

Anuvasana Basti



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- Pancha Karma mainly uses two categories of basti according to the substance used, Niruha and Anuvasana
- In most cases these bastis are used together in a treatment which is one of three, Yoga basti, Kala basti or Karma basti
- ✓ Anuvasana basti is used for two reasons - internal snehana or oleation and to control **Vata dosha**
- Niruha basti is cleansing and purifying only
- Anuvasana basti is to strengthen and lubricate
- ✓ Anuvasana is defined as containing only fatty substances
- Niruha is defined as containing fatty substances, herbal decoctions, milk, etc.

RULES FOR BASTI -

1. General considerations (prakriti, vikriti, age, season, climate, etc.)
2. Agni should be stable, not too weak and not much ama before basti
3. Basti is generally done in the morning, but follows seasonal indications: “ In late Spring, Summer and Autumn, Anuvasana basti is given early morning & “ In Winter and early Spring Anuvasana basti is given in the evening &” Niruha is given in the early morning all year
4. Only cooked oil should be used for Basti (i.e., oil decoctions)
5. Give dose according to age
6. Niruha basti is to remove ama and dosha aggravation (cleansing)
7. Anuvasana basti is to strengthen and lubricate
8. Always start and end Basti Karma cycles with Anuvasana Basti

9. Ama conditions can be treated first with a Niruha Basti but Vamana is better
10. Pitta and Kapha disorders are not treated with Anuvasana basti
11. After purgation Niruha basti should be avoided for 7 days (or 3, 5 days)
12. Niruha basti should be evacuated between 15 to 48 minutes
13. Anuvasana basti can be held from 1 hour up to 24 hours
14. Generally Niruha basti is given on empty stomach
15. Generally Anuvasana basti is given after a light meal
16. All Vata disorders respond to basti therapy
17. Patient should never strain to hold a basti

➤ Abhyantara Sneha (Internal administration of oil)

1) Snehapana

2) Snaihika dhuma

3) Anuvasana basti

❖ Administration of medicated oil or other fat through the rectal route in a prescribed dose is called as **Anuvasana basti**

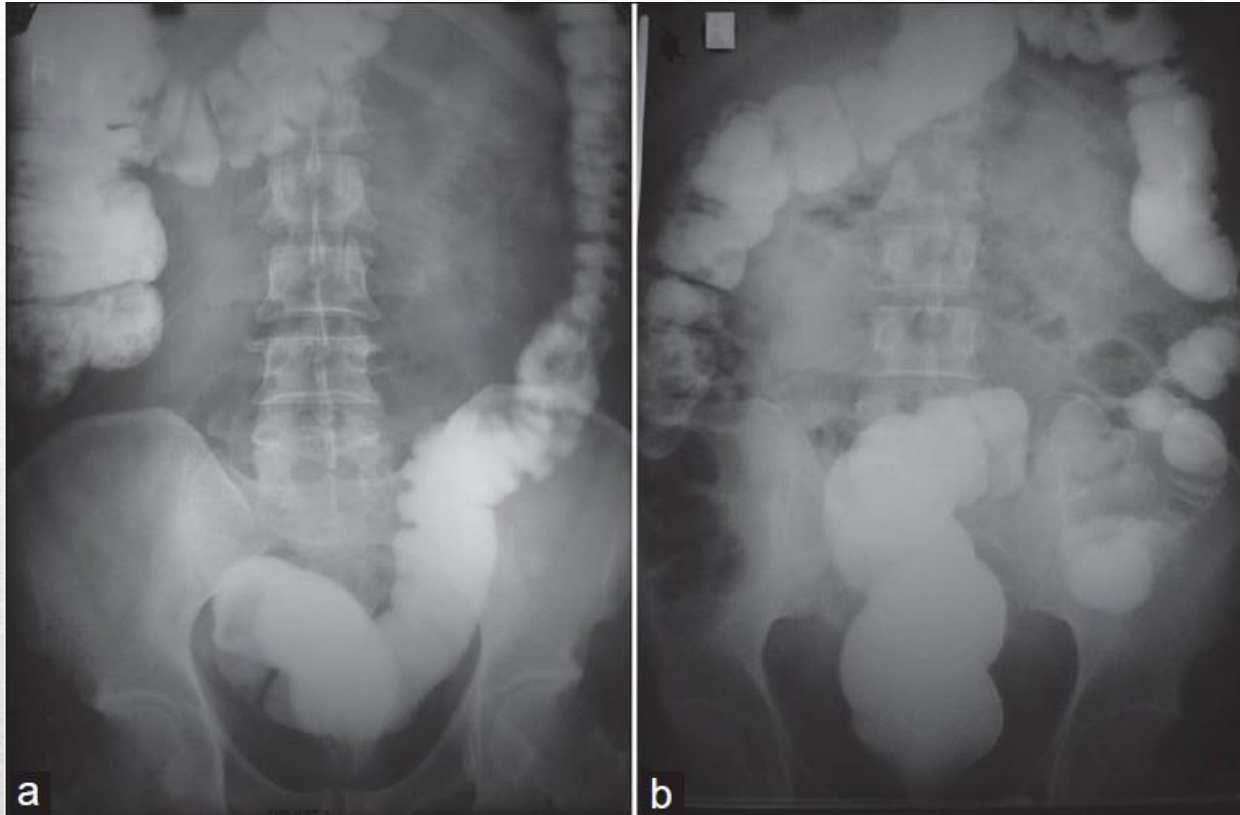


Figure: Pervasion of *Anuvasana Basti* with *Basti putak* method



Figure: Pervasion of *Anuvasana Basti* with *Basti* enema pot method





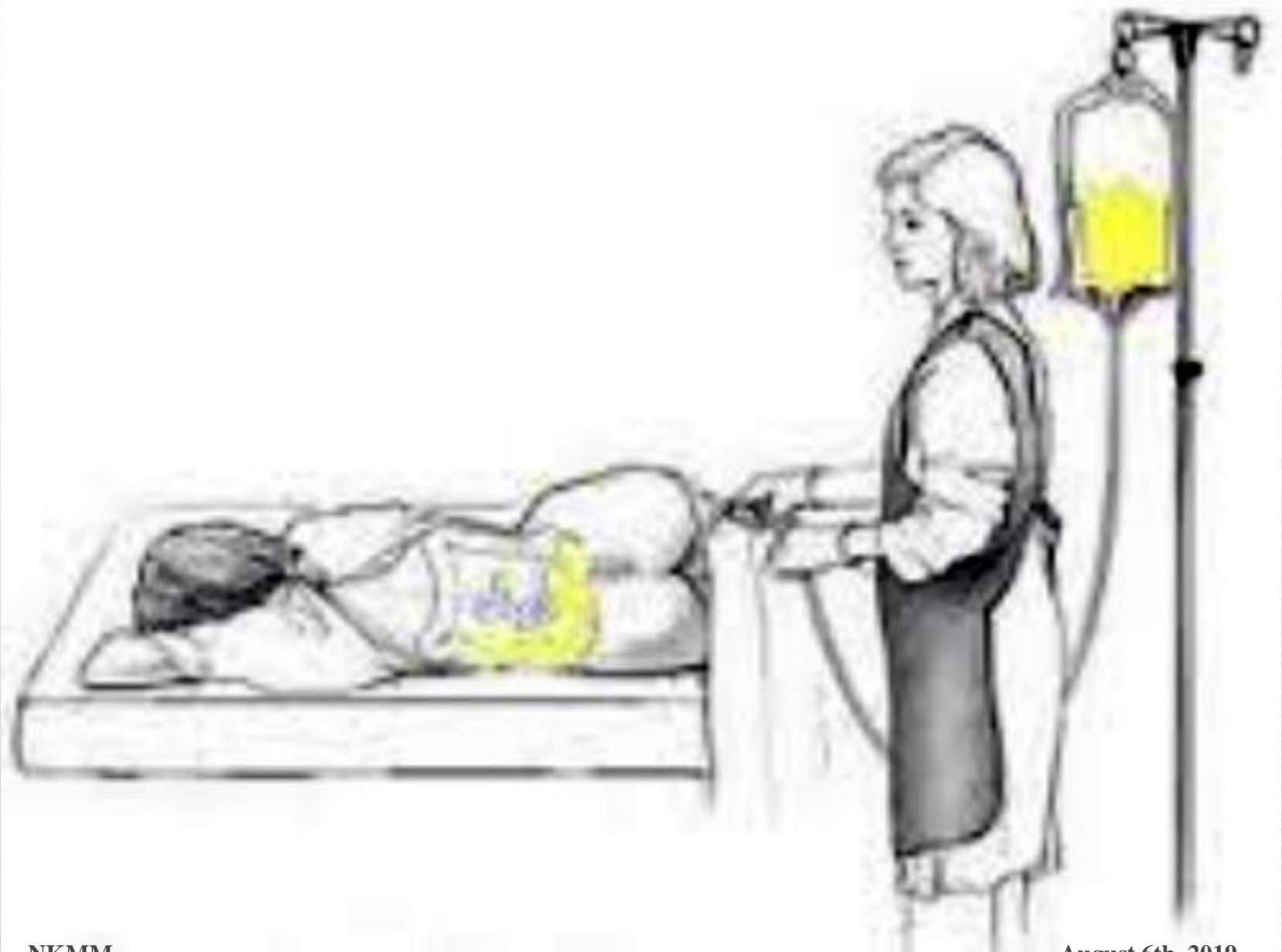
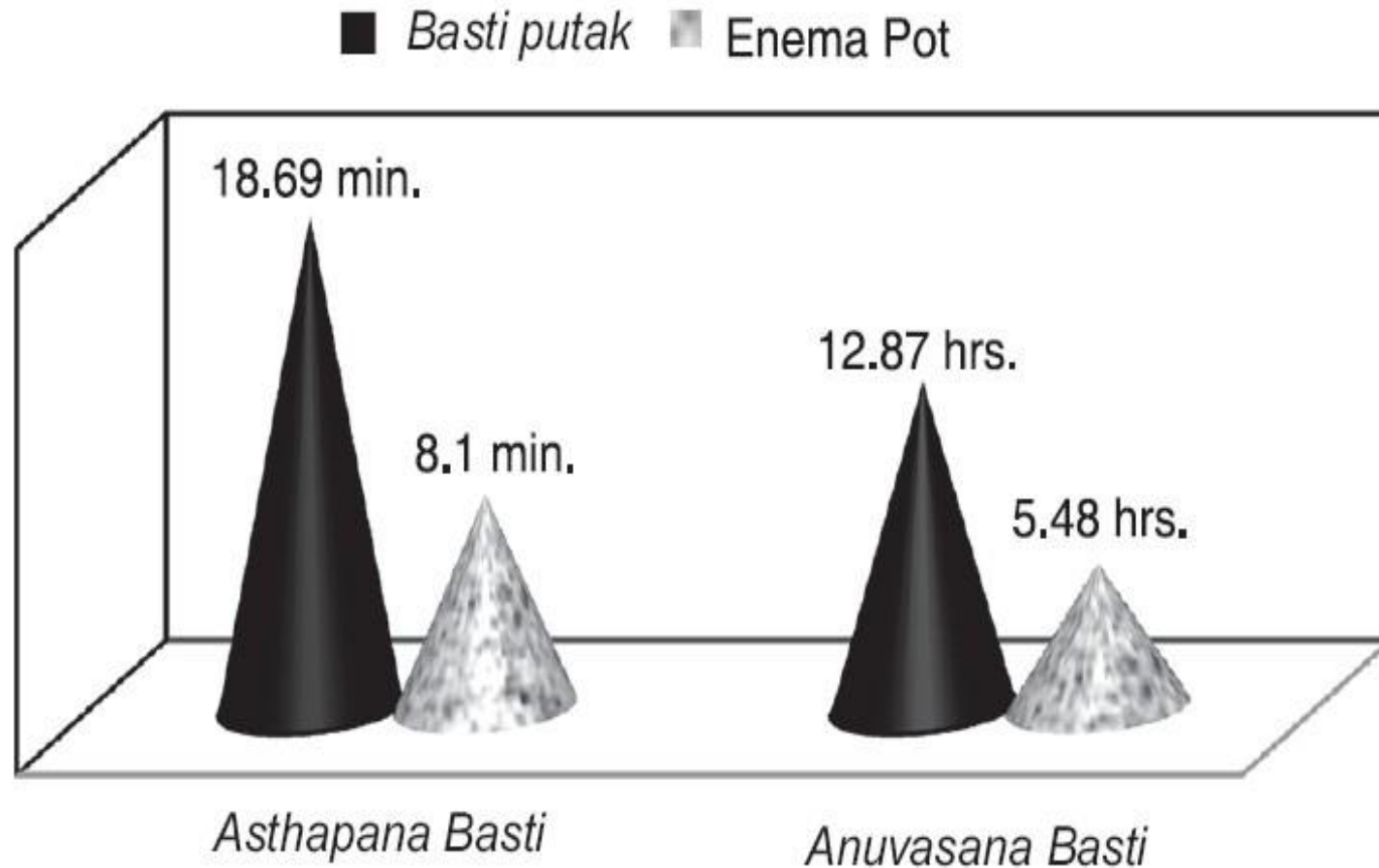


Figure : Overall average retention time



- Literally the word Anuvasana refers to the basti that can be given every day regularly with no risk of developing untoward symptoms
- Anuvasana basti may be administered alone or in combination with niruha basti
- The time of administration of the basti is not uniform and varies according to seasonal variations

Schedule of Basti in Panchakarma Therapy

- If the patient is Ruksha Sarira then first 2 or 3 Anuvasana Vasti should be given which the patient should be prepared for Niruha Vasti by (i. Abhyanga ii. Swedana iii. Anuvasana)
- Anuvasana basti is more beneficial if the patient's body exhibits excessive dryness

According to *Sankhya- bheda* in Basti karma

- 1) Karma Basti (30 days) 1 (A)+ 24 (N&A) + 5 (A)
- 2) Kala Basti (16 days) 1 (A) + 12 (N&A) + 3 (A)
- 3) Yoga Basti (8 days) 1 (A) + 6 (N & A) + 1 (A)

- 1 to 3 Anuvasana Basti - vitiation of Kapha dosha
- 5 to 7 Anuvasana Basti - morbidity of Pitta dosha,
- 9 to 11 Anuvasana Basti - vitiation of Vata dosha

Dose of Anuvasana Basti

- (1) **Sneha Basti** – **240 ml** (the same dose of sneha $\frac{1}{4}$ the used in Niruha basti)
- (2) **Anuvasana Basti** – **120 ml** ($\frac{1}{2}$ of amount of sneha given in Sneha basti)
- (3) **Matra Basti** – **60 ml** ($\frac{1}{2}$ of amount of Sneha given in Anuvasana Basti)

❑ Age Average dose Maximum dose of Anuvasana Basti

- 1 - 10 years - 30 ml 40 ml
- 10 - 15 years - 150 ml 200 ml
- 15 - 18 years - 250 ml 450 ml
- 18 - 70 years - 400 ml 600 ml
- Over 70 years - 250 ml 500 ml

❑ European Institute of Vedic Studies, Panchakarma (Pdf), 2003.

Modern formulas for Anuvasana Basti

- 1) 400 ml sesame oil (or)
 - 2) 50 ml sesame oil
50 ml herbal decoction (15 gr. herbs + 100 ml water)
Mix together and give as basti
- ❖ list of herbs to use - Licorice, Shatavari, ashwagandha, bala, guduchi

❑ European Institute of Vedic Studies, Panchakarma (Pdf), 2003.

General amount of other ingredients in Sneha

- The preparation of 6 gm, 4 gm, 2gm for maximum, moderate and minimum quantity of sneha, this is observed better therapeutic effect when this combination is added to Anuvasana taila
- This helps in increasing vata shamana property of oil and retaining time is also less

Eg; Matra basti in Spondylosis for 21 days (**Nirgundi Taila -60 ml + Rock salt – 2gm**)

✓ There is a special procedure for preparing Basti medicine, it should be followed with reference to texts

➤ Usually the Basti medicine contains the following ingredients in the indicated proportion.

(a) Niruha Basti - 400 ml of herbal decoction 50-60 ml of oil/ ghee, honey and 3 gm of saindhava salt and 3 to 6 gm Harbal medicine (kalka)

(b) Matra Basti -Tila or medicated oil if required with 1 to 3 g.m. of saindhava salt, Dose **50-60 ml**

-Sheha Basti dose about **160-200 ml**

(c) Uttara Basti -is given in a dosage of 5 to 10 c.c./20 ml –40ml in uterus with special method only oil/ghee is safe

Before planning the Anuvasana basti one should note the following point :

1. To examine – he is not suffering from any illness in which Anuvasana basti is contraindicated
2. If the dominance of the vitiated Kapha dosha is observed in any patient , Anuvasana basti is not ideal for administration
3. Predominance of fat in the body is a contraindication for this oil basti

4. In diseases due to over nutrition (*Santarpanottha*) like alteration in the amount and quality of urine (**Prameha**), Anuvasana basti is should not given
5. Vitiating of dosha in association of **Ama** when present, Anuvasana basti is likely to cause moistening of the morbid dosha and hence is not advisable
6. Anuvasana basti is always given **immediately after meals**

7. During the cold seasons like shishira (Winter), hemanta (early winter) and vasanta (Spring), administration of anuvasana basti is preferred during the day time

8. During the hot seasons like sharat (autumn), grishma (Summer) and varsha (Monsoon), the anuvasana basti is administered during the night hours

- 9.If the patient is suffering from vitiation of the **Kapha dosha** the course of anuvasana basti should consists of **one to three** basti
- 10.In case of morbidity of **Pitta dosha**, **five to seven** anuvasana basti may be given in a course
- 11.**Nine to eleven** basti is ideal in a course in conditions where vitiation of **Vata dosha** is observed

12. Administration of the Sneha through the oral route is contraindicated during the course of Anuvasana basti

- Administration of Sneha both in the oral as well as rectal route simultaneously is detrimental

Prescriptions

1. *Dashamuladi anuvasana basti* – Effective in different neurological disorders
2. *Bala taila* -Indicated in different neurological disorders
(*Sida cordifolia*)
3. *Maha narayana taila* - Beneficial in disease of the nervous system

Prescriptions

- 4. *Masha taila*** - Effective in paralysis
(*Phaseolus mungo* / Black Gram)
- 5. *Candana bala lakshadi taila*** - Improves physical strength
(Chandana = *Santalum album*/ White Sandlewood)
- 6. *Satahvadi taila*** - Alleviates morbidity of **Vata dosha**
(Shatavari = *Asparagus racemosa*)
- 7. *Ghrita basti*** - Cures the morbidity of **Vata dosha**

- 8. *Mrinaladi anuvsana*** - Cures the disease due to the morbidity of **Pitta dosha**
- 9. *Chandanadi anuvasana*** - Alleviates vitiation of **Pitta dosha**
- 10. *Jeevantayadi anuvasana*** - Improves the quality of the semen
- 11. *Vidangadi anuvasana*** – Cures worm infestations
(Vidanga = *Embelia ribes*)

❑ Role of *Uttara Vasti* with *Trivrit* and *Lasuna* oil in the management of primary dysmenorrhea

2010 Apr-Jun, AYU (An International Quarterly Journal of Research in Ayurveda)

- The present study shows Uttar Vasti as a safe and easy technique to treat dysmenorrhea like conditions without any side effects
- 6 ml for three days (36patients) (randomized controlled clinical trial)

❑ Effect of *Anuvasana Basti* with *Ksheerabala Taila* in *Sandhigata Vata* (Osteoarthritis)

- Ayu. 2014 Apr-Jun; AYU (An International Quarterly Journal of Research in Ayurveda)
- ❖ *Anuvasana Basti* with *Ksheerabala Taila* was significant in reducing the subjective symptoms of *Sandhigata Vata*. There was no significant improvement in radiological findings
- ❖ *Ksheerabala Taila* 120 ml for 10 days. 5 g of *Saindhava* was added to *Ksheerabala Taila* while administering *Basti*. The *Basti* was given daily between 2 pm and 3 pm in the afternoon after food.
- ❖ Single group clinical study with pre-test and post-test design

Requirements

- 100 ml syringe
- Catheter
- Medicated oil according to the prescription
- Facility for Abhyanga and Swedana
- Cotton
- Water- bath
- Hand gloves

1. Preparation of the patients

- Administration in **the full stomach**
- It may be in the morning or evening following the meals and light physical exercise, depending upon the convenience and seasonal variation
- As a preparation, the patient subjected to;
 - ✓ **Abhyanga**
 - ✓ **Swedana Therapy**
 - ✓ **Anuvasana Basti**

Following lines reveal the details :

Food

- Light diet, food should contain small amount of fat
-Should not to be too unctuous and also too dry,
Should not to be allowed to take heavy foods
- ✓ Meat soup, cereals and milk may be given in the foods

Evacuation of bowel and bladder

- After the meals and the light exercise the client is asked to evacuate the bowel and bladder
- ✓ If the bowel and bladder is empty the Basti is well retained

Physical exercise

- Following the meals the patient is asked to walk for about 100 steps as a mild exercise
- Vigorous exercise is not advisable

2. Abhyanga and Swedana

- Oil is applied to the buttock, pelvic region and lower abdomen
- This is followed Svedana treatment:
 - ✓ **Bashpa sveda** (or) **Avagaha sveda** may be employed for this purpose (or) Fomentation with the towel soaked in the warm water will suffice

3. Position of the Patient

- Following the Abhyanga the patient is positioned for the administration of Basti on the table
- The patient is asked to lie down left lateral position with the folded right leg is drawn well upon to the chest and the left leg placed straight on the table



4. Heating of the oil

➤ The medicated oil to be administered is heated in a water bath to make it lukewarm

5. Filling the Oil into Syringe

- Depending upon the prescription specific amount of the lukewarm oil is filled into the syringe
- The piston is then fixed to the syringe, any air in the syringe is cleared by pushing the piston
- The rubber catheter is fixed to the nozzle of the syringe

6. Administration of Basti

- ✓ Wears the hand gloves
- ✓ The tip of catheter  is dipped in the oil
- ✓ The anal orifice  is smeared with the oil with the help of cotton soaked in oil

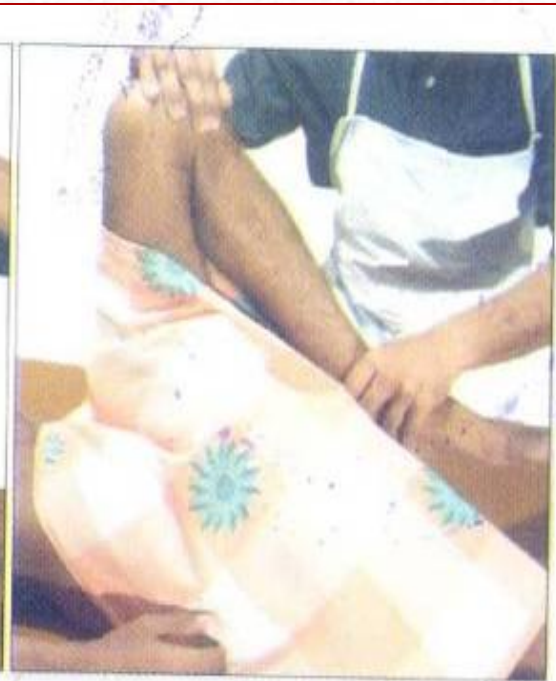


- The catheter is then introduced into the anal canal in the direction of the spine for about 4 to 6 inches
- The oil is then syringed into the rectum, simultaneously the patient is encouraged to take deep inspiration
- When all the oil is pushed into the rectum the catheter is gently pulled out

- To prevent the early evacuation of the basti, the patient is placed in the supine position
- then buttock of the patient may be elevated by the placing a pillow beneath the buttock or else the foot end of the table is elevated
- ✓ **Immediately after the basti, gentle stroke are placed on the patients buttocks**



- ✓ The patient is asked to briskly rub his palms against each other
- ✓ Therapist briskly rubs the sole of the patient
- ✓ Then the patient's knee is flexed against the chest several times, followed by raising the legs also for several times
- The patient is then allowed to lie down in supine position without much movement for few minutes



OBSERVATION FOR THE EVACUATION

The *anuvasana basti* should get evacuated within 12 hours of administration. If the *basti* does not get evacuated in 24 hours, *phalavarti* (suppository to induce

7. Observation for Evacuation

- The anuvasana basti should get evacuated within **12 hours** of administration
- If the basti does not get evacuated **in 24 hours**, *phalavarti* (**suppository** to induce defecation) should be introduced into the anal canal so that the basti gets evacuated

8. Diet

- Patient is asked to take light and nutritious food during the next meal time
- If he is thirsty, he should take boiled and warm water for drinking
- If the water processed with ginger or coriander is given for drinking then it is more effective

9.Complication

- Improper techniques in the administration of the anuvasana basti may lead to the following complications:
 - Vatavrita – Obstruction of the Sneha by the vitiated Vata dosha
 - Pittavrita – Obstruction of the Sneha by the vitiated Pitta dosha
 - Kaphavrita– Obstruction of the Sneha by the vitiated Kapha dosha
 - Annavrita – Obstruction of the Sneha by the food consumed
 - Purishavrita – Obstruction of the Sneha by the fecal matter
 - Abhukta-pranita – Administration of Anuvasana basti in empty stomach

References

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- 2) Illustrated Panchakarma (2006)
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- 4) Drugs useful in Panchakarma (2005)
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*Thank You
For Your Attention*

