

**BASTI IN PREGNANCY:- AN AYURVEDIC CONCEPT****Dr. Renu Bala<sup>1\*</sup>, Dr. Rashmi Sharma<sup>2</sup> and Dr. Laxmi Mahala<sup>3</sup>**PG Scholar (Batch 2019)<sup>1,3</sup>, Associate Professor<sup>2</sup>Department of Prasuti Tantra Evam Stri Roga, Dr. Sarvepalli Radhakrishnan Ayurveda  
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Prasuti Tantra Evam Stri  
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Pregnancy is the state in which Kapha Dosha is increased normally because of Rasa Vriddhi and Kapha Vardhak Ahar-Vihar. Only a little change in Ahar-Vihar leads to alter the Doshas state. Vata Vardhak Ahar-Vihar, Ratri Jagran (less sleep common in pregnancy), seasonal changes, Alpa Ahar, vomiting etc. leads to vitiate the Vata dosha. Vitiated Vata dosha is the main reason for many physical and psychological abnormalities in pregnant woman. Like; PROM, IUGR etc. So this is very necessary to keep Vata in normal State and Basti is the best therapy to regulate the Vata Dosha, which is chief governing factor behind all the physiological and pathological processes both in body and the mind.

**KEYWORDS:** Pregnancy, Vata dosha, Basti, IUGR, Preterm labour.**INTRODUCTION**

Ayurveda is an indigenous system of medicine, emphasizes the Garbhavkranti (process of descent of various components in embryo) to prasava (process of labour) and Sutika (puerperium) very well. In Ayurveda Garbhini Paricharya is planned for systemic supervision and care of a woman during nine months of pregnancy. In pregnancy only a little change in Ahara-Vihara leads to alter the Doshas state. Vata dosha has a great influence on psychological built up which exerts considerable influence on maintaining normal pregnancy. Vitiated Vata dosha is the main reason for physical and psychological abnormalities in pregnant woman like PROM, IUGR, preterm labour etc.<sup>[1]</sup> Basti therapy is the best curative treatment for vitiated Vata. Generally Panchakarma procedures are contraindicated in pregnancy but there are only few Basti treatments mentioned.

## MATERIALS AND METHODS

This is conceptual types of research. textual materials and research articles are consult for present study and from which the relevant references have been collected. The principle Ayurvedic texts and available commentaries on them. Research articles also searched from various websites related to the title.

### Concept of Basti and Pregnancy

**Basti:-** is the principal treatment for disorders of Vata. Basti literally means bag/container /bladder. Acharya Charaka have mentioned that there is no cause greater than Vata in the manifestation of disease and there is no better remedy than Basti. Today plastic enemas and syringes are used to push medicated decoctions viz. medicated oil enemas and cleansing enemas into the intestines of the patient. 'Basti' is the principal treatment for the disorders of 'vata'. Acharya Charak mentioned that there is no cause greater than 'Vata' in the manifestation of disease and there is no better remedy than 'Basti'.

Basti can cure diseases of all the Tridoshas, completely destroy the vitiated Doshas by entering Moola Sthana of Vata, which is supposed to be responsible for all diseases. Thus Basti is said to be the half of the whole treatment and sometimes complete treatment.

**Pregnancy:-** Pregnancy is the state in which kapha dosha is increased normally because of Rasa vriddhi and kapha vardhak ahar-vihar. Increased vata dosha leads to Preterm delivery, Premature rupture of membrane, Low birth weight baby, IUGR etc. It also affects psychological condition of pregnant woman, in which Satva is decreased, Raja and Tama are increased. If Raja is increased, it leads anxiety, fear and intolerance of pain. If Tama is increased then it creates depression, negative thoughts, fear from delivery and intolerance of pain so that patient will not cooperate in labour and there are more chances of operative delivery. There are more chances of Post-partum depression. So this is very necessary to keep Vata in normal State and Basti is the best therapy to regulate the Vata Dosha, which is chief governing factor behind all the physiological and pathological processes both in body and the mind.

### Types of Basti given during Pregnancy

1. **Anuvasana Basti** (oil enema)- Basti in which oils, fats, tonics are administered. It is used in pure Vata disorders and when a person is having excess hunger or dryness related to Vata imbalances.

2. **Niruha Basti** (decoction enema): It is also called as Asthapana Basti. Wherein herbal kashaya or decoction mix is administered. Asthapana means to establish life span and age which enhances every cell in body.
3. **Matra Basti** (Daily oil enema) It has Vatashamaka and Rasayana properties. It can be administered in all seasons without any strict dietary restrictions or daily routine. It is useful and safe in many conditions where other varieties of Basti are contraindicated.
4. **Brinhana Basti** (Nutritional enema)- Wherein highly nutritive substances have been used such as warm milk, meat broth, bone marrow soup and herbs like Shatavari, Ashwagandha, Yashtimadhu or Vidarikanda etc Basti should be given to the pregnant woman in bent or humpbacked position. In this position passage get dilated and medicine enter properly.

### **Basti treatment during pregnancy**

Basti treatment can't be given before 5th month because in 1st trimester uterus is pelvic organ and due to this uterus can be harmed and so that there is chances of abortion. In 5th month Aasthapan and Anuvasan Basti is given for the diseases of pregnant women but that Basti is indicated if necessary.

### **Basti in 8th month**

After 7th month due to hormonal effect and Kapha Vata Prakopa backache, constipation are very common problems. So Acharyas Sushruta have mentioned Anuvasan and Aasthapan Basti in 8th month in Garbhini Paricharya containing drugs mainly Kapha and Vata Shamak. This Basti regulates Vata and clear the retained feces. Due to movement of Vayu in its right direction, it delivers the baby without difficulty and remains free from complications.

### **Basti in 9th month**

Anuvasan Basti given in 9th month gives strength to woman and relaxes pelvic bones for the preparation of labour.

### **Brinhana Basti (Ksheerabasti) in garbha kshaya –**

Vata Vardhak Ahar-Vihar, Ratri Jagran(less sleep common in pregnancy), seasonal changes, alpa ahar, vomiting etc. leads to vitiate the Vata dosha. Vitiated Vata Dosha cause Garbha Kshaya (intrauterine growth retardation) and preterm labour. Study shows good result of Satavaryadi Ksheerapaka Basti in Garbha Kshaya and preterm labour.

## DISCUSSION

In Ayurveda, Garbhini Paricharya has been given which helps in maintenance of proper health of mother and proper development of fetus. Also helps in Vatanulomana (downward movement of Vata) which is needed for normal expulsion of foetus during delivery. Basti treatment is also indicated in Garbhini paricharya after seven month. From above literature we can understand that ingredients included in Basti treatment are generally Vata Pittashamaka and Tridoshashamaka. They possess Rasayana (rejuvenating), Garbha poshaka (nourishing the foetus), Balya (strengthening) and Pushtidayaka (anabolic) action which maintains and supports the pregnancy. These drugs given in Basti form have specific target action and quick absorption in body.

## CONCLUSION

National Family Health Survey 2015-16 (NFHS-4) reveals that in India the rate of Caesarean-sections has doubled over the last decade raising the country's average caesarean-section rates from 8.5% to 17.2% over the same period. Induction of labor is being done as per the convenience of health-care workers or pregnant women to shorten the duration of pregnancy. So it is the need of the hour to conduct Scientific study to encourage the Basti treatment during antenatal care. The clinical trial should be done to document the benefits of various Basti treatments mention in Garbhini Paricharya by Acharyas in Ayurveda. This should be prescribed to more women that came for antenatal checkups but under strict observation. By the Asthapana and Anuvasana Basti Shodana of Puran Pureesha (feaces) and Anulamana of Vayu (normal neurohormonal function) occurs which in turn leads to Sukhprasava (complication free normal delivery). By the use of Matra Basti and Brinhana Basti, many of the complications like IUGR, low birth weight baby etc. will be resolved.

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