

# Concept of Basti Sanyojana vidhi

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**Abstract-** Basti is most important panchakarma procedures in Ayurveda. Basti is the main treatment for Vata dosha<sup>1,2,3</sup>. Preparation of basti medicines is utmost important which is described as basti samyojana vidhi. Mixing of basti dravya in basti is called basti samyojana vidhi. First of all makshika is added followed by lavana, sneha, kalka, kwath in an order to form a homogenous mixture in a khalwa.

Honey is auspicious.<sup>4,5,6</sup> Saindhava is madhura in vipaka, tridoshahara, laghu, sookshma, ushna. Sneha is vatashamaka in general. Kalka is the medicine which gives potency to the whole formulation. Decoction of medicinal herbs, ksheera, mansarasa, amlakanji, Dadhimastu are all included in basti.

## Introduction

Basti is most important panchakarma procedures in ayurveda. Basti is the main treatment for Vata dosha<sup>1,2,3</sup>. It is also effective in the treatment of pitta and kapha. Effectiveness of basti depends upon different factors like dosha, oushdha, desha, kala satmya. Preparation of basti medicines is most important which is described as basti samyojana vidhi. Each component in basti has got a specific role to play in basti and only when the proper formulation is prepared and administered in basti we get excellent results.

## Defination of Basti

Medicines administered with the help of animal bladder through the anal canal into pakwashaya is called as Basti and the term basti is mainly used for Niruha basti. As it stabilizes the vaya. It checks the process of aging and is called as Asthapana.

## Uses of Basti-

Basti is mainly used in vataja conditions. But it is also effective in pittaja, kaphaja, raktaja, samsarga and sannipata of doshas. The basti is effective when it is administered taking into consideration dosha, oushadha, desha, kala, satmya, agni, vaya, bala following proper method of administration of basti and following proper pathyapathya. If the formulation is not properly prepared then we do not get all effects of basti.

## Basti Samyojana vidhi

Mixing of basti dravya in basti is called basti samyojana vidhi. First of all makshika is added followed by lavana, sneha, kalka, kwath in an order to form a homogenous mixture in a khalwa. According to Acharya Kashyapa, Vaghabhat, Charak makshika is added first because it is mangalkarak. The commonly used ingredients have the following properties and effects.

Honey-Honey is auspicious<sup>4,5,6</sup> and that is why it is added first while preparing basti dravya. It is best vehicle to carry medicines all over the body. It is having usna, sookshma guna because of which it carries medicines to minute channels of body.

## Saindhava-

Saindhava is madhura in vipaka, tridoshahara, laghu, sookshma, ushna. Saindhava has 21 essential and 30 accessory minerals. Saindhava is also sukshma, vishyandi, tikshna. Due to sookshma guna present it takes the medicines to minute channels. Saindhava when it is combined with honey reduces the picchilata of kapha and breaks the kapha into minute particles for easy elimination. Saindhava destroys the picchilata, bahalata and kashaya rasa of madhu. Because of its usna and teekshna guna it breaks the dosha into smaller particles. Among the four sneha Taila is used for vata kapha and ghruta vata pitta conditions. Sneha-Sneha is vatashamaka in general<sup>8</sup>. Removes the malasanga. Due to snigdha guna produce snigdhatata all over the body. It prevents the irritating effect of basti dravya over mucous membrane and because of sookshma guna enters the micro channels of the body.

**Kalka-**It is the medicine which gives potency to the whole formulation. Kalka gives required thickness to the basti dravya<sup>9</sup>. Less kalka in basti dravya makes it thin and it comes out immediately. Excess quantity of kalka dravya makes it thick and may not come out within the stipulated time. Pootoyavani kalka told in Ashtanga Hrudaya is commonly used kalka when the kalka dravyas are not mentioned.

**Kwath-** depending upon the dosha, dooshya, disease the decoction of other liquids are used and the quantity is decided as per the age of the individual<sup>10</sup>.

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