

## Concept of Uttarbasti: A Critical Review

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### ABSTRACT-

Ayurveda being unique science of life, describing treasures of healthy life and its maintenance by avoiding factors affecting health and also at the same time it emphasises many preventive and curative elements. Wherein Ayurveda, chikitsa is being classified into 2 i.e. shaman chikitsa and shodhana chikitsa. Basti is the procedure which is included under shodhana chikitsa as well as sthanik chikitsa. In context of Striroga it includes local procedures (therapy) or Sthanik Chikitsa which specially concerns gynaecological problems involves mainly Yonidhavan, Uttar-Basti, Yoni-Pichudharan, Yoni-Dhupan, Yoni-Lepan, Yonivarti, Yoni-Puran, Yoni Parishek, PindaChikitsa etc. Where Uttarbasti is a procedure described into texts which is mainly indicated in uro-genital disorders of both, the males and the females. It directly works locally. Uttarbasti Nowadays it is often used by many of Ayurveda practioners especially for treating infertility, at huge scale. In ancient era, there are few principles related to every procedure and so as for uttarbasti. Thus this review is mainly dealt with description of Uttar basti in Brihat Trayee (i. e. Charak Samhita, Sushruta Samhita And Ashtang Hrudhyam Samhita).

**Keywords:** Ayurveda, Infertility, Urogenital Disorders, Uttarbasti, Sthanik Chikitsa

### Aim and objective-

- To understand the concept of uttarbasti and its review in Ayurvedic texts.

### Material and method-

- Charak Samhita, Sushrut Samhita and Ashtang hrudaya.

## I. INTRODUCTION

Uttarbasti –

The term Uttarbasti composed of 2 letters i.e. Uttar and Basti.

Where ‘Uttar’ has several meanings as per Ayurvediya Shabda Kosh given as follows -

1. अधिक:- more and more
2. प्रधानम्- higher and higher, superior; further and further
3. पृष्टस्य प्रतिवचनं – reply to a question or reply to reply
4. Successive, later, ever increasing

And Basti meant as following as described in Ayurvedic Shabda Kosha

1. The abdomen; the lower belly
2. One of organ described in 10 Pranayatan; urinary bladder
3. To administer Aushdiya Dravya into Basti (Mutraashya)

So Uttarbasti can be defined as

- i. ‘Procedure where Basti Dravya (Aushdhiya Dravya) is administered through the organ which is above Guda i.e. Mutra Marga and in females Yoni Marga also.’
- ii. Or Basti which posses Uttam quality (Guna) can be said to be uttarbasti.
- iii. It can be said to be Shreshtha basti. As word Uttara means higher, excellent or superior.
- iv. Basti which is given after Niruha Basti is called as Uttarbasti.

### Benefit of Uttarbasti-

It is beneficial in disorders of urinary bladder including urine retention, severe dyuria pain in groin region and incontinence of urine, uterovaginal prolapse and also yoni vyapadas, asrugdara and aparasang.

### Indication-

As per Acharya Sushruta Uttarbasti is indicated in Yoni Roga, Vandhyatva (infertility), Yoni Vibransha (prolapsed of uterus), Mutraghata, Mutrakruccha, Garbhashya Roga, Asrugdar (dysfunctional uterine bleeding), Yoni Shula and Artava Vikara.

Acharya charak said after giving uttarbasti vitiated vayu pacified and thus helps to conceive pregnancy. And also it can be used in diseases of Basti, Yonibhrasha, Yonishoola, Yonivyapad, Raktapradar, Mutraavarodha, and Incontinence.

**Contra indication-**

- Not described in classics
- The only contraindication given in classics is the genital tract in girls. (BalanamApatya MargeNa Diyat Iva)

**Time of administration-**

Uttarbasti is to be given to women after cleansing her body with 2 or 3 three Asthapana Basti, during Artavkaal or Ritukal. Because as per Acharya during this period the garbhashaya and yoni remains free of any covering (Avarana-rahit) and therefore capable of receiving more amount of Sneha.

Parts of Uttarbasti-Uttarbasti comprises of two parts i.e.

- a. Basti putak – it is the container or bag that holds drug which has to be administered
- b. Basti netra - it is the nozzle which is attached to Bastiputak tightly and through which Aushdiya Dravya is administered.

- a. Basti putak yantra-

As the quantity of drug to be used in Uttar Basti is less in comparison to Basti, Bastiputaka should be Mridu and Laghu.the method of preparation of bag remains same as that of basti. As per acharya shushrut the bag of uttarbasti should be made up with bladders of sheep, goat and hog. But nowadays disposable sterile plastic syringes are used.

- b. Basti netra-

uttarbasti netra is named as Pushpanetra, as it is made up of metals like gold, silver, brass, tin, and lead etc. its tapering end resembles cow's tail having circumference like jati and karavir pushpa like and lumen to extent which allows passage of a mustard seed. Also it has 2-3 karnikas(rings) to tie it with bag(bastiputak) and to restrict excess entry of nozzle.

Netra which are used in females, has length of 10angulas with circumference like urethra and little finger and havin lumen maximum of measure which allows passage of mudga seed.

In today's era bastinetra is used in the form of IUI cannula or rubber catheter.

**Indications of use of bastinetra of different sizes given below-**

Vaya avashtha	Marga	Circumference of basti netra	Lumen size	Location of karnika end upto which is to be inserted in the passage
Bala	Mutra	Flower stalk of malati pushpa	Mustard seed	One angula
Yuvati	Mutra	Size of urethral opening	Mudga seed	Two angulas
Yuvati	yoni	Kanishthika finger	Mudga seed	Four angulas

**Matra of uttarbasti-**

Bastidrava	Sneha Matra			Kwatha Matra
	Sushruta	Charaka	Vagbhata	Sushruta
Purusha	1 Prakuncha	½ Pala	1 Shukti	1 Prasruta
Stree	1 Prasrut	-	1 Prakuncha	Garbhashaya Shodhanartha, Basti Shodhanartha – 2 Prasruta
Bala	-	-	1 Shukti	1 Prasruta

Dose should be fixed considering Vaya, Bala, Satva, Satmya etc.

Uttar Basti should be given consecutive 3 days in increasing dose of Sneha. As per Vagabhatta it should be stopped for 3 days and then again should be repeated for 3 days continuously.

Method of giving uttarbasti-

Poorva karma-

- Prior to Uttarbasti Acharya Vagbhata has indicated that 2/3 Aasthapana Basti should be given in order to purify the Malamarga.
- Acharya Charaka has indicated that prior to the administration of Uttarbasti, patient should take bath, take food mixed with Mamsarasa (meat juice) or Ksheera (milk) and should have voided his faeces and urine.
- According to Acharya Sushruta, on the day of Uttarbasti, Sthanika Abhyanga and Swedana (localized massage and sudation) is to be done over abdomen, thighs and groins, and take Yavagu added with Ghee and milk should be given before the administration of Basti.

Uttarbasti in females is given as-

The woman should be placed in supine position with flexed thighs and elevated knees, then the nozzle should be inserted in urinary or vaginal passage slowly with steady ahnd, following direction of the passage. In a day (24 hours) total 2,3 or 4 bastis should be given , the procedure should be continued for 3 nights wiyh gradual increase in quantity of sneha. After giving rest for three days, the procedure should be repeated for another three days. For giving uttarbasti in vaginal passage a nozzle with 3 karnikas should be introduced and vaginal orifice pressed properly, then bag of basti should be compressed slowly.

Paschat karma

- The Uttarbasti Dravya Pratyagamana Kala is 100 Matra .
- Acharya Sushruta says, after the medicine has returned, a second and third Basti should be given. In the evening considering the Dosha, Ksheera, Yusha or Mamsa Rasa has to be taken.
- If the Sneha does not return, then observation should be done for one night. If it fails to return, then Shodhanavarti should be inserted. In the absence of Uttarbasti Dravya Pratyagamana, if there are no complications one may wait and neglect. And if it is Updravakari it has to be expelled using Teekshna Uttarbasti .

- Shalaka ( Probe) is inserted in Mutramarga and abdomen is pressed forcefully below the umbilicus, without causing any injury.
- Varti of size of Mudga, Ela and Sarshapa should be prepared by triturating Aaragwadha Patra with Nirgundi Patra Swarasa, Gomutra and Saindhava and dried in shade. This Varti should be smeared with Ghee and inserted into Mutramarga with the help of Shalaka .

## II. DISCUSSION

Considering description in texts of Ayurveda uttarbasti seems the procedure where aushdhiya dravya is inserted through mutra or yoni marg ( uro- genital route). But in todays era uttarbasti in female is practised through insertion of ausdhiya dravya into the uterine cavity through cervix. This could be named as modified technique of uttarbasti due availability of many beneficial instruments. Ancient Acharyas have mentioned materials like Hema (Gold), and Raupya (Silver) to be used for preparation of Pushpanetra. But, in current timeline due to increased cost of gold and silver, use of these metals is quite expensive for preparation of Basti nozzle. Similarly, as getting animal bladders seem out of question today, various options have erupted in place of conventional Bastiputaka, mentioned above.

## III. CONCLUSION

Classics have indicated Uttar Basti for all kind of gynaecological disorders from Yonivyapada to Artavadushti, Vandhyatva to yonibhrabhraha. There is no any direct reference to push the drug into the uterine cavity through cervix rather the only routes for inserting drug of uttarbasti is yonigata and mutramarga gata. This Ayurvedic approach in texts seems to be quite effective and appears to choose as route of administering the drug locally on target organs.

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