

UTSANG BASTI FOR MALE GENITAL DISEASES

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ABSTRACT

Introduction – Male genital problems are very commonly seen now a days, like Azoospermia, Oligospermia, premature ejaculation, erectile dysfunction, varicocele, etc. There are multiple factors affecting to these conditions like scarcity of proper introduction & teaching of code of conduct in adolescent age. Most of the male children goes on wrong track like masturbation, etc. When child is in adolescent age, his parent should give him proper but limited training & teaching about his genitalia (not sex education). This is their moral duty. How to maintain the hygiene of the genital area ? What is the Brahmachary ? & it's importance ? Physiological & mental changes in the body due to hormonal changes in adolescent age. Proper guidance makes major difference. If we spent some time for training & teaching with good rituals to our next generation, this steps gives very good result in future. To overcome these male genital problems, we develop a concept / technique of *Purush Utsang Basti*. Main aim of this basti is to perform & promote the function of male genital organ. First time in the history of medical science for ever that such type of *basti* / bath is given to the testis & penis for prevention and treatment in male genital diseases. The present invention relates to an apparatus for performing *Utsang Basti* therapy for the prevention and treatment of male genitalia diseases. The apparatus includes a therapeutic pot configured to hold medicated warm oil, shaped to conform to the anatomical contours of the penis & testis for complete immersion in medicated oil during therapy. A rubber inflatable bag positioned under the pot is inflated using an inflation mechanism to create a leak-proof seal against the patient's pubic region. This pot is equipped with inlet port for filling oil, outlet port for draining used oil and an overflow port for excess oil management. A drainage tube channels used oil to collect in a container. A medicated oil specially made as per advocated by *Bharat Bhaishajya Ratnavali*. Rubber fit straps secure the edges of the apparatus, ensuring hygienic, efficient, and spill-free therapy. **Methods** - Complete immersion, warm oil therapy for uniform contact and deep penetration of medicated oil into male genitalia. Customizable pot sizing for anatomical precision, comfort, and reduced oil usage. Secure attachment through inflatable sealing system, preventing leakage and ensuring safety. Efficient oil management with three-port configuration and drainage system for reuse and maintain hygiene. Manual and electric inflation options is there, Offering operational flexibility in diverse environments. Integrated overflow prevention, reducing mess and contamination. **Result** - Enhanced clinical outcomes, including improved blood circulation, lymphatic drainage and tissue rejuvenation. **Conclusion** - Preventive care application, potentially lowering the risk of male genital diseases. Cost-effective and reusable design, making it practical for both clinical and home settings. User-friendly operation, allowing patients to self-operate under guidance, improving accessibility of care.

KEYWORDS: *Utsang Basti* apparatus^[1], *Utsang Bandh*, Male Genital diseases.

INTRODUCTION

“स्वबुद्ध्या चापि विभजेद् यन्त कर्माणि बुद्धिमान् ।

असंख्येयविकल्पत्वाच्छल्यानामिति निश्चयः ॥”^[2]

सु.सू. 7/19

There are many types of surgeries and hence it is correct opinion that an intelligent doctor should use his intellect to imagine the various types of instruments and their functions as per the need. So we developed such kind of apparatus.

“सक्षीरो वाऽप्यदुग्धौ वा प्राप्य दोषः स्तनो स्त्रियाः ।
रक्तमांस च सन्दूष्य स्तनरोगाय कल्पते ॥”^[3]
सु.नि. 10/27

Vata disorders enter a woman's lactating or non-lactating breasts and contaminate the blood and flesh there, causing breast diseases.

“तत्र स्नेहादीनां कर्मणां बस्तिकर्म प्रधानतममाहुराचार्योः।कस्मात्? अनेककर्मकरत्वाद्धस्तेः; इह खलु बस्तिर्नानाविधद्रव्यसंयोगाद्दोषाणां संशोधनसंशमन-संग्रहणानि करोति, क्षीणशुक्रं वाजीकरोति, कृशं वृंहयति, स्थूलं कर्शयति, चक्षुः, प्रीणयति, बलीपलितमपहन्ति, वयः स्थापयति ॥”^[4]
सु.चि. 35/3

Praise of Basti

Acharyas consider *Basti-karma* to be the most important among the acts like *Snehan* (Oleation) etc. Because *Basti* accomplishes many tasks. By the combination of various ingredients, corrects, relieves and collects defects, makes the depleted sperm *vaji*, or sperm, strengthens the lean, weakens the fat, gives strength to the eyes, destroys diseases caused by sacrifice and increases life span.

“शरीरोपचयं वर्णं बलमारोग्यमायुषः ।
कुरुते परिवृद्धिं च बस्तिः सम्यगुपासितः ॥”^[5]
सु.चि. 35/4

Basti, when taken properly, increases the strength, colour, strength, health and longevity of the body.

“तथा
ज्वरातीसारतिमिरप्रतिश्यायशिरोरोगाधिमन्यार्दिताक्षेपकपक्षाघा
तैकाङ्गसर्वाङ्ग
रोगाध्मानोदरयोनिशूलशर्कराशूलवृद्ध्युपदंशानाहमूत्रकृच्छ्रगुल्म
घातशोणितवातमूत्रपुरीषोदावर्तशुक्रार्तवस्तन्याशहृद्धनुमन्याग्रह
शर्कराशमरीमूढगर्भप्रभृतिषु चात्यर्थमुपयुज्यते ॥”^[6]
सु.चि. 35/5

Diseases corrected by Basti –Karm

Special uses of *Basti* in Fever, diarrhoea, darkness, headache, *Adhimanya*, *Ardit*, offensive, paralysis, monogamy, *Sarvanga Vata*, Asthma, abdominal, vaginal cough, *Basti* is used in diseases such as diabetes, growth, syphilis, difficulty in urinating, Tumors, *Vaat-Rakta*, *Vaat* obstruction in latrine and urine, **loss of sperm, menstruation, breasts**, heart, Cervical Spondylosis, diabetes, renal stones and still birth diseases.

“बस्तिर्वाते च पित्ते च कफे रक्ते च शस्यते ।
संसर्गे सन्निपाते च बस्तिरेव हितः सदा ॥”^[7]
सु.चि. 35/6

For example, in case of *Vata*, *Pitta*, *Kapha*, *Rakta*, contagion (outbreak/ vitiation) of *doshas* and *Sannipat* (*tridosha* contagion), using *Basti* is always beneficial.

“स्वनामानुगताकारा बन्धास्तु दश पञ्च च ॥ 59 ॥
कोशस्वस्तिकमुत्तोल्लीचीनदामानुवेल्लितम् ।
खट्वाविबन्धस्थगिकावितानोत्सङ्गगोफणाः ॥ 60 ॥
यमकं मण्डलाख्यं च पञ्चाङ्गी चेति योजयेत् ।

यो यत्र सुनिविष्टः स्यात्तं तेषां तत्र बुद्धिमान् ॥ 61 ॥^[8]
Vagbhat Samhita –Sutra Sthan -29/ 59-61

There are 15 bandhas of *vran*, namely, *Kosha bandha*, *Swastika bandha*, *Muttoli bandha*, *Chin bandha*, *Dama bandh*, *Anuvellit bandha*, *Khatva bandha*, *Vibandha bandha*, *Sthagika bandha*, *Vitana bandha*, *Utsanga bandha*, *Gophana bandha*, *Yamaka bandha*, *Mandal bandha* and *Panchangi bandha*. Their shape should be as per their name. A wise person should tie the knot in the place where it fits best.

“तैलेन सार्षपैः सार्धमालिम्पेद्वाडिमत्वचम् ।
लिङ्गकर्णस्तनानां च वृद्धिहेतुरिदं किल ॥”^[9]

भारत भैषज्य कल्पना – भाग – 5, लेप प्रकरण, 8069/ 8

Applying a paste of finely powdered pomegranate bark mixed with mustard oil helps in enlargement of penis, vagina and breasts.

The present invention relates to the field of therapeutic medical devices, and more particularly to an apparatus designed for performing *Purush Utsang Basti* therapy – an Ayurvedic therapeutic procedure for male genital related diseases. The invention specifically pertains to a male genital immersion therapy device configured to prevent and treat various male genital related diseases and conditions, including Penis Related Diseases, Erectile dysfunction, Peyronie's disease, Phimosi, Paraphimosis, Priapism, Ejaculation problems, Other conditions – like Balanitis, to avoid Penile cancer, Penile fracture, Testicular diseases like Azoospermia, Oligospermia, Varicocele, etc. The apparatus is designed to enable localized administration of medicated warm oils to the male genital tissue in a controlled and effective manner, thereby providing preventive, therapeutic and restorative benefits. More particularly, the invention has a sealing system that securely positions male genital shaped therapeutic pots containing medicated oil against the patient's pubic & perineum, ensuring complete immersion of the male genitalia and efficient therapeutic delivery. A drainage tube channels used oil to collect in a container, while from the another side channel, oil enables to top-up in the pots specially medicated oil during therapy. A medicated oil specially made as per advocated by *Bharat Bhaisajya Ratnavali*. Rubber fit straps secure the edges of the apparatus, ensuring hygienic, efficient, and spill-free therapy. Complete immersion of male genitalia, oil therapy for uniform contact and deep penetration of medicated oils into male genitalia. Customizable pot sizing for anatomical precision, comfort, and reduced oil usage. Secure attachment through inflatable sealing system, preventing leakage and ensuring safety. Efficient oil management with three-port configuration and drainage system for reuse of oil and hygiene. Manual and electric inflation options, offering operational flexibility in diverse environments. Integrated overflow prevention, reducing mess and contamination. Warm oil to enhance absorption power as well as to maintain viscosity of oil.

In both Ayurveda and modern medicine (allopathy), the anatomy, physiology and diseases of the male genitalia are well understood and comprehensively documented. Various treatment modalities for male genitalia related conditions have been developed and applied over time. In Ayurveda, treatment approaches primarily include *Lepa* (medicated herbal pastes), external application of medicated oils and oral medicines aimed at restoring balance and improving male genital health. In contrast, modern medicine largely focuses on surgical interventions for managing male genital diseases, with medicinal therapies playing a relatively limited role. Despite the availability of these treatment modalities, there is currently no dedicated preventive or restorative therapy for avoiding the male genital carcinoma. Preventive healthcare for male genital conditions remains a critical unmet need, particularly as these diseases are becoming increasingly common. This rise in prevalence is largely attributed to lifestyle changes, including increased consumption of processed and fast foods, sedentary habits, caused by environmental and dietary factors. In many cases, these conditions develop silently and are detected only after they have progressed to a stage where surgical treatment becomes inevitable. A significant challenge with existing approaches is that they are primarily reactive rather than preventive. While surgical methods may remove or treat diseased tissue, they do not address underlying causes or promote the overall health and nourishment of male genitalia. Moreover, such interventions often come with psychological, physical and financial burdens for patients. Similarly, while Ayurvedic practices describe external therapies and *bandhas* (specialized dressings) for certain anatomical regions such as the breast and male genitalia, these methods have historically been limited to supportive care rather than offering a systematic, localized therapeutic approach for preventing or managing male genitalia disorders. Given these limitations, there exists a critical need for a dedicated therapeutic solution that is non-invasive, preventive, and restorative in nature. Such a solution should focus on enhancing local circulation, promoting tissue nourishment, reducing hormonal imbalances and supporting the natural structure and function of male genitalia, while also offering comfort, ease of application and safety. This would not only help in the management of existing penis & testis related but also play a pivotal role in preventing the onset of more severe diseases, including penile carcinoma. Enlargement of Prostate in old age is common due to *Vaat dosha*. Here, we can also manage & prevent BEP by this *Purush Utsang Basti*. *Uttar basti* & other routine Basti are already advocated for BEP.

This apparatus has been specifically designed to perform *basti* therapy for the male genitalia region (*Ling Vrushan-Basti*). In classical Ayurvedic literature, *Acharya Vagbhat* described the concept of *Utsang Bandh*, which refers to a specialized dressing technique intended for pedunculated organs, such as the breast and

testis. However, no detailed methodology or apparatus for delivering a *basti* procedure specifically targeted to the male genitalia was provided. The present invention addresses this unmet need by introducing a novel therapeutic device that enables localized *Ling Vrushan-Basti* / bath treatment.

The present invention provides an apparatus specifically designed for performing *Utsang Basti* therapy, a specialized Ayurvedic treatment for the prevention and management of male genitalia related diseases. Conventional therapeutic approaches for male genital care, such as massage-based techniques, topical applications, surgical interventions are limited in their ability to deliver therapeutic agents deep into the male genitalia tissue in a controlled and sustained manner. These conventional techniques often fail to achieve complete immersion of the male genitalia tissue in medicated substances, leading to inadequate absorption, inconsistent therapeutic outcomes and potential discomfort to the patient. Moreover, there has been a lack of devices specifically engineered to securely position the therapeutic medium against the pubic region while preventing leakage or spillage of the medicated oil, which is critical for maintaining hygiene, efficiency and repeat usability. The present invention overcomes these limitations through a carefully engineered single pot system, wherein the male genitalia are completely immersed in warm medicated oil inside anatomically shaped therapeutic pots. This design ensures uniform contact of the medicated oil with all parts of the male genitalia, including the penis and both testis completely, allowing for deep penetration of active compounds into the corpus cavernosa & testicular tissues. The incorporation of a rubber inflatable bag, positioned beneath the pot and operated through a manual balloon pump inflator, enables a secure and leak-proof seal between the apparatus and the patient's pubic region. This dual-mode inflation mechanism provides flexibility in various clinical and field settings, addressing scenarios where electricity may not be readily available, this apparatus also run on battery back up. Such a system has not been available in prior devices, making this invention distinctly novel and technically superior.

The invention also introduces a three-port configuration for each therapeutic pot, comprising an inlet port, outlet port, and overflow port. These ports are interchangeable and allow efficient oil management during therapy. The inlet enables continuous topping up of warm medicated oil using a oil submersible pump, ensuring consistent temperature of oil, while the overflow port automatically prevents spillage by releasing excess oil into a drainage container. At the end of the therapy session, the outlet port, connected via a drainage tube, allows synchronized and complete extraction of the used oil into a dedicated collection container. This feature provides the additional advantage of safe storage and reuse of the medicated oil by the same patient, making the process both economical and sustainable. Conventional systems lack such

integrated oil management and drainage mechanisms, often resulting in wastage, contamination, or messy handling of therapeutic substances. A further inventive aspect of the apparatus is the customizable sizing of the therapeutic pots, which are offered in different dimensions similar to male genitalia sizing. This ensures a personalized fit for each patient, thereby reducing the volume of oil required per session while maximizing comfort and therapeutic efficiency. These technical features collectively represent a significant advancement over conventional techniques, where devices are typically generic and incapable of delivering tailored, anatomically precise treatments. From a therapeutic perspective, the present invention offers superior clinical outcomes by enabling complete immersion of the male genital organ in warm medicated oil for a controlled duration. This facilitates deeper absorption of lipid-soluble therapeutic compounds through the skin of male genitalia. The warm oil improves local blood circulation, enhances lymphatic drainage, and calms localized imbalances such as *Vata prakop*, as *Upastha* (male genitalia) is a *Karmendriya* (working elements of the body), & where is a *karm*, there is a *Vaat*, & where is a *Vaat*, there must be oil to perform it's work smoothly & to avoid *Vaat Prakop* (Vitiation of Vaat), which are associated with pain, swelling, and tissue inflammation with dysfunction. This holistic mechanism not only promotes the function of existing male genital conditions but also provides a preventive effect, potentially reducing the risk of diseases such as penis & testis related diseases specially in Varicocele. Conventional surface therapies lack this level of targeted, systemic impact. Furthermore, the integrated fastening system and air-sealing mechanism significantly improve patient safety and comfort, minimizing the chances of spillage or accidental detachment during the procedure. The ability to drain and collect used oil without contamination or mess further enhances operational hygiene and repeat usability, attributes not found in prior therapeutic systems. The present invention introduces a completely new therapeutic device that combines anatomical precision, advanced oil management, dual inflation technology and holistic therapeutic action in a single apparatus. It is technically superior to existing male genitalia care methods and devices by addressing key challenges such as inadequate immersion, lack of secure sealing, inefficient oil usage and limited adaptability. The invention's ability to deliver deep, localized therapy while maintaining user-friendly operation and clinical hygiene positions it as a significant advancement in both preventive and curative male genitalia health care.

AIMS AND OBJECTS

- 1) To promote the function of male genitalia.
- 2) Effect of *Utsang Basti* in male genital diseases.
- 3) Preventive therapy to avoid male genital related diseases & further complications.

MATERIALS AND METHODS

- 1) *Utsang Basti Yantra*

- 2) Warm *Utsang Tail*
(made as advocated by *Bharat Bhaishjya Ratnavali* & mentioned in above version.)
- 3) Always use Sterile *Utsang Tail* for *Utsang Basti*.

Dose - This *Utsang Basti* can be given daily for 7 days & may be continue as per requirements.

Inclusion Criteria – Age between 10 to 80 years of male.

Indications of *Purush Utsang Basti*

A) Penis Related Diseases

- 1) Erectile dysfunction,
- 2) Peyronie's disease, and phimosis.
- 3) Peyronie's disease,
- 4) Phimosis & Paraphimosis,
- 5) Priapism,
- 6) Ejaculation problems,
- 7) Infections like Yeast infections, inflammatory conditions like balanitis, and structural and functional issues,
- 8) Other conditions - like Penile cancer, Penile fracture.

B) Testis Related Diseases

- 1) Azoospermia & Oligospermia
- 2) Infections - Orchitis & Epididymo-orchitis (inflammation of epididymis and the testicle),
- 3) Structural issues like testicular torsion (a twisted testicle) and
- 4) Varicocele (enlarged testicular veins),
- 5) other conditions such as testicular cancer, hydrocele (fluid buildup),
- 6) Spermatocele (fluid-filled sac),
- 7) Hypogonadism (low testosterone),
- 8) Testicular torsion,
- 9) Klinefelter syndrome (A genetic condition that can cause hypogonadism, leading to small, firm, and low-functioning testicles.).
- 10) Injury or trauma.

Exclusion Criteria –

1. Age group < 10 & > 80 years,

MATERIAL



FIG. 1: illustrates the complete operational setup of the *Purush Utsang Basti* apparatus, in accordance with an embodiment of the present disclosure.^[9]



FIG. 2: shows an isolated perspective view of the therapeutic pot, in accordance with an embodiment of the present disclosure.



FIG. 3: depicts the rubber inflatable bag separately along with the inflation mechanism, in accordance with an embodiment of the present disclosure.



FIG. 5: illustrates a positioning of the user for using the *Utsang Basti* apparatus of the present invention, in accordance with an embodiment of the present disclosure.

The apparatus itself is thoughtfully engineered to ensure therapeutic efficacy, patient comfort and ease of operation. It comprises one copper pot designed to match the shape and size of the male genitalia. The pots can be selected accordingly to reduce the quantity of medicated oil required for each session.

METHODOLOGY – (STUDY DESIGN)

The therapeutic process is simple yet highly effective. The patient lies in a prone position on a treatment table, with his head and arms supported comfortably on the other supporting table and a gap maintained between the abdomen and pubic region to accommodate the apparatus of the present invention. The pot are half-filled with warm, medicated oil and carefully positioned male genitalia in the apparatus. The rubber inflation bag is then activated to create a snug seal, ensuring that the male genitalia are completely immersed in oil. During the therapy session, after the proper position given to the patient, attendants can easily top up the oil level using a syringe through the inlet port, while excess oil naturally flows out through the overflow port to maintain equilibrium. At the end of the 15 to 20 minute session, the outlet port is opened to drain the used oil completely. The device is then detached carefully by a nurse or assistant without spillage, allowing the patient to stand up comfortably. The remaining oil on the his genitalia surface, he can be gently massaged by the patient himself to enhance therapeutic benefits and stimulate local circulation. The dual-operation capability of the apparatus, both manual and electric, provides flexibility for use in various clinical and home-care settings. Patient can operate himself this device during *Utsang Basti* session. The ability to secure the device tightly to the pubic region using the air-inflation system ensures that the therapy remains localized, consistent, and effective.

OBSERVATION

Male genitalia has unique structural and physiological characteristics that make it particularly responsive to oil absorption and lipid-based therapies. The skin of the male genitalia is highly absorptive due to its thin, vascular nature, making it efficient at taking in topical oils, lubricants and potentially harmful substances. While natural oils like sesame or coconut are used for lubrication and moisturizing, improper or high-volume application can lead to localized irritation or rare, severe reactions like lipogranuloma.

From a therapeutic perspective & key aspects of oil absorption on male genitalia.

Absorption Efficiency: The scrotal and penile skin is thin and highly vascularized, allowing for rapid absorption of substances applied topically.

Systemic Effects: Substances applied topically can be absorbed into the bloodstream, as shown by studies on hormonal or medicinal compound absorption.

Skin permeability also plays a crucial role, thus facilitating deeper oil penetration. Hair follicles and

sebaceous glands present on the scrotal skin further assist in the absorption process. Moreover, the male genitalia is highly vascularized, meaning that absorbed substances can enter the systemic circulation, amplifying their therapeutic effects. Clinically, this high lipophilicity and vascularity have several implications. When topical oils or ointments are applied to the male genitalia, they may penetrate the skin, although many formulations remain mostly superficial unless they are specifically designed for deeper tissue absorption, improve local blood circulation, but without medicated formulation, their systemic absorption is usually minimal. Thus, the type of oil, its formulation, and the duration of exposure are critical factors that determine the depth and effectiveness of absorption.

According to Ayurvedic principles, the foundation of many diseases lies in the imbalance or vitiation of *Vata Dosha (Vata Prakop)*. It is believed that no disease can occur without some involvement of *Vata*. When *Vata* is aggravated, it disrupts the balance of other *doshas*, leading to the manifestation of various diseases. *Basti chikitsa*, or therapeutic enema and localized oil therapies, is considered the most effective treatment for pacifying aggravated *Vata*. male genital abnormalities, are often attributed to localized *Vata Prakop*. Since oil is the ideal medium for pacifying *Vata*, its application plays a vital role in Ayurvedic treatments. The apparatus of the present invention has been specifically developed to deliver medicated oil directly to the male genitalia in a controlled and therapeutic manner. By immersing the male genitalia in warm, specially formulated medicated oil, the therapy directly targets local *Vata* aggravation, promoting balance and healing. The absorbed oil deeply nourishes the ducts, smooth tissues, and glandular structures, improving blood circulation, soothing tissue injuries, and enhancing systemic function well-being. In summary, the natural lipophilic properties of male genitalial tissues, combined with Ayurvedic knowledge of *Vata* -related disease causation, form a scientific and traditional basis for using medicated oil therapy through the apparatus of the present invention. This approach provides both localized therapeutic action and broader systemic benefits, offering a preventive and restorative solution for managing and mitigating male genitalia related diseases. However, no procedure or apparatus has been historically described for performing a targeted *basti* treatment for the male genitalia. This invention addresses that gap by introducing a device that enables the male genitalia to be fully immersed in medicated warm oil contained within specially designed anatomical pots, thereby providing a controlled and localized therapeutic intervention for various male genitalia related disorders. The apparatus works by deeply nourishing the breast tissue through the use of specially formulated medicated oils. These oils are warmed to a therapeutic temperature and designed for deep transdermal absorption. When the male genitalia are immersed in this warm oil, the heat opens the skin pores, allowing the active therapeutic ingredients to penetrate through the

skin layers. Since the oil is lipid-soluble, it naturally accumulates in the fat-rich male genitalia tissue, enhancing its therapeutic effects. This process improves blood circulation, supports systemic absorption, and soothes internal tissue damage, making it particularly effective for conditions involving inflammation, tissue imbalance, or hormonal disturbances. During operation, male genitalia are immersed in the medicated oil for a duration of approximately 15 to 20 minutes. Over this period, the warm oil penetrates deeply, leading to the mitigation of local *Vata* aggravation (*Vata Prakop*), which, according to Ayurvedic principles, is a key factor in the development of various male genitalia (*Shukrvaha Strotas*) disorders. Through consistent application, this therapy helps in recovering male genitalia tissue health without the need for invasive surgery, while also serving as a preventive treatment to reduce the risk of developing serious conditions such as male genitalia carcinoma. This sealing mechanism prevents oil leakage during the procedure and ensures the pots remain stable, thereby enhancing the comfort, safety, and effectiveness of the treatment.

Figs. 1, 2 and 3, the present invention discloses an apparatus, designed for performing *Utsang Basti* therapy, specifically aimed at the prevention and treatment of various male genitalia diseases. The apparatus comprises a therapeutic pot configured to hold medicated warm oil during therapy. Therapeutic pot is carefully designed with anatomical shape and dimensions corresponding to the natural contour of a male genitalia so that, during therapy, the male genitalia can be completely immersed in the medicated oil. The material of construction for the therapeutic pot is preferably medical-grade stainless steel (SS304) or other medically safe and non-reactive materials such as **Food & Pharmaceutic grade platinum cure composites**, ensuring hygienic use, durability, and safe thermal properties. Beneath the therapeutic pot, a rubber inflatable bag is provided. This bag is constructed from medical-grade silicone rubber, chosen for its flexibility, durability, and ability to create a uniform sealing force. The medicated oils used in the therapy are specifically formulated for deep penetration and therapeutic action. Examples include *Dashmool oil*, *Ashwagandha oil*, specially advocated oil for improvement of breast health in Ayurvedic texts, like *Sharangadhar Samhita*, *Bharat Bhaishajya Ratnakar*, etc. or combinations of Ayurvedic herbal extracts suspended in a lipid base such as sesame oil or coconut oil. These formulations are selected for their ability to target breast tissue conditions, soothe inflammation, and restore systemic balance. It may be appreciated that the medicated oil may be changed according to breast disease condition and requirement.

Once the patient lies in a prone position, the apparatus is carefully positioned on the male genitalia, and fastening straps are wrapped around the patient's hip, secured using velcro. The straps ensure that the apparatus remains in position throughout the therapy session.

Therapeutic pot is half-filled with warm medicated oil using a syringe connected to the inlet port. This controlled filling prevents spillage and ensures a consistent oil level in the pot, facilitated by the fluid connection system interlinking the pot. As the pot is filled, the practitioner gradually inflates the rubber inflatable bag using the manual pump. This inflation creates a gentle upward pressure, pressing the pot securely against the patient's pubic region and forming a leak-proof seal between the rims of the pots and the skin. This sealing ensures that the medicated oil completely immerses the male genitalia and maintains contact for maximum therapeutic effect. During the therapy, which typically lasts 15–20 minutes, additional warm medicated oil can be introduced into the pots using the syringe to maintain optimal levels, particularly if there is any minor evaporation or absorption into the skin. Any excess oil generated due to topping up or expansion is safely released through the overflow port, which is connected to a secondary collection container. Once the therapy is complete, the outlet port are opened, and the used medicated oil flows through the drainage tube into a collection container. This collected oil can be reused for the same patient to ensure cost efficiency and adherence to traditional practices. After the oil is drained completely, the inflatable bag is deflated, and the fastening straps are loosened to remove the apparatus. The therapeutic pot are then cleaned using warm water and a mild disinfectant. The patient's pubic area is gently wiped, and a brief massage by himself/user is given to stimulate circulation and absorption of any residual oil on his male genitalia. The practitioner then evaluates the patient's response to the therapy, documenting changes in pain levels, swelling, and tissue firmness. In the specific example described, after three consecutive sessions spread over one week, the patient reported a significant reduction in symptoms, improved function, and an overall sense of relief. Clinically, there was a visible reduction in inflammation, and the male genitalia tissue appeared softer and healthier. The airtight sealing of the pot ensured there was no oil spillage throughout the therapy, maintaining hygiene and reducing wastage of the medicated oil.

RESULT

1. An apparatus wherein for performing *Utsang Basti* therapy for the prevention and treatment of male genitalia related diseases, the apparatus comprising: a therapeutic pot configured to receive and hold medicated warm oil, a pot having a shape and dimension corresponding to the anatomical contour and size of a male genitalia such that the male genitalia is completely immersed in the medicated warm oil during therapy; a rubber inflatable bag disposed beneath the therapeutic pot, the rubber inflatable bag being configured to be selectively inflated to secure the therapeutic pot against the chest of a patient and create a leak-proof seal to thereby perform *utsang basti* therapy.
2. The apparatus wherein further comprising: an

inflation mechanism operatively coupled to the rubber inflatable bag, the inflation mechanism configured to inflate the rubber inflatable bag; a plurality of ports provided on therapeutic pot, the plurality of ports comprising: an inlet port for introducing medicated warm oil into the therapeutic pot; and an outlet port for draining used medicated oil from the therapeutic pot. After completion of the therapy; a fluid collection system the therapeutic pot, the fluid collection system comprising a plurality of connecting tubes such that a consistent oil level is maintained between the therapeutic pot during therapy; a drainage tube operatively connected to the outlet ports of the therapeutic pots, the drainage tube configured to channel the drained used medicated oil into a collection container for reuse by the same patient; a top-up mechanism comprising a syringe configured to introduce additional medicated warm oil into the therapeutic pots through the inlet port during therapy; a fastening system comprising adjustable straps or equivalent securing means to position and stabilize the apparatus on the chest of the patient; and wherein after the *utsang basti* therapy the outlet ports and the drainage tube are used to drain the used oil into the collection container, thereby completing the therapy without spillage of the medicated oil.

3. The apparatus wherein the inflation mechanism comprising a manual inflation unit including a hand-operated balloon pump, or an electric inflation unit including an electric air inflator, wherein either or both of the manual inflation unit and the electric inflation unit are configured to inflate the rubber inflatable bag.
4. The apparatus wherein the inflation mechanism automatically regulates the air pressure in the rubber inflatable bag to maintain a uniform sealing force against the patient's pubic region.
5. The apparatus wherein, in operation, the therapeutic pot are half-filled with warm medicated oil, the rubber inflatable bag is inflated to create a sealed engagement between the therapeutic pots and the patient's chest, thereby fully immersing the male genitalia in the medicated oil for a predetermined time duration to perform *Utsang basti* therapy.
6. The apparatus wherein the rubber inflatable bag is incorporated in a support housing for securely holding the pair of therapeutic pot in fixed relation. The apparatus wherein the plurality of ports further comprises an overflow port for releasing excess oil to prevent spillage during therapy, and wherein the inlet port, outlet port, and the overflow port are configured to be used interchangeably for topping up, draining, or overflow management.
7. The apparatus wherein the medicated warm oil is formulated for deep absorption into the male genitalia tissue.
8. The apparatus wherein the therapeutic pot are fabricated from stainless steel or medically safe

material and are provided in different sizes for customization to individual users.

DISCUSSION

The apparatus operates by immersing male genitalia in a warm, medicated oil for a duration of approximately 15 to 20 minutes. The medicated oil used in this therapy is carefully formulated for deep penetration through the skin layers, allowing the active herbal compounds to reach male genitalia tissues. The warm oil improves blood circulation and facilitates systemic absorption, thereby nourishing the male genitalia tissue, soothing internal injuries, and reducing localized inflammation. The therapy also mitigates *Vata Prakop*, a fundamental imbalance in Ayurvedic pathology that is associated with pain, stiffness, and disease progression in male genitalia tissues. Due to its deep, lipid based formulation, the oil accumulates naturally in the male genitalia tissue, allowing for sustained therapeutic action. Over time, regular use of *Utsang Basti* therapy may prevent the onset of serious conditions of male genitalia diseases, reducing the need for surgical interventions. From a physiological perspective, the invention leverages the unique oil-absorption properties of male genitalia tissue. The male genitalia is composed of glandular tissue, connective tissue, and an overlying skin layer. Additionally, the skin of the penis and the testis is thinner and more permeable, which allows for deeper absorption of therapeutic compounds. The male genitalia has rich vascularization further enhances systemic delivery of the absorbed substances, promoting healing and restoration of tissue health. This combination of deep tissue penetration, vascular uptake, and lymphatic stimulation makes the *Utsang Basti* therapy highly effective for both treatment and prevention of male genitalia related diseases.

Further more, by allowing the breasts to be fully immersed in warm oil, the apparatus delivers a unique combination of heat therapy, herbal medicinal action, and lymphatic stimulation. This not only promotes healing of existing male genitalia tissue damage but also acts as a preventive treatment for individuals at risk of male genitalia diseases. In summary, the apparatus represents a fusion of traditional Ayurvedic wisdom and modern engineering design, providing a safe, non invasive, and reusable solution for breast health management. The device enables deep tissue nourishment, detoxification, and preventive care through its innovative design, user-friendly features and scientific basis in male genitalia tissue physiology. By addressing both therapeutic and preventive aspects of male genitalia diseases, this invention has the potential to reduce dependence on invasive surgical treatments, offering a holistic and sustainable approach to men's health.

CONCLUSION

Puruh Utsang Basti Yantra has a great significance to avoid male genital related diseases.

Data Availability

Data are available from the corresponding author.

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Disclaimer

The Institutes, where this study was performed, belong to a charitable organization engaged in health and education services in the region. The medications used in this study are common classical Ayurvedic recipes (open access); these are not branded/ proprietary medicines of any company.

Conflicts of Interest

The authors declare that they have no conflicts of interest & none source of funding.

Author Disclosure Statement

No competing financial interest exist.

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