



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**

'A Bridge Between Laboratory and Reader'

www.ijbpas.com

A CRITICAL ANALYSIS ON *PICHCHHA BASTI* W.S.R. *ANNAVAHA SROTO VIKARA*– AN UNIQUE PANCHAKARMA PROCEDURE

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Received 12th Dec. 2021; Revised 14th Jan. 2022; Accepted 7th Feb. 2022; Available online 5th March 2022

<https://doi.org/10.31032/IJBPAS/2022/11.3.1088>

ABSTRACT

A kind of *Sangrahi Basti* is *Pichchha Basti*. With *Pichchhil Dravya*, it should be get *Pichchha Basti*. The purpose of this *basti* is to cleanse the body of *Pichchhila strava* and *Shonita*. *Pichchha Basti* has been referenced by *bhrihatrayees Acharya Charaka*, *Acharya Sushruta*, and *Acharya Vagbhata*. *Pichchha Basti* is also mentioned in several text books such as *Yoga Ratnakar*, *Bhaishajya Ratnavali*, *Bhavprakash*, and others. *Pichchha basti* is used to treat *Grahani*, *Pravahika*, *Guda Bransha*, *Pittatisara*, *Jeernaatisara*, *Jwara*, *Shotha*, *Gulma*, and *Niruha Basti Atiyoga*. Likewise, *Grahni* and *Ulcerative Colitis* are common (*Raktatisara*). It's also employed when there's a lot of *Atisara* owing to *Kapha* or when there's a lot of pain. *Pichchha basti* serves as an evacuative and supporting agent, reversing the progression of the disorders listed above. It balanced the *Dosha*, *dhatu*, and *mala* functions. According to various Acharyas, *Pichchha basti* preparations are many with variations in several *dravyas combinations*, w.s.r *Annavaaha srotas*, *Purish vaha srotas* & *Udaka vaha srotas vikara*,

Keywords: *Pichchha Basti*, *Annavaaha srotas vikara*, *Purish vaha srotas* & *Udaka vaha srotas vikara*

INTRODUCTION

GIT-related diseases account for a significant portion of medical practice in India and internationally. *Grahani Dosha* has existed from ancient times to the contemporary period. Like wise *Grahani dosha* has remained a front-runner, but it has also acted as a source of numerous GIT diseases. Due to poor eating habits, an irregular lifestyle, stress, and environmental conditions, *Dosha* is linked to digestive problems, and the incidence of various roga relatead is on the rise in the current context. If *Agni* is correctly managed, according to *Ayurveda*, an individual will be free of numerous ailments. If it becomes contaminated, an individual becomes vulnerable to a wide range of illnesses, the most common of which is *Grahani*, *Raktatisara*, *Pravahika*.

Because *basti* has such a broad range of therapeutic activity, it is regarded as *Chikitsardha* among all therapies, and some acharyas see it as full *chikitsa*. By combining several types of *Basti dravya*, it treats not only *Vatika* problems but also *Sansarga* and *Sannipata Dosha* conditions, *Pittaja*, *Kaphaj* disorders, *Sakhagata*, and *Koshthagata roga*. *Sangrahi basti* is a form of *Pichchha basti*, *Sangrahi dravyas* have *deepana*, *pachana*, and *ushna* characteristics, as well as absorbed fluidity of *Doshas*, *dhatus*, and *malas*.

According to *Nagarjuna*, *Sangrahi dravyas* are *Vayu-Mahabhut* dominant and *Pruthvi-Vayu*. As a result, *Pichchha basti* serves as *grahi*. *Grahani*, *Pravahika*, *Guda Bransha*, *Pittatisara*, *Jeernaatisara*, *Jwara*, *Shotha*, and *Gulma Arsha roga* all mention it. *Pichchha basti* is given by different *Acharyas* according to diseases.

Aim and objective:

To study the role of various types of *Pichchha basti* and analyse and conceptualize its mode of action in various *Annavaha srotogata vikaras*.

Hetu of *Annavaha Srotogata Vikara*:¹

- *Attibhojanat* ,*Akale bhojana*,*Ahita bhojana*, *Vikruti of Jatharagni*

Hetu of *Purisha vaha Srotogata Vikara*:²

- *Vegavidharana* of *mala vega*, *Adhika bhojan*, *Ajeerna*, *Adhyasana*, *Agnimandhya* , *Dehe krushata*

Hetu of *Udaka vaha srotogata vikara*:³

- *Atyadhika ushna ahara sevan*, due to *Ama dosha*, *bhaya*, *madhyapana*, *Ati shushka anna sevan*, *vega vidharan of trushna*

Other Factors:-

- In disciplinary lifestyle and bad food habits
- Unhygienic environmental condition
- Nutritional insufficiency

- Contagious predominance
- Improper functioning of digestive fire
- Diseased condition which weakened Digestion
- Avoidance of concept of *Desha* and *Kala* during consumption of food stuff
- Excessive use of antibiotics.

The majority of the patients were in their forties and fifties; in this age group, people usually do *Adhyashana*, *Vishamashana*, *Ratrijagaranam*, and *Diwasvapana*, which leads to *Tri-Dosha Dushti* – primarily *Samana Vayu*, *Pachaka Pitta*, and *Kledaka*

Kapha – and also tension or anxiety, which leads to *Agni Dushti* and, eventually, *Amavstha* of The majority of patients were practicing either *Pramitashana* or *Vishamashana*, both of which result in the creation of *Ama*. Finally, it leads to the emergence of illness.

Symptoms of *Annavaha srotas vikar*

- *Annabhilasha*, *Aruchi*, *Avipaka*, *Chhardi* (*ch.vi.5/8*)⁴
- *Aadhmana*, *Shoola*, *Annadwesh*, *Pipasa* (*su.sha.9/12*)⁵

Table 1: Therapeutic Indications:

<i>Acharya Charak</i>	<i>Acharya Sushrut</i>	<i>Acharya Vagbhata</i>	<i>Yog Ratnakar</i>	<i>Vangasen</i>
<i>Pittatisara, Raktarsh Grahani, Jwara, Shotha, Gulma, Virechana & Niruha Basti Atiyoga</i>	<i>Pravahika, Parikartika, Raktatisara</i>	<i>Raktatisara Pravahika janit ruja Pichcha strav Guda kshat Gudabhransha</i>	<i>Upadrav yukta Ratkatisara</i>	<i>Pravahika Gudabhransha Raktasrav Jwar</i>

According to *Acharya Charak* *Ksheera paka* of *Yava moola*, *Kusha* & *Kasha moola*, *Shalmali Pushpa*, *Nyagrodh*, *Udumbar* & *Ashwattha shrung*. each *dravya 2 pala* should be taken and make *ksheera paka*. *Madhu*, *Lavana*, *Ghrita* and *sarkar* should be triturate till proper homogenous mixture than added *Kalka* of *Shalmali niryas* (*Mocharasa*), *Samanga* (*Manjeeshtha*), *Chandan*, *Neelkamal*, *Indrayava*, *Priyangu*,

Kamal keshar. Than added mixture of *Ksheera paka*.

For *Anuvasana basti* *Prapaundarik*, *Yashtimadhu* and *Uparokta dravya yukta kalka*, *siddha Tila taila* or *Ghrita*.⁶

According to *Acharya sushruta* *Madhu*, *Saindhav*, for *sneha dravya* *Yastimadhu ghreet*, *Kalka dravya* of *krushna tila*, *Ksheerapaka* of *Badar*, *Eravati* (*Nagbala*), *Shelu*, *Shalmali* and *Dhanva*

ankura ,as a avapa dravya Fresh Rakta of Varah, Mahisha, Rabhra, Aena, Kukkut, Aja. For Anuvasan basti Ghrita Manda or Yashtimadhu Siddha tail is mentioned in Parikartika vyapad ⁷

According to Vagbhatta acharya Pallava of Shinshipa, Kovidar (Kanchanar), Yava yukta Kwath, Ghrita and Ksheera. Another Pichchha basti is made with Vacha, Bilva, Kana, Kushtha, Shatpushpa; Lavan & Ghrita and Ksheer yukta Basti. Anuvasan basti with Prapaundrik kalka siddha Ghrita and another Vacha, Bilva, Kana, Kushtha, Shatpushpa siddha tail has been mentioned.⁸

According to Acharya Ashtanga Samgrahkar Madhu, Lavan, Ksheerapaka of Badar Patra, Vata Shrunaga, Sheloo, Shalmali, Dhanva Ankura and Rakta is mentioned.⁹

According to Acharya Chakradatta in Niruhadhikar Ksheera paka of Badar, Nagbala, Shelu, Shalmali & Dhanva navin ankura and Fresh Rakta of Varah, Mahisha, Rabhra, Aena, Kukkut, Aja is mentioned.¹⁰

In Bhavaprakash poorva khanda - dvitiya bhag panchakarma namani Ksheera paka of Badar, Aeravati, Shelu, Shalmali Pushpa ankura yukta ksheera, Madhu and

*Rakta of Aja, Ashwa and Krushna mruga has been mentioned.*¹¹

According to Vangasena Madhu, Ghrita, Sarkar ,kalka of Mocharasa, samanga, Chandana, Indrayava, Priyangu Pushpa, Kamal keshar, and ksheera paka of Yava, Laja saktu, Shalmali pushpa & moola, Ankura of Nyagrodh, Udumbara, and Ashwatha has been mentioned.¹²

Properties of Basti contents:

1. Mocharasa (Resin of Salmalia

Malbarica): It operates as *Vranropaka* due to its *Kashaya Rasa* and *Sheeta Virya*, and *Grahi Karma* it is *Purishsangrahnaya*, *Shonitsthapana Gana*, *Vedanasthapaka Gana*, and so helps in pain management and bleeding control through its *skandana* and *Sandhana* activity.¹³ Because it is *Picchil* (sticky or lubricant) in nature, it creates a protective coating across the intestine and prevents friction between the mucosa and the intestine.

2. Ghrita: There's also a *Balya* and a *Vrana Ropana* (healing effect). *Ghrita* is the greatest *Pitta Shamak Dravya*, according to *Ayurveda* classics. *Pitta* is in charge of inflammation and ulcer formation. *Sneha* coats the whole colon in an impenetrable layer.¹⁴ There will be no electrolyte loss, and inflammatory mediators will not be able to

directly target the mucosa, reducing inflammation and facilitating healing.

3. Sesame Oil (Taila): It is *Madhura*, *Kaskaya rasa pradhan ushna veerya*, mainly It is *vata samaka*¹⁵. The drug's *Sukshma* feature also aids its penetration into the microcellular level, protecting the mucosa from irritating chemicals. . Sesamin is a kind of lignin that has anti-inflammatory and anti-conception effects.

4. Milk (Dugdha): *Basti Mridu* and alleviates *Pitta Dosha*.

5. Yashtimadhu (Glycyrrhiza glabra): *Mulethi* possesses *Shothahar* land and is *Vata-Pitta Shamak*. *Rasayana* is a property that aids in boosting the strength of other medications as well as the patient's overall condition.¹⁶

6. Udumbar (Ficus racemosa): It helps to *snigdhatta* by increasing *Kapha*. In *vrana*, *Shothahara*, it is mentioned.

7. Vata (Ficus bengalensis)- *Kapha-pitta shamaka*, *Shothahara*, *Raktashodhaka*, and *Vranaropana* are all names for *Vatankura*.

8. Ashvattha (Ficus religiosa)- It is having *Ruksha guna* and *Kasaya rasa* acts as *kapha shamaka dravya* and due to *Madhura rasa* and *Shita Virya* it has *Pitta shamaka* property. *Pitta* and *Rakta* have similar property so, *Ashwath* compresses *Rakta* and *Pitta* as well as *Kapha*.

6. Manjeeshtha (Rubia cordifolia)- *Pittahara* and *Kaphahara* are *Manjeeshtha*. In *Raktatisara*, it is mentioned.

7. Chandan (Santalum album)- *Chandan* is *shamak kaphapiita*. It has *Angamarda prashamana* and *Daha shamak* properties.

8. Priyangu (Aglaia elaeagnoides)- It is under *gana* of *Purishsana Grahaniya*, *Rakta sana Grahaniya*. so, it is indicated in *Raktaisara*

PREPARATION OF PICHCHHA BASTI ACCORDING TO ACHARYA CHARAK¹⁷

Green stalks of *Shalmali* should be covered with green *kusha* and tied.

↓
This bundle is then smeared with the mud of black soil and placed over a cow-dung fire. After the mud is dried up, the stalks of *shalmali* are removed.

↓
These stalks are then triturated in a pestle and mortar. One *mushti* (*pala* or handful) of this paste should be mixed with one *prastha* of boiled milk and filtered.

↓
In this milk, oil, ghee, and paste of *madhuka* are added in adequate quantity.

SOP OF ADMINISTRATION OF PICHHA BASTI :

Poorva Karma, Pradhana Karma, and Paschat Karma are all included in the procedure. In the *Karma, Kaal, and Yoga Basti* patterns, *Pichha-Basti* can be given for 30, 16, or 8 days, i.e., *Pichha-Basti* is offered in *Vyatyasa Krama* (alternatively) with *Anuvasan Basti*. The length of the *Basti* cycle is determined by the severity of the illness and the patient's *Bala*. Before the *Basti* treatment, the patient is informed about the *Pathya- Apathya Ahara- Vihara* (Do's and Don'ts).

Poorva Karma:

Snehana of the abdomen, back, thigh, and legs is performed first, followed by *Nadi Sweda*.

Pradhana Karma:

- i. The patient is asked to lie down on his left side.
- ii. *Sukhoshna Sneha* is used in the anal area as well as on the *Basti Netra*.
- iii. *Basti Netra* is progressively added, and the patient is invited to take a deep breath.
- iv. *Basti Dravya* is pressed into the rectum till just a small amount remains in the *Putaka* (to prevent *Vayu* to enter into the *Pakvashaya*)

- v. Withdraw the *Netra* in little increments.

Paschat Karma:

- i. For optimal absorption of the medicine from the anal area, the patient is instructed to lie down for 3-4 minutes.
- ii. A light diet is recommended for the patient.
- iii. After completing the full cycle, the patient is encouraged to practice *Sansarjan Karma*.

PROBABLE MODE OF ACTION OF PICHHA-BASTI -

Possible actions of *Pichchha basti* are mentioned:

- *Shothahara*
- *Vrana-Ropaka*
- *Raktastambhaka*
- *Sangrahi / Stambhan*
- *Pitta Shamaka*
- *Agnideepaka*

This enema, which is both evacuative and nourishing, effectively treats advanced *pittaja Atisara*, chronic diarrhoea, and *Grahani*. *Pichchhil guna* creates *Gauravata* and causes *lepan karma* in the body.¹⁸ It has the qualities of *Kapha vardhak*, *Dhatu vardhak*, *Balya*, and *Jeevaniya*. *Pichchha basti* components *Madhura*, *Tikta*, and *Kashay rasa* are *pitta shamak*.¹⁹ *Pichchha*

basti properties include *Shonit sthapana*, *Raktasambhaka*, *Pittashamak*, *Deepana*, *Pachana*, and *Grahi*. It affects the *Udakvaha purishvaha*, *Mamsavaha*, and *Annavaha srotas'* *vyadhi*. *Pichchha basti 's grahi*, *deepana dravyas*, and *picchila guna* help to relieve inflammation. *Deepana*, *Pachana*, and *Sangrahi dravya* were effective in reducing bowel frequency and increasing hunger.²⁰ It also enhances *Apana vata's* function.

DISCUSSION

According to *Ayurveda's* classic texts, *Grahani Dosha* and other diseases like GIT(*Annavaha srotas vikara*) may be treated by adhering to the *Langhana* principle and employing *Deepana* and *Pachana* remedies to assist potentiate *Agni* and eradicate *ama*.²² Purgation using stimulant medicines like *kamal nala*, *shalmali* also aids in the removal of *Ama*.

Pichchha basti 's grahi, *Deepana dravya*, and *picchila guna* help to alleviate inflammation.²³ It also improves *Apana vata's* function. *Pichchha basti*, *Deepana*, *pachana dravya*, *Anshaa-Ansha Kalpana*, and dietary changes provide the greatest relief in *Annavaha*, *Purishvaha* & *Udaka vaha*. *Pichchha basti Chikitsa* is a *Shodhana* Therapy that has *Evacuatory*, *Nourishing*, and *Deepana* properties. *Charka* described

Basti in *Jeerna atisara* with *Guda's* frailty in *Atisara chikitsa adhyaya*. When *Vayu* has grown too strong in its own right, *Basti* is the greatest way to deal with *Vayu* in combination with *Pitta*. Diseases are not only treated but also have a zero likelihood of recurrence with *Shodhana* treatment. As a result, *Shodhana*, or *Basti* treatment, is required to get long-term relief.

CONCLUSION:

Pichchha basti can help to improve or treat like *Grahani* and other *Annavaha srotogata vikara* by promoting intestinal repair and reducing inflammation and irritation. It also enhances the functioning of *Apana Vayu* in *Pakvashaya*, which leads to an increase in *Annavaha srotogata vikara*.

Conflict of Interest - Nil

Source of Support - None

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