

PHYSIOLOGICAL ACTION OF BASTI IN VAT ROGA: A REVIEW**Dr. Sanjivani Tukaram Hambarde¹ and Dr. Shrikant Vitthalrao Pawar^{2*}**¹Assistant Professor, Kriyasharir Department, Govt. Ayurved College Nanded, India.²Assistant Professor, Panchkarm Department SSVP Ayurvedic College and Research Institute, Hatta, Hingoli, India.***Corresponding Author: Dr. Shrikant Vitthalrao Pawar**

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ABSTRACT

Panchakarma is a treatment program for the body, mind and consciousness, that cleanses and rejuvenates. It is based on Ayurvedic principles, every human is unique phenomenon manifested through the five basic elements of Ether, Air, Fire, Water and Earth. Combination of these elements are three doshas (tridosha): Vata, Pitta, and Kapha, and their balance is unique to each individual. which prevents disease, preserves health, promotes strength and establishes harmony between body and nature. The diseases mainly arise due to the aggravation of Doshas and in this regards Panchakarma play vital role to pacify aggravated Doshas. amongst them BASTI are important modalities of Panchakarma and these procedures can alleviate many health ailments related to the Doshas vitiation. Specifically Basti provides relief in Vat Roga. The Function of vata is to control the flow of the blood, Breathing, Elimination of waste, giving rise to the thoughts across the brain, beating of the heart etc. Vata disorders are caused due to imbalance of the vata dosha in the body.^[1] "Basti vata haranam Shreshtatam"^[2] Basti is considered as the main treatment for the Vata Dosha. Basti is not only for Vata disorders but it also effective in correcting the imbalanced Pitta and Kapha. It is the most important shodhana karma in all Manovikara (Psychological disorders) which are caused due to excessive vata. Basti remove toxins from body, reduce effects of morbid Doshas, impart lightness in body, The drugs used for basti purposes possessing unique properties and these properties of Ayurveda drugs contributed greatly towards the Doshas pacifying effects of Panchakarma therapy. Considering these all facts present articles explores physiological action of basti in vat Roga.

KEYWORDS: Ayurveda, Panchakarma, Basti, Dosha.**INTRODUCTION**

Ayurveda shares, with other holistic, multidimensional systems, the ability to provide medical care with a healing process that is customized to the patient, maintaining the personalization. Ayurveda described many approaches for rejuvenation and purification; Panchakarma plays a vital role in the preservation, maintenance and conservation of health and it makes the biological system to maintain the normalcy, rejuvenate the body Panchakarma is one such unique modality of Ayurveda. Panchakarma facilitate detoxification of toxins or morbid Dosha from the body thus brings purification of whole body. This therapy not only prevents diseases but also treat many pathological conditions including skin disease, digestive problems, allergic rhinitis, asthma, constipation and heart problems, etc. Panchakarma alleviates Tridoshas, the particular modality of Panchakarma acts on specific Doshas i.e.; Panchakarma is one of the prominent Ayurvedic tools used to restore balance to the body. Through the use of herbalized oils, body treatments (including oil massage), steam therapy, herbal paste therapy, nasal therapy,

vomiting therapies, enema therapy, and purgation therapies,^[3] Panchakarma is designed to allow the body to rid itself of wastes that have accumulated and lodged in the body, creating blockages in the intelligent flow of the various systems, including the circulatory, nervous, and digestive systems. Once this cleansing process is complete, the body can resume its natural functioning without interference.

Basti works for Vat Dosha. Basti karma correct vitiation of Vat dosha, regularizes functioning of GI tract, this therapy cure chronic constipation, indigestion, muscular dystrophy, sciatica, cerebral palsy, hemiplegia, parkinsonism.

AIMS AND OBJECTIVES: To study the Physiological study of basti Chikitsa in vataroga.**MATERIALS AND METHODS**

To explore and elaborate the conceptual study of Basti Chikitsa in vataroga. Review of study is explained under following headings 1) Concept of Vataroga 2) Basti

Karma 3) Mode of action of basti Dravyas.

Physiological Action of Basti

Basti is administered in the body through four routes Pakvashayagata (Anal), garbhashayagata (uterine), mutrashayagata (urethrovesical) and vranagata (wound/abscess).^[4] Basti is classified into two types on the basis of pharmaceutical composition i.e., Niruha Basti and Anuvasana Basti. Anuvasana Basti is further divided to Sneha Basti, Matra Basti and Anuvasana Basti.

- 1) The Poorva karma of Panchakarma procedure brings the doshas from Shakha (whole body) to Koshta (intestine).
- 2) Basti eliminates the doshas from the Koshta to the outside of the body through anal opening.

Basti therapy shows significant improvement in vatika disorders. Basti is the chief treatment of vatika disorders and it is considered as the Ardhha chikitsa (50% of all treatment modality) in Ayurveda. After doing Basti, one should take care to follow Vata balancing recommendations. Eat light, grounding, warm, oleative food. Rest and avoid Vata provoking activity, including excessive talking, extremely windy or cold weather, travel, and busy activity. In this way, Basti can be used to keep Vata balanced on a routine basis, cleanse.

Mode of Action of Basti Dravyas towards their Physiological Action

Action of basti dravya on bacterial flora of large intestine Human gastrointestinal microbiota also known as gut flora are the microorganisms that live in the digestive tracts of intestine. This When Basti dravya is administered it reaches to Pakwashaya. The "Virya (active principal) of the Basti" spreads in the entire body to do desire action.^[5] Basti virya may act through several mechanisms. This article deals with the mode of action of Basti.

Probable action of Basti according to Modern Science Neural control

The small intestine and colon have intrinsic and extrinsic innervations. The intrinsic innervation also called the enteric nervous system comprises myenteric, submucosal and mucoasal neuronal layers. The number of neurons in this enteric system is about 10 crores almost exactly equal to the number in the entire spinal cord. The function of these layers is modulated by interneurons through the action of neurotransmitter amines or peptides including acetylcholine, opioids, norepinephrine, serotonin, ATP and nitric oxide. The myenteric plexus regulates smooth muscle function and the submucosal plexus affects secretion and absorption. The extrinsic innervations of the small intestine and colon are part of the autonomic nervous system and also modulate both motor and secretory function. The para sympathetic nerve supply conveys visceral, sensory as well as excitatory pathways to the motor components of the colon parasympathetic fibers via the vagus nerve reach

the small intestine and proximal colon along the branches of the superior mesenteric artery. The distal colon is supplied by sacral para sympathetic nerves (S2-4) via the pelvic plexus. These fibers course through the wall of the colon as ascending intracolonic fibers as far as and in some instance including the proximal colon. The chief excitatory neurotransmitters controlling motor function are acetylcholine and the tachykinins such as substance p. The sympathetic nerve supply modulates motor functions and reaches the small intestine and colon alongside the arterial arcades of the superior and inferior mesenteric vessels. Sympathetic input to the gut is generally excitatory to sphincters and inhibitory to nonsphincteric muscle. Visceral afferents convey sensation from the gut to the central nervous system. Initially they course along sympathetic fibers but as they approach the spinal cord they separate to have cell bodies in the dorsal root ganglion and enter the dorsal horn of the spinal cord. Afferent signals are conveyed to the brain along the lateral spinothalamic tract and the nociceptive dorsal column pathway and are then perceived. Other afferent fibers synapse in the prevertebral ganglia and reflexly modulate intestinal motility.

Venous supply

The inferior mesenteric vein drains blood from the rectum the sigmoid colon and descending colon. It begins as the superior rectal vein from the upper part of the internal rectal venous plexus. In the plexus it communicates with middle and inferior rectal veins. The superior rectal vein is continuous upward as inferior mesenteric vein and open into splenic vein.

The superior and inferior mesenteric vein form portal venous system

Probable Mode of action of Basti according to Ayurveda

Based on the above mentioned facts we can explain that the active principle from Basti Dravyas inserted into the sigmoid colon via anus is absorbed through rectal veins and via portal vein it spreads to whole body and produces its effect. Moreover it certainly affects the enteric nervous system and through neurotransmitters present in the enteric system it acts on the brain via spinal tract and produced its effect on whole body.

Systemic action of Basti

The Veerya of Basti administered through the Basti into the Pakvashaya reaches the whole body through the channels (Srotasa), as the active principles. In the water when poured at the root of the tree reaches the whole plant.

Pakvashayaad Basti veeryam Khai dehamanusarpati |
Vrik shamoole Nishiktaanaamapaam Veery amiva
Drumama ||^[6]

Action of Basti on Vayu: Vayu is considered to be the

main controller of the body. If Vayu alone or in combination with other Dosha get vitiated, then Basti by the way of evacuation or elimination normalizes the path of Vayu along with Pitta, Kapha and faecal matter.

Basti Karma for Vat Roga

Basti is so highly revered in the panchakarma process that it is said that the benefit received from basti is equal to the cumulative benefit of the other four processes in panchakarma. And that only makes sense, given the prevalence that vitiated vata plays in the disease process.

Basti works in the region of the colon, but its impact is so far reaching and deep that simply calling this process an enema does not do it justice. Recall that as the major seat of vata in the GI tract, the colon is critical in keeping vata balanced in the entire body. In the stages of samprapti (Ayurvedic pathogenesis), vata first accumulates in the colon, and then as it begins to “overflow”, it will spread and create imbalanced vata in other susceptible parts of the body. This systemic imbalanced vata can affect almost any system in the body, as vata is a necessary presence throughout the body; it is likely to affect the systems which have some weakness (a khavaigunya).⁷ Basti provides herbal cleansing and nourishment directly into the intestines and colon, without having to be digested by the stomach and upper GI tract, as would be the case with anything taken by mouth.

Traditional Ayurvedic teaching reminds us that basti can be used for a variety of reasons, including bowel regularity, joint support, excess vata in digestion causing occasional gas, nervous system support, and healthy sleep patterns.^[1] Clearing vata from the system also helps create energy and vitality as well as clarity in the mind.^[6] Basti promotes overall well-being, a graceful aging process, luster and a healthy glow. Multiple international studies have been done regarding the benefits of basti, and they also show benefits to joint, back, and bone health.^[8]

DISCUSSION

Panchakarma therapy is a very imperative and essential part of Ayurvedic treatment. As it possesses a wide spectrum of effect and is thought to be “Ardhachikitsa” in Ayurveda. Action of bastidravyas mainly in koshta that too pakvashaya ie sthana of vata Dosha after the absorption of bastidravyas, vyavayi and sukshama guna of bastidravyas it circulates all over the body.^[9] Basti veerya may act through ENS. The gastrointestinal system has network of nerve fibers, which is known as “Enteric Nervous System” similar to brain ENS sends, receive impulses, and activate to CNS. Basti nourishes the five types of Vata and normalize their function. In Vatavyadhi chiefly effected Dosha is vata Dosha sometime it also associated with Pitta and kapha doshas. Vata is main cause for vitiation of others Dosha and dhatus also. So treat vata Dosha along with associated Dosha with basti Chikitsa more comfortable and

effective in treating vatadi Dosha with permutation and combination of tridoshashara dravyas in basti chikitsa. Basti chikitsa can be advised in dhatukshayajanya and margavarodhajanya vatavyadhi, Amaja vataroga and niramajavata rogas. In many of vatavyadhi samadosha will be present different bastis like karma, kala, yoga basti which has effect of amanirharana action. So combination of niruha and anuvrasana basti has effective than only matrabasti.^[10]

CONCLUSION

Basti Karma mentioned in Ayurvedic classics is having broader therapeutic index on almost all the tissues of the body and have rejuvenative, curative and preventive and health promotive actions.

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