

**IMPORTANCE OF BASTI AND YONIPICHU IN EIGHT AND NINTH MONTH OF PREGNANCY****Dr. Dipashri Avinash Saindane\***

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**ABSTRACT**

Prenatal care is known as “garbhini paricharya” in Ayurveda. ‘Garbhini’ means pregnant woman and ‘paricharya’ means ideal protocol. It includes the ideal dietary and lifestyle protocol followed by a pregnant woman to attain optimum health of progeny and prevent any complications. Benefits of prenatal care in Ayurveda By the practice of prenatal care including monthly regimen, the entire body, especially the reproductive tract, placenta, fetal membrane (garbhadharini), abdominal area, sacral region, flanks and back become soft. Vayu moves into its right path and direction, urine, feces and placenta are excreted or expelled easily by their respective passages. Woman gains strength and complexion and she delivers easily at proper time a desired, excellent and healthy child possessing all the -qualities and long life.[Cha. Sa. Sharira Sthana 8/32

**KEYWORDS:** Garbhini paricharya in 8th and 9th month, role of basti, Asthapan basti, Anuvasan Basti, Yonipichu.**INTRODUCTION****Garbhini paricharya in 8th and 9th month**

In eight- month-Yavagu prepared with milk, ghee (ch.sha.8/32) Snigdha yavagu with jangalmansa Asthapan basti with Badarokadi decoction, followed by Anuvasan basti of oil medicated with milk and madhura drugs. Su. Sha. 10/3).

Rice gruel prepared with milk and mixed with ghrita. Asthapan basti followed by anuvasan Basti (A.H.1/64, 65) oil Take Grutpurk (Ha.sa.tru.stha.49/3), In ninth month- Anuvasan basti and pichu dharan of madhura drugs medicated oil.

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**Role of Basti**

1. Basti therapy by various of its medicaments greatly influences the normal bacterial flora of the colon. By doing so it modulates the rate of endogenous synthesis of vitamin B12.
2. This vitamin B12 may have a role to play in the maintenance or regeneration of nerves. It was one of the possible mechanism through which Basti could help in Vatika or Neurologically.

**MATERIAL AND METHODS****8th month pregnancy- Asthapan basti**

Basti during the eighth month of pregnancy, evacuative

basti (asthapanabasti) is advised for the elimination of retained fecal matter followed by anuvasanabasti with oil medicated with madhura group of drugs- [Su Sa. Sharira Sthana 3/11]

Acharya Vagbhata advises unctuous enema using ghee processed with madhura group of drugs for cleaning the collected feces and then therapeutic enema (niruhabasti) is given. [A.Hr. Sharira Sthana 1/34-35]

**9th month of pregnancy- Anuvasan Basti and yonipichu**

During the ninth month, anuvasan Basti, yoni pichu with medicated oil is advised. [Cha. Sa. Sharira Sthana 8/32].

Oil processed with sida cordifolia (bala taila), formulations like dhanwanthra taila are in current practice for vaginal tampon during ninth month of pregnancy.

For unctuous enema, oil processed with the above drugs (dashamula) or oil processed with sida cordifolia (bala taila), preparations like dhanwanthra taila [16], maharayan taila [17], ksheerabala taila [18] etc. are also in practice.

Different practices and protocols regarding enema therapy (basti) are followed.

Evacuative and unctuous enema in alternate days for a maximum of 8 days is one protocol. In another protocol,

initially, one evacuative enema followed by 3-4 unctuous enema on consecutive days is given. The decision depends upon the physician's view (yukti) as per the condition and strength of the pregnant lady. In case of severe constipation and if the patient is very weak, initial unctuous enema followed by evacuative enema is effective.

This kind of enema therapy is useful for facilitating easy delivery. Research works are being conducted on both evacuative enema and unctuous enema as part of prenatal care with an objective of promoting easy delivery. During the ninth month

## CONCLUSION

### Importance of Basti

In 8th month Use of Asthapan Basti will relieve constipation, It gives strength to Garbhashaya and can prevent preterm labour by preventing Udavarta and Akala avi pradurbhava i.e., premature contractions/labour. Aasthapan or Niruha basti is claimed to have Rasayan or rejuvenation properties, so it may help in normalizing the anatomy and physiology of reproductive organs for preparation of parturition.

9th month Paricharya: Vayu becomes more active in 9th month. Basti is the best mode of treatment for Vayu. We used Bala tail for Anuvasan Basti which had effects like Vatshaman, Vatanuloman & Snehan (emollient) of Apatyapath therefore can be helpful for Sukhaprasav, yonipichu soften the vaginal path and destroyed pathogenic bacteria so as to facilitate easy labour and no infection to eye of coming baby.

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