

# Piccha Basti - A Review

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## Abstract:

Basti, a crucial therapeutic modality in Ayurveda, holds significant importance in the treatment of various doshic imbalances, particularly Vata-related disorders. However, its efficacy extends to Pitta, Kapha, and Raktaja conditions as well as mixed doshic imbalances and systemic disorders. Rooted in ancient Ayurvedic texts including Vedas, Puranas, and Samhitas, Basti is often referred to as Ardhchikitsa or poornachikitsa, indicating its comprehensive therapeutic scope. Picchabasti, a specific type of Basti employing picchila dravyas (unctuous substances), is renowned for its anti-inflammatory, deepening, and digestive properties, particularly beneficial in addressing Apana Vata functions.

This paper reviews the formulations and therapeutic applications of Picchabasti as described in classical Ayurvedic texts. It explores various references in texts such as Charaka Samhita, Sushruta Samhita, and Sharangdhar Samhita, detailing the preparation methods and indications for Picchabasti in conditions like Pittatisara, Raktarsha, and Kaphatisara. The formulations often involve specific ingredients like Shalmali flower stalks, Yavasa, Kasha, and others, processed in various mediums such as milk, decoctions, or blood, depending on the condition being treated.

Additionally, the paper discusses the pharmacological properties and doshic effects of the ingredients used in Picchabasti formulations, elucidating their roles in balancing the doshas and promoting therapeutic outcomes. Despite some challenges regarding the practicality of certain ingredients, recent studies have validated the efficacy of Picchabasti in conditions like ulcerative colitis, emphasizing its relevance in contemporary clinical practice.

In conclusion, Picchabasti emerges as a potent therapeutic intervention with a diverse range of applications in Ayurvedic management. Its multifaceted approach, incorporating specific formulations tailored to individual imbalances and clinical presentations, underscores its adaptability and efficacy in addressing complex health issues. Further research and clinical trials can provide deeper insights into the mechanisms of action and optimize its utilization in integrative healthcare settings.

**Key Words-**Piccha,Basti, Raktatisara, Arsha, Asthapana

## Introduction

Basti is one important treatment modalities in Ayurveda. Basti is most important treatment for vatadosha but it is also effective in the treatment of Pittaja, Kaphaja and Raktaja conditions, Samsarga and Sannipata of Doshas<sup>8</sup>. References of Basti are available in Veda, Purana and in all Samhitas of Ayurveda. Basti is referred as Ardchikitsa and sometimes called poornachikitsa. There are different types of bastis and selection of medicines should be according to disease and dosh. Also desha, oushadha, desha, kala, satmya, agni and satwa should be taken into consideration before giving basti. Picchabasti is a type of basti wherein picchila dravyas are used. There are different formulations of picchabasti described in Ayurvedic classics. This basti is useful in decreasing inflammation due to its Grahi, Picchila and Deepana properties. It also improves the functions of Apan vata. Here an attempt is made to review picchabasti described in the classics.

### Different Formulations of Piccha Basti

PicchaBasti references are available in Ch Chi 14/228, Ch Chi 19/63, Ch Chi 19/94, Su Chi 37/41-42, Ch Chi 19/117, Ch Siddhi 7/60, Su Chi 38/85-86, Sharangdhar Samhita 6/23.

In Pittatisara chikitsa after giving AnuvasanaBasti following sansarjankramah if there is relapse of pittatisara then picchabasti should be given.

### Piccha basti in Pittatisara

Shalmali flower stalks are taken which are fresh, covered with Kusha grass and tied to prepare a bolus which is then covered with black soil. This bolus is then kept over fire for fomentation till the soil dries up. Then the soil and the kusha grass is removed and the flower stalks are made into paste. 1pala of this paste is added to 1 Prastha hot go dugdha and mixed well. This formulation is then filtered with cloth. According to patients body strength this preparation is added with Taila, Ghruta and Yastimadhu kalka and administered in patients with Pittatisara after Abhyanga Swedana. After Bastipratyagamana following bath jangalapashupakshimamsa along with shali rice or milk along with Shali rice is given to him as food. This Piccha Basti is useful in Pittaja Atisara, Jwara, Shotha, Gulma, Jeerna Atisara and jeerna Grahani. Also to treat complications due to virechana and asthapana<sup>1,6</sup>.

**Picchabasti in Raktarsha**

In the treatment of Raktarsh-  
YavasaMoola,KashaMoola,ShalmaliPushpa,NyagrodhShruna,OudumbaraShruna,AshwathhaSrunga 2 pala each processed in 3 Prasthajala and 1 prasthaGodugdha to prepare ksheerapaka.In this kalka of Shalmali,Manjishta,Samanga,Chandana,Utpala ,Ghruta,Madhu and Sharkara is added to prepare a formulation neither too thick nor too thin.This piccha basti is indicated in Pravahika,Gudabhrmsha,Raktasrava and Jwara<sup>2</sup>.

TABLE-1

Dravya	Guna	Rasa	veerya	vipak	Doshagnata
Yavasa	Laghu,Snigdha	Madhur,Tikta, Kashaya	Sheeta	Madhur	Kapha Pitta shamak
Kasha	Laghu,Snigdha	Madhur,Kashaya	Sheeta	Madhur	Vatapittahara
Shalmali	Laghu,Snigdha	Kashaya	Sheeta	Madhur	Pittavatashama k
Nyagrodh	Guru,Ruksha	Kashaya	Sheeta	Katu	Kaphapitta shamak
Audumber	Guru,Rooksha	Kashaya	Sheeta	Katu	Pittashamak
Ashwattha	Guru,Ruksha	Kashaya, Madhura	Sheeta	Katu	Kaphapitta shamak
Godugdha	Mrudu,Snigdha,Bahala,P icchila,Slakshna,Guru,M anda,Prassanna	Madhura	Sheeta	Madhur	Vatapitta nashak
Manjishta	Guru,Rooksha	Tikta,Kashaya,M	Usna	Katu	Kaphapitta

		adhur			shamak
Samanga	Laghu,Rooksha	Kashaya,Tikta	Sheeta	Madhur	Kaphapittagna
Utpala	Lghu,Snighdha,Picchila	Madhur,Kashaya, Tikta	Sheeta	Madhur	KaphaPittasha mak
Ghruta	Snigdha,Guru	Madhura	Sheeta	Madhur	Vata pitta Shamaka
Madhu	Guru,Rooksha	Kashaya, Madhura	Sheeta	Katu	VatakarakaKa phaPitta nashak
Sharkara	Rooksha	Madhur,Kashaya	Sheeta	Madhur	VataPitta shamak

### Piccha Basti in Kaphatisara

In the Kaphaja Atisara with obstruction to kapha and Vata or when there is excess kaphasrava with mala or pravahika and shoola then picchabasti is indicated. If there is vibandha to vata kapha or excess kaphasrava or shoola or pravahika then picchabasti added with pippali, bilva, kushta, shatavha, vachakalka and Saindhava<sup>4</sup>.

TABLE-2

Dravya	Guna	Rasa	veerya	vipak	Doshagnata
Pippali	Laghu, Teekshna	Katu	Usna	Madhur	Vata kapha shamaka
Bilva	Laghu, Rooksha	Kashaya, Tikta, Madhur	Ushna	Katu	Kaphavata shamaka
Kushta	Laghu, Rooksha,	Tikta, Katu,	Usna	Katu	Vata kaphahara

	Teekshna	Madhura			
Shatavha	Laghu,Snigdha	Madhura,Katu, Tikta	Usna	Madhur	Kaphavatahara
Vacha	Laghu,Teekshna	Katu,Tikta	Usna	Katu	KaphaVata shamaka
Saindhav	Guru,Snigdha	Lavana	Sheeta	Madhur	Tridosha shamaka

In the treatment of Parisrava-In pitta predominance amla,ushna,teekshna or lavanayukta niruha if administered cause guda lekhan produce cutting pain and burning sensation in guda .If there is excess expulsion of Rakta pitta through guda and if the patient becomes unconscious then flower stalks of shalmali processed in goats milk should be used for basti<sup>3</sup>.Use of fresh blood in **PicchaBasti- According to Sushruta,SharangdharaSamhita and Vangsen**

Prepare ksheerapaka of Agrapallava of Badar,Nagabala,Shleshmantak,Shalmali,Dhanvan added with Varaha,Mahish,Aurabhra,Bidal,Aina,Kukkuta,Aja and Madhu

- Badar ,Nagabala, Shleshmantak, Shalmali, Dhanvan – Ksheerpak of Agrapallav ( immature leaves)
- Varaha, Mahisha, Aurabhra, Bidal, Aina, Kukkuta, Aja – Sadyaska Rakta( Fresh Blood)
- Basti is Prepared by Mixing Ksheerpak + Madhu + Rudhir

TABLE-3

Dravya	Guna	Rasa	veerya	vipak	Doshagnata
Badara	Guru,Snigdha	Madhur, Amla	Sheeta	Madhur	Vatapittahara
Nagabala	Laghu,Rooksha	Kashaya,madh ur	Sheeta	Katu	Pittakaphahara
Shleshmantak	Guru,Snigdha, Picchila,	Madhura, Kashaya,Tikta	Sheeta	Madhur	Kaphapitta shamaka
Dhanvana	Laghu ,Picchila	Kashaya, Madhur	Sheeta	Katu	Kaphapitta shamak
Madhu	Guru,Rooksha	Kashaya, Madhura	Sheeta	Katu	Vatakaraka Kapha Pittanashak
Godugdha	Mrudu,Snigdha,Bah ala,Picchila,Slakshn a,Guru,Manda, Prassanna	Madhura	Sheeta	Madhur	Vatapittanasha k

In a study conducted on patients with picchabasti with udumbartwak kwath in ulcerative colitis it was found that piccha basti is effective in reducing the signs and symptoms significantly also it increased the hemoglobin percentage

**PicchaBasti** in **Bhavaprakasha**-Badara,Eravati,Shalu,ShalmaliPushpa,Vatankura are processed in Ksheera and Kshoudra.Blood of Goat ,Sheep and Deer are also added.The quantity of this basti is 12 pala.<sup>5</sup>

TABLE-4

Dravya	Guna	Rasa	veerya	vipak	Doshagnata
Badara	Guru,Snigdha	Madhura,Amla	Usna	Madhur	
ShalmaliPushpa	Madhur	Laghu,Snigdha	Kashaya	Sheeta	Pittavatashamaka
Nyagrodh	Guru,Ruksha	Kashaya	Sheeta	Katu	Kaphapittashamak

### Discussion-

In Charak Samhita, Sushruta Samhita, Vagbhat, Bhavaprakash, Sharangdhar Samhita we can find description about Picchabasti with different ingredients. Picchabasti is basically a basti having Picchil dravya. Most of the medicines are having Madhura and Kashaya rasa and that is why the basti is mainly sthambhana and Pitta vatashamaka. A formulation of PicchaBasti explained by charak also contain Pachana medicines in addition to Picchila Dravyas. Details of medicines like Eravati and Shalu is not found in the classical text. Also practicability about usage of blood is questionable. Some medicines like shalmali flower stalks are easily available. The formulation of Picchabasti told in Charaka Samhita is easy to prepare which is explained in Pittatisara Chikitsa of Charak Samhita. Some recent studies show the effectiveness of anubhoot yoga of Picchabasti in the management of ulcerative colitis.

### Conclusion-

PicchaBasti is a type of basti in which Picchil Dravyas are used. Medicines used in Picchabasti are mostly Kashaya and Madhurarasa pradhana and Sthambhana. Picchabasti is indicated in Pittaja Atisara, Jwara, Shotha, Gulma, Jeerna Atisara, Parisrava, Kaphaja Atisara, Gudagata Raktasrava and jeerna grahani. Also it is used to treat complications due to virechana and asthapana Basti.

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