



A CRITICAL REVIEW ON BASTI YANTRA

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ABSTRACT:

Basti is one of the pancha shodhana karma which has multifarious action with varied combination of drugs. Basti is known as “Ardha Chikitsa” as well as Sampurna chikitsa because of its various action. It is crucial to know about basti yantras in order to prevent the complications which may occur due to faulty instruments. There are many modified instruments when compared to the classics. Proper preparation and administering of basti Dravya are very important to achieve the significant results.

Index terms- Basti, Pancha shodhana, Ardha chikitsa, basti yantra

INTRODUCTION:

In the present era, development in science and technology around the globe has made fascinating and glorious movement. Similarly, the renewal of methodology and technology of Panchakarma therapy is need of the hour. As per the time and requirement one must upgrade the skills, treatment modalities and tools. Basti Karma is one of the Panchakarma procedure where acharyas has mentioned the use of animal bladders attached to metallic nozzles as tools to administer the medication through anal route. Now-a-days animal bladders are not easily available, economically higher in price and at the same time difficult to handle. Instead of these, one can use leather pouches, steel basti syringe for Anuvasana and Matrabasti, plastic enema cans for Niruhabasti. Plastic nozzles and rubber catheters instead of metal nozzles which are cost effective and easily available.

MATERIALS AND METHODS:

Basti yantra consists of two parts which is Basti Putaka and Basti Netra.

Basti Putaka:

The word putaka refers to container. The urinary bladder of the animals such as buffalo, sheep, goat, cow etc., are used as basti putaka. The basti putaka should be Drudha (strong), Tanu (thin), Nashta sira (devoid of veins), Vigandha (devoid of odor), Kashayarakta (saffron-red colour), Mrudu (soft), Sushuddha (well cleaned), Yathanuroopa (actual size)¹.

If the animal bladder is not available then plavaja gala (throat of pelican), ankapada (skin of bat), ghana pata (strong cloth)², charma (skin)³ should be used.

Table 1. Basti putaka dosha and its complications⁴:

	Type of dosha	Complication caused
1	Vishama (irregular shape)	Gati vaishamya (difficult passage of medicine)
2	Mamsala (fleshy)	Amagandha (mouldiness)
3	Chinna (perforated)	Srava (abrupt leakage of medicine)
4	Sthula (thick/large)	Durgrahya (difficulty to hold while administration)
5	Jalaka (contains many pores)	Nisrava (oozing out of medicine)
6	Vatala (containing air)	Phenila (frothiness of medicine)
7	Atisnighda (viscous)	Chyuti (slippery while administration)
8	Atiklinna (putrefied)	Adharyatva (not effective for administration)

Basti putaka doshas according to sushruta are Bahalata (putaka is too much bigger than the quantity of medicine), Alapa (putaka is smaller than the quantity of medicine), Chidra (having pores), Prasteerna (having veins over the basti putaka), Durbaddha (not tying properly)⁵.

Alternative basti putaka: enema can, enema syringe, modified plastic or rubber bag, motorized plastic niruha basti yantra

Basti Netra:

The word Netra refers to hollow tube which is used to deliver the Kashaya or Sneha Dravya⁶. Metals used to prepare basti Netra are gold, silver, cooper, bronze, kamsya, shrunga/ Vishana (cow horn), danta (teeth of animals), Asthi (bones of animals), bamboo, Nala and Mani. When the above materials are not available then following materials can be used for the preparation of basti Netra, nadi, nala, vamsha, Asthi. ^{7a,b}

Features of basti Netra: Ruju (straight), Gopuccha akruthi (shape of cow's tail like tapering), Shlakshna(smooth), 3 karnika ⁸. In addition to this Acharya Sushruta mentioned Drudha (strong), Gutikamukha (round shape at tip of netra)⁹. Sharangadhara mentions Netra should have Sthula mula (wide at base).

The word Karnika refers to circular shaped structure which prevents the further insertion of basti Netra into the anal canal apart from the desired length. Basti Netra consists of 3 karnikas:- first karniak is placed at the level of 1/4th of the length from its tip. The remaining two karnikas are placed at the base with the distance of 2 angula apart from each, these two helps to facilitate the tying of basti Netra to basti putaka¹⁰.

Basti Netra Pramana:**According to Acharya Vagbhata¹¹**

Age	Length of basti netra	Size of basti Netra base	Size of tip of basti netra
1 year	5 angula	1 angula	Mudga (green gram)
1-6 years	6 angula	1 angula	Mudga (green gram)
7-11 years	7 angula	1.5 angula	Masha (black gram)
12-15 years	8 angula	2 angula	Kalaya (green pea)
16-19 years	9 angula	2.5 angula	Klinna Kalaya (soaked green pea)
>20 years	12 angula	3 angula	Karkanduka

According to Acharya Charaka¹²

Age	Length of basti netra	Size of tip of basti Netra
1-6 years	6 angula	Mudga (green gram)
7-12 years	8 angula	Karkanduka
13-20 years	12 angula	Sateena (vartula kalaya)

According to Acharya Sushruta¹³

Age	Length of basti netra	Size of base of basti netra	Diameter of base of bastinetra	Size of tip of basti Netra
1 year	6 angula	Kanishtika samana (Size of little finger)	Kanka pakshi nadi samana (should allow the feather of kanka bird)	Mudga (green gram)
8 years	8 angula	Anamika (ring finger) samana	Shyena pakshi nadi samana	Masha (black gram)
16 years	10 angula	Madhyamanguli (middle finger) samana	Mayura pakshi nadi samana	Kalaya (green pea)
25 years	12 angula	Angushtaka (thumb) samana	Gradhra pakshi nadi samana	Ankurita Kalaya (sprouted green pea)

Basti Netra dosha and its complication:¹⁴

	Netra dosha	Complication caused
1	Ati hruswa (too small)	Aprapti (medication not reaching the desired site)
2	Atideergha (too long)	Atigati (doora pravesha i.e. medication crossing the desired site)
3	Tanu Netra (too thin)	Kshobha (causing discomfort by its movement)
4	Sthula Netra (too thick)	Karshana (attrition due to over size)
5	Jeerna Netra (old)	Kshanana (inflicts wound)
6	Shithila bandhana (loosely tied)	Srava (leakage of medicine while administering)
7	Parshwa chidra (hole in lateral side of netra)	Gudapeeda (pain in anal region)
8	Vakranetra (curved or bent)	Gatirjimha kutila (medication travels transcersly into colon)

Basti Netra doshas according to Acharya Sushruta are Atisthula (too thick), Karkasha (rough surface), Avanata (having depression), Anubhinna (broken), Sannikrushta karnika (having less distance between karnika), Viprakrushta karnika (more distance between karnika), Sukshma chidra (minute hole), Atichidra (widen hole), Atideergha (too long), Atihrusva (too short), Asrima (having many angular structures in netra)¹⁵.

DISCUSSION:¹⁶

Enema can/pot: The measuring cans attached with the pipe are now a days used for the administration of niruha basti. The end of the pipe is attached with catheter of suitable size and it is inserted into the anal canal.

Advantages: Easily available and easy to administer. Easy cleaning. Chances of complications like savata basti is very less. the rubber catheter can be used for a single person and then disposed. Using rubber catheter one can able to high rectal/low rectal enema no chance of complications which are told in classical basti Netra and putaka.

Disadvantages: Dravya should move by gravitational force, no chance for pressing like in putaka.

Plastic niruha basti yantra: It is a motorized basti yantra so that uniform pressure of medicine is delivered.

Modified plastic/ rubber bag for putaka for niruha: This yantra is made from one-piece surgical plastic bag of 41 micron and higher quality. It is transparent and sterilizable and comes with rounded tip for painless insertion. Transparent body allows viewing of air in basti material. For 1200ml, 800ml and 500ml respectively 2 kg, 1.5kg and 1kg plastic bag should be used.

Advantages: easy to tie to the Netra, easy to handle, single use and disposable, sterilizable hence chances of infections are very rare. Saves the procedure time. Very few Putaka Dosha.

Enema syringe: now-a-days, modified basti yantras are available in the market. This has a stainless-steel body with bronze head or Delrin head. The disposable basti tip is screwed to the head. This tip has an ideal hole size for ayurvedic use. These are available in the 100ml/250ml sizes for matra basti and anuvasana basti. The tips are also available in two sizes- adult and pediatric.

Rubber catheter: It can be used in place of basti Netra. Rubber catheter can be used for single use and then disposed. By using rubber catheter one can give high rectal or low rectal enema. Different size catheters are available in the market, commonly number 12 size for elders and 8 size for pediatric age group is used. Less chance of injury and complications.

Disadvantage: hole is present on the lateral side which is one of the Netra dosha.

Plastic Netra: Netra of different sizes (small, medium & large) prepared from good quality plastic are available in market.

Advantages: easy to handle, can be reused after proper washing in antiseptic solution. Light in weight. Minimal Netra doshas.

CONCLUSION:

Acharyas has given detailed description about basti Netra and basti putaka with its defects along with the basti sammelana patra. As the time passed, the instruments have also advanced. In olden days due to the non-availability of rubber, they were using basti Netra. Classics have permitted to change of method according to the time if better options are available. Vaidya H.S. Kasture has disagreed the fact that basti given by classical basti yantra provides better result than the currently used method, by saying that, he has given 17 lakh basti till 2005 using the enema pot and enema catheter and he has observed same efficacy as that of classical basti yantra and very few complications due to the enema pot and catheter (lecture given at national seminar held in 2005 at Jamnagar). Juneja.Y et.al. (Jamnagar,2008) concluded in their research work that, basti administered by classical yantra and enema pot-rubber catheter provided same effect. Considering all these it can be concluded that the use of enema pot and catheter is simple, economical, safe and free from complications. Research works has also conducted with both (ancient and modern methods) the Basti administration tools. The need of new tools and techniques is for cost effective treatment, to make the procedures handy, to enhance the effectiveness of therapy and to save manpower and time¹⁷.

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