

AYURVEDA PERSPECTIVE ON LEKHANA BASTI W.S.R. TO ROLE IN THE
MANAGEMENT OF PCODDeepti L. Kawale^{1*} and Sharad D. Tripathi²¹Professor, Panchakarma Department, Jupiter Ayurveda Medical College, Shankarpur, Nagpur, India.²Reader, Shalyatantra Departments, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur, India.

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Article Received on 18/10/2022

Article Revised on 08/11/2022

Article Accepted on 28/11/2022

ABSTRACT

Acharya Sushruta mentioned *Lekhana Basti* as a form of *Niruha Basti* which possesses *Shodhana & Lekhana* properties. *Lekhana* means scraping or scratching, this property helps to eliminate morbid *Doshas* and *Lekhaniya Dravya* removed increased *Mala* by their scraping action. The major ingredients of *Lekhana Basti* are *Triphala Kwatha*, *Madhu*, *Gomutra* and *Yavakshara*, etc. This therapy helps to treat many diseases including Poly Cystic Ovarian Disease (PCOD). *Lekhana Basti* provides remarkable responses in ovarian dysfunction and menstrual irregularities, etc. *Lekhana Basti* pacifies vitiated *Vata* and *Kapha Doshas* thus provides relief in the symptoms of PCOD. *Lekhana Basti* regularizes menstrual cycle, reduces body weight and control hormonal regulation therefore considered beneficial for PCOD.

KEYWORDS: *Lekhana Basti*, PCOD, *Shodhana*, *Panchakrama*.

INTRODUCTION

Women in reproductive age are affected by many pathological conditions and polycystic ovarian disease (PCOD) is one of them, it is a prevalent cause of irregular and infrequent periods. Menstrual abnormalities, biochemical hyperandrogenism, and hyperinsulinemia are the hallmarks of this condition, which ultimately results infertility.

PCOD symptoms point to *Kapha* and *Vata Dushti* participation, which results *Avarodha* in *Artavavaha Srotas*. According to Ayurveda, this illness is related to the *Vata Dosh* (*Apan vata*) with symptoms of painful & irregular menstruation, underweight and feeling of cold sensation. *Pitta* predominance reveals symptoms of burning sensation, painful menses and clots. The *Kapha* predominance results hirsutism. Etiological factors like *Mithyachara*, menstrual disorders, ovarian factors, *Artava dushti* and *Beeja dosha*, etc. can trigger consequences of PCOD.

In the pathophysiology of PCOS, *Mithyachara* and already-existing *Artavadushti* play a significant role. This in turn cause a variety of *Yonivyapads* such as; *Jataghni*, *Vamini* and infertility. The primary function of the female genital tract is hampered by *Artava dushti*, which also causes additional complications like *Arsa*, *Asrigdara*, *Gulma* and *Vatapradhana daruna* disorders. PCOD mainly associated with hormonal imbalance and

menstrual disturbance which leads other complication including inappropriate weight and infertility, etc.^[1-5]

Treatment

The goal of treatment is to remove restriction from the pelvis, restore normal metabolism, helps in cleansing and controlling menstruation, etc. The *Sodhana Chikitsa* (purification therapy) along with *Samana Chikitsa* (oral medication) play vital role in disease management. Since PCOD is regarded as a lifestyle disorder, a healthy diet and lifestyle adjustment were suggested to the patient. *Lekhana Basti* advises for PCOD under the category of *Sodhana Chikitsa* to relieves symptoms of disease.

Lekhana basti

Basti means administration of drug through anal route it is a types of *Panchakrama* procedure. The *Bastis* are of two types as depicted in **Figure 1**, in *Asthapana basti* or *Niruha basti* the decoction is the major part of therapy while in *Anuvasana basti* the oil or oleaginous substance used as major therapeutic component. *Sharangdhara* and *Acharya Sushruta* mentioned *Lekhana Basti* as a part of *Niruha Basti* in which decoction is used for scraping action. *Triphala Kwatha*, *Madhu*, *Yavakshara* and *Gomutra*, etc. are major components of *Lekhana Basti*.

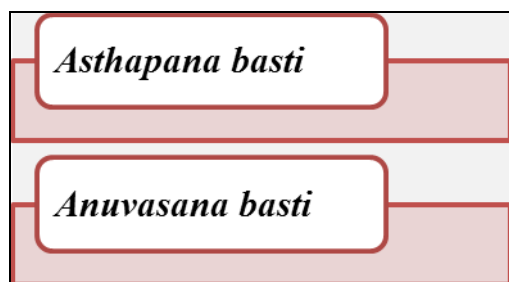


Figure 1: Types of *basti* as per ayurveda.

Lekhan Basti in PCOD

The main treatment for *Vata* problem is *Basti Chikitsa* and *Lekhana Basti* is one of the treatments of *Vata* diseases. *Lekhana Basti* possesses *Lekhana*, *Pachana*, *Ushna* and *Tikshna* properties. It offers *Vatakapha Shamaka*, *Srotoshodhaka* and *Amapachana* actions. It operates on *Apana Vata* and normalizes its function. It lessens the buildup of *Medo Dhatu* which is associated factor of PCOD. *Lekhana Basti* lower LH level and normalize the FSH level to encourage the growth and development of follicles in PCOD patient.^[4-7]

After entering *Pakvashaya* or *Guda*, *Basti* begins to work on the entire body. *Guda* is described as a *Sharira Mula* with *Shiras* and *Dhamanies*. It has both local and systemic effects. *Apana Vata* is normalized by *Basti Dravyas* and improves normal functioning of genital organs. As "*Anila Anala Dharana*" is one of the functions of *Purisha*, *Basti* corrects *Agni Dushti* and normalizes this activity. *Basti* normalizes *Apana Vata* function, resulting in normal *Beeja Nirmana* and *Rajah Pravritti*. The *Basti* provides *Balya*, *Deepan*, *Pachan*, *Yonivishodhana*, *Artavajanana* and *Beejotsarga* properties.

According to modern appraisal, any medication administered *via* the rectal route absorbed through the mucosal layer of the rectum and into the circulatory system. Since the enteric nervous system and central nervous system are similar, when *Basti* enters the gastro intestinal tract, it activates the enteric nervous system and produces stimulatory impulses for the central nervous system. These signals activate the gastro-intestinal-tract's endogenous opioids, primarily endorphin, which limits the release of gonadotropin-releasing hormone. Thus *Basti* administered to PCOD patients modulates the Hypothalamic-Pituitary-Ovary axis, which normalizes both the ovarian cycle and the menstrual cycle. The function of *Apana Vata* may be caused by parasympathetic activity. The parasympathetic nerve supply may be stimulated by *Basti*, which in turn helps in follicle development and release of ovum.

Probable mode of action of drugs

The drugs used for *Lekhana Basti* offers *Amapachana*, *Srotoshodhana*, and *Vatakaphashamaka* qualities that may be the cause of their effectiveness in case of PCOD. *Ushna*, *Tikshna*, *Lekhana* and *Pachana*, etc., are characteristics of *Lekhana Basti*'s contents that helps to

loosens toxins and helps in their expulsion. The *Vatanulomana* characteristic of *Basti* also supports this effect. The removal of *Sanga* facilitates by the *Kapha-Vata Shamaka*, *Srotoshodhana* and *Aama Pachana* qualities of medications. These properties also affect follicular growth and ovulation process. *Apana Vata* operates properly following the removal of *Sanga* caused by vitiated *Kapha* and *Ama* in *Artavavaha Srotas*, resulting normalization of *Rajah Pravritti* and *Beeja Nirmana*.^[6-8]

The various *Guna* of *Basti Dravya* imparts different effects in PCOD as mentioned follows:

- ✚ The *Sukshma Guna* of *Basti Dravya* helps in reaching up to the micro channel of the body.
- ✚ *Tikshana Guna* helps to breaks down *Mala* and *Dosha Sanghata*.
- ✚ *Snigdha Guna* of *Basti Dravya* liquefies *Doshas*, that after they removes easily.
- ✚ The irritant property of *Basti* helps to eliminate vitiated *Doshas*.

The *Lekhana Basti* decreases LH level thus prevents premature lutinization, therefore growth and development of follicle stimulated by normal FSH level. *Lekhana*, *Rruksha*, *Tikshana*, *Deepana* and *Pachana* properties of drugs contributed towards the loss of body weight by controlling *Jatharagni*. As a result, it prevents accumulation of *Medodhatu* and ultimately causes *Lakshana Upashamana* of ailment.^[8-10]

CONCLUSION

Basti helps to relives symptoms of PCOD, the *Kwatha* mainly *Triphala* decoction pacifies *Vata* and *Kapha* vitiation. *Lekhan Basti* regulates menstruation, decreases body weight, cause expansion of follicles and improves ovulation process. This therapy also helps to reduces premenstrual symptoms such as; hair loss and acne, etc. *Lekhana Basti* helps to treat Poly Cystic Ovarian Disease by improving ovarian dysfunction and menstrual irregularities, etc.

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