

UTTARBASTI: A REVIEW

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ABSTRACT

In Ayurveda sthanik chikitsa (local therapies) are prescribed by Ancient Acharyas. Among all these basti chikitsa is considered as Chikitsardha and some physicals accept it as complete therapeutic measures because basti has a vast field of action. "*Basti*" is best *Vata Shamana Chikitsa*. Out of this *Uttar Basti* is most widely used and unique treatment concept of *Stree Roga*. It is mentioned for the genito-urinary anatomical and physiological disorder of both the males and females. *Uttar Basti* is proven effective and acts as detoxification therapy.

INTRODUCTION

Ayurveda is the traditional medicine system from India and is a result of the dedicated pursuits of sages and practitioners who worked to identify the precious herbs in natural environment and determined the specific methods of their use for relief in different ailments and conditions. The mode of treatment in Ayurveda is very generic because the objective is to correct the underlying doshas and thus establish the vital balance in the mind and body. Ayurveda also offers to cure the infertility problems in males and females and recommends specialty therapies and procedures that make use of the power of herbs to relieve the problem. In Ayurveda, for *Chikitsa* of any *Roga* there are two main measures- *Shaman Chikitsa* (medicinal treatment) and then *Shodhan Chikitsa* (Bio-purification procedures) i.e. *Panchakarma*. There are many local procedures described in Ayurveda specially for the woman. These include mainly *Yonidhavan* (Cleaning of vagina), *Uttar Basti* (Insertion of medicated oil or liquid), *Yoni Dhupan* (Vagina fumigation), *Yoni Lapan* (Vagina painting), *Yonivarti* (Vaginal

suppository), Yoni Puran (Vaginal packing), Yoni parishek (Vaginal wash), Pinda Chikitsa. Uttarbasti is one of them. Uttar Basti is one such Ayurvedic process that is actually a type of panchkarma treatment administered through the vaginal and urinary tracts in females and males respectively. This process uses herbal decoctions that cleanse and nourish the internal organs towards treatment of the disorder. It directly works locally.

AIMS AND OBJECTIVES

- To study *Uttar Basti* from different Ayurvedic texts.
- To develop a Standard Operating Procedure for *Uttar Basti*.

MATERIAL AND METHODS

Conceptual type of study. Textual materials are used for the study from which various references have been collected.

1. CLASSICAL UTTARBASTI

1.1. Defination: The Basti administered through the uttar marga and has sreshta guna is known as Uttar Basti.(Uttarmarga means the Mutra and Shukra Marga in male and the Mutra and Yoni marga in female) The basti which is administered after Niruha Basti and through the Uttar Marga is said to be Uttar Basti.

1.2. Guna: Uttar Basti alleviates Shukra Dushti, ArtavaDushti, Kashtartava, Atyartava, Yonirog, Aparasanga, Mutraghat, Other diseases of Mutra, Ashmari, Sharkara, Bastishula, Vamkshana Shula, Mehana Shula, Shukrotseka and other diseases of Basti.

1.3. Uttar Bast Yantra: Basti Putak Basti Yantra.

1.3.1. Uttar Basti Putak: Quantity of kwath or sneha administered is comparatively less. Small size animal like goat, ship, pig etc. It should be smooth, devoid of siras, processed with kashaya dravya, clean and devoid of foul smell.

1.3.2. Basti Netra – It is also called as Pushpa Netra. It should be made up of gold, silver or bronze. Structure of tip – Jatipushpavruntal ashwa mara Basti netra should have a broad base with tapering end. So that it resembles Gopuccha and insertion end should be similar to the buds of Karveera or Jatikusuma. Karnika – two karnika. One at the base to tie the putaka and the other at four angulas from the tip indicating the length to be inserted.

3. KARMA VIDHI

Important Steps To Be Performed Before Uttarbasti

1. Bladder is ensured to be empty.
2. Vitals are checked which includes: Checkup of blood pressure and pulse etc.
3. Patient is made to lie in the Lithotomy Position.
4. The genital organs of the patient ie. The vulva and perineum are painted with antiseptic solutions and covered with perennial towels.
5. A routine P/V examination is done to see the size, shape and position of the uterus.

a) *Poorva Karma*

b) *Pradhana Karma*

c) *Paschyata Karma*

a) *Poorva Karma*

The patient selected for *Uttar Basti* proceeds for the following procedures.

- 1) Evacuation of the bladder & bowels
- 2) Bath
- 3) Light diet in the form of gruels, Milk with ghee, etc.
- 4) *Abhyanga*: By any *Vatashamak Tail* ('*Mahanarayana Taila*, *Dashmula Taila* etc.)
Abhyanga should be given for ten minutes on the *Kati Pradesha*, *Adhodara*, *Prustha* and *Parshva Pradesha*.
- 5) *Swedan*: After *Abhyanga*, *Swedana* was given to same parts for about 15 minutes with hot water bag.
- 6) *Yoni Prakshalana*: Vaginal douche with 500 ml of *Panchavalkala Kwatha* or *Dashmula Kwatha* or *Triphla Kwatha* was given with all aseptic precaution.
- 7) Examination of pulse, B.P. etc. was done.
- 8) Patient was placed in lithotomy position.
- 9) The genital organs were painted with antiseptic solution and covered with perineal towels and clips were applied to fix the covering.
- 10) Routine P/V examination was performed in order to assess the size, shape, position of uterus.
- 11) The trolley with instruments, light arrangement was made ready.

b) Pradhana Karma

It includes the administration of medicine.

- 1) Sims speculum and anterior vaginal wall retractor were inserted in order to visualise the cervix.
- 2) Allis forceps was applied to the anterior lip of the cervix.
- 3) The vaginal canal, external os and fornices were swabbed with the antiseptic solution.
- 4) With the help of uterine sound, the length and position of uterus was assessed, whether the os was open or not was seen.
- 5) The os is dilated gradually with lubricated Hegar's dilators enough to admit the uterine canula easily
- 6) Then the uterine canula was entered in direction of uterus and pushed up to internal os. Then the *Basti Dravya* (*Sneha/Kwatha*) was injected drop by drop with syringe from other side of canula.
- 7) At the same time of injecting the medicine into uterus patient was kept in head low position.

c) Paschyata Karma

- (a) It is important to watch and observe that the *Basti Dravya* was expelled out properly or not and then a sterilized gauze piece was kept into the vagina.
- (b) All instruments were removed slowly and perineal towels taken away.
- (c) Patient was advised to head low position for 15 minutes in the O.T. (d) Pulse and Blood pressure recorded for two hours.

Things to take care of after Uttarbasti

After a patient has gone through the procedure they must ensure taking light diet and must avoid doing these things

1. Patients must not stand for a long time.
2. Patients must prefer not to sit for long periods.
3. They must avoid talking in an excessive manner.
4. Patients must avoid traveling for some time
5. They must try to avoid sleeping during the day.
6. Excessive exposure to cold must be avoided.
7. Excessive exposure to sunlight must be avoided.
8. The patient must avoid performing sexual relations till the time of uttarbasti.

9. Proper diet must be taken and untimely meals must be avoided.
10. Patients must control emotions like anger, anxiety.
11. Constipation must not occur in the patient.
12. Regular bowel cleaning must take place

Your uterus is the organ that plays an important role as it supports the fetus & and through the uterus nutrition is provided to the growing embryo in the antenatal period. It is that organ of the body which deals with all the stress, strain and stretch caused during the pregnancy and at the time of delivery. Your uterus must have enough strength to be in a good condition to handle all these changes which take place during the pregnancy. And Uttara basti plays the main role; it will definitely provide the required cure and support to your uterus.

Indications: Uttar Basti – In Female

- It is indicated in menstrual problems like amenorrhea, dysmenorrhea, menorrhagia, leucorrhea.
- It is used in primary and secondary infertility.
- It is very much useful to remove Tubal blocks.
- It is used in patient of recurrent abortions.
- PCOS.
- It is used for urethral stricture and dysuria.

Indications: Uttar Basti – in Male

- Urinary incontinence
- Prostate enlargement
- Cystitis
- Neurogenic Bladder
- Urethral stricture
- Male infertility

Benefits of Uttarbasti

It helps in curing thin endometrium

It is useful in improving zonal flows, zone vascularity.

It is done to cure Tubal blocks.

It helps in improving the uterus lining.

It helps in removing infertility

It is done to the patients going through recurrent abortions.

It cured PCOD.

CONCLUSION

Uttar Basti plays an important role in the disorders of *Tryavarta Yoni* and shows marvelous results when applied with proper indications, strict aseptic precautions and extreme carefulness. When *Sukoshna* (lukewarm) *Sneha / Kwatha* enters into the uterine cavity, network of *Strotamsi* (present throughout the system) carry the *Uttar Basti Dravya* towards the desired sites (All layers of uterus, fallopian tubes, ovary). On the basis of above study it is concluded that *Uttar Basti* is a very useful local treatment and off- course used in the management of various *Stree Rogas* for the fruitful outcomes.

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