

## VAITARANA BASTI METHOD OF PREPARATION: A CLASSICAL REVIEW

<sup>1</sup>Radhikaba Zala, <sup>2</sup>Dhudashiya Vatsal, <sup>3</sup>Pooja B.A., <sup>4</sup>Sangamitra Pattnaik

<sup>1</sup>House Surgeon at Sushrutha Ayurvedic Medical College and Hospital, Bangalore

<sup>2</sup>House Surgeon at Sushrutha Ayurvedic Medical College and Hospital, Bangalore

<sup>3</sup>Associate Professor, department of Panchakarma, at Sushrutha Ayurvedic Medical College and Hospital, Bangalore

<sup>4</sup> Principal and HOD of Panchakarma, at Sushrutha Ayurvedic Medical College and Hospital, Bangalore.

### ABSTRACT

In Ayurveda, *Basti* (medicated enema) is considered as *Ardha Chikitsa* (half of entire treatment). There are different classification of *Basti*, and *Vaitarana Basti* is one among *Shodhana Chikitsa* in them. There is no reference regarding *Vaitarana Basti* in Bruhatatrayees, but classical references are available in textbooks like Chakradatta, Vangsen Samhita etc. In *Niruharogadhikara* 73rd chapter, *Basti Karmarogadhikara* 90th chapter respectively. Here in this article we have explained method of preparation of *Vaitarana Basti* along with its action and importance of each ingredient.

**Key Words:** *Vaitarana Basti, Panchakarma, Basti Chikitsa*

**INTRODUCTION:** *Basti Chikitsa* is one among the *Panchakarma* therapy which eliminates morbid *Doshas* (impurities) out of the body. It is considered to be a prime treatment modality and explained as *Ardha Chikitsa* (half of entire treatment) in ancient textbooks of Ayurveda. Etymological derivation of word *Basti* is, *Vas Nivaase* (which means, to reside, to

stay), *Vas Achchhadane* (to cover/to coat). *Basti Chikitsa* is the process in which medicated oil or decoction is administered into *Pakwashaya* (colon) or *Garbhashaya* (uterine cavity) or *Mutrashaya* (urinary bladder) with the help of *Basti Yantra* (instrument) is known as *Basti*. According to use of different ingredients, there are two type of *Basti*, *Anuvasana* and *Niruha*.<sup>1</sup>

**Table 1: *Basti* classification:**

|                                   | <i>Niruha Basti</i>   | <i>Anuvasana Basti</i>  |
|-----------------------------------|---|---|
| <b>1. Word meaning</b>            | Decoction enema   | Medicated Oil/Ghee enema  |
| <b>2. Paribhasha (definition)</b> | Enema which stabilizes the youthful age or sustains life span by elimination of vitiated <i>Doshas</i> (impurities) <sup>2</sup>                    | <i>Basti</i> which remains inside body for a day without causing any harm. <sup>2</sup> |
| <b>3. Ingredients</b>             | <i>Makshika</i> (honey), <i>Saidhava Lavana</i> (rock salt), <i>Sneha</i> , <i>kalka</i> (paste of medicine), <i>Kwath</i> (decoction) <sup>3</sup> | Oil/ghee ( <i>sneha dravya</i> ) <sup>4</sup>   |

**REVIEW:** According to *Garuda Purana*, name *Vaitarana* is derived from name of the river *Vaitarini*, which lies between the earth and the infernal Naraka, which a

person supposed to cross during his death.<sup>5</sup> Etymology of *Vaitarini* in *Vaitarini Mahatmya*, where it is defined as *vai* (truly), *tarini* (saving) which means,

timely administration of this *Basti* restores the health of the person from deadly diseases. Description of *Vaitarana Basti* is explained in textbooks like *Chakradatta*

and *Vangasena Samhita*. *Vaitarana Basti* is having unique formulation and specific indication.

**Table 2. MATERIALS:**

|                    | <i>Chakradatta</i> <sup>6</sup>   | <i>Vangsenda</i> <sup>7</sup>  |
|--------------------|---|--|
| <b>Ingredients</b> | <p>1. <i>Guda</i>(jaggery)- 1 <i>shukti</i>(24gm)<br/> </p> <p>2. <i>Saidhava lavana</i>(rock salt)- 1 <i>karsha</i>(12gm)<br/> </p> <p>3. <i>Taila</i> (oil) -<i>Ishata</i>(qs) - 60-70ml.<br/> </p> <p>4. <i>Amlika kalka</i>(tamarind paste)- 1 <i>pala</i> ( 48gm)<br/> </p> <p>5. <i>Gomutra</i>(cow's urine)- 1 <i>kudava</i>(192ml.)<br/> </p> | <p>1. <i>Guda</i>(jaggery)-1/2 <i>pala</i>(24gm)<br/> </p> <p>2. <i>Saidhava lavana</i>(rock salt)- 1 <i>karsha</i>(12gm)<br/> </p> <p>3. <i>Taila</i> (oil) -<i>Ishata</i> (qs) - 60-70ml.<br/> </p> <p>4. <i>Amlika kalka</i>(tamarind paste)- 1 <i>pala</i> ( 48gm)<br/> </p> <p>5. <i>Surabhi payasa</i>(cow's milk)- 1 <i>kudava</i>(192ml.)<br/> </p> |
| <b>Indication</b>  | <i>Amavata</i> (rheumatoid arthritis),<br><i>Anaha</i> (flatulence), <i>Shoola</i> (pain)   | <i>Shoola</i> (pain), <i>Vata</i> disorder,<br><i>Grudhrasi</i> (sciatica), <i>Janusankoch</i> (knee contraction), <i>Vishama jwara</i> (fever), <i>Klaibya</i> (impotency).   |

Note: Method of preparation has not been explained in classics, but *Chakradatta* has explained *Vaitarana Basti* in ch.da.73 *Niruharogadhikara*, hence *Vaitarana Basti* can be taken as variant of *Niruha*. There is slight difference between ingredients of *Niruha Basti* and *Vaitarana Basti* i.e. in *Vaitarana Basti Guda* (jaggery) is used instead of *Makshika* (honey).<sup>8</sup>

#### **METHOD OF PREPARATION:**

*Vaitarana Basti* is prepared as per the classical method used for the preparation of *Niruha Basti*. Initially mix 24gm.of jaggery with equal amount of water, heat it and evaporate water content till it becomes dense and thick in consistency.Add 12 gm. of *Saidhava lavana* (rock salt) with prepared jaggery into *Khalva*

*Yantra*(mortar and pestle) churn it thoroughly and prepare the amalgam. After proper mixing of above constituents, add *ishat* (qs=60-70ml.) *taila* (oil) slowly and continue churning. Simultaneously for preparing 48gm of *Amlika kalka*(tamarind paste), add required quantity of hot water into *Amlika* and squeeze well to get paste like consistency. Add that *Amlika kalka* into above constituents and churn well.

**1) Adding water into Guda**



**4) Saidhava lavana+ Guda**



**7) Churning**



**10) Churn well**

**2) Attaining Gudapaka.**



**5) Churning**



**8) Adding Amalika kalka**



**11) Filtering Dravya**

**3) Liquefied Guda**



**6) Adding Sneha Dravya**



**9) Adding Gomutra**



**12) Prepared Basti**



**DISCUSSION:** *Basti Chikitsa* is considered as one among *Shodhana* therapy which eliminates *Doshas* (morbid matters) from body. It is mentioned in ancient textbooks of *Ayurveda* that administered *Basti Dravya* from

Finally 192ml.of *Gomutra* (cow's urine) /*Surabhi payasa* (cow's milk) is added very slowly while churning process is continued and make a homogeneous mixture. Raw and cold cow's milk should be added to avoid splitting of milk due to tamarind paste. Once it is mixed well, filter it with a cotton cora cloth. Make filtered *Basti Dravya* luke warm by indirect hot water bath before use.

*Pakwashaya* (intestinal cavity) spead into whole body via *Sukshma Strotas* (different minute channels). Same mechanism has been explained in Modern Pharmacokinetics that drug administration via the rectum can achieve higher blood

levels of the drug than administration through the oral route, because rectum has rich blood and lymph supply and drug can cross the rectal mucosa as they can cross other lipid membranes.<sup>9</sup> *Vaitarana Basti* works by the ingredients present in it and each ingredient has its own property to act on different diseases. Ingredients present are *Guda* (jaggery), *Saidhava Lavana* (rock salt), *Tilataila* (sesame oil), *Chincha kalka* (tamarind paste), *Gomutra* (cow's urine) or *Surabhi Payasa* (cow's milk). Action of each ingredients described as follow;

1. *Guda* (jaggery): Jaggery is the first ingredient which is to be used in *Vaitarana Basti*. As method of preparation is same as that of *Niruha Basti* preparation but instead of *Madhu* (honey), *Guda* (jaggery) has to be used. *Purana Guda* is to be taken as it is having a properties like *Saksharamadhura* (sweet and slightly alkaline), *Naatisheeta* (not very cold), *Snigdha* (unctuous), *Naatipittajit* (not mitigating pitta effectively), *Vataghna* (mitigating vata), *Balya* (provide strength).<sup>10</sup> *Guda* helps in carrying the drug up to micro-cellular level after the homogenous mixture with *Saidhava Lavana*.

2. *Saidhava Lavana* (rock salt): Salt due to its *Sukshama* (minute) and *Tikshna* (penetrating nature) properties, *Saidhava Lavana* will help to pass the drug molecules into systemic circulation through minute channels (*Strotasa*). Thus it helps *Basti Dravya* to reach up to molecular level. Along with that *Saidhava Lavana* is having properties like, *Pachana* (digestion), *Kledana* (moistness), *Deepana* (kindles digestion), *Bhedana* (purgative), *Tikshna* (penetrating nature), *Vatahara* (reduce Vata), *Margavishodhana* (purifies channels) etc.<sup>11</sup> *Vishyandana* (liquefying

nature) property of *Lavana* will help in liquefying the viscid matter and breaking it into minute particles. *Guda* along with *Saidhava Lavana* makes homogenous mixture (an emulsion) that makes water easily permeable.

3. *Tilataila* (sesame oil): *Tilataila* mixed with the solution of *Guda* and *Saidhava Lavana* helps in forming emulsion. It also counteract some irritant properties of *Guda* and *Saidhava Lavana* as *Guda* is having property like *Sakshara* (alkaline property) and *Lavana* having property of *Tikshna* (penetrating property) and *Lekhana* (scrapping property). *Tilataila* itself is best in *Snehana* and pacification of *Vata*. Other properties includes, *Vataghna* (mitigating *Vata*), *Naatikaphavardhaka* (not increases more *Kapha*), *Sukshma* (minute), *Ushna* (hot potency) etc.<sup>12</sup>
4. *Amalikakalka* (tamarind paste): *Amalika* is having properties like, *Vatakaphashamaka* (reduce *Kapha* and *Vata*), *Guru* (heavy), *Deepana* (kindles digestion), *Ruksha* (dry), *Tikshna* (penetrating nature) etc.<sup>13</sup> Properties of *Amalika* will help in *Kaphapradhana* diseases by its *Ruksha* (dry) and *Tikshna* (penetrating nature) property removes *Vikrutakapha* from *Sukshma Stotas* (minute channels)
5. *Gomutra* (cow's urine): *Katuvipaka* (pungent after digestion), *Ushna* (hot potency), *Tikshna* (penetrating nature), *Kaphavatajita* (reduce *Kapha* and *Vata*), *Sakshara* (alkaline nature), *Laghu* (light), *Strotovishodhana* (purifies channels), *Vatanulomana* (downward elimination of *Vata*) and *Ruksha* (dry) are the properties of *Gomutra*. *Tikshna* (penetrating) property of *Gomutra* is useful in the *Kaphasamsrushtavyadhi* (disease associated with *Kapha*). That removes

Vikrutakapha which adhered inside minute channels.<sup>14</sup>

6. *Surabhipayasa* (cow's milk): *Godugdha* is having properties like *Alpaabhishtyanda* (slight unctuous), *Guru* (heavy), *Sheeta* (cold), *Madhura* (sweet), *Snigdha* (unctuous), *Raktapittahara* (alleviates bleeding disorders) etc.<sup>15</sup> *Godugdha* is act as *Mrudu Shodhana Dravya* and helps to eliminates morbid factors from the GIT. Mainly used in *Pittasamsrushta Vyadhi* (disease associated with *Pitta*).

**CONCLUSION:** *Vaitarana Basti* can be administered to pacify the symptoms of various diseases and take out morbid matter from the body. In case of *Kaphasamsrushta Vyadhi* (disease induced by vitiated *Kapha*), *Gomutra Yukta Vaitarana Basti* is the best, because *Tikshna* and *Ushna* properties of *Gomutra* counters the *Madhura*, *Sheeta* and *Snigdha* property of *Kapha Dosha*. Similarly in *Pittasamsrushta Vyadhi* (disease induced by vitiated *Pitta*), *Godugdha Yukta Vaitarana Basti* will be the better choice of treatment. As *Dugdh* is having *Sheeta*, *Madhura Guna* which counters the *Tikshna* and *Ushna Guna* of *Pitta Dosha*.

**REFERENCES:**

1. Dr. P. Himasagara Chandra Murthy, *Sarangadhara Samhita*, *Uttarakhanda* (English translation) Published by Chaukhambha Sanskrit series office, Varanasi, Edition 2001, Chapter number: 5, *Bastividhi*, verse number: 1, page number: 334
2. Dr. Kevala Krishna Thakaraala, *Shushrutha Samhita Chikitsasthana* (*Dalhan aevam ShreeGayadaas rachayita vistruta hindi vyakhya*) vol.II, Reprint edition 2019 , Published by Chaukhambha Orientalia, Varanasi, Chapter number: 35, *Netrabasti pramana pravibhaga chikitsitam*, Verse number: 18, Page number: 532
3. Dr. Bramhananda tripathi, *Ashtangahridaya Sutrasthana* (edited by *Nirmala Hindi vyakhya*), Reprint edition 2017, Published by Chaukhambha Sanskrit pratishtan, Delhi, Chapter number: 19, *Bastividhiadhyaya*, Verse number: 45, Page number: 236
4. Dr.Ravidatta Tripathi, *Astangasangraha*, *Sutrasthana* (Saroj Hindi commentary) Published by Chaukhambha Sanskrit pratishtana, Delhi, Chapter number-28, *Bastividhiadhyaya*, Verse number-7, Page number-503
5. Vaitarana River (mythological) – Wikipedia. Available from [https://en.m.wikipedia.org/wiki/Vaitarna\\_River\\_\(mythological\)](https://en.m.wikipedia.org/wiki/Vaitarna_River_(mythological)) assessed 13/3/2022
6. Pandit Jagannathasharma Bajpeyee, *Chakradatta* by *Chakrapani data (Subodhinyaakhyayaa)* ThirdEdition, Published by Shree Laxmi Venkateshwar steam press, Kalyan-Bombay, Chapter: *Niruhaadhikaraha*, Verse number: 33, 34, Page number: 332
7. Dr.Nirmal saxena, *Vangasen samhita or chikitsa sara sangraha*, Published by Chaukhambha sanskrit series office,Varanasi, Chapter number 83, *Bastikarmadhikara* vol II, Verse number-186 to 190, Page number:1164
8. Aswani P. S., Kshirod Kumar Ratha, Dighe Dattatray Pandurang, M. M. Rao, Remya Vijayan. *Vaitarana Vasti - A Conceptual Study Res. J. Pharmacology and Pharmacodynamics*.2018; 10(1): 45-50. doi: 10.5958/2321-5836.2018.00008.3 Published In: Volume - 10, Issue - 1, Year – 2018
9. Mukherjee A, Dwivedi OP, Dr. Jain J, Khuje SMR, Efficacy of Vaitarana Basti with respective to Ayurveda, Journal of

Drug ,Delivery and Therapeutics. 2018; 8(6-s):246-250 DOI: <http://dx.doi.org/10.22270/jddt.v8i6-s.2122> assessed 13/3/2022

10. Dr. Kevala Krishna Thakaraala, *Shushrutha Samhita Sutrasthana (Dalhana evam shree gayadaas rachayita vistruta Hindi vyakhya)* vol.I, Reprint edition 2019, Published by Chaukhambha Orientalia, Varanasi, Chapter number: 45, *Dravadravyavidhiadhyaya*, Verse number: 160, Page: 530

11. Dr.laxmidhara dwivedi, *Charaka Samhita Sutrasthana (Tatvaprakaashinee Hindi Vyakhy)* vol.I (*pratham bhaga*), Reprint edition 2019, Published by Chaukhambha Krishnadas Academy, Varanasi, Chapter number: 26 *Atreyabhadrakapyeeyamadhyaya*, Verse number: 42, Page number: 488

12. Dr.Ravidatta Tripathi, *Astanga sangraha, Sutrasthana (saroj commentary)* Published by Chaukhambha Sanskrit pratishtana, Delhi, Chapter number-6, *Dravadravyavignanileeya adhyaya*, verse number- 99-100 page number-107

13. Prof. K.R. Srikantha Murthy, *Bhavaprakasha Purvakhanda*, vol I (English translation) Published by Chaukhambha Krishnadas

academy,Varanasi, Chapter number:6(vii), *Aamradivarga*, Verse number:142,143, Page number:331

14. Dr.Indradev Tripathi and Dr.Day Sankar Tripathi, *Yogaratnakara (vaidyaprabha hindi commentary)* Published by Chaukhambha Krishnadas Academy, Varanasi, Chapter-*Mutraashtakam*, Verse number-2, Page number- 88.

15. Dr.Indradev Tripathi and Dr.Day Sankar Tripathi, *Yogaratnakara (vaidyaprabha hindi commentary)* Published by Chaukhambha Krishnadas Academy, Varanasi, Chapter-*Dugdha guna*, Verse number-3, Page number- 76

**Corresponding Author:** Radhikaba Zala, House Surgeon at Sushrutha Ayurvedic Medical College and Hospital, Bangalore Email id- [zalaradhika034@gmail.com](mailto:zalaradhika034@gmail.com)

Source of support: Nil Conflict of interest: None Declared

Cite this Article as : [Zala Radhikaba et al : Vaitarana Basti Method of Preparation: A Classical Review] [www.ijaar.in](http://www.ijaar.in) : IJAAR VOL V ISSUE VI JAN-FEB 2022 Page No:361-366