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Critical Review on Standard Operative Procedure of *Yapana Basti Karma*

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ABSTRACT

Panchakarma therapy is one of the vital branch of Ayurveda, which deals mainly with purification of the provoked *Doshas* from the body. *Basti Chikitsa* is regarded as the prime treatment modality among the *Panchakarma*. It is having not only curative action but also preventive and promotive actions. It is considered as best treatment for *Vata Dosh*. *Yapana Basti* is a subtype of *Asthapana Basti*, which is having the property to support life and promote longevity and widely used in various disorders. *Rajayapana Basti* is superior amongst all the *Yapana Bastis* described by *Acharya Charaka* as it is the king of *Yapana*. This *Rasayana Yapana Basti* performs dual function of both *Anuvasana* and *Niruha*; hence this is *Srotoshodhaka* and *Brimhana* at the sametime. That's why there is no need to administer separate *Anuvasana* while giving *Yapana Basti*. There is an urgent need of standardizing the classical *Panchakarma* procedures in consideration of the need of today. The dosage schedule, exact procedures, medicaments, effects, and side effects are to be standardized so that uniform procedure of practice should be followed all over nation. Standardization is the need of hour for physicians, to prevent *Atiyoga* (over activity), *Ayoga* (less or no activity) and to get adequate effects in a systematic and sophisticated manner within desired time period.

Key words: *Yapana Basti Karma, Panchakarma, Basti Chikitsa.*

INTRODUCTION

The *Basti* which promotes the longevity of life is *Yapana Basti*.^[1] Different meanings of word *Yapana* described in various Ayurvedic texts are: Sustaining of the life,^[2] Nourishment of the tissues,^[3] Alleviation of diseases,^[4] Supporting and maintaining of the life,^[5] Reserving the homeostasis in the body constituents.^[6] *Acharya Sushruta* has described

Yapana Basti as one of the synonym for *Madhutailika Basti* and the other synonyms are *Yuktaratha* and *Siddha Basti*.^[7] *Yapana Basti* is *Mridu* in action, it promotes formation of *Dhatu*s. The *Yapana Basti* stays for a long time in *Pakwashaya*.^[8] Also, *Yapana Basti* can be administered at all times.^[9] *Yapana Basti* is also the line of treatment for male sexual dysfunction.^[10] *Yapana Basti* can be used for healthy, diseased and elderly persons. This *Basti* increase coitus power, aphrodisiac, increases bulk of muscle, increases strength, cures all diseases, can be given in all season, cures male and female infertility, does actions of both *Niruha* and *Anuvasana*.^[11] Probably *Niruha* is *Lekhana* and *Anuvasana* is *Brimhana*.

Yapana Basti is having both actions and hence *Anuvasana Basti* is not needed (means it can be given continuously). It is neither *Ruksha* nor *Snigdha*. Hence it is called as *Napumsaka Basti*. It does both *Brimhana* and *Lekhana*. It is not *Ekanta Lekhana* or *Ekanta Brimhana*.^[12] *Madhu* added in *Yapana Basti* is *Ati*

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Vrishya and prevents Ayoga, Atiyoga and helps in retention of Basti.^[13] Rajayapana Basti which is considered superior amongst all of Yapana Bastis; cures emaciation, cough, Gulma, abdominal pain, Vishamajwara, Bradhna, Vardhma, Kundala, Udavarta, Kukshi Shula, Mutrakrichha, Raktapradara, Visarpa, Pravahika, Shiroruja, Janugraha, Janghagraha, Bastigraha, Ashmari, Unmada, Arsha, Prameha, Adhmana, Vatarakta and Pittashleshma Vyadhi. It is promoter of Bala, Mamsa and Shukra. It is Sadyobalajanana and Rasayana.^[14] It is Balya, Vrishya, Sanjeevana, Chakshushya and animating to the body.^[15] Other indications of Yapana Basti are all types of Avrita Vata^[16] especially Pittavrita Vata^[17] and Pranavrita Samana.^[18] In the classics, Yapana Basti are used in the treatment of Vishama Jwara,^[19] Punaravartak Jwara,^[20] Halimaka,^[21] Pittavrita Vata,^[22] etc. These all conditions represent a chronic stage of the disease with significant loss of the body elements supervened by obvious Vata Prakopa with association of Pitta. Such conditions demand Brimhana and Vata-Pitta Shamana and Yapana Basti plays a crucial role in relieving such diseases. In order to gain maximal efficacy and good results, there is utmost need for standardization of Yapana Basti.

STANDARD OPERATIVE PROCEDURE

Standardization is a method which confirms or ensures validity of adopted procedure or formulation or mechanism in a view to average out, equalize, homogenize and systematize a standard. As per Ayurveda standardization is very essential to prevent Atiyoga, Ayoga and to get optimum effects in a systematic manner of predetermined protocol.

Ayurveda recommended that Panchakarma therapy should be carried out only by expert to avoid any possible complications. The development of medical science seeks standardization of traditional therapeutic approaches to establish uniformity of procedural practice. The standardization of Panchakarma considered dosage schedule, procedural protocol, dose of medicaments, level of optimum effects and possible side effects.^[23-27]

Recommended Guidelines for Panchakarma Standardization

- All the procedures of Panchakarma should be performed by the same person till the clinical trial.
- The medicine used for standardization setup should not be change during the trial period.
- The participant's belongings and inclusion criteria should be similar during trial period.
- The Shodhana Karma need to be done as per seasonal requirements like; emesis in Vasant Ritu.^[28-30]

Textual references of Standardization

Many references are available in classics.

1. For Vamana the dose of Madanphala Pippali is individual's Antarnakha Mushti Pramana.^[31]
2. In view of Acharya Sharangdhara the oral dose of Sneha depends upon Jatharagni (digestive fire) for the patients of Tikshna, Madhyama and Hina Jatharagni the dose of Sneha Dravya should be 4 Tola, 3 Tola and 2 Tola respectively.^[32]
3. Dose of Niruha Basti according to age.^[33]
4. Acharya Sharangdhara describe deeply regarding the length of Basti Netra and diameter of lumen of Basti Netra. He specifically described about the specification of Karnika of Basti Netra.^[34]

Methodology for Yapana Basti Standardization

Standardization of Purva Karma

- Fixation of materials, quantity and specifications.
- Therapist requirement (expert in the field).
- Selection of required drugs and its quantity.
- Identification or authentication of drugs.
- Protocol consideration for formulation of medicaments.
- Selection of drugs as per Prakriti of individual; constitution of bio-fire and nature of bowel.

- Appropriate selection of oil, its quantity and temperature, frequency of use for external procedure.

Standardization of Pradhana Karma

- Selection of standard procedural protocol for *Yapana Basti*.
- Selection of appropriate time regimen for the *Yapana Basti*.
- Selection of frequency of therapy.
- Consideration of procedural duration.
- Course of therapy.

Standardization of Paschat Karma

- Duration of resting or relaxing period.
- Bathing consideration as per need medicated or none medicated.
- Dietetic and behavioral consideration.
- *Pathya / Apathya*.^[35-39]

DISCUSSION

In the various clinical trials that are done throughout the country, it was found that when *Basti* was administered as per the classical criteria, maximal efficacy was seen. Hence, an attempt should be made to standardize the *Panchakarma* procedures so as to achieve best results. Here is cited one of such trial - The objective of this study was to determine which method of administration of *Basti* is more efficacious. The study design was open randomized clinical trial and main outcome measures are Administration time, Retention time, Pervasion of *Basti*, Semenogram study and Sexual parameters. The result: Sperm count was increased by 70.75% in *Basti Putaka* group and 54.07% in Enema pot group. Overall average retention time of *Asthapana Basti* and *Anuvasana Basti* was 1.5 times more in *Basti Putaka* group than the Enema pot group. The conclusion of this study was that *Basti Putaka* is more efficacious than Enema pot method. Hence we can state that classical method is much more efficient than other methods.^[40] Also, according

to various trials, when the *Basti* was prepared as per the classical texts showed tremendous results.

In spite of the least complications of *Yapana Basti*, various factors should be taken care of during administration of *Yapana Basti*. These are mentioned under *Apathya* by *Acharya Charaka* and if not followed, then complications may arise.

Apathya

At the time, when *Yapana Basti* is given exercise, doing sex, use of alcohol, use of *Madhu*, *Madira*, use of cold water, intake of extra food and travelling in *Ratha* should be avoided.^[41]

Complications and treatment

Continuous and long term administration of *Yapana Basti* may cause *Shopha*, *Agninasha*, *Pandu*, *Shula*, *Arsha*, *Parikartika*, *Jwara* and *Atisara* (diarrhoea). Conservative management is to be adopted in such conditions.^[42]

The treatment of complications of *Yapana Basti* are *Deepana* with *Arishta*, *Kshara*, *Seedhu* etc. and avoid using the *Yapana Basti* continuously for longer period.^[43]

CONCLUSION

The development of medical science seeks standardization of traditional therapeutic approaches to establish uniformity of procedural practice. Hence, the standardization of *Panchakarma* procedures is must essential for consideration of dosage schedule, procedural protocol, dose of medicaments, level of optimum effects and possible side effects.

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