

A CRITICAL REVIEW OF LOGIC BEHIND USE OF ASTHAPANOPAGA GANA IN VARIOUS NIRUHA BASTIS

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ABSTRACT

Charaka has explained six *Gana* (a group of medicines) useful for Panchakarma in “*Shat Virechana Shatashritiya*” chapter. The medicines explained in these *gana* are said to be useful in assisting the leading or chief medicines of the said Panchakarma procedures. The methodology of using these medicines in said procedures is not elaborated anywhere in original text and related commentaries also. Practically *Vamanopaga* (medicines helping *Vamana* process) and *Virechanopaga* (medicines helping *Virechana* process) medicines are being used during the procedure along with chief *vamaka* and *virechaka* medicines. But the methodology of using *Asthapanopaga* drugs (medicines helping in *Asthapana Basti*) in *basti* is not clear. So, to know charaka’s point of view behind using these medicines, all the *Bastis* explained in Charaka Sidhisthana were scanned and analyzed. After reviewing all the data, some conclusions were drawn and put forth in the present paper.

Keywords: *Asthapanopaga Gana* medicines, Basti, Sidhisthana

INTRODUCTION

Various drug combinations in the group of 10 medicines are advised in *Shat Virechana Shatashritiya Chapter*¹. Any such combination is called as “*Gana*”. There are Seven *Ganas*, devoted for carrying out the panchakarma procedures smoothly viz. *Snehopaga*, *Swedopaga*, *Vamanopaga*, *Virechanopaga*, *Asthapanopaga*, *Anuvasanopaga*, *Shirovirechanopaga*².

The names of these *ganas* have “*Upaga*” as suffix, like–*Sneha – upaga Gana*, *Sweda – upaga Gana* etc. *Upaga* means approaching, going towards, being or staging in or on, following or belonging to, fit for, conducive to, approached or furnished with. The medicines which help the chief/ main drugs to approach their targeted functions are said to be the “*Upaga*” drugs.

It can be understood as follows. The medicines which will help the main *sneha dravyas* (the articles which carry out the process of Oleation) in carrying out the *snehana* function (process of oleation) are called as *Snehopaga dravyas*. Snehopaga drugs are those which help and follow the action of ghee, oil etc oleaginous drugs during oleation process. Oleaginous drugs when assisted by the drugs like leucorice (given in *snehopagagana*) act more efficiently with more strength. Similarly one can understand the mode of action of the drugs explained in other *Upagaganas*. The drugs like honey, leucorice etc assessing the main *vamaka* drugs like *Madanaphala*, are explained in *Vamanopaga Gana*. The drugs which have an important role in *Shirovirechana* are explained in *ShiroVirechanaGana*³.

Vamaka or *virechaka* medicines are the chief medicines which directly or actually carry out the function of *Vamana* or *Virechana*. *Vamanopaga* and *Virechanopaga* medicines help these main drugs in carrying out the functions smoothly.

Practically, *Vamanopaga Gana* and *Virechanopaga Gana* are used during the process before or after using the chief *vamaka* or *virechanopaga* drugs. Once *Vamaka* and *Virechaka* medicines are administered to the patients, the medicines from these *Ganas* are given as assistant medicines to enhance the efficacy of the main drug and also try to reduce the *kshobha* or irritation caused by the *pradhana* medicine.

E.g. – *Yashtimadhu Kwatha* (leucorice decoction) or Honey are used to facilitate the process of Vomiting. *Draksha Kwatha* (resin decoction)

is used to assist the *virechaka yoga* in producing laxation comfortably.

Thus, practically these medicines are used “orally” either before administration or after administration of chief *Vamaka* or *Virechaka* drugs. They are used during the procedure for maintaining the rhythm of process or to provide the medium for *doshas* which are getting expelled during the procedure.

Applied aspect of AsthapanopagaGana –

The *AsthapanopagaGana* have the following 10 drugs viz. – *Trivrutta* (*Operculina turpethum*), *Kushtha* (*Saussurea costus*), *Bilwa* (*Aegle marmelos*), *Vacha* (*Acorus calamus*), *Madanaphala* (*Randia dumetorum*), *Pippali* (*Piper longum*), *Yashtimadhu* (*Glycerrhiza glabra*), *Shatapushpa* (*Anethum graveolens*), *Sarshapa* (*Brassica nigra*), *Vatsaka Phala* (*Kutaja*) (*Holarrhena Pubescens*)⁴.

But, there are many doubts regarding the actual way of administration of these drugs like:

Whether they should be used either orally or through Basti route?

What will be the dose of these medicines?

In which form they should be used?

In the texts, there is no clarity over practically using the medicines from *Asthapanopaga Gana*. There is no clear guideline for the use of these medicines neither in *Brihat Trayi* nor in the respective commentaries.

Methods and materials –

As Charaka has proposed the use of these type of medicines for the first time, so to reveal the actual policy or logic behind using these medicines, all Bastis explained by Charaka in *Sidhisthana* and the available commentaries were tracked. Observations were noted.

Observations

Table 1: Use of *Asthapanopaga* drugs in various *Basti*

Sr No	Reference (CharakaSidhisthana)	Name of Basti	Kwatha	Kalka	Phalashruti
1	3/35	<i>Dvipanchamuladibasti</i>	<i>Bilwa</i>	-	<i>SarvaanIlavyadhihara</i>
2	3/36,37	<i>SthiradiNiruha</i>	-	<i>Pippali</i>	<i>Deepana, MamsaBalaprada, Chakshurbala</i>
3	3/38-42	<i>ErandamooladiNiruha</i>	<i>Madanaphala</i>	<i>Shatapushpa, Pippali, Yashtimadhu</i>	<i>Deepana, Lekhana</i>
4	3/43	<i>Ajamamsa Rasa Prayoga</i>	-	<i>MadanaPhala, Bilwa, Kushtha, Vacha, Pippali, Shatapushpa</i>	<i>Bala, Mamsa Varna, Retas, Agni, Aandhya, Shirorti, (vata)</i>
5	3/44,45	<i>PalashabastiPrayoga</i>	-	<i>VachaPippali, Shatapushpa</i>	<i>Bala, Varna Kari, Aanahya Ashmaryahara, Yonidosha hara, Gulma, Udavarta hara (Vata)</i>
6	3/46	<i>Yashtyavhad iNiruha</i>	<i>Yashti</i>	<i>Shatapushpa, madanphala, Pippali</i>	<i>Vatarakta, Svarabheda, visarpa (Vataghna)</i>
7	3/47	<i>Yashtyavhad iNiruha</i>	<i>Yashtimadhu</i>	-	<i>Pittavikara</i>
8	3/48-52	<i>Chandanadi Niruha</i>	<i>Yashtimadhu</i>	<i>Yashtimadhu</i>	<i>Daha, Atisara, Pradara, AsraVikruti, hritPandu Roga, Visham jvara, (Pittaghna)</i>
9	3/53-55	<i>DrakshadiNiruha</i>	-	<i>Yashtimadhu</i>	<i>Hrinabhi parshwauttam dehaDahe, Mutra kruchhra, Ksheena Kshata, NashtaRetas (Pittaghna)</i>
10	3/56-58	<i>Koshatakadi Niruha</i>	<i>Kutaja</i>	<i>Sarshapa, Madanaphala, Kushtha</i>	<i>KaphaRogi, Mandagni</i>
11	3/58	<i>PatoladNiruha</i>	<i>Pippali</i>	<i>Sarshapa, Madanaphala, Kushtha</i>	<i>Kapha Rogi, Mandagni</i>
12	3/59,60	<i>PanchamooladiNiruha</i>	<i>Bilwa(twice mentioned), Madanaphala</i>	<i>Madanaphala</i>	<i>KaphajanVikaran, Panduroga, Alasaka, Aamadasha, Maruta Mootra Sanga, Bale tatha Arochaka</i>
13	3/61-64	<i>RasnadiNiruha</i>	<i>Bilwa (part of Dashmoola)</i>	<i>Madanaphala, yashtimadhu, Pippali, Shatapushpa, Vacha,</i>	<i>Kaphaaturebhyah – Krumi, Kushtha, Meha, Bradhna, udara, Ajeerna</i>
14	3/65-68	<i>PunarnavadiNiruha</i>	<i>Bilwa (twice), madanaphala</i>	<i>Vacha, Shatavha, kushtha, yashti, Sarshapa, Pippali, Madanaphala</i>	<i>Sarva Samsarga VrutamAamaya</i>
15	8/5	<i>AshtaPrasrutikaBasti</i>	<i>Bilwa</i>	-	<i>Vatanut</i>
16	8/6	<i>Nava</i>	<i>Bilwa</i>	-	<i>Snehaneeya, Anilopaha</i>

		<i>Prasrutika</i>			
17	8/7	<i>PanchaTikta</i>	-	<i>Sarshapa</i>	<i>MehaabhishyandaKushtha</i>
18	8/9,10	<i>Shat Prasrutika</i>	<i>MadanaP hala</i>	<i>Pippali</i>	<i>Kruminashana</i>
19	8/11	<i>SaptaPrasru tika</i>	-	<i>Pippali</i>	<i>VrushatvaKrut</i>
20	8/12	<i>ChatuhPras rutika</i>	-	<i>Sarshapa</i>	<i>VitsanganahaBhedana</i>
21	8/13,14	<i>Panchapras rutika</i>	-	<i>Yashtimadhu, Pippali</i>	<i>Mutrakruchhra, Aanaha</i>
22	9/8	<i>Trivruttadini ruha</i>	<i>Trivrutta</i>	-	<i>Bastimarmaghatachikitsa</i>
23	9/8	<i>BilwadiNiru ha</i>	<i>Bilwamoo la, Trivrutta</i>	-	<i>Bastimarmaghatachikitsa</i>
24	9/8	<i>SharadiNiru ha</i>	-	-	<i>Bastimarmaghatachikitsa</i>
25	10/19	<i>BilwadiNiru ha</i>	<i>Bilwa</i>	<i>Shatapushpa, Kushtha, Yashtimadhu, Pippali, Sarshapa, Urdhwa- Adhobhagahara (Madanaphala, Kutaja, Trivrutta) – any one of the above</i>	<i>Vatshamaka</i>
26	10/20	<i>Shaliparnya diNiruha</i>	-	<i>Same as above</i>	-
27	10/20	<i>YavaadiNiru ha</i>	-	<i>Same as above</i>	-
28	10/21	<i>NaladiNirua</i>	-	<i>Same as above</i>	<i>Pittaggna</i>
29	10/21	<i>Manjishthad iNiruha</i>	<i>Yashtimad hu</i>	<i>Same as above</i>	<i>Pittaggna</i>
30	10/22	<i>Chandanadi Niruha</i>	-	<i>Same as above</i>	<i>Pittaggna</i>
31	10/23	<i>ArkadiNiruh a</i>	-	<i>Same as above</i>	<i>Kaphaaghna</i>
32	10/23	<i>HaridradiNi ruha</i>	-	<i>Same as above</i>	<i>Kaphaaghna</i>
33	10/24	<i>PippalyadiN iruha</i>	<i>Pippali</i>	<i>Same as above</i>	<i>Kaphaaghna</i>
34	10/25	<i>Pakwashaya ShodhakaNi ruha</i>	<i>Madanap hala, Vatsaka</i>	<i>Same as above</i>	<i>Pakwashaya Shodhana</i>
35	10/26	<i>Pakwashaya ShodhakaNi ruha</i>	<i>Trivrutta</i>	<i>Same as above</i>	<i>Pakwashaya Shodhana</i>
36	10/26	<i>ShyamadiNi</i>	<i>Shyama</i>	<i>Same as above</i>	<i>PakwashayaShodhana</i>

		<i>ruha</i>	(Trivrutt ??)		
37	10/27	<i>PrakiryadiN iruha</i>	-	<i>Same as above</i>	<i>Pakwashaya Shodhana</i>
38	10/27	<i>SaptaladiNir uha</i>	-	<i>Same as above</i>	<i>Pakwashaya Shodhana</i>
39	10/28	<i>KakolyadiNi ruha</i>	-	<i>Same as above</i>	<i>Shukrala, Mamsala</i>
40	10/28	<i>VidaryadiNi ruha</i>	<i>Yashtima dhu</i>	<i>Same as above</i>	<i>Shukrala, Mamsala</i>
41	10/29	<i>Aatmagupta diNiruha</i>	-	<i>Same as above</i>	<i>Shukrala, Mamsala</i>
42	10/30	<i>JalajadiNiru ha</i>	-	<i>Same as above</i>	<i>Shukrala, Mamsala</i>
43	10/30	<i>Jeevanyadi Basti</i>	<i>Vatsaka</i>	<i>Same as above</i>	<i>Sangraahika</i>
44	10/30	<i>Pragrahadi Basti</i>	<i>Kushtha</i>	<i>Same as above</i>	<i>Sangraahika</i>
45	10/31	<i>Priyangvadi Basti</i>	-	<i>Same as above</i>	<i>Sangraahika</i>
46	10/31	<i>VatadyaBasti</i>	-	<i>Same as above</i>	<i>Sangraahika</i>
47	10/32	<i>Aakhuparnik adiBasti</i>	-	<i>Same as above</i>	<i>Parisravahara</i>
48	10/32	<i>Tandulyika diBasti</i>	-	<i>Same as above</i>	<i>Parisravahara</i>
49	10/33	<i>Kaalankatak aadibasti</i>	-	<i>Same as above</i>	<i>Daahaghna</i>
50	10/33	<i>UtpalaadiBasti</i>	-	<i>Same as above</i>	<i>Daahaghna</i>
51	10/34	<i>Karbudaara diBasti</i>	-	<i>Same as above</i>	<i>Parikartika</i>
52	10/35	<i>Shreeparnya adiBasti</i>	-	<i>Same as above</i>	<i>Parikartika</i>
53	10/36	<i>Shalmalyadi Basti</i>	-	<i>Same as above</i>	<i>Pravaahana Hara</i>
54	10/37	<i>Ashwagandh adiBasti</i>	-	<i>Same as above</i>	<i>AtiyogaHara</i>
55	10/38	<i>Nyagrodhad ibasti</i>	-	<i>Same as above</i>	<i>Atiyoga Hara</i>
56	10/38	<i>Bruhatyadib asti</i>	-	<i>Same as above</i>	<i>Jeevaadaana Nashaka</i>
57	10/39	<i>Kashmaryad ibasti</i>	-	<i>Same as above</i>	<i>Jeevaadaana Nashaka</i>
58	10/40	<i>Go AviAadiSho nitaBasti</i>	-	<i>Same as above</i>	<i>Jeevaadaana Nashaka</i>

59	10/41	<i>ShashaadiBasti</i>	-	<i>Same as above</i>	<i>JeevaadaanaNashaka</i>
60	10/42	<i>Madhookadi Basti</i>	-	<i>Same as above</i>	<i>JeevaadaanaNashaka</i>
61	10/43	<i>Manjishthadi Basti</i>	-	<i>Same as above</i>	<i>Raktapittahara Basti</i>
62	10/44	<i>Soma Valkadibasti</i>	-	<i>Same as above</i>	<i>PramehaNashakaBasti</i>
63	11/34,35	<i>BalaadiBasti</i>	<i>Bilwa</i>	<i>Pr</i>	<i>SadaaturanaamBala, Varna wardhanah</i>
64	11/36	<i>Jeevaniyaadi Niruha</i>	<i>Yahtimadhu</i>	<i>Yashtimadhu</i>	<i>SadaaturanaamBala, Varna wardhanah</i>
65	12/15/1	<i>MustadiYaa pana</i>	<i>Madanaphala</i>	<i>Shatapushpa, yashtimadhu</i>	<i>Shukra Mamsabala Janana, Kshata Ksheena Kasa Gulma Shoola, VishamaJvara, Bradhna, Kundala, Udavarta, Kukshi shola, Mutrakruhra, AsrugajoVisarpa, Pravaahika, Shiro Rooja, jaanu Uru, Janghaa, Basti graham Ashmari, Unmada, Arsha, Prameha, Adhmaan, Vatarakta, Pitta shleshma Vyadhi Hara, sadya Bala Jananarasayana.</i>
66	12/15/2	<i>Erandamool adiyapana</i>	<i>Madanaphala</i>	<i>Shatapushpa, Kushtha, Pippali, Vacha, Bilwa, Indrayava,</i>	<i>Sarvesham prashasto – Lalit, Sukumar, sreevihar, Ksheena Kshata, Sthavir, Chiraarshasaam, Apatyakamanam</i>
67	12/15/3	<i>Sahacharadi yapana</i>	-	<i>Yastimadhu, Pippali, madanaphala</i>	<i>Sarvesham prashasto – Lalit, Sukumar, sreevihar, Ksheena Kshata, Sthavir, Chiraarshasaam, Apatyakamanam</i>
68	12/15/4	<i>BruhatyadiYapana</i>	-	<i>Yastimadhu, Pippali, madanaphala</i>	<i>Sarvesham prashasto – Lalit, Sukumar, sreevihar, Ksheena Kshata, Sthavir, Chiraarshasaam, Apatyakamanam</i>
69	12/15/5	<i>PrathamBalaadiYapana Basti</i>	<i>Bilwa</i>	<i>Yashtimadhu, Madanaphala</i>	<i>Kasa, Jvara, Gulma, Pleeha, Ardit, SreeMadyaKleeshtanam, SadyobalajananoRasayanashch</i>
70	12/15/6	<i>DwitiyaBalaadiYapanaBasti</i>	<i>MadanaPhala, Bilwa (Each 1 pala)</i>	<i>Yashtimadhu, Madanaphala, Shatapushpa, Kushtha, Vacha, Pippali, Indrayava</i>	<i>Shukra-mootra-varchahsango, AnilajaGulma, Hridroga-Adhmana-bradhna-parshwaprushthakatigrahasandnyanaasha, Balakshayeshuch</i>
71	12/15/8	<i>HraswapanchaMooladiYapanaBasti</i>	-	<i>Pippali, yashtimadhu, Madanaphala</i>	<i>Ksheena, VishamJvara, karshitasya</i>
72	12/15/9	<i>TrutiyaBalaadiYapanBasti</i>	-	<i>Pippali, yashtimadhu, Madanaphala</i>	<i>Sthavira, Durbala, KsheenaShukraRudhiranamPathyatamah</i>
73	12/15/10	<i>ChaturthaBalaadiYapana Basti</i>	<i>Yashtimadhu</i>	<i>yashtimadhu, Madanaphala</i>	<i>Jvaratebhyoh Basti Dadhyaat</i>

74	12/15/11	Shaliparnya diyapanaBasti	-	Pippali, yashtimadhu,	Ksheenendriya, VishamaJvara, Karshitasya Bastih Shastanam
75	12/16/1	SthiradiYap anaBasti	-	-	-
76	12/17/2	Dwipancha mooladiBasti	Bilwa	Pippali, yashtimadhu, Madanaphala	Streeshu Atikaamaanaam Balajanana Bastih
77	12/17/3	MayuradiBasti	-	Madanaphala, Pippali, yashtimadhu, Shatapushpa	Streeshu AtiPrasakta Ksheenendriyebhyo Balavarna Karam
78	12/17/5	GodhaNakul adiBasti	-	Pippali, MadanaPhala	Bastih Balyorayanah, Khseena kshatasya Sandhankaro Mathitoraskarathagahajahaya Bhagna vatabalaasaka prabhruiti udavart vaatasakta MootravarchahShukranam aHitatamasch
79	12/17/9	Dashamola MayooradadiBasti	Bilwa	Shatapushpa	Pada Gulpha uru Janu Janghag Trik Vankshan Basti Vrushan Anil Roga Hara
80	12/17/14	Mutrashaya PakaNashak Basti	-	Shatapushpa (half pala)	Bala varna vrushyatamo, nirupdravo basti medhrapaka, Parikartika mootrakruchchra pitta vyadhiharo, Rasayanshch
81	12/17/16	SarvaVaatar oga Hara Basti	-	Shatapushpa	Sarvavaatarogahara
82	12/18	Dwipancha mooladiBasti	Bilwa, Madanaphala	Indrayava, madanaphala	Shleshmavyaadhi Basti Aatopa Vata shukra sanga, PanduRoga, Ajirna, Visoochika, Alasakeshu

Table 2: Frequency of *Asthapanopaga* drugs used for Kwatha in NiruhaBasti

Sr no	Name of the drug	Frequency
1	Bilwa	14
2	Madanaphala	9
3	Yashtimadhu	7
4	Kutaj	3
5	Pippali	2
6	Trivrut	4
7	Kushtha	1

Asthapanopaga drugs are used as a single or rarely a group of two or more for decoction in any basti preparation. *Shatapushpa*, *Vacha* and *Sarshapa* are never used in any *Basti* preparation for *Kwatha kalpana*. *Bilwa* and *madanaphala* are used with maximum frequency. The

quantity of drugs to be used for *Kwatha* is not mentioned in any *Basti* preparation.

General Doshagnata in *Asthapanopaga* drugs –

Kaphaghna – Kushtha, Vacha, Sarshapa,
Madanaphala, Pippali, VatsakaPhala

Pittaghna – Yashtimadhu, Trivrutta, Bilwa
Vataghna – Shatapushpa, Bilwa, Yashtimadhu

Table 3: Frequency of *Asthapanopaga* drugs used for Kalka in *NiruhaBasti*

Sr No	Name of the Drug	Frequency
1	Trivrutta	30*
2	Bilwa	3
3	Pippali	50
4	Kushtha	37
5	Sarshapa	35
6	Vacha	7
7	VatsakaPhala (Kutaja)	34
8	Shatapushpa	45
9	Yashtimadhu	48
10	Madanaphala	49

Trivrutta in a Kalka form is not used directly in any type of *basti*. *Trivrutta* can be considered as indirect entry as *Asthapanopaga* drug in *Basti Sidhi* Chapter (Ch Si 10) through the mention of *Urdhva – AdhoBhagahara* (emetics and purgatives) drugs as *Prakshepa Dravyas* (additive drugs).

***Asthapanopaga* Drugs used as *Kalka* –**

1. *Pippali* (50), *Shatapushpa* (45), *Madanaphala* (49), *yashtimadhu* (48) are used with maximum frequency.
2. The *Asthapanopaga* drugs are used in *Kalka* form more than that in *kwatha* form.
3. They generally are used in the combinations of two or three drugs.
4. The combination of (*Pippali*, *Yashtimadhu* and *Madanaphala*) is used with maximum frequency (7 times).
5. The combination of (*Shatapushpa* and *Pippali*) is also used with a lot of frequency (10 times).

DISCUSSION

Designing any medicinal preparation itself is a big task. During the *Basti* preparation, it is always difficult to get the exact nature of pathogenesis and plan the *Basti* drugs accordingly. So Charaka introduced this group of drugs having suffix as “UPAGA” for assisting the clinicians in fastening the efficiency of *Panchakarma* procedures.

Asthapana basti is used mostly for *shodhana* purpose. The drugs are having the property to evacuate *doshas* from *pakwashaya* region. *Niruha Basti* expels humours through anal route and pacifies the disease. *Asthapanopaga* drugs must be having the property to act upon the *pakwashaya* (colon) region and must be acting in the following two possible pathways.

1. Some of the drugs must be helping in expelling the humors through the anal route due to their *Ushna* (Hot), *Teekshna* (penetrating) properties e.g. – *Vacha* (*Acorus calamus*), *Kushtha* (*Saussuria lappa*), *Sarshapa* (*Brassica nigra*), *Madanaphala* (*Randia dumetorum*)

2. Some drugs may be decreasing the irritation caused by the *Niruha* drugs while acting on the *pakwashaya*; e.g. – *Yashtimadhu* (*Glycerrhiza glabra*), *Bilwa* (*Aegle marmelos*), *Trivrutta* (*Operculina turpethum*), *Vatsaka phala*. (*HolarrhenaPubescens*)

So, from all the above observations, it may be said as *Asthapanopaga* medicines are used along with the other chief medicines explained in that particular *Basti*. They may be used in any one of the two forms either in *Kalka* or *kwatha*. Mostly *Asthapanopaga* drugs are used in *kalka* form.

CONCLUSION

For every preparation of *Niruha*, at least a single drug from *asthapanopaga gana* should be used in any of the either form (*Kalka* or *kwatha* or *prakshepa*).

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