



ISSN 2456-3110

Vol 2 · Issue 2

Mar-Apr 2017

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Uttar Basti - A Therapeutic Measure In Yonivyapada

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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 *vitiated 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

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Submission Date : 05/04/2017

Accepted Date: 25/04/2017

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v2i2.7732

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
- Shirodakar'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 *Ritukul* 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.
- Allis'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 ghritha 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.^[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
- Endometriosis
- 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.^[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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How to cite this article: Trivedi Bharvi Bansilal. *Uttar Basti - A Therapeutic Measure In Yonivyapada*. J Ayurveda Integr Med Sci 2017;2:220-223. <http://dx.doi.org/10.21760/jaims.v2i2.7732>

Source of Support: Nil, **Conflict of Interest:** None declared.
