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# Conceptual study of *Yuktaratha Basti* and its mode of action

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## ABSTRACT

*Basti Chikitsa* regarded as the prime treatment modality among the *Panchakarma*. It is having not only curative action but also preventive and promotive actions. *Acharya Sushruta* has described various kind of *Basti* in *Chikitsasthana*. *Yuktarathabasti* is a type of *Niruhabasti* and *Vikalpa* of *Madhutailik Basti*. Synonyms are *Yapana*, *Siddha* and *Yuktarathabasti*. As the patient can travel even after the administration of *Basti* on chariots, back of elephants or horses it is called as *Yuktaratha*. These are normally strictly contraindicated in *Basti* therapy as it causes *Samkshobha* (irritation) and complications. This characteristic of *Yuktarathabasti* makes it applicable to out-door patients without hospitalization. It enhances *Deepana*, *Pachana* and has the *Kati, Pada, Jangha, Uru, Trikashoolahara* property. So that it can be useful in *Vatavyadhis* like *Sandhigatvata*.

**Key words:** *Basti Chikitsa, Panchakarma, Yuktarathabasti.*

## INTRODUCTION

*Panchakarma* presents a unique approach of *Ayurveda* with specially designed five procedures of internal purification of the body through the nearest possible route. It facilitates the desired pharmacotherapeutic effects of medicines administered thereafter. *Panchakarma* has a full therapy role as promotive, preventive and curative procedure.

The treatment principle for disease as told by *Acharya Sushruta* are increasing the depleted *Dosha* (humors), decreasing the increased *Dosha*, eliminating the excessively increased *Dosha* and maintaining the

normalcy of *Dosha*. *Panchakarma* does all the actions in a quick and effective manner.<sup>[1]</sup> *Acharya Charaka* mentioned that the *Dosha* are pacified by *Shodhana* never recurs but those pacified by *Langhanapachana* etc. may occur.<sup>[2]</sup> The unique feature of the *Panchakarma* therapy is to destroy the disease from the root level.<sup>[3]</sup>

*Bastichikitsa* regarded as the prime treatment modality among the *Panchakarma*. It is having not only curative action but also preventive and promotive actions. *Basti* therapy is considered as *Chikitsardha* among all therapy<sup>[4]</sup> and some physician recognize it as complete therapy because *Basti* has a vast field of therapeutic action. *Basti* is the major therapy among *Snehadi Karma* because by combination of different drugs it does *Samshodhana, Samshamana, Sangrahana* of *Dosha*, it increases the *Kshinashukra*, makes the thin into corpulent, obese into normal, nourishes the eye, destroys the *Valipalita* and arrests ageing.<sup>[5]</sup> *Acharya Sushruta* has described various kind of *Basti* in *Chikitsasthana*. These are some special *Basti* in terms of their purpose, drugs used in and their mode of action. The *Yuktarathabasti* is one among them. As the patient can travel even after the administration of *Basti* on chariots, back of

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elephants or horses it is called as *Yuktaratha*.<sup>[6]</sup> These are normally strictly contraindicated in *Basti* therapy as it causes *Samkshobha* (irritation) and complications. This characteristic of *Yuktarathabasti* makes it applicable to out-door patients without hospitalization. *Yuktarathabasti* is a type of *Madhutailikbasti* and its synonyms are *Yapanabasti*, *Siddha Basti* and *Yuktarathabasti* etc.<sup>[7]</sup> Also it enhances *Deepana*, *Pachana* and has the *Kati*, *Pada*, *Jangha*, *Uru*, *Trikashoolahara* property.<sup>[8]</sup> So that it can be useful in *Vatavyadhis* like *Sandhigatvata*.

**Ingredient:** Content of *Yuktarathabasti* as per *Acharya Sushruta*<sup>[9]</sup>

- *Madhu*: 2 *Prasruta* 1 *Karsha* (approx 170 ml)
- *Saindava*: 1 *Karsha* (approx 10 gms)
- *Taila*: 2 *Prasruta* 1 *Karsha* (approx 170 ml)
- *Kalka*: 4 *Karsha* (approx 40 gms) - (*Vacha*, *Pippali*, *Madhuka*, *Madhanaphala*)
- *Erandamoola Kwatha*: 4 *Prasruta* 2 *Karsha* (approx 340 ml)
- *Mamsarasa*: 1 *Pala*<sup>[10]</sup>(approx 40 ml) (As per *Acharya Gayi*)

Total Quantity: 760 ml (approx). *Yuktarathabasti* is a type of *Madhutailikbasti* so it is given in quantity of *Padenhina Prasruta*<sup>[11]</sup> means  $\frac{1}{4}$  less in *Dvadashaprasutamatra* i.e. 9 *Prasruta*.

According to *Acharya Vagbhata*<sup>[12]</sup> and *Sharangdhara*,<sup>[13]</sup> *Mansarasa* is not mentioned in classical text of *Yuktaratha*.

#### Comparison between *Yuktarathabasti* and *Niruhabasti*

The ingredients in classical *Niruhabasti* are *Makshika*, *Lavana*, *Sneha*, *Kalka*, *Kwatha*. *Yuktarathabasti* is the variant of *Niruhabasti*. The ingredients of *Yuktarathabasti* are *Makshika*, *Lavana*, *Sneha*, *Kalka*, *Kwatha* and *Mamsarasa*, where the dose of *Makshika* and *Sneha* is taken in equal quantity. It is having not only curative action but also preventive and promotive actions hence its properties are elaborated by *Acharya Charaka* that *Basti* treatment increases longevity of life, increases complexion of the body,

and it is well accepted to all i.e., *Sishu*, *Vridhdha* and *Yuva*, thus it cures all the diseases.<sup>[14]</sup>

#### Properties of the ingredients in *Yuktarathabasti*

1. ***Madhu*:** If any drug is administered with appropriate vehicle it can be absorbed and assimilated by the body very quickly. *Madhu* is made of various substances and considered best among the vehicles.<sup>[15]</sup> It forms the homogeneous mixture with *Saindhava*. *Madhu* has pre-digested sugar and it is easy to digest and are readily absorbed and assimilated by the body. In this way it energizes the body very quickly.<sup>[16]</sup> Main role of *Madhu* is to increase the retention time of *basti* by counteracting the irrelative property of *Saindhava*.

The retention time of irritative substance in rectum may be favoured by making solution as nearly isotonic as possible by using colloidal fluid such as starch water as diluents. Considered best among the vehicles, *Madhu* contains various substances in it, which emphasizes its drug carrying capacity. By its *Sukshmaguna*, it reaches upto a micro channel in turn carries the drug at microcellular level. In *Yuktarathabasti*, *Makshik* is taken in this much quantity that it added the property of *Vrishya* in it.

2. ***Sneha*:** By using *Sneha* the fat-soluble fraction of the drug easily absorbed from the colon. Lipids and lipid soluble substance can easily enter the cell. In this way *Sneha* helps the *Bastidravya* to reach at cellular level. *Sneha* increases the permeability of cell membrane and become helpful in elimination of *Dosha* and *Mala*. *Sneha Dravya* reduces *Vatadushti*, softens micro channels, destroys the compact *Mala*, and removes the obstruction in the channels.<sup>[17]</sup> Apart from these functions it also protects the mucus membrane from the untoward effect of irritating drugs in *Basti Dravya*.

3. ***Saindhava*:** *Saindhava* have the properties like, *Vishyandj*, *Sukshma*, *Tikshna*, *Ushna* and *Vataghna* and promotes the evacuation of bladder and rectum.<sup>[18]</sup> Because of its *Sukshma* property it helps the drug to reach into the micro

channels, *Saindhava* mixed with the honey, is capable of liquefying the viscid *Kapha* and breaking it into minute particles for their easy elimination. Similarly it may liquify the morbid *Doshasanghata* and breaks into smaller particles by virtue of its *Ushna* and *Tikshna* property respectively and thus helps their elimination. Apart from this, *Saindhava* destroys the *Picchila*, *Bahula* and *Kashaya* properties of *Makshika* and makes close union with it to form a homogeneous mixture.<sup>[19]</sup>

- 4. *Kalka*:** It gives required thickness (concentration) to the *basti*. It delivers the function of *Doshautkleshana*, *Doshaharana* or *Samshamana*

depending upon its contents and is selected accordingly. Less quantity or absence of *Kalka* makes the *Bastidravya* thin this comes out immediately after administration. Excess quantity of the *Kalka* makes *Bastidravya* thick and difficult for administration and may not come out within the expected time.

Fresh drug and drug containing volatile property can be used in the form of *Kalka*. *Kalka* drug enhances the action of *Kwatha Dravya*.

In *Yuktarathabasti*, *Kalka* of *Vacha*, *Yashtimadhu*, *Madanphala* and *Pippali* is used. The properties of these drugs are mentioned in table no. 1 as follows.

**Table 1: Properties of *Kalka Dravyas* used in *Yuktarathabasti***

S N	Drug	Latin name	Gana		Pharmacodynamics					Pharmacological action
			Charaka	Sushruta	Rasa	Virya	Vipaka	Guna	Doshagnata	Roghagnata
1.	<i>Vacha</i> <sup>[20]</sup>	<i>Acorus calomus</i>	<i>Mulini, Asthapanopaga</i>	<i>Pippalyadi, Mustakadi, Vachadi</i>	<i>Katu, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Kapha-Vatahara</i>	<i>Shirovirechana, Sagnyasthapanana, Shitaprashamana, Chardana, Niruhana, Arshogna, Lekhaniya</i>
2.	<i>Yashtimadhu</i> <sup>[21]</sup>	<i>Glycyrrhiza glabra</i>	<i>Vamanopaga, Snehopaga, Asthapanopaga, Jivaniya</i>	<i>Kakolyadi, Sarivadi, Anjanadi</i>	<i>Madhur</i>	<i>Shita</i>	<i>Madhur</i>	<i>Guru snigdha</i>	<i>Tridosahara</i>	<i>Sandhaniya, Varnya, kanthya, Kandughna, Chardinigraha</i>
3.	<i>Madanphala</i> <sup>[22]</sup>	<i>Randia spinosa</i>	<i>Vamana, Phalini.</i>	<i>Urdhvabhagahara, Aragwadadi, Mustakadi</i>	<i>Madhur, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu</i>	<i>Kaphaghna</i>	<i>Lekhana, Vamanakarakara, Shothagna, Vranaropana, Kushtagna, Kaphagna, Vishaghna, Swedajanana, Raktashodhaka, Artavajanana,</i>

										Jwaraghna.
4.	Pippalji <sup>[23]</sup>	Piper longum	Vamana, Asthanopaga, shirovirechanopaga	Urdhvabhagahara, Trayushana, Pippalyadi, Amalakyadi	Katu	Anushna	Madhur		Kaphavatahar	Dipaniya, Kanthya, Sitaprashamana, Shulaprtashamana, Kasahara, Hikkaniyagraha, Truptighna

5. **Kwatha:** It is use to get water soluble fraction from the Kwatha. The action of this is mainly depending upon the drugs used in it. Thus in regard to above description *Basti Dravya* when administered reaches up to the micro and macro cellular level due to its *Veerya* (potency) helps first to disturb the pathogenic process and carries out the morbid matter towards *Pakvasaya* for the elimination. Thus it works as a curative as well as purificative measure. The drugs used for the preparation of Kwatha are selected on the basis of *Dosha*, *Dushya* and *Srotasa* involved in the pathogenesis so their main action is *Sampraptivighatana* of *Roga*. Kwatha imparts volume and brings homogeneity. Physical effects like temperature, pressure, consistency and spread depend directly on *Kashaya* or *Kwatha*. Usually Kwatha is used but as per need *Kshira*, *Mamsarasa*, *Amlakanji*, cow urine, *Dadhimastu* are also used in place of decoction. In *Yuktarathabasti*, *Eranda* is used. The properties of *Eranda*<sup>[24]</sup> are as follows;

- Latin name - *Ricinus communis*
- Charaka Gana* - *Bhedaniya*, *Swedopaga*, *Angamardaprashamana*, *Madhuraskanda*.
- Sushruta Gana* - *Vidarigandhadi*, *Adhobhagahara*, *Vatasamshamana*

#### Pharmacodynamics

- Rasa* : *Madhura*, *Katu*, *Kashaya*
- Virya* : *Ushna*
- Vipaka* : *Madhura*
- Guna* : *Guru*, *Snigdha*, *Tikshna*

▪ *Doshagnata* : *Kaphavatashamaka*

▪ *Rogagnakarma* (Pharmacological action): *Shulaghna*, *Shothagna*, *Katishulaghna*, *Bastirogahara*, *Shirashulahara*, *Udararogahara*, *Jwaraghna*, *Shwasaghna*, *Kasaghna*, *Kushtaghna*, *Amavatahara*, *Vedanasthapana*, *Krimighna*, *Adhobhagahara*, *Sramsana*, *Dahashamaka*.

6. **Avapa Dravya:** These are used in order to make the *Basti* either *Tikshna* or *Mridu* and to increase the quantity of *Basti*. It affects the particular *Dosha* sometimes. *Yuktarathabasti* contains *Mamsarasa* as *Avapadravya*.

#### Mansa Rasa<sup>[25]</sup>

Pharmacodynamics

*Rasa*: *Madhura*,

*Guna*: *Guru*,

*Vipaka*: *Madhura*,

*Doshagnata*: *Vatashamaka*,

*Rogagnakarma* (Pharmacological action): *Rasayana*, *Brimhana*, *Hridya*

#### Method of preparation of Basti

*Yuktarathabasti* is prepared according to classical method of preparation of *Niruha Basti*.<sup>[26]</sup> First *Makshika* is added as it is *Mangalakaraka*, *Saindhava* further does the *Bhedana* of *Picchilata*, *Bahulatva* and *Kashayatva* of *Madhu*, next *Sneha* added to bring the *Ekibhavayakalpate*, *Kalka* which quickly disperses and mixes, *Eranda* does the mixture homogenous, lastly *Mansa Rasa* is added which increases the action and potency of *Basti*. This

solution is filtered and made lukewarm by keeping over water bath.

#### Time of administration

*Yutarathabasti* is a type of *Madhutailikbasti* and it comes under the category of *Niruhabasti* i.e. "*Madhyahne Kinchidavarthe*" can be adopted here also.<sup>[27]</sup> Hence *Niruhabasti* is given at morning time when patient does not feel much hunger. Even the same implies to *Yuktarathabasti*.

#### Specialities of *Yuktarathabasti*

*Yuktarathabasti* is a special kind of *Basti* in which there is no restriction for travelling regarding riding on *Ratha* or on horse or elephant after the administration of *Basti*. These characteristics of *Yuktarathabasti* make it applicable even to out-patients without hospitalization. It is a type of *Madhutailikbasti* and has synonyms like *Yuktaratha*, *Siddha* and *Yapanbasti*. It contains *Erandamoolakwatha*, *Tilataila*, *Madhu*, *Saindhava*, *Vacha*, *Pippali*, *Yasthimadhu* and *Madhanaphala* are having *Kaphavatashamaka* property. Hence *Yuktarathabasti* may act on both the *Vata* and *Kaphadoshas*. It can be given in *Padenhinaprasuta* i.e. *9 Prasut*. It is *Mrudu* kind *Basti* inspite of *Niruha* as it contains *Mansarasa* so acts as *Niruha* and *Yapanabasti* both. *Acharya Vagbhata* mentioned the properties like it enhance the *Deepana*, *Pachana* and has *Kati-Jangha-Prushtha-Uru-Trika-Pada Shoolahara*. It can be used in *Vatvyadhis* also.

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