



DASHAMULA-GOMUTRA NIRUHA BASTI AND ERANDA TAILA ANUVASAN BASTI YOGA IN THE MANAGEMENT OF VARDHAKYAJANITA MALA VSHTAMBHA – A CASE STUDY

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ABSTRACT-

Vardhakya is the stage of life which leads to formation of various conditions in the body. In this age group all the seven *Dhatu*s of the body gets diminished, *Vata Vriddhi* is observed in the body. All the natural urges becomes diminished. This

all leads to form various *Vata* dominant diseases in the body. *Malavshambha* is one among them. *Malavshambha* mostly occurs as a symptom in *Anaha* condition, where defecation of *Mala* is improper. This condition can be treated with use of *Basti upkrama*. *Basti upkrama* is said to be best remedy in the *Vatapradhana* condition. The *Yoga Basti Krama* consisting of 3 *Niruha* and 5 *Anuvasana* is given to patient alternately. This helps to control vitiated *Vata Dosha* along with it helps in easy defecation of *Mala*. It gives strength to the body. Hence in this study a patient is treated with *Dashmoola + Gomutra Niruha* and *Eranda Taila Anuvasan*, which gives success in the treatment. This reveals that procedures explained in ancient texts are always useful in the treatment of such kind of difficult situations.

KEY WORDS- *Malavshambha, Yogabastikrama, Dashmoola Niruha, Anaha*

1. INTRODUCTION –

Malavshambha is the most common symptom often found in current days. According to the *Ayurveda*, it is an important cause or symptom of various diseases and sometimes disease itself. Due to change in lifestyle, this symptom may get observed in all age groups. Among the three *Doshas*, *Vata Dosha* is mainly responsible for '*Malavshambha*'. In this case the age of patient is of 80 year which means as per the '*Vaya Vibhajana*', he is in *Vriddhavastha*. There are multiple reasons of *Vataprakopa* in *Vriddhavastha*, they are like 1. *Dhatukshaya* 2. *Sneha Abhava* 3. *Avyayama* 4. *Vaya*. These all causes lead to form various diseases in the body. *Malavshambha* is one among them. As per the *Samhita*, *Samprapti* of *Malavshambha* includes *Dushti* of *Vayu Dosha* especially of *Apana Vayu*. The normal function of *Apana Vayu* gets hampered. Therefore in this case it is necessary to treat *Apana Vayu*. Among all the *Shodhana* procedure, *Basti* is considered to be a best remedy in the treatment of *Vata Dosha*. *Basti* is administered via anal route, to the *Pakwashaya*, the *Vishesha Sthana* of *Vata*

Dosha. Basti mainly consists of two types. 1. *Niruha Basti* 2. *Sneha Basti*. 1. *Niruha Basti* or *Asthapan Basti* is prepared with *Saindhava- Makshika-Sneha-Kalka-Kwath*, of 1000 ml. 2. *Sneha Basti* is again of two types 1. *Anuvasana* 2. *Matra Basti*. In this kind of *Basti*, the drug mainly used is any kind of *Sneha Dravya* especially *Taila*. *Anuvasana Basti* matra is 1/4th of *Niruha Basti* and *Matra Basti* matra is 1/4th of *Anuvasana Basti*. In this case both kinds of *Basti* i.e. *Niruha* and *Anuvasana Basti* are used alternately. This *Basti upkrama* softens the *Pakvashaya* and *Purisha Mala*, it reduces the *Vibandha*. This helps for easy and smooth evacuation of *Purisha Mala*. In the case of *Malavshambha*, *Basti* is considered as a best line of treatment. It also does the *Snehana* of *Sharir*, helps to reduce the *Vata Prakopa* in the body. It also increases the *Agni* and helps to digest the *Anna*. Therefore *Acharya Charaka* mentioned *Basti* as an *Ardha Chikitsa*. Therefore, in this paper an attempt is made to prove the efficacy of *Basti Chikitsa* and *Malavshambha* via a case study.

2. Methods-

2.1 CASE REPORT

An 80 years old male patient, retired government servant came with a complaint of difficulty in defecation in the last four months on 1st of September 2021. The consistency of *Purisha Mala* is dry, hard and stony appearance. Patient does not have h/o any other illness. Before consulting the Ayurveda OPD, patient consulted a general physician nearby his residence and after the treatment patient got relief symptomatically only for some days. He was treated for constipation and took treatment like purgatives, laxatives, suppositories and Enema therapy for longer duration. Though the patient took it for longer duration not much relief is observed. The symptom was persistent after the treatment, therefore patient visited the OPD for Ayurveda consultation. The patient is examined thoroughly, after the

examination it is found that the symptoms are observed resembles with the clinical features of ‘*Malavashthambha*¹’.

2.1.1 Examination of Patient-

Samanya Parikshana –

1) *Nadi- Vata Pradhan*

2) *Mala – Malavrodha, sakashta mala pravartan, ruksha kathin mala*

3) *Mutra – Prakrut*

4) *Jiwha – Alpa Samata*

5) *Shabda – Jarjar*

6) *Sparsha – Rukshata*

7) *Rupa – Krush*

8) *Gandha – Prakrut*

2.1.2 Udar Parikshana –

Adhodar Gaurav, Ishat Sparshaasahatwa at Adhodar

Mala Swaroop- Ruksha, Kathin, Avabaddha, Gadha.

Mala Pravartana- Once in two or three days with difficulty.

‘Krute Api Akrut Saudnya’.

After the thorough examination, the detail history of patient is obtained. In which following *hetus* are observed

1. *Vaya- Vriddhavastha*
2. *Atiruksha Annapana,*
3. *Ati Sheeta Anna*

4. *Vishamashana, Vishama Kala Ahara Sevana*
5. *Vegavrodha*
6. Excess intake of Tea in a day

All above findings are suggestive of the condition *Malavshambha* therefore treatment required is *Vatanulomanam, Vibandhahara, Malanulomana*^{2,4}.

Hence as per the *Dosha-Dushya, Vyadhi* and *Vaya Avastha*, the *Yoga Basti Upakrama* with proper *Basti Dravya* is decided^{3,5}. In this *Upkrama*, 3 *Asthapana Basti* or *Niruha Basti* are administered in alternate with 5 *Anuvasana Basti* or *Sneha Basti*⁷.

The *Basti Upakrama* is decided as per the following schedule.

1. *Niruha Basti – Dashmul Kwath Siddha+ Gomutra, Basti Matra-* approx. 500 ml
2. *Anuvasna - Erandtaila – Basti Matra* Approx. 100 ml

Date - *Basti Upkrama*

04/09/2021- Anuvasana

05/09/2021 – Niruha

06/09/2021 – Anuvasana

07/09/2021 – Niruha

08/09/2021 – Anuvasana

09/09/2021 - Niruha

10/09/2021 - Anuvasna

11/09/2021 – Anuvasana

After administration of *Basti*, assessment of patient is done according to following points.

**Mala Swaroopa*

* *Vatanulomanam*

* *Udar Mardavata*

* *Kshudha*

3. RESULT –

In this study, patient is treated with *Yoga Basti Krama*. ‘*Malavshtambha*’ is a ‘*Vata pradhana Vyadhi*’, maximum *Hetu* are of *Vata Dushti* along with that *Hetu* of *Annavaha* and *Purishavaha Srotasa Dushti* are observed^{2,4}.

3.1.Hetu observed –

- *Vaya- Vardhakya*
- *Asnigdha Ahara*
- *Vata Prakriti*
- *Ati Sheeta Ahara*
- *Adrava Ahara*

3.1.2 *Malavshtambha*¹

As per the ancient *Acharya*, *Malavrodha* is considered as a *Laxana* of various diseases also considered as a separate disease. This condition is closely resemblance with condition called as *Anaha*. *Anaha* is the condition associated with complaints like pain in abdomen, obstruction of *Purisha* in the abdomen. There are multiple causative factors, responsible for development of *Anaha*. This

condition develops due to the hampered movement of the *Vata dosha*. This vitiation leads to *Stambha*, *Rukshatva* in *Annavaha srotasa* especially *Pakwashaya*. This leads to obstruct the process of defecation of *Mala*. *Vardhakya* along other *Vatakara hetu* plays important role in such condition.

3.1.3 *Anaha*¹ –

Anaha is the condition developed due to vitiation of *Vata* and *Ama*. In this patient *Anaha* is developed due to vitiated *Vata Dosha*.

Anaha consists of following *Laxana* –

1. Obstruction of *Purisha*
2. Enlargement of the Abdomen
3. *Vayu Gati* obstruction

Mala is got dried because of excess of *Ruksha Guna* of *Vata*, this led to improper evacuation of the *Mala*.

3.1.4 *Vardhakya*⁴- *Vardhakya* is the *Vata Pradhana Avastha*. In this age, the normal functions of the body get diminished. Movement becomes sluggish, digestion becomes improper, appetite gets reduced. All these conditions lead to develop *Malavshambha*, *Vata Prakopa*, *Amadosha*.

3.1.5 *Samprapti* of present case –

In the present scenario, the observed causative factors are very much similar to that of textual content. *Ati Ruksha*, *Ati Sheeta Ahara*, *Vishamashana*, *Akale Bhojana*, not attending the natural urges and most importantly is *Vardhakya Avastha*, all are responsible for *Malavshambha*. In this case patient took treatment previously but does not get any relief because of engaging into causative factors regularly.

4. DISCUSSION

4.1 How *Basti* acts in this condition-

The *Basti Upkrama* consists of *Dashamula* + *Gomutra Niruha* and *Eranda Taila Anuvasana Basti*. This *Upkrama* is called as *Yoga Basti Krama*⁷.

4.1.1 *Basti Ghatak Dravya* –

1) *Anuvasan Basti* – *Eranada Tail*

2) *Niruh Basti*⁸ – *Dashmulsiddha kwath, Gomutra, Saindhav, Madhu, Tila Tail*

4.1.2 Mode of Action –

1) *Eranda taila*^{10,11,18} – *Vataghna, Vibandha hara, Udaragat vyadhi, Anulomana*

2) *Tila taila*¹⁹ – *Vatanulomaka, Vatahara, Snigdha.*

3) *Dashmula*^{9,20} – Consists of

1. *Shaliparni* (*Desmodium gangeticum* DC.)

2. *Prushniparni* (*Uraria lagopoides* DC.)

3. *Bruhati* (*Solanum indicum* Linn.)

4. *Kantakari* (*Solanum xanthocarpum* Schrad. & Wendi.)

5. *Gokshur* (*Tribulus terrestris* Linn.)

6. *Bilwa* (*Aegle marmelos* Corr.)

7. *Animate* (*Clerodendrum phlomidis* Linn.)

8. *Shyonak* (*Oxylum indicum* Vent.)

9. *Kashmari* (*Gmelina arborea* Linn.)

10. *Patala* (*Stereospermum suaveolens* Dc.)

It has properties like *Vataghna, Anahahara*, gives strength to body. It also acts on *Tridosha, shotha, Jwara*. In this case *Dashamaula* acts on *Vata*, gives strength to *Antra*. It increases *Sharirabala, Snigdha Guna* in the body.

4) *Gomutra Guna*²¹- *Tikshna, Ushna, Aruksha, Vibandhahara*

4.1.3 *Basti* acts like

1. *Vida Vighat*

2. Increases *Snigdha Guna* in *Antra* as well as in body.

3. Decreases *Vata Dosha*.

Niruha Basti is also known as *Shodhana Basti*, it does the *Shodhana* of *Mala, Vata* from the body. It cleanses the *Pakwashaya*. Hence Vitiated *Vata* gets diminished¹².

Niruha Basti is given on empty stomach¹³.

Anuvasana Basti is *Shamana Basti*, it increases *Snigdha Guna* in *Antra*, decreases *Ruksha Guna* in body. It controls vitiated *Vata dosha* and gives *Mrudutva* to the body and *Mala*. It helps in easy evacuation of the *Mala* from body. *Anuvasana Basti* is given after intake of the food^{14,15}.

During this course of treatment, every day end patient is examined as per the *laxanas* and as per the *pratyagamana laxana* of *Basti*.

After the completion of *Bastikram*, patient feels better. *Sukhpurvaka Nissaran* of *Mala* is observed, appetite gets increased. The consistency of *Mala* become soft, *Snigdha* and *Samhata*. *Udar Mardavata* is observed also *Vata* gets *Anulomita*.

5. CONCLUSION –

Ayurveda believes that the function of tripods of body i.e. *Darsha, Dhatu, Mala* should be proper¹⁶. In *Sushruta Samhita* it is said that ‘person should be

considered as *Swastha* only after *Tridosha*, *Trimala*, *SaptaDhatu* are in equilibrium, *Mana*, *Atma* and *Indriya* becomes *Vimala* and *Agni* is in good stage and free from impurities¹⁷.

Proper evacuation of *Mala* is more important to keep one person healthy. Therefore, in said case obstruction of *Mala* is the main condition developed due to several factors of *Vata* dominancy. Here *Vaya- Vardhakyawastha* is not reversible but other causative factors of the *Malavshambh* can be treated easily. As a result of this *Vata* gets controlled.

According to *Hetu* and *Samprapti*, the *Vata* and *Malavshambha* gets treated as per the plan. *Basti Upakrama* is done. This *Upkrama* helps to get the disease cured.

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Appendix

Table no.1

Date	Basti	Upasthit Laxana	Pratyagamana
04/09/21	Anuvasan	Mala nirgaman,	After 8 hrs
05/09/21	Niruha	Mala nirgaman, Alpa udar shoola	After 20 minutes
06/09/21	Anuvasan	Mala nirgaman , Ishat snigdha mala	After 7hrs
07/09/21	Niruha	Mala nirgaman, udare laghavata, vayu Nissaran	After 20 minutes
08/09/21	Anuvasana	Sasnigdha mala pravartan, ishat Kshudha	After 7 hrs
09/09/21	Niruha	Vayu Nissaran, Pakwashay shuddhi	After 20 minutes
10/09/21	Anuvasana	Mala snigdha, Vayu Nissaran, Pakwashay Shuddhi	After 4 hrs
11/09/21	Anuvasana	Sasnigdha Mala, Vayu Nissaran, Pakwashaya shuddhi, Kshudha vridhhi,	After 3 hrs

Table no.2

Laxane	Before basti	After Basti
Mala swaroop	Ruksha, ati ghana, grathita	Samhat, Snigdha, Sukhen pravartah
Vayu	Vayu Pratilomit,	Anulomit Vayu
Udar	Udar Gaurav, Anaha	Udar Mrudutva
Kshudha	Mandya	Vridhhi

