

Classical Review of Uttarabasti and It's Practical Application in Females

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Abstract— Basti chikitsa is considered to be more superior among all panchakarma procedures because of its efficacy in treating many disorders not only in curative aspect but also in preventive and promotive actions. Among Stanika chikitsa, Uttarabasti can be considered to be the most supreme because of its efficacy in its actions like brahmana, tarpana, shodana, lekhana and so on. Uttarabasti is used to treat Mutrashayagata rogas, Garbhashaya gatha rogas, Yoni vikaras and now a days it is especially used in the management of Male and Female infertility. In this Study Uttarabasti is reviewed through classical text and an effort is made to understand the concept of Uttarabasti and its practical application in females with special reference through garbhashayagata marga. Hence, its elaborative classical description along with practical application and interpretation on present tools is detailed here.

Keywords— Uttarabasti, Stri roga, Practical application.

I. INTRODUCTION

Uttarabasti is a procedure where medicated ghruta or taila is instilled into the uterus through vagina and cervix in a measured dose and specific time of the menstrual cycle to get a target organ result. The term Uttarabasti is composed of two words 'Uttara' and 'Basti'. The Basti which is given through Uttaramarga or Utkrishta Avayava or therapeutic procedure having Shreshtha properties, is termed as Uttarabasti. Although many indications and contraindications are explained in Ayurvedic classics, most of them are not applicable practically. The method of administration, time, dose, duration, instruments, indications and contraindications has been modified to a greater extent.

Classical Review

The Basti which is given after Niruhabasti or given through uro-genital passage or therapeutic procedure having superior in qualities is termed as Uttarabasti¹.

Indication² and Contraindication³

It is indicated for achieving conception, pacify Vatadosha, Urinary bladder disorders, Genital prolapse, Pelvic pain, Gynaecological disorders, Menometrorrhagia, Retention of urine, Incontinence of urine, Menstrual disorders, Menorrhagia, Pathological amenorrhoea, Dysmenorrhoea, Urinary diseases, Retention of placenta, Urinary calculi, Groin pain and for all reproductive tract disorders. The only contraindication given in classics is the genital tract in girls.

Time of Administration

Uttarabasti should be given during Ritukala⁴ after purifying the body with two or three Kashaya Basti. Acharya Charaka⁵ and Vagbhata⁶ have given very accurate explanation for the selection of proper time by saying that during Ritukala,

vaginal and uterine orifices are open, so garbhashaya is ready to absorb Sneha in a better way

Dose of Snehana Type of Uttarabasti

Acharya Sushruta ⁷	Acharya Vagbhata ⁸	Acharya Sharangdhara ⁹ Acharya Bhava Mishra ¹⁰
Snehana-1 Prasruta Shodana-2 Prasruta	Adult-1 Prakuncha Girls-1 Shukti	Adult woman- 2 Pala in genital tract 1 Pala in urinary tract Premature girl-2 Karsha

Duration¹¹

In day -night, total 2, 3 or 4 Basti should be given and the procedure should be continued for three nights with gradual increase in the quantity of oleaginous substance. After giving rest for 3 days, the procedure should be repeated for another 3 days.

Yantra

Uttarabasti Yantra consists of two parts- Bastinetra and Bastiputaka¹².

The Basti Netra is the Nozzle of Uttarabasti which is made of silver, gold, brass, bell metal, tin. Its shape is tapering like cow's tail. Basti Putaka is the the container of basti dravyas which is prepared with urinary bladder of animals like sheep or goat. It should be smaller in size, soft, clean, sterilised which is connected to Basti Netra

Size of the Basti Netra¹³

Age	Passage	Length	Circumference of nozzle	Size of lumen	Karnika
Adult women	Mutrasaya	10 finger breadth	Size of urethral meatus	Size of Mudga seed	two finger width
Adult women	Garbhashaya	10 finger breadth	Index finger	Size of Mudga seed	four finger width

Procedure

The woman should be placed in supine position with flexed thighs and elevated knees¹⁴. The nozzle should be inserted in urinary or vaginal passage slowly with steady hands, following the direction of passage. Pratyavartana (returning) of Snehana is considered essential for Uttarabasti. Acharya Charaka¹⁵ has mentioned administration of Pippalyadi Varti, if bastidravya does not return. Acharya Dalhana¹⁶ has given a very specific treatment measures for the Pratyavartana of Sneha like Yoni Varti, GudaVarti, Eshana, Spik tadana.

Practical Review

Uttarabasti told by classics is being practiced after making several modifications and only Snehana type of Uttarabasti is in practice now a days.

Poorva Karma: - After taking consent from the patient, kashaya basti can be given for 3 days. On the day of Uttarabasti, light diet in the form of gruels, milk with ghee should be given. Abhyanga should be given for ten minutes on the Kati Pradesh, Adhodara, Prustha and Parshva Pradesh with Vatashamaka thaila followed by Nadi Swedana. Yoni Prakshalana with 500 ml of Triphala Kwatha was given with all aseptic precaution. Pulse, Blood pressure should be monitored. The sterilized instruments used for Uttarabasti should be kept ready.

Pradhana Karma: - Patient was placed in lithotomy position. Cover the part except genitalia with surgical towels and fix with towel clips. Clean the area with cleaning agents using sponge holding forceps and gauze. Fix the Cusco's bivalve speculum for proper visualization of cervix. The vaginal canal, external os and fornices were swabbed with the antiseptic solution. Insert Uterine sound to know the position and length of uterus. Remove the Uterine sound and slowly insert Uterine cannula in the same direction. Attach medicine filled syringe to external end of Uterine cannula. The taila or ghruta of dose 2 ml is injected slowly into the uterine cavity. Remove instruments carefully. Patient was advised to extend and twist her legs, was given head low position for 15 minutes.

Paschyat Karma: - Yonipichu (sterilized gauze piece) was kept into the vagina. Pulse and Blood pressure should be monitored. .

II. CONCLUSION

Uttarabasti plays an important role in the female reproductive disorders and gives excellent results when applied with proper indications, strict aseptic precautions and

extreme carefulness. It fortifies the reproductive organs, provides nourishment and helps in normal functioning of reproductive system. Detailed research based clinical evaluations and clinical observational studies of Uttarabasti are necessary.

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