

## ROLE OF UTTARBASTI IN THE MANAGEMENT OF YONIVYAPADA: REVIEW

Madhuri Bhalgat\*<sup>1</sup> and Karishma Bilade<sup>2</sup><sup>1</sup>Professor & Head of Department of Stree-rog & Prasutitantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.<sup>2</sup>P.G Scholar Streerog & Prasuti-tantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.**\*Corresponding Author: Madhuri Bhalgat**

Professor &amp; Head of Department of Stree-rog &amp; Prasutitantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.

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**ABSTRACT**

In the Ayurveda, *Tridosha* have more importance because without them not a single disease can manifest. Among the *Tridosha*, *Kapha* and *Pitta* are nonmotile whereas *vatadosha* have motility. So to get *vitiated Kapha* and *Pitta* mostly requires an initiation from *Vata Dosha*. As per the therapeutic approach *Basti* have good efficacy to normalise the *vitiated Vata*. *Vitiated Vata* mainly responsible for all *Yonivyapada*. *Yonivyapada* described under *Striroga* covers almost all the diseases of women. *Uttarbasti* found very effective in *Yonigat vata shamana*. *Uttarbasti* having both the effects of *Shamana* as well as the *Shodhana* effect. This study aimed to find out role of *uttarbasti* in *yonivyapada* and why the drugs used in *uttarbasti* mostly prepare with oil based.

**KEYWORDS:** *Sthanikchikitsa, Uttar Basti, Yoni Vyapada.***INTRODUCTION**

Some *Sthanik Chikitsa* (Local therapies) in *Ayurvedic Gynaecology* is prescribed by Ancient *Acharyas*. Among them *Uttarbasti* is an important and a unique *Ayurvedic* procedure, which is defined in *Ayurvedic* classics very descriptively. It is mentioned for the *genito-urinary* disorders of both males and females.

**Uttarbasti Definition**

*Basti* is *Pradhana* due to its different actions and *Nanavidha Dravya Samyoga*. Among the types of *Basti*, *Uttar Basti* has some special quality, so it is nominated as "*Uttar*" i.e. "*Shrestha*". The *Basti* which is given in *Uttar Marga* (i.e. in urinary or vaginal passage) than usual *Adho Marga* (i.e. in anal passage) is termed as *Uttar Basti*.<sup>[1]</sup> In *uttarbasti* medicated oil or *kwath* is inserted into *intra uterine cavity* through *Vagina*

**Yonivyapad**

Most of the *Gynaecological* disorders are abbreviated under the heading of *Yonivyapada* in *Ayurvedic* classics.<sup>[2]</sup> *Yonivyapada* have broad classification described in *Ayurvedic* texts. *Vitiation* of *vata* mainly responsible for the cause of *Yonivyapada*. In all *panchkarma basti* is '*Pradhankarma*' because *Basti* is best *vata shaman chikitsa*. From all *basti*, A kind of *basti- uttar basti* have more importance and it is widely used unique treatment in *yonivyapada*.

**MATERIAL AND METHODS**

This is a conceptual type of study. Textual materials are used for the study from which various references have been collected.

**Time of Administration of Uttrabasti**

The appropriate time for administration of *Uttar Basti* is *Ritu kala*.<sup>[3]</sup> means immediately after cessation of menstruation. As *Yoni* will be open during this period, the *sneha dravyas* administered are easily absorbed. But according to *Ashtanga Sangraha*, in emergencies it can be performed at any time irrespective of *Ritu kala*.<sup>[4]</sup>

**Procedure**

**Requirements:** Perineal towels, draw sheets, apron, masks, gloves, gauze pieces, cotton pads etc.

**Instruments:** Sponge holding forceps, Towel clips, Sim's speculum, Anterior wall retractor, Vulsellum forceps, Uterine sound, dilators, Uterine cannula, Disposable Syringe (5CC or 10cc) and nozzle.

**Poorva karma**

- (1) *Abhyanga* should be done for ten minutes on the *Katipradesa*, *Adhodara*, *Prustha* and *Parsva Pradesa*. *Abhyanga* has *Vatasamaka* and *Vatanulomaka* action thus helps to relax the pelvic organs.
- (2) *SVEDANA* should be done to same parts for about ten minutes with hot water bag. The *Svedana Karma* relieves undue stiffness and pain in the pelvic region. It is also *Vatanulomaka*. Both *Snehana* and

- Svedana may help to relieve pain during the procedure of Uttarabasti.
- (3) YONI PRAKSALANA should be done with Nimba or Pancavalkala Kvatha for asepsis.
  - (4) Empty the bladder.
  - (5) Examination of vitals like pulse, B.P. etc. should be done.
  - (6) Patient should lie in Lithotomy position.
  - (7) The genital organs should be painted with antiseptic solution and covered with perineal towels and clips may be applied to fix the covering.
  - (8) Routine per vaginal examination should be performed in order to assess the size, shape, position of uterus.

#### Pradhan karma

- (1) Insert Sims speculum and anterior vaginal wall retractor into visualise the cervix.
- (2) Apply Allis forceps or Vulsellum to hold the anterior lip of the cervix.
- (3) Swab the vaginal canal, external os and fornices with the antiseptic solution.
- (4) With the help of uterine sound, access the length and position of uterus
- (5) Dilate the os gradually with lubricated Hegar's dilators enough to admit the uterine canula easily.
- (6) Insert the uterine canula into the uterine cavity so as just to cross the internal os of the cervix. Then inject the medicine (warm Ghrita) with syringe from other side of Canula. Make sure there are no air bubbles in the canula and syringe.
- (7) At the same time of injecting the medicine into uterus, keep the head in low position (Trendelenberg's position).

#### Pashchat karma

- 1) Must watch and observe the medicine expelled out or not after procedure and then keep a sterilized gauze piece into the vagina.

	Sneha utara basti matra	In (ml)
Charaka <sup>[6]</sup>	½ pala	24 ml
Vagabhata <sup>[7]</sup>	1 shukti – 1 prakuncha	24ml – 48 ml
Sushruta <sup>[8]</sup>	1 pala	48 ml

	Kashaya utara basti matra	
Sushruta <sup>[9]</sup>	2 prasruta	96 ml

#### Uttar Basti is used in various Yonivyapada

- 1) *Udavarta yonivyapad* – *Uttarbasti* with *traivrtasneha*.
- 2) *Vatala yonivyapad* - *Uttarbasti* with *traivrtasneha*.
- 3) *Mahayoni yonivyapad* - *Uttarbasti* with *traivrtasneha*.
- 4) *Suska Yonivyapad* – *Uttarbasti* with the oil medicated with *jivaniya* group of drugs should be used.
- 5) *Asruja yonivyapad* - *Uttarbasti* with *ghrita* medicated with the *kwath* of *kasmari* & *kutaja* should be given.

- 2) Remove all instruments slowly and take away perineal towels.
- 3) Patient should be advised to extend her legs and give head low position for 15 minutes on the procedure table and 2 to 3 hours in I.P.D.
- 4) Vitals like B.P., Pulse etc. should be checked.
- 5) Hot water bag for Svedana over the lower abdomen should be given for pain relief.

#### Probable mode of action

Uttarbasti has vatshamak property due to snigadh guna of Sneha used for uttarbasti. Lukewarm oil or ghrita used for uttarbasti enhances blood circulation of vagina, Cervical canal and endometrium and causes better absorption of drug due to suskshma guna of Sneha.

Most commonly the medicated Ghritas/ Taila are indicated for Uttar Basti in our Ayurvedic classics. Ghrita have special property 'Sanskaranuvarta.<sup>[5]</sup> due to this Grita adapts medicinal property of other drugs without losing its own property therefore Ghrita called 'Mahasneha'.

Due to sukhshma guna Sneha enters micro channel and by snigdha guna it pacifies vata shamana. Due to this the drugs used for uttarbasti mostly prepared with oil base. It shows Uttar basti have good efficacy to normalise vitiated vata which is primarily responsible for all Yonivyapada.

**Dose and Duration:** Dose in case of Intrauterine Uttar Basti is depends on capacity of uterus. 5ml of medicine was taken as a general dosage form for consecutive 3-5 days. The same course will repeat once in a month. Sneha uttarbasti matra and kashya uttarbasti matra explained in ayurvedic text describe as follow

- 6) *Arajaska yonivyapad* - *Uttarbasti* with *ghrita* medicated with the *kwath* of *kasmari* & *kutaja* should be given.
- 7) *Putraghni yonivyapad* - *Uttarbasti* with *ghrita* medicated with the *kwath* of *kasmari* & *kutaja* should be given.
- 8) *Acharna yonivyapad* – *Uttarbasti* of oil treated with *jivaniya* group of drug.
- 9) *Prakcarana yonivyapad* - *Uttarbasti* of oil treated with *Jivaniya* group of drug.
- 10) *Aticarana yonivyapad* - *Uttarbasti* of oil treated with *Jivaniya* group of drug.

- 11) *Karnini yonivyapad – Uttarbasti* with the oil treated with *Jivaniya* group of drug.
- 12) *Prasramsini yonivyapad. Traivruttasneha uttarbasti.* *Bala or sirisa tail* should be used in the form of *uttarbasti*.
- 13) *Kaphaja / Upapluta yoniyapad – Uttarbasti* with *dhatkyadi tail*.

## CONCLUSION

Uttarbasti is wonder panchakarma procedure having remarkable effect on female reproductive system. Uttarbasti plays important role in the management of Yonivyapad by applying proper drug combination as per dosh prakopa in Yoni. Hence Uttarbasti have more importance and widely used unique treatment concept in shtree roga.

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