



ISSN 2456-3110

Vol 9 · Issue 7

July 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Various types of *Bahya Basti* (Local *Basti*)

Mohit Bagwari¹, Piyush Gupta², Praphull Goyal³, Bhawana⁴, Ketan Mahajan⁵

¹Post Graduate Scholar, Dept. of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

²Associate Professor, Dept. Of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

³Assistant Professor, Dept. Of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

⁴Post Graduate Scholar, Dept. of Kriya Sharir, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

⁵Professor & HOD, Dept. of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

ABSTRACT

Bahya Basti, a popular Ayurvedic practice of *Panchakarma*, is a therapeutic procedure that combines external oleation therapy and fomentation therapy known as "*Sneha Yukta Sweda*" (referred to as *Bahya Snehana & Swedana Chikitsa*). This technique involves applying comfortably warm medicated oil to a specific area using a specially crafted frame ring made from black gram powder. The process includes pouring heated herbal oil into a circular dough ring and allowing it to remain for a specific duration. *Bahya Basti* is highly effective in relieving muscle spasms, easing tightness, and promoting the strengthening of bone tissues in the localized region. It is commonly utilized in managing conditions like *Greeva Shoola & Grah* (Cervical Spondylosis), *Kati-Trik-Pristha Shoola* and *Grah* (Ankylosing Spondylitis) which are categorized under *Nanatmaja Vata Vyadhi*.

Key words: *Bahya Basti, Greeva Basti, Pristha Basti, Kati Basti, Janu Basti*

INTRODUCTION

Bahya Basti is a procedure done in *Panchkarma* which comfortably warm medicated oil is kept over the *Bahya Sthana* (Local area i.e., *Kati Sthana, Pristha Sthana, Uro Sthana, Shiro Sthana, Janu Sthana*) for a certain period. It performs the combined action of *Snehana* and *Swedana*. For this purpose an artificial pit is made with the help of dough prepared preferably with *Masha* (black gram flour). Into this pit, tolerable heated oil (40-45°C) is poured. *Bahya Basti* is highly effective in the management of pain but difficulty in positioning and

chances of burn due to warm oil in performing the procedure. *Bahya Basti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata* and *Kapha* in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and good health in the affected joints, muscles and soft tissues. *Bahya Basti* is highly effective in the management of pain but pain and difficulty in positioning is a big drawback in performing the procedure. The oils generally are heated up to a tolerable temperature and pooled over the painful area. The temperature should be maintained uniformly throughout the procedure (until the procedure is completed) and burns should be prevented. For this to happen, the oil from the pool is removed at regular intervals (leaving some oil in it i.e., oil should not be completely removed) and replaced by reheated warm oil (on the other side, simultaneously oil is passively heated). The methodology used for performing various *Panchkarma* procedures differs widely from one treatment centre to other and there are considerable variations in accuracy and substances used. In case of *Bahya Basti* the temperature of oil used should be *Sukhoshna* (comfortable to the patient) which a subjective perception of heat.

Address for correspondence:

Dr. Mohit Bagwari

Post Graduate Scholar, Dept. of Panchakarma, Patanjali Bhartiya Ayurvedigyan Evum Anusandhan Sansthan, Haridwar, Uttarakhand, India.

E-mail: mohitbagwari@gmail.com

Submission Date: 18/05/2024 Accepted Date: 29/06/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.7.43

MATERIALS AND METHODS

The study was conducted in the Department of Panchkarma, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar, where various types of *Bahya Basti* procedures are performed daily. References regarding *Bahya Basti* were collected from various textbooks, published research papers, previous work done and compilation was done. Concept of *Bahya Basti* and procedure was studied in detail.

Various types of Bahya Basti

What is *Bahya Basti*?

The word '**Basti**' is derived from the root '**Vas+cit**'.

Vasu - *Nivase* means to reside.

Vas - *Acchadane* - means to cover or wrap.

Basti - compartment to hold.

Bahya - External or Local.

Basti generally refers to the administration of the medicine through the rectal route by using the specially designed *Basti* instrument. But the *Bahya Basti* does not involve any such procedure rather this a localized form of *Swedana* procedure. As warm oil is used to apply heat, this is considered as a variety of *Snigdha Sveda*.

The procedure of applying heat to the local region or where physician want apply by retaining warm medicated oil with in a specially formed frame on local area is popularly known by the name *Bahya Basti*. *Basti* literally means "to stay" or "to reside for some time". Therefore, in some local applications where oil is kept on external parts of the body for prescribed time in name as *Basti* by adding adjective of the name of that region.^[1] For instance, if oil is kept on *Shiro Pradesh* - *Shiro Basti*, *Netra Pradesh* - *Netra Basti*, *Greeva Pradesh* - *Greeva Basti*, *Pristha Pradesh* - *Pristha Basti*, *Kati Pradesh* - *Kati Basti*, *Uro/Hridaya Pradesh* - *Uro/Hridaya Basti*, *Skandha Pradesh* - *Skandha Basti*, *Nabhi Pradesh* - *Nabhi/Chakra Basti*, *Janu Shandhi* - *Janu Basti*.

Shiro Basti - Hair fall, Dandruff, Cranial nerve disorders, Premature graying, Dermatological conditions of the scalp, Ulcerating Lesions.

Netra Basti - *Akshi Rukstha*, *Shuskta*, *Timira* etc. *Netra Vyadhi*.

Greeva Basti - *Greeva Shoola*, *Manya Sthambha*, *Viswachi* (Cervical Spondylosis).

Pristha Basti - Whole Spine Pain, Spondylosis, Ankylosing Spondylitis.

Kati Basti - *Kati Shoola*, *Sciatica*, *Lumber Spondylitis*, *osteophytes*, *Ankylosing Spondylitis*.

Uro Basti - *Uro Shoola*, *Parshuka Bhagna* (Fracture of rib).

Hridaya Basti - *Hridaya Shoola* (Angina), *Hridha Kampha* (Palpitation).

Skandha Basti - *Skandha Shoola*, *Skandha Stabhta* (Frozen Shoulder).

Nabhi Pradesh - *Udar Vikar*, *Vibhandha*, *Nabhi Shoola*, *IBS*.

Janu Basti - *Sandhighata Vata* (Osteoarthritis) and others *Janugata Vikar*.

Pristha Basti

It is mainly indicated for the diseases related to whole spine. The procedure *Swedana* itself is beneficial in relieving the pain, in addition to this the medicated oil that gets absorbed from the skin has unique therapeutic effects. This procedure is proved to be effective in diseases like Spondylosis, Ankylosing spondylitis, rheumatoid arthritis.

What is *Pristha Basti*?

Is has 2 terms

Pristha - Whole back

Basti - Means to hold

The procedure of applying heat to the *Pristha* (means complete back region). Thus, *Pristha Basti* means a treatment in which medicated oils are poured and pooled for a fixed duration of time in a compartment or a cabin constructed over the Whole back area or Whole Spine using wet flour of black gram.

In simple words *Pristha Basti* is pain relieving oil-pooling treatment conducted for whole back pain.

Basti is a term used to describe the urinary bladder in *Ayurveda*. Urinary bladder is a bag which holds urine for a certain amount of period till it is voided. Similarly, in *Pristha Basti* a compartment is constructed over the back area by using flour of black gram and the pain relieving medicated (herbal) oils are pooled in this compartment for a fixed duration of time. Therefore, the procedure is called *Pristha Basti*.



Indications

In which conditions is *Pristha Basti* beneficial?

Pristha Basti is highly beneficial in the below said conditions.

Back pain - It is a common disorder of back involving the muscles and bones of the back.

Spondylosis - This is a type of degenerative osteoarthritis of the joints of the bones forming your back.

Sacro-iliac joint pain or dysfunction - It is a disease of sacro-iliac joint which causes low back and leg pain.

The pain is typically felt when the dimples or pits (hollow) on either side of your lower back are pressed or compressed manually. The pain is as such experienced at the mentioned area and can spread down the leg and a little upward too.

Contraindications

- Who are unable to lie in prone position for 30 to 45 min.
- Acute fever
- Acute stage of Rheumatoid arthritis
- Inflammatory or infective conditions
- Haemorrhagic disease

Materials and Equipment's^[2]

- Panchakarma Table 1
- Vessels for oil
- Sponge 1
- Cotton QS
- Hot water for bath 1
- Medicated oil 2 to 2.5 lit
- Black Gram power 2 kg.
- Facility to heat the oil
- Towel

Medicines^[3]

Any of the 4 *Maha Snehas* are used as per the condition.

Selection of oil on *Doshic* dominance. Any of the following medicated oils can be used-

- *Karpasathyadi Taila*
- *Sahacharadi Taila*
- *Masha Taila*
- *Dhanvantra Taila*
- *Kottumchukkadi Taila*
- *Mahanarayana Taila*
- *Vishagarbha Taila*

- *Bala Taila*
- *Dhatura Taila*
- *Nirgundi Taila*

Man Power

- Ayurvedic Physician 1
- Attendants 1

Purvakarma

Making Frame / Preparation of Patient

Black gram powder is to be mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about enough, thickness of 2-3 cm and height 5 cm (4 *Angul*) or according to area need. Patient is advised to lie down in prone position.

Pradhankarma

The prepared dough is to be fixed on the back area in a shape, taking care not to cause any leakage of oil. The oil should be heated up to the optimum temperature and poured slowly inside the ring. Its uniform temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 30-45 minutes. After the prescribed time, oil is to be removed by dipping cotton and squeezing in a container. Dough is removed & the area is to be wiped off followed by cleaning with lukewarm water. Thereafter the patient is advised to take rest.

Time and duration

30-45 minutes daily. (Till *Samyak Swedan Lakshan*)

The course of treatment may be continued for 7 days or 14 days.

Pristha Basti may be performed at any time of the day. But it is ideal to carry out the procedure in the morning hours. After evacuating the bowel and bladder.

Pouring Oil

Oil is heated in a water bath up to 50 degree centigrade. This oil is poured into the frame. The upper level of the oil should be approximately 1 inch above the skin. Therapist should confirm that the heat in the oil is tolerable.

Gentle Massage

The therapist standing beside the buttock of the client facing the head end of the table should perform gentle massage. For this the therapist dips one of his thumbs in the oil inside the frame. Then he moves his thumb in linear fashion on the spine applying gentle and firm pressure.

Changing the oil

The oil poured in the beginning gets cooled as time passes. When it gets cooled, the oil is taken out from the frame with the help of a spoon. Alternatively, one can soak a piece of cotton cloth in the oil to remove and add the oil.

Removing the oil and frame

This procedure of heating the low back with warm oil is continued for about half an hour and then the oil and frame are removed.

Massage

Massage on the back. Therapist should place his both the palms on the back with the thumbs approximated at the middle on the spine, and the other fingers spread covering the buttocks on either sides. Then he slides his palm upwards applying firm pressure. This is repeated for some time and then the massage is continued then massage is continued by moving the palms in circular fashion on the sacral and lumbar region.

Swedana

After the massage the low back region is subjected to fomentation. For this the cotton towel is soaked in boiling water. The water in the towel is squeezed out. Heat is then applied to the back by waving, touching and pressing the warm towel on the back. This procedure is continued for about 5 minutes. This completes the procedure of *Pristha Basti*.

OBSERVATION

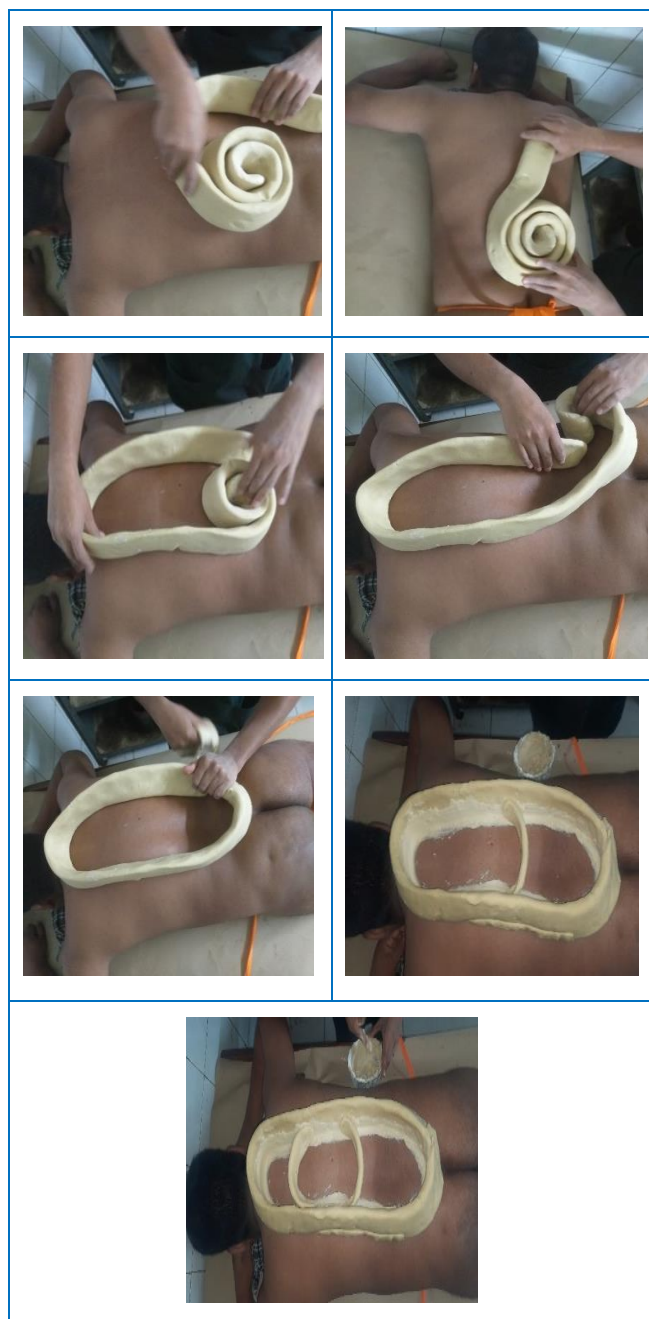
The therapist should closely observe the patient for the symptoms indicative of proper effect of *Swedana*. If the patient develops any symptoms indicative of deficient *Swedana* or excessive *Swedana* it should be treated accordingly.

Paschat Karma/ After Procedure

After the completion of *Pristha Basti* the patient is asked to take rest for about 15 minutes in supine position. Then he may be allowed to take hot water bath. The use of toilet soap to clean the oil should be discouraged; instead, Bengal gram powder may be used for this purpose.

Dietary Regimen - Normal diet.

Scientific explanation - Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in the particular region. The heat of the oil also gives passive fomentation. It gives relief from symptoms.



Kati Basti

The word *Kati* refers to Low Back. The procedure of applying heat to sacral or lumbar region by retaining warm medicated oil within a specially formed frame in this area is popularly known as '*Kati Basti*'. This is form of giving fomentation to localized area of this region.

It is mainly beneficially who are more prone to standing position work get strenuous pain in their low back due to continuous standing for long time and lack of bending movement. Continuous sitting in one certain place also causes low back pain many times. *Kati Basti* is the best remedy for them.



Indication - Painful low back condition, Lumber Spondylosis, Spondylolisthesis, Disc Prolapse, Ankylosing spondylitis, Sacroiliitis.

Contraindication - Same as *Pristha Basti*.

Materials and Equipment's - Same as *Pristha Basti*.

Medicines - same as *Pristha basti*.

Procedure

Preparation of Kati Basti

Make thick dough with black gram power by mixing with sufficient quantity of water. Make a length of 50 to 60 cm long and round pit of about 15 to 18 cm, thickness of 2-3 cm and high 5 cm (4 Angul). Patient is advised to lie down in prone position.

Preparation of patient, Procedure, Precautions, duration, and post-operative procedure are same as *Pristha Basti*.

<i>Pristha Basti</i>	<i>Kati Basti</i>
<i>Pristha</i> means complete back region	Lumbo- sacral region

Greeva Basti

It is quite similar to *Kati Basti*.

The procedure in which, warm medicated oil is retained with in a specially formed frame in the cervical region is *Greeva Basti*.

Indication - Musculoskeletal manifestations of neck, Cervical spondylosis, Spondylolisthesis, Disc Prolapse, Ankylosing spondylitis.

Contraindication, Materials and Equipment's, Medicines - same as *Pristha basti*.

Procedure

Preparation of Greeva Basti

Make thick dough with black gram power by mixing with sufficient quantity of water. Make a round pit of about 10 to 15 cm, thickness of 2-3 cm and high 5 cm (4 Angul). Patient is advised to lie down in prone position.

Preparation of patient, Procedure, Precautions, duration, and post-operative procedure are same as *Kati Basti*.

Janu Basti

Retaining the oil over the knee joint is called as *Janu Basti*. This is a form of *Snigdha Sveda* and is achieved by pouring warm oil into a frame prepared on the surface of the knee joint. *Janu Basti* is proved effective in conditions like osteoarthritis, rheumatoid arthritis and other painful conditions of knee. The prescription of medicated oil for the therapy is similar to the *Kati Basti*.

Procedure

Patient is examined for eligibility of *Janu Basti*. Black gram powder is to be mixed with water to make a thick paste (dough).

Make thick dough with black gram power by mixing with sufficient quantity of water. Make a length of 40 to 45 cm long and round pit of about 12 to 15 cm, thickness of 2-3 cm and height 5 cm (4Angul). Patient is advised to lie down in prone position.

The prepared dough is fixed on the knee area in circular shape and it placed over the affected area, now flour paste is apply inside the *Janu Basti* to prevent leakage of oil. The oil should be heated temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 40-45 min after the prescribed time oil is to be removed by dipping sponge and squeezing in a container. Dough is removed & the area is to be wiped off followed by cleaning with lukewarm water. There after the patient is advised to take rest.



Indication - OA, Bursitis, Ligament & tendon injury.

Contraindication, Materials and Equipment's - same as *Pristha Basti*.

Medicines

- *Sahacharadi Taila*,
- *Kottumchukkadi Taila*
- *Mahanarayan Taila*
- *Murivenna Taila*
- *Mahamasha Taila*

Preparation of patient, Precautions, duration, and post-operative procedure are same as *Kati Basti*.

Shiro Basti

Shiro Basti is type of *Murdha Taila*, in which the medicated oil is kept over the head with the help of cap fixed for a prescribed period of time. A special hat, preferably made of leather is fixed around the head just above the ear and eyebrow. This therapeutic procedure of *Bahya Snehana* to the head is referred as *Shirobasti*.

Materials required

- Rexene/ leather cap (75cm × 25 cm)
- Black gram flour 250 gms
- Medicated oil 1.5 liters
- Cotton cloth (5cm × 60cm)
- Cotton threads for lying
- Gas stove
- Hot water for bath
- Vessels
- *Rasnadi Churna* 5 gm
- Arm chair
- Towels

Medicated oils commonly used

- *Dhanwantara Taila*
- *Narayana Taila*
- *Bala Taila*
- *Ksheerabala Taila*
- *Chandaadi Taila*

- *Karpasasthyadi Taila*

Man Power

- Ayurvedic Physician 1
- Attendant

Method of Administration & Procedure

Shave the head completely. Do whole body massage, plug the ears with cotton piece to prevent the entry of oil in to ear. Bowel and bladder should be empty.

The patient is made to sit comfortably in an armed chair. The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eyebrows. It must be tight enough to prevent leaking of oil, but not causing any discomfort. Then the cap is to be fixed over the strip and the junctions are to be sealed with black gram paste. To seal the junctions leak free, another layer of cloth smeared with the paste is also applied over the cap. The medicated oil heated just above the body temperature is to be slowly poured inside the cap over the head. The oil is to be filled up to a height of 2 *Angula* above the scalp. Temperature of the oil (warmness) is to be maintained by replacing with warm oil at regular intervals. The process is to be continued for 30-45 minutes. At the end of the procedure, the oil is to be taken out by dipping sponge piece and squeezing in a container so as to recollect the oil. After this the cap is removed and oil is wiped off. After that *Rasnadi Churna* is applied. Gentle massage is performed on shoulder, neck forehead and back. Thereafter the patient is advised to take rest and after half an hour take a luke warm water bath. Procedure must be stopped while the *Samyak Lakshanas* are manifested.

Samyak Lakshanas

1. Getting smell or taste of the oil at throat.
2. Water oozing from the eyes, nose mouth eye.
3. Eye become reddish and will be with increased and prominent vascularity.
4. Eyelids are drooping.
5. Feeling heaviness and peculiar stretching of pain at shoulders.

Duration and Time

The usual course of therapy is 7 days and is usually done in the afternoon or evening (between 3 and 5 PM) for an average time of 45 minutes.

Time - Favourable to do between 3.30 pm and 5.30 pm.

Season - Not indicted in *Varsha*, *Sishira* and beginning of *Hemanta*.

Duration - 45 minutes is standard, or up to getting *Samyak Lakshanas*.

Vata Dosha - 1000 *Matra* - 53 minutes

Pitta Dosha - 800 *Matra* - 43 minutes

Kapha Dosha - 600 *Matra* - 32 minutes

Sama Dosha - 1000 *Matra* - 5 minutes

Indications

Headaches of *Vatika* in nature, Degenerative brain disorders, Motor neuron disease, Mental disease, *Vataja karna Rogam*, Neurological disorders such as Hemiplegic, Facial palsy, Numbness, Sleeplessness.

Contraindications

Acute inflammatory conditions, Infections, Common cold, fever, *Masthishka Avarana Shopham*, *Nethra Rogam*, *Kapha*, *Pittaja Karnarogam*, Bathing, Full stomach hyper acidity, *Urdhwa Gata Rakata Pitta*.

Complications and Management

Headache - *Dhoomapan*

Cold - *Nasya* and *Dhoomapan*

Skin Rashes - *Ghrita* application

Dietary regimen

Light diet, liquids and semisolids are preferable.

DISCUSSION

In *Bahya Basti* medicated oils having analgesic and anti-inflammatory properties are the important ingredient of the procedure. *Bahya Basti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata*, *Pitta* and *Kapha* in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and

a feeling of health in the affected joints, muscles and soft tissues. *Bahya Basti* is highly effective in the management of pain. While practicing *Bahya Basti* one should prevent burns and leakage. Care should be taken during the procedure to prevent over heating of oil. Proper positioning should be made to prevent leakage so that the procedure can be done for desired duration.

CONCLUSION

Bahya Basti is most often recommended in condition like chronic back pain, arthritis, stiffness of the joints and even muscle pain. In these conditions *Bahya Basti* may help to increase blood circulation to the affected area, gets rid of Dosha imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. This also helps to tone muscles and improve the working of tissues within the body.

REFERENCES

1. Radheyshyam Sharma, Gunjan, Gopesh Mangal, Jagdish Sanskrit Pustakalaya Jaipur, Publisher: Jagdish Sanskrit Pustakalaya, 2nd Revised & Enlarge Edition,
2. Rupendra Chandrakar, Tribhuwan Singh Pawle, Practical Practice in Panchakarma, Chowkhamba Sanskrit Series Office Varanasi, Edition 1st, 2019
3. Rupendra Chandrakar, Tribhuwan Singh Pawle, Practical Practice in Panchakarma, Chowkhamba Sanskrit Series Office Varanasi, Edition 1st, 2019

How to cite this article: Mohit Bagwari, Piyush Gupta, Praphull Goyal, Bhawana, Ketan Mahajan. Various types of Bahya Basti (Local Basti). J Ayurveda Integr Med Sci 2024;7:276-284.

<http://dx.doi.org/10.21760/jaims.9.7.43>

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