Conceptual study of Yuktaratha Basti and its mode of action

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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.¹ Acharya Charaka mentioned that the Dosha are pacified by Shodhana never recurs but those pacified by Langhanapachana etc. may occur.² The unique feature of the Panchakarma therapy is to destroy the disease from the root level.³

Bastichikitsa 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.

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.

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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. Yuktarathabasti is a type of Madhutailikbasti and its synonyms are Yapanabasti, Siddha Basti and Yuktarathabasti etc.\textsuperscript{[7]} Also it enhances Deepana, Pachana and has the Kati, Pada, Jangha, Uru, Trikashoolahara property.\textsuperscript{[8]} So that it can be useful in Vatavyadhis like Sandhigatvata.

**Ingredient:** Content of Yuktarathabasti as per Acharya Sushruta\textsuperscript{[9]}

- **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\textsuperscript{[10]} (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 Padeninha Prasruta\textsuperscript{[11]} means ¾ less in Dwadashaprasutamatra i.e. 9 Prasruta.

According to Acharya Vagbhata\textsuperscript{[12]} and Sharangadhara,\textsuperscript{[13]} Mamsarasa 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, Vridha and Yuva, thus it cures all the diseases.\textsuperscript{[14]}

**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.\textsuperscript{[15]} 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.\textsuperscript{[16]} 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 Sukshma, it reaches upt to 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 Bastirdravya 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.\textsuperscript{[17]} 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, Vishyandi, Sukshma, Tikshna, Ushna and Vataghna and promotes the evacuation of bladder and rectum.\textsuperscript{[18]} 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.[19]

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.

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<th>S N</th>
<th>Drug</th>
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<th>Gana</th>
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<td>Kapha-Vatahara</td>
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5. **Kwatha**: It is used 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, Earandamulakwatha is used. The properties of Eranda\(^{24}\) 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**: Kaphavatamakama

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**\(^{25}\)

**Pharmacodynamics**

- **Rasa**: Madhura,
- **Guna**: Guru,
- **Vipaka**: Madhura,
- **Doshagnata**: Vatashamaka,
- **Rogagnakarma** (Pharmacological action): Rasayana, Brimhana, Hridaya

**Method of preparation of Basti**

Yuktarathabasti is prepared according to classical method of preparation of Niruha Basti.\(^{26}\) 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, Erandamoolakshaya 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**

**Yuktarathabasti** is a type of Madhutailikbasti and it comes under the category of Niruhabasti i.e. “Madhyahne Kinchidakavarte” can be adopted here also.[27] 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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