



A CRITICAL REVIEW OF MANAGEMENT OF PRAMEHA WITH BASTI FROM VARIOUS COMPENDIA

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ABSTRACT:

Prameha is defined as a disease, with excessive urination and turbidity. 20 types of *Prameha* are described by *Acharyas*. Though it is *Yapya* (not totally curable / difficult to cure) disease, but the prolong *Ayurvedic* treatment will help the person to prevent its complication and lead a healthy life. *Acharyas* have classified *Prameha* into two main types i.e. *Sthula Pramehi* and *Krusha pramehi*. *Sthula* patient should be treated with *Shodhana* therapy where as *Krusha* patient should be given *Shamana* therapy. As the disease progress all the 20 types of *Prameha* convert into *Vataja Prameha*. *Basti* is consider as best treatment for *Vata Dosh*. But with the contents used *Basti* helps to pacify all three *Doshas* Though *Basti* is contraindicated in *Prameha*, but using *Yukti Praman*, *Basti* can be given in the management of *Prameha* patient. In present study, different formulations of *Basti* are compiled from *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya* for the treatment of *Prameha*. Analysis of the compiled data shows that, about 13 formulations of *Basti* have been described and in that 70 single drugs are being used. Critical analysis of these 70 drugs on the basis of their properties has been done. From the observations it has been noted that *Dravya* having *Tikta*, *Kashaya Rasa*, *Ushna Virya*, *Katu Vipaka*, *Vatakaphahara* properties play a major role in the management of the *Prameha*.

KEY WORDS: *Prameha*, *Shodhana*, *Basti*

INTRODUCTION:

According to WHO Diabetes Mellitus is a metabolic disorder caused by multiple etiologic factors, which is characterised by chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism resulting from defects of insulin secretion, insulin action or both. Diabetes is considered as major disease because if not treated in time, it can lead to several complications like diabetic neuropathy, diabetic retinopathy, kidney disorders like acute or chronic kidney failure, urological problems and many more.

Now with the change in concepts of health and disease attention has been drawn to *Ayurveda* once again. Today we can compare *Prameha* or *Madhumeha* with diabetes mellitus. Ancient text describes 20 types of *Prameha*, out of these 10 are caused due to *Kapha* (early stage), 6 are due to *Pitta* (acute stage), 4 are due to *Vata* (chronic stage). *Ayurvedic* treatment and proper *Ahar-Vihara* can help us to avoid these kinds of complications and offer to live along as well as healthy life for society.

Doshas won by the means of *Langhana* and *Pachana* have the chances of accumulation and provocation again. But, if they are pacified through the way of *Samsodhana* therapy, they will never get

provocated againⁱ. *Samsodhana* therapy includes following procedures viz *Vamana*, *Virechana*, *Asthapana Basti*, *Anuvasana Basti*, *Shirovirechana*. During treatment of *Prameha*, all the classics clearly advocate the role of *Samshodhana* in it. *Acharya Charaka* has clearly suggested that *Samshodhana* is the prime treatment in *Sthula Pramehi*ⁱⁱ. Even *Acharya Sushruta* also suggest various modes of *Samsodhana* in his guideline.

In *Charaka Samhita*, *Madhumeha* has been described as a type of *Vataja Prameha*. In the chronic stage all types of *Prameha* convert into *Vatika Prameha*ⁱⁱⁱ. *Basti* is consider to be the best treatment to normalize the *Vata Dosha*^{iv} which is mainly involved in this conditions. *Acharya Charaka* suggested to avoid the use of *Asthapana Basti* & *Anuvasana Basti* in *Prameha*. But also in the same classics, in the same *Sthana*, one finds the references of the use fo *Basti* in *Prameha*.

Though *Basti* is contra-indicated in *Prameha Chikitsa*, in *Siddhisthana* different *Basti* have been advised to treat the same but by applying *Yukti Praman*. Here various *Basti* are collected from *Samhita* in which *Prameha* is described as one of the indication. The list of the *Bastis* are tabulated as seen in the Table below.

Sr.No.	Samhita	Name	Reference
1.	Charaka Samhita	Saindhavadi Anuvasana	Siddhi Sthan 4/13-16
2.	Charaka Samhita	Vidangadi Anuvasana	Siddhi Sthan 4/18-22
3.	Charaka Samhita	Patoladi Niruha	Siddhi Sthan 8/8
4.	Charaka Samhita	Manjishthadi	Siddhi Sthan 10/43
5.	Charaka Samhita	Mustadi Raj Yapana	Siddhi Sthan 12/(1)
6.	Charaka Samhita	Madhutailadi Niruha	Siddhi Sthan 12/13
7.	Sushruta Samhita	Vidangadi Anuvasana	Chikitsa 37/39-42
8.	Sushruta Samhita	Bhadranimbadi Niruha	Chikitsa 38/59-62
9.	Sushruta Samhita	Rasnadi Niruha	Chikitsa 38/70-75
10.	Ashtang Hridaya	Patoladi Tikta Basti	Kalpa 4/23-24
11.	Ashtang Hridaya	Madhutailika Basti	Kalpa 4/27-28
12.	Ashtang Hridaya	Mustadi Rajyapan Basti	Kalpa 4/37-42
13.	Ashtang Hridaya	Saindhavadi Anuvasana	Kalpa 4/62-65

OBSERVATION & RESULT:

From observation it has been identified that 13 *Basti* are mentioned to have *Pramehahara* action. The list of the *Basti Dravyas* with their *Rasa*, *Virya*, *Vipaka*, *Doshaghnata*, *Pramehaghna*^v are tabulated as seen in the Table below.

No.	Name of Drug	Rasa						Virya		Vipaka			Doshaghnata	Pramehaghna
		Madhura	Amla	Lavana	Katu	Tikta	Kashaya	Ushna	Shita	Madhura	Amla	Katu		
1	Haritaki	✓	✓		✓	✓	✓	✓		✓			VPK↓	✓
2	Aamalaki	✓	✓				✓	✓		✓			VPK↓	✓
3	Bibhitaka						✓	✓		✓			KP↓	
4	Sunthi				✓			✓		✓			VK↓	
5	Pippali				✓			✓		✓			VK↓	✓
6	Chavya				✓			✓				✓	VK↓	
7	Chitraka				✓			✓				✓	VK↓	
8	Ajamoda				✓	✓		✓				✓	VK↓	
9	Shatpushpa				✓	✓		✓				✓	VPK↓	
1	Vacha				✓	✓		✓				✓	VK↓	

0														
1	<i>Vidanga</i>				✓		✓	✓				✓	VK↓	✓
1	<i>Yashtimadhu</i>	✓							✓	✓			VP↓	
1	<i>Aaragvadha</i>	✓							✓	✓			KP↓	
1	<i>Katuki</i>					✓			✓			✓	KP↓	✓
1	<i>Musta</i>				✓	✓	✓		✓			✓	KP↓	
1	<i>Madanphala</i>	✓			✓	✓	✓	✓				✓	VK↓	
1	<i>Kushtha</i>	✓			✓	✓		✓				✓	VK↓	
1	<i>Bharangi</i>				✓	✓		✓				✓	VK↓	
1	<i>Devdaru</i>					✓		✓				✓	VK↓	✓
2	<i>Katphala</i>				✓	✓	✓	✓				✓	VK↓	✓
2	<i>Pushkarmula</i>				✓	✓		✓				✓	VK↓	
2	<i>Shati</i>				✓	✓		✓				✓	VK↓	
2	<i>Ativisha</i>				✓	✓		✓				✓	KP↓	
2	<i>Shyama</i>	✓				✓	✓		✓			✓	VP↓	✓
2	<i>Harenu</i>					✓		✓				✓	VK↓	
2	<i>Nili</i>					✓		✓				✓	VK↓	
2	<i>Bilva</i>					✓	✓	✓				✓	VK↓	
2	<i>Khadira</i>					✓	✓		✓			✓	K↓	✓
2	<i>Rasna</i>					✓		✓				✓	VK↓	
3	<i>Eranda</i>	✓			✓		✓	✓		✓			VK↓	✓
3	<i>Haridra</i>				✓	✓		✓				✓	KP↓	✓
3	<i>Amruta</i>				✓	✓	✓	✓		✓			VPK↓	✓
3	<i>Nirgundi</i>				✓	✓	✓	✓				✓	VK↓	
3	<i>Nimba</i>					✓	✓		✓			✓	VPK↓	✓
3	<i>Patha</i>					✓		✓				✓	KP↓	
3	<i>Sahchar</i>	✓	✓			✓		✓				✓	VK↓	
3	<i>Kiratatikta</i>					✓		✓				✓	KP↓	
3	<i>Danti</i>				✓			✓				✓	KP↓	
3	<i>Patola</i>					✓		✓				✓	VPK↓	
4	<i>Mushakarni</i>				✓	✓		✓				✓	VK↓	✓
4	<i>Trivruta</i>				✓	✓		✓				✓	KP↓	
4	<i>Bhunimba</i>					✓		✓				✓	KP↓	
4	<i>Saptaparna</i>					✓	✓	✓				✓	KP↓	

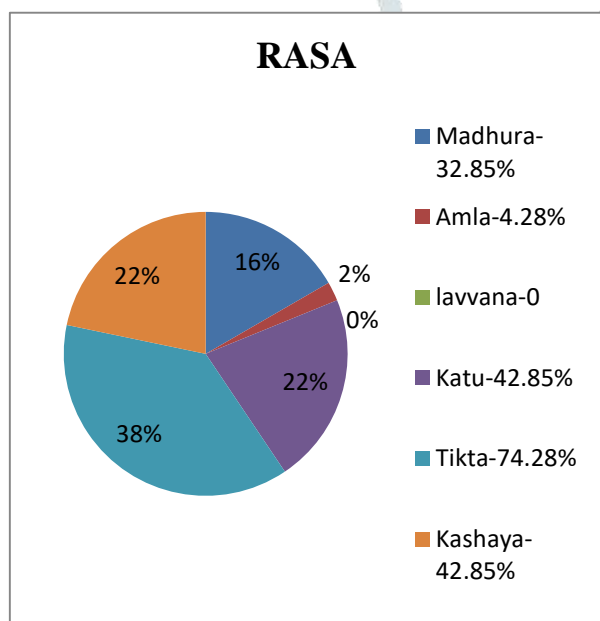
44	Ushira	✓				✓			✓			✓	KP↓	
45	Daruharidra					✓	✓	✓				✓	KP↓	✓
46	Kutaja					✓	✓		✓			✓	KP↓	
47	Manjishtha	✓				✓	✓	✓				✓	KP↓	✓
48	Choraka				✓	✓		✓				✓	VK↓	
49	Sarshapa				✓	✓		✓				✓	VK↓	
50	Bala	✓							✓	✓			VP↓	
51	Trayamana					✓		✓				✓	VK↓	
52	Punarnava	✓				✓	✓	✓		✓			VPK↓	
53	Sariva	✓				✓			✓	✓			VPK↓	
54	Priyangu	✓				✓	✓		✓	✓			VPK↓	✓
55	Karanja				✓	✓	✓	✓				✓	VK↓	✓
56	Parpata					✓			✓			✓	KP↓	
57	Arka				✓	✓		✓				✓	VK↓	
58	Moorva					✓	✓	✓				✓	VK↓	✓
59	Ela	✓			✓				✓	✓			VPK↓	
60	Draksha	✓							✓	✓			VP↓	
61	Vasa					✓	✓		✓			✓	KP↓	✓
62	Shalaparni	✓				✓		✓		✓			VPK↓	✓
63	Prushniparni	✓				✓		✓		✓			VPK↓	
64	Gokshura	✓							✓	✓			VP↓	✓
65	Brihati					✓	✓	✓				✓	VK↓	
66	Kantakari					✓	✓	✓				✓	VK↓	
67	Agnimantha	✓			✓	✓	✓	✓				✓	VK↓	
68	Shyonaka	✓				✓	✓	✓				✓	VK↓	
69	Gambhari	✓				✓	✓	✓				✓	KP↓	
70	Patala					✓	✓	✓				✓	VPK↓	

RESULTS:

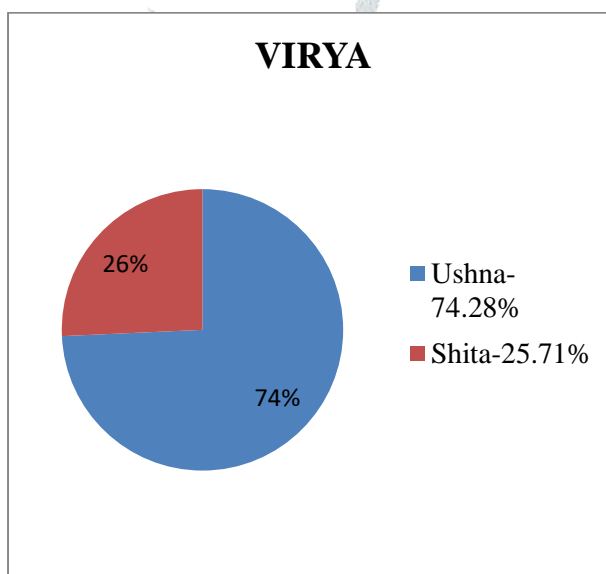
- From the *Dravyas* identified and the properties of them that are tabulated as mentioned in Table, the *Dravyas* are analyzed based on the *Rasa*, *Guna*, *Virya*, *Vipaka* and *Karma* on the *Dosha*.
- Based on the *Rasa* is has been observed that out of the 70 *Dravyas*, it has been observed that *Madhura Rasa* is observed in 23 *Dravyas*, *Amla Rasa* in 3, *Lavana Rasa* in 0, *Katu Rasa* in 30, *Tikta Rasa* in 52 and *Kashaya Rasa* in 30 *Dravyas*. (Graph-1)

- Based on the *Virya* is has been observed that out of the 70 *Dravyas*, it has been observed that *Ushna Virya* is observed in 52 *Dravyas* whereas *Shita Virya* is observed in 18 *Dravya*.(Graph-2)
- Based on the *Vipaka* is has been observed that out of the 70 *Dravyas*, it has been observed that *Madhura Vipaka* is observed in 17 *Dravya*, *Amla Vipaka* in 0 and *Katu Vipaka* in 53 *Dravya*.(Graph-3)
- Based on the *Karma* is has been observed that out of the 70 *Dravyas*, it has been observed that 1 *Kaphahara*, 5 *Vatapittahara*, 20 *Pittakaphahara*, 31 *Vatakaphahara* and 12 *Tridosahara*.(Graph-4)
- It is has been observed that out of the 70 *Dravyas* identified, *Pramehaghna Karma* observed in 23 *Dravya*.(Graph-5)

Graph 1: Showing the distribution of *Basti Dravyas* according to the *Rasa*

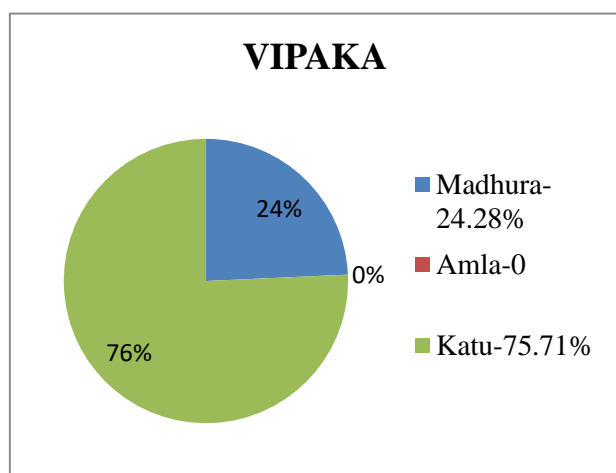


Graph 2: Showing the distribution of *Basti Dravyas* according to the *Virya*

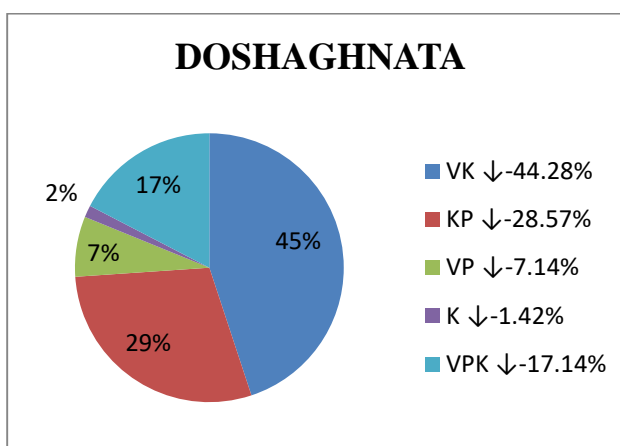


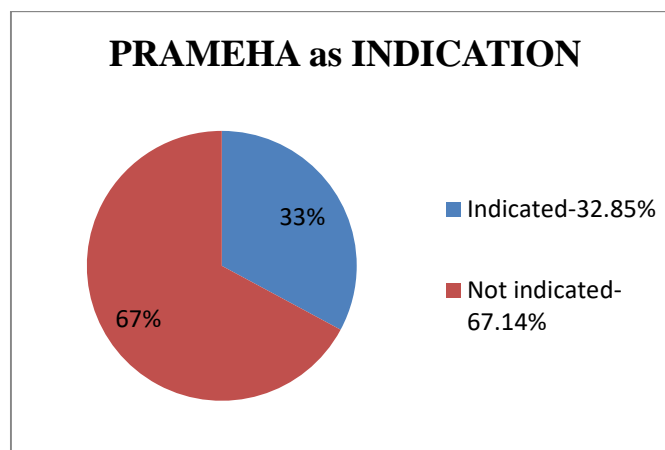
according to the

Graph 3: Showing the distribution of *Basti Dravyas* according to the *Vipaka*



Graph 4: Showing the distribution of *Basti Dravyas* according to the *Dosha karma*



Graph 5: Showing the distribution of *Basti Dravyas* according to indication of *Prameha*

DISCUSSION:

Prameha as per *Ayurveda* is marked by '*Prabhuta Avila Mutrata*'. The word *Prameha* means '*Prakarshena Mehati*' that is frequent urination & increase quantity of urine. The *Samprapti* of *Prameha* is enjoying sedentary habits and the sleep excessively, too much use of yogurt, meat juice of domestic, aquatic, swampy animal, milk & its preparation, new cereals, fresh wines, jiggery & its preparation. All *Kapha* aggravating factors^{vi} vitiates *Meda*, *Mamsa*, *Kleda*. Get lodged in *Basti* and cause different types of *Kapha* dominant *Meha*^{vii}. Similarly *Pitta* aggravated by *Ushnadi Nidana* causes different types of *Pitta* dominant *Meha*^{viii}. When other two *Doshas* are in a relatively diminished state, the aggravated *Vayu* draws *Dhatu* into *Basti* and vitiate them to cause *Vata* dominant *Prameha*^{ix}. So the initial step in the aetiology of the *Prameha* is the vitiation of the *Kapha Dosh*.

Prabhuta Avila Mutrata, the cardinal feature of *Prameha*. It is outcome of *Kleda Vikruti* in the body. Increase *Kleda* in the body causes increase amount & frequency of urine^x. *Kleda* being *Drava* in nature, it affects all the *Drava* or *Kapha Pradhana Dhatu* in the body.

- *Rasa-Pradhanya*- From the observations and results obtained it has been noted that the most of the *Dravyas* listed are having *Tikta*, *Katu* and *Kashaya Rasa*. This indicates that most of the *Tikta*, *Katu*, *Kashaya Rasa Dravya* are useful to reduce the *Kapha* and *Kleda*.
- *Virya-Vichara*- With regard to the *Virya* it has been noted that the most of the *Dravyas* listed are having *Ushna Virya Dravyas* and it also reduces *Kleda* and *Kapha, Vata*.
- *Vipaka*- here *Katu Vipaka Dravyas* are present more as compared to *Amla and Madhura Vipaka Dravya*. *Katu Vipaka* counteracts the *Kapha Dosh*, *Kleda* and reduces it.
- *Doshaghnata*- Most of the *Dravyas* are *Vata Kaphahara* in nature. As in most of the case of the *Prameha*, *Tridosha* are involved with the primary involvement of *Kapha Dosh* and *Vata* getting affected by the excessive accumulation of the *Kapha*.

Thus from the above it can be observed that most of the *Dravya* involved have *Tikta*, *Katu*, *Kashaya Rasa*, *Ushna Virya*, *Katu Vipaka*, *Vata Kaphahara* as their properties.

As *Basti* is consider to be the best treatment to normalize the *Vata Dosh* which is mainly involved in this conditions There are numerous references about the mode of action of *Basti*. Some of the references are given below.

X-ray study revealed that reach of *Asthapana Basti* was maximum upto ili-o-caecal junction. So *Niruha* may reach throughout the large intestine. Large intestine is divided into Caecum, Colon, Rectum and Anal canal. The large intestine is supplied by branches of superior mesenteric artery (Caecum, ascending colon, right 2/3 of Transverse colon) and branches of inferior mesenteric artery (remaining transverse colon, descending colon, sigmoid colon, rectum and anal canal). The venous drainage from caecum, Ascending colon, Transverse colon, drain into superior mesenteric vein, which will join with

splenic vein and form portal vein which enters liver. The venous blood from descending colon, sigmoid colon, anal canal and rectum drain into inferior mesenteric vein; which opens into splenic vein and reaches liver. Superior rectal vein drain into inferior mesenteric vein, middle and inferior rectal vein drain into general circulation through inferior venacava.^{xi}

According to *Acharya Chakrapani*, *Guda* is the *Mula* of the body where all the *Siras* are located. The *Sneha* administrated through *Guda* reaches up to the head giving nutrition to the body.^{xii}

The given *Basti* will reach *Nabhipradesha*, *Kati*, *Parsva*, *Kukshi*, and the *Veerya* of *Basti* spread throughout the body and will churn the *Dosha Chaya* and *Mala Chaya* and expel out *Pureesha* and *Dosha* completely without any complication^{xiii}. *Basti* absorb *doshas* from all over the body as sun absorb *Rasa* from *earth*^{xiv}. The *Veerya* of given *Basti* is immediately transferred to *ApanaVayu*, from *Apana* to *Samana*, then to *Vyana* and then to *Udana* and then to *Prana*.^{xv} Then the *Veerya* reaches to *Pitta Sthana* and *Kapha Sthana* and bring them back to normalcy. The *Veerya* is carried in transverse direction by *Vyana*, downward direction by *Apana*, upward direction by *Prana* just like through channels water enters to field^{xvi}. The *Veerya* is carried by *Vata* through *Sira* and spread throughout the body^{xvii}. The (*Veerya* of) *Basti* is forcefully taken upward by *Vata*; reaches *Pitta sthana* and then *KaphaSthana* and drag from their site.^{xviii}

Here in case of *Prameha*, as time progress all 20 types get converted to *Vataja Prameha* which is said to be *Asadhya*. In such conditions many complications are observed in the patient Sometimes it is difficult for the patient to consume medicines through oral route because of involved *Agnimandya*. Here *Basti* acts as a vehicle to carry all *Pramehaghna Dravyas* inside the body, to increase power of *Basti* (urinary bladder- *Kha Vaigunya*). Contents of *Yapan Basti* help to strengthen Nervous system hence useful in Neuropathy , Diabetic Retinopathy, Kidney Disorders like acute or Chronic Kidney Failure, Urological problems and many more.

CONCLUSION:

Though *Basti* is contraindicated in *Prameha Chikitsa*, if the modality is utilized judiciously and cautiously, it can give a good care to Patient. *Prameha* is one of the *AshtaMahagada* (eight great diseases), which requires multiple approaches in management. *Ayurveda* can offer a very good treatment for long-term management of this disease. Thus from the above study it can be concluded that *Dravyas having Tikta, Katu, Kashaya Rasa, Ushna virya, Katu Vipaka, Vata Kaphahara properties* will have better *Pramehahara* properties. The drugs which having the above mentioned properties can be tried in *Basti* clinically to achieve the *Pramehahara effect*.

ⁱDr.Brahmanand Tripathi,editorReprint Edition.Ch 4 Ver 26.Varanasi:Chaukhambha Publication;2009.Ashtang Hridayam,Sutra Sthana;p.59

ⁱⁱ Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 6 Ver 15. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Chikitsa Sthana p.288

ⁱⁱⁱ Dr.Anant Ram Sharma,editor.Reprint Edition.Ch 6 Ver 27.Varanasi:Chaukhambha Publication;2010.Sushruta Samhita,Nidana Sthana;p.508

^{iv} Dr.Brahmanand Tripathi,editorReprint Edition.Ch 1 Ver 25.Varanasi:Chaukhambha Publication;2009.Ashtang Hridayam,Sutra Sthana;p.20

^v Dravya Guna Vigyana by Acharya Priyavarta Sharma.Varanasi: Chaukhambha Publication;2017

^{vi} Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 6 Ver 4. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Chikitsa Sthana p.279

^{vii} Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 6 Ver 5. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Chikitsa Sthana p.280

^{viii} Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 6 Ver 5. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Chikitsa Sthana p.280

^{ix} Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 6 Ver 6. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Chikitsa Sthana p.280

^x Dr.Brahmanand Tripathi,editorReprint Edition.Ch 11 Ver 5.Varanasi:Chaukhambha Publication;2009.Ashtang Hridayam,Sutra Sthana;p.161

^{xi} Human Anatomy B.D.Chaurasia.

^{xii} Charaka Samhita with Chakrapani Tika translated by Shashtri Girjashankar 5th edition Sastu Sahitya 2015.Part-5 Siddhithana-1 Ver 30-31 . 159

^{xiii} Dr.Brahmanand Tripathi,editor. Reprint Edition. Ch 1 Ver 40. Varanasi: Chaukhambha Publication;2011.Charaka Samhita,Siddhi Sthana p.1170

^{xiv} Vrudha Vagbhata, Ashanga Samgraha, with English translation of Prof.K.R Srikanha murthi, published by Chaukhamba orientalia, Kalpashana, chapter 5, sloka 40 , page 591

^{xv} Vrudha Vagbhata, Ashanga Samgraha, with English translation of Prof.K.R Srikanha murthi, published by Chaukhamba orientalia, Kalpashana, chapter 5, sloka 41 , page 591

^{xvi} Vrudha Vagbhata, Ashanga Samgraha, with English translation of Prof.K.R Srikanha murthi, published by Chaukhamba orientalia, Kalpashana, chapter 5, sloka 42 , page 591

^{xvii} Vrudha Vagbhata, Ashanga Samgraha, with English translation of Prof.K.R Srikanha murthi, published by Chaukhamba orientalia, Kalpashana, chapter 5, sloka 43 , page 591

^{xviii} Vrudha Vagbhata, Ashanga Samgraha, with English translation of Prof.K.R Srikanha murthi, published by Chaukhamba orientalia, Kalpashana, chapter 5, sloka 39 , page 591

