O;DrkEyyo.ka rr%A vLkFkkiua fgra uk;kZa  
+++++AA ¼dk-la +f[k-10@152½

- Niruha basti containing sour and salty drugs.

**• Contents and these action:**

Sour drugs: Vata-kapha shamak

Salty drugs: Vata-kapha shamak

So this is vata-kapha shamak basti.

➤ e/kqja pkuqoklue~AA ¼dk-la +f[k-10@152½

- Anuvasan basti contain oil medicated with sweet drugs.

**• Contents and these action:**

Sweet drugs: Vata-pitta shamak

So this basti is Vata-pitta shamak.

**▪ Basti in 8<sup>th</sup> month:**

Anuvasan and Asthapan basti are given in 8<sup>th</sup> month with these drugs mainly Kapha-vata shamak. In 8<sup>th</sup> month due to hormonal effect and kapha-vata prakopa constipation, backache is very common problem. It regulates vata and gives strength to pregnant woman for delivery.

➤ v"Ves cnjksndsu cykfrcyk'kriq"ikiyyi;ksnf/keLrqrSyyo.kenuQye/kq?k`r feJs.kkLFkki;sr~A ¼lq+++-'kk-10@4½

- This basti is given in 8<sup>th</sup> month. This is a Asthapan basti. Decoction of Badar is mixed with Bala, Atibala, Shatapushpa, Palal, milk, curd, oil, salt, madanphala, honey and ghrita.

**• Contents and these action:**

Badar: Kapha-vata shamak

Bala: Vata-pitta shamak

Atibala: Vata-pitta shamak

Shatapushpa: Kapha-vata shamak

Palal: Vata shamak

Madanphala: Kapha-vata shamak

So it is mainly Vata and Kapha Shamak.

➤ iqjk.kiqjh"i'k'q);FkZeuqykseukFkZa p ok;ks% rr% i;kse/kqjd"kk;fl)su rSysukuqokl;sr~AA ¼lq+++-'kk-10@4½

- Anuvasan Basti given with oil medicated with milk and decoction of 'madhur group drugs'.

**• Contents and these action:**

Milk: vata-pitta shamak

Drugs of madhura group: Vata-pitta shamak

So this is Vata-pitta shamak.

➤ cnjksndsu iyyi;ksnf/keLrqrSyyo.kQy?k`re/kq;qäsukLFkki;sr~A ¼v-la +'kk-3@11½

- This is niruha basti given with decoction of Badar mixed with Palal, milk, Dadhimastu, oil, salt, madanphala, ghrita and honey.

**• Contents and these action:**

Badar: Kapha-vata shamak

Palal: Vata shamak

Madanphala: Kapha-vata shamak

So this is Vata-kapha shamak basti.

➤ iqjk.kfoM~'kq);FkZe~ e/kqdkfne/kqjS"i'k'f)su p rSysukuqokl;snuqykseuk; ok;ks%AA ¼v-la +'kk-3@11½

- This is Anuvasan basti, oil medicated with decoction of Madhuk and other madhur drugs.

**• Contents and these actions:**

Madhuk: Vata-pitta shamak

So this is vata-pitta shamak.

➤ I?k`rk-Uoklua ?k`re~A e/kqjS% lkf/kra 'kq);S iqjk.k'kÑrLrFkKA ¼v-â +'kk-1@64½

- Anuvasan basti given with ghrita medicated with madhura drugs.

**• Contents and these actions:**

Madhura drugs: Vata-pitta shamak

Ghrita: Vata-pitta shamak

So this basti is vata-pitta shamak.

- 'kq"deyddksyk·Eyd"kk;s.k ç:kL;rsA 'krkàkdfYdrks ofLr% lrSy?k`rISU/ko%AA¼v-â +'kk-1@65½
  - Niruha basti, Decoction of Shushka mulak, kola and amla dravya mixed with Shatapushpa kalka, oil, ghrita and salt.
  - **Contents and these action:**  
Shushka mulak: Kapha-vata shamak  
Kola: Kapha-vata shamak  
Shatapushpa: Kapha-vata shamak  
Amla dravya: Vata shamak  
So this is Kapha-vata shamak.

#### ▪ Basti in 9<sup>th</sup> month:

Anuvasan basti given in 9<sup>th</sup> month gives strength to woman and relaxes pelvic bones for the preparation of labour.

- Ukoes rq [kYosuka ekls e/kqjKS"K/kfl)su rSysukuqokl;sr~AA ¼p-'kk-8@32½
  - Anuvasan basti given with oil medicated with madhura drugs.
  - **Contents and these action:**  
Madhura drugs: Vata-pitta shamak  
So this is vata-pitta shamak basti.
- Ukoes rq [kYkq ekls çrffofgrs dnEcek"krSysukuqokl;sr~A ¼Hks-la +'kk-8@7½
  - Anuvasan basti given with oil medicated with Kadamb , Masha.
  - **Contents and these action:**  
Kadamb: Tridosh shamak  
Masha: Vata shamak  
So it is Tridosh shamak and mainly vata shamak.

#### ▪ Basti in Udavarta:

*Udavarta = Uta+ Avarta.* It means vata in opposite direction. Normally vata goes in lower direction, if it goes in upward direction it is called Udavarta. There are basti given in Udavarta and constipation. It regulates the function of Vata mainly 'Apan vayu' and increases 'Pachakagni', by which udavarta is treated.

- r= ohj.k'kkfy"kf"Vddq'kdk'ks{kqokfydkosrlifjO;k/kewykuka HkwrhdkUrkdk'e;Zi:"kde/kqde`}hdkuka p lk;lk-/kksZnduksæeF; jla çç;kyfoHkhrdeTfrydYdlaç;qæh"KYyo.keuR;q".ka p fu:ga n|kr~AA ¼p-'kk-8@29½  
Asthapan basti containing decoction of Roots of (Viran, Shali, Shashtik, Kush, Kash, Ikshubalika, Vetas, Jalavetas), Bhootika, Anantamula, Kashmiri, Parushak, Madhuk, Mridwik mixed with milk, Priyal, Vibhitak-majja, Tilakalka and salt.
  - **Contents and these actions:**  
Viran: Kapha-pitta shamak  
Shali: Tridosh shamak  
Shashtik: Tridosh shamak  
Kush: Tridosh shamak  
Kash: Vata-pitta shamak  
Ikshubalika: Vata-pitta shamak  
Vetas: Kapha-pitta shamak  
Jalavetas: Kapha-pitta shamak  
Bhootika: Kapha-vata shamak  
Anantamula: Tridosha shamak  
Kashmiri: Tridosha shamak  
Parushak: Vata shamak  
Madhuka: Vata-pitta shamak  
Mridwika: Vata-pitta shamak  
Priyal: Vata-pitta shamak  
Vibhitak: Kapha shamak  
Tila-kalka: Vata shamak  
So this niruha basti is tridosh shamak and mainly vata-kapha shamak.
- v"Ves rq ekls e/kqdf)l)surSysukuqokl;sr~A ¼v-la +'kk-4@25½
  - This is anuvasan basti given with oil medicated with madhuka.
  - **Content and its action:**  
Madhuka: Vata-pitta shamak  
So this is vata-pitta shamak.
- e/kqjdf)l)surSysukuqokl;sr~AA ¼p-'kk-8@29½
  - Anuvasan basti contains oil medicated with sweet group drugs.
  - **Contents and these action:**  
Sweet group drugs: Vata-pitta shamak  
So this is vata-pitta shamak.

**Basti in Guda-vedana:**

In pregnancy Guda-vedana occurs mainly due to parikartika (anal fissure) and piles which is due to constipation very common in pregnancy.

This basti is given for guda-vedana and painful bleeding piles per rectum, which is very common in pregnancy because of uterus pressure and constipation. Vata-shamak property relieves pain and constipation and pitta-shamak property stops bleeding.

➤ ?k`re.Msu RoFkSukeuqokl;sr~AA¼dk-la +f[k-10@102½

- Anuvasan basti with Ghrita-manda.
- **Content and its action:**  
Ghrita-manda: Vata-pitta shamak  
So this basti is vata-pitta shamak.

**▪ Basti for foetal growth and development:**

➤ vFk fo'ks"ks.k okrs iwoZeso ISU/koksifgra {khjofLra nRok ++++++AA ¼v-la +'kk-4@19½

- Brinhan basti given with Kheer mixed with Salt.
- **Content and its action:**  
Ksheer: Vata-pitta shamak  
Saindhav: Tridosh shamak  
So this basti is mainly vata-pitta shamak

➤ rrs fonk;kZfnXk.klkf/krsu lfiZ"kk·uqokl;sr~AA ¼v-la +'kk-4@19½

- Anuvasan or matra basti contain ghrita medicated with vidaryadi group drugs.
- **Contents and these actions:**  
Vidaryadi Gana: Vata-pitta shamak  
Ghrita: Vata-pitta shamak  
So this is Vata-pitta shamak.

➤ r= çklrofLrdkyk;k% {khjofLrç;ksXkks-----AA ¼lq+++lw-15@12½

- Brinhan Basti given with milk.
- This is vata-pitta shamak.
- 

These basti are given with milk, ghrita and sweet-drugs. Milk is medicated with madhura, sheeta and vrnhana aushadha. It is also vata-shamak and used in krisha, ksheena pt. gives anabolic effect and being anabolic will help in maintenance of proper health of mother and foetus. Milk is an ideal constituent of diet for pregnant women as it is a source of calcium, lactose and butter fat. Milk also has moderate amounts of protein with anabolic property that give strength. Pregnant women should not get constipated. Therefore, mild laxatives and enema is recommended, if there is a tendency to constipation, it is found that usually, milk alone is sufficient to cope with the constipation. Milk and drugs of madhura group have been advised for entire pregnancy period. Milk is a whole diet and good source of calcium. The drug of madhura group are anabolic, thus use of these will help in maintenance of proper health of mother and growth and development of foetus.

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