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Uttar Basti - A Therapeutic Measure In Yonivyapada

Trivedi Bharvi Bansilal
Associate Professor and Head, Department of Kaumarbhritya, Sheth J. P. Govt. Ayurved College, Bhavnagar, Gujarat, India.

ABSTRACT

Without Tridosha not a single disease can form or manifest. Among the Tridosha, Kapha and Pitta are non motile where as motility is attributed only to Vata. So to get vitiate Kapha and Pitta mostly requires an initiation from Vata Dosha. As per the therapeutic approach is concerned Basti have good efficacy to neutralise or normalise the vitiated as Vata is the primary humour which is responsible for all Yonivyapada. Yonivyapada described under Striroga covers almost all the diseases of women. Uttarbasti having both the effects of Shamana as well as the Shodhana effect. Hence, hypothesis – whether Uttarbasti can be taken as a major therapeutical approach for majority of Yonivyapadas? The drugs used in Uttarbasti mostly prepared with an oil base. Along with the oil Ushna, Tikshna, Vyavayi, sometimes Sheeta, Balya, Brimhana medicines act with respective to their above properties. The mode of action may be due to Srotoshuddhikara, stimulation on follicular cells also by giving nutrition to endometrium. Present study covers the methodology of Uttara Basti.

Key words: Uttar Basti, Yoni Vyapada, Methodology.

INTRODUCTION

The term Uttara Basti is composed of two words ‘Uttara’ and ‘Basti’. According to the noun ‘ut + tara’ the prefix ‘ut’ signifies ‘superior’ status of Uttara Basti’ The ‘tara’ suffix is used to denote comparatively a better status. The Basti which is given through Uttaramarga or Utkrishta Avayava or therapeutic procedure having Shreshtha properties, is termed as Uttara Basti.[1]

Uttar Basti is a procedure by which medicaments are introduced into genital or urinary tract by specialized techniques for therapeutic purpose”. Even though, a good number of indications and contraindications are explained in Ayurvedic texts most of them are not in present practice. The method of administration time, dose, duration etc. all are not in accordance with the descriptions of classics, but a wide range of variation in practice can be seen from person to person, Institution to institution, place to place now a days. Lack of sufficient statistical data, lack of proper pharmacological studies, raise a threat to the recognition of this unique therapeutic form among scientific community. Even though, several charges against this procedure as, rudimentary techniques, it needs a unified standard protocol as it is the millenium of standardization.

Yonivyapada vs Uttar Basti

Almost all Gynaecological disorders are abbreviated under the heading of Yonivyapada in Ayurvedic classics.[2] It is a broad classification. In this era of reductionism, we took only few numbers of clinico-pathological conditions. Basti, the procedure itself is an ultimate treatment to alleviate the vitiated Vata humour.[3] Not a single Yoniroga is producing without Vata Dosha.[4] With reference to ancient technological status they derived a protocol and indications in Yonivyapada and they are not fully adaptable in current technical world. But on a thorough analysis
through the techniques of Ayurvedic books, we reached certain assumptions for applying in a variety of clinico-pathological conditions.

**Different methods of practice of Uttar Basti**

- By giving local anaesthesia
- Shirodkar’s cannula used as Pushpa Netra
- Intra-vaginal administration
- As an O.P.D. procedure
- At the time of menses

**Time of Administration**

The very next day of stoppage of bleeding phase of menstrual cycle. In Ritukal as orifices of uterus remain open in this period.[5]

**Dose and Duration**

Dose in case of Intrauterine Uttar Basti is depends on capacity of uterus, still 5ml of medicine was taken as a general dosage form for consecutive 3-5 days. The same course will repeat once in a month.

**Pharmaceutical form of Medicine**

Medicated or plain oil/ghee, decoction are the pharmaceutical forms which is advised by ancient Acharyas of which the former two are widely used.[6]

**Equipments**

- Common minimum instruments required for routine gynecological per-vaginal and per-speculum examinations like sim’s speculum, anterior vaginal wall retractor etc.
- Alli’s forceps or Vulsellum forceps
- Uterine sound
- Hegar’s dilators
- Artificial insemination cannula of 2cm length
- Syringe 5cc
- Gauze piece, cotton pad, towel, towel clips
- All instruments and medicines should be sterilized

**Pre-operative Procedures**

- Routine laboratory and systemic examination should be carried out prior to the procedure.
- Stomach, rectum and bladder should be empty.
- External genitalia is ensured as clean.
- Oil massage at lumbosacral and lower abdominal area.
- Fomentations with hot water bag over lumbosacral and lower abdominal area.
- Vaginal douche with 500ml of Panchvalkal Kwatha is administered with all aseptic precaution.
- Patient kept in O.T. after vaginal douche.
- Examination of Pulse, Blood Pressure etc.
- Patient is placed in lithotomy position.
- The genital organs should be painted with antiseptic solution.
- Genital organ covered with towel clips.
- Routine examinations are performed to confirm earlier finding such as uterine size, position etc.

**Operative Procedure**

- Position: Lithotomy
- External genitalia and vagina are washed with warm antiseptic lotion.
- Cover the Ex. genitalia and thighs with towels.
- Bimanual per vaginal examination.
- Sims’ speculum is inserted, the cervix is visualized and grasped by Allis forceps.
- Cervix is washed.
- Sounding is done for cervical dilatation and position of the uterus.
- Medicated oil or ghrita 5 cc in syringe is attached with cannula
- Cannula is inserted through ex. os up to internal os of cervix.
The medicine is pushed into uterine cavity very slowly.\textsuperscript{[7]}

Actual procedure of instillation takes minimum 10 min.

At the time of instillation give mild head low position.

Instilled medicine comes out slowly after procedure.

Remove the cannula and Allis forcep.

Put the gauze piece in the vagina.

Remove the speculum and towels.

**Post Operative Procedures**

- Take BP and Pulse
- Give hot water bag for fomentation one hour after Uttarbasti.
- Head low position for one hour after Uttarbasti.
- Light diet
- Complete rest for 3 days
- Withheld from exercise, sexual intercourse, cold substances, heavy meal, rough travelling.

**Possible Complications**

- Cervical laceration
- Endometrial trauma
- Endometrosis
- If procedure is done with high pressure or dose of medicine is more, the uterine distention will occurs.
- Due to uterine distention sever pain in lower abdomen, backache, shoulder pain will occurred.

**Indications**

- Infertility
- Amenorrhoea
- Oligo menorrhoea
- Dysmenorrhoea

**Contra Indications**

- Acute endometritis
- Vaginitis
- Cervicitis
- Cervical erosion
- Salpingitis
- Uterine prolapse
- Carcinoma of cervix
- Pregnancy
- Adhesions
- Intrauterine contraceptive devices

**Precaution**

- Instillation of medicaments should be slow.
- All the equipment and medicaments should be sterile.\textsuperscript{[8]}

**CONCLUSION**

Uttara Basti with proper method give desirable effects on different parameters of reproductive system in females. Detailed clinical analyses are necessary on clinical observations.

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