



## Review Article

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## Uttar Basti- A critical review

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### ABSTRACT

In Ayurvedic Gynecology Sthanik Chikitsa (Local therapies) are the specialized treatment procedures. These procedures basically deal with the disorders of Tryavarta Yoni (Three coverings of Vagina). Vitiating of *Vata* is mainly responsible for *Yoniroga* and *Artava Vikara*. "*Basti*" is best *Vata Shamana Chikitsa*. Out of this *Uttar Basti* is most widely used and unique treatment concept of *Stree Roga*. In this Study *Uttar Basti* is reviewed through ancient texts and an effort is made to understand the concept of *Uttar Basti*.

**Keywords:** *Ayurveda, Stree Roga, Sthanika Chikitsa, Uttar Basti.*

### INTRODUCTION

In *Ayurveda*, for *Chikitsa* of any *Roga* there are two main measures- *Shaman Chikitsa* (medicinal treatment) and then *Shodhan Chikitsa* (Bio-purification procedures) i.e. *Panchakarma*. Our ancient Acharyas describe some *Sthanika Chikitsa* (Local therapies) in *Ayurvedic Stree Roga* (Gynecology). *Sthanika Chikitsa* mainly includes *Uttar-Basti* (insertion of Medicated oil or decoction into Intra Uterine Cavity through Vagina), *Yoni Dhawan* (Cleaning of Vagina), *Yoni-Pichu Dharan* (insertion of Tampons soaked in medicinal oil or liquid), *Yoni-Dhupan* (Vaginal Fumigation) etc. These *Sthanika Chikitsa* possesses outstanding and satisfactory outcomes in the management of Various *Stree Rogas*. In this Study *Uttar Basti* is reviewed through ancient texts and discussed with respect to definition, sites of application, duration of time, indications, and procedure. The Standard Operating Procedures (SOP) of *Uttar Basti* is also given.

### AIMS AND OBJECTIVES

- To study *Uttar Basti* from different Ayurvedic texts
- To develop a Standard Operating Procedure for *Uttar Basti*

### MATERIAL AND METHODS

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

### Uttar Basti

The medicaments are introduced inside the body by the help of urinary bladder that procedure is named as *Basti*. In all *Panchakarma* therapy *Basti* is *Pradhana* due to its different actions and *Nanavidha Dravya Samyoga*. Among the three 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>. *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*<sup>[1]</sup>. *Uttar Basti* is contraindicated in *Virginitis*, *Carcinoma of Cervix*, *Heavy bleeding*, *HIV*, *Hepatitis B*, *Hypersensitivity*, *Vesicovaginal fistula* etc. Ideal time for the administration of *Uttar Basti* is *Rutu Kala* (after completion of menstrual bleeding), because at that time the uterus and vagina are devoid of covering and their orifices are open, thus receives *Sneha* easily. In emergency cases it can be given in other days than *Rutu Kala*.

*Uttar Basti Yantra* consists of two parts- *Bastiputaka* and *Bastinetra (Pushpanetra)*. As the quantity of drug to be used in *Uttar Basti* is less in comparison to *Basti*, *Bastiputaka* should be *Mridu* and *Laghu*<sup>[2]</sup>.

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*Pushpanetra* should be of 10 *Angula* in *Pramana*, *Mutrastratasa Parinaha* (circumference like urethra) and *Mudga Chidra Sadrushya*. In married women *Basti Netra* should be inserted up to 4 fingers in length. Now a day a 5 ml disposable syringe without needle and a uterine canula of a steel material is used.

*Sneha* or *Kwatha* may be used for the *Uttar Basti*. *Sneha* is considered more useful in most of the diseases of *Garbhashaya*. The quantity of *Sneha* substance to be used for cleaning the uterus should be two *Prasruta*, this quantity is also same in case of decoction<sup>[3]</sup>. *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.

Before administration of *Uttar Basti* previous infections should be cleared thoroughly. After this two to three *Asthapana Basti* (for *Shodhana* purpose) should be given to the patient. The woman should be placed in supine position with flexed thighs and elevated knees. After that the *Pushpanetra* should be inserted in vaginal passage slowly with steady hand, following the direction of the passage. Then drug should be administered by pressing the *Bastiputaka* with constant pressure<sup>[4]</sup>. The *Basti drug* should return after some time, if not returns then again *Niruha Basti* and *Varti* of purifying drugs should be used. *Uttar Basti* procedure is carried out by an expert, under all aseptic precautions and sterilized medicine is used, so there are no chances of introducing any kind of infection. In present days the *Uttar Basti* procedure includes 3 stages.

- a) *Poorva Karma*
- b) *Pradhana Karma*
- c) *Paschyata Karma*

a) ***Poorva Karma***: The patient selected for *Uttar Basti* proceeds for the following procedures.

- 1) Evacuation of the bladder & bowels
- 2) Bath
- 3) Light diet in the form of gruels, Milk with ghee, etc.
- 4) *Abhyanga*: By any *Vatashamak Tail* ('*Mahanarayana Taila*, *Dashmula Taila* etc.) *Abhyanga* should be given for ten minutes on the *Kati Pradesha*, *Adhodara*, *Prustha* and *Parshva Pradesha*.
- 5) *Sweden*: After *Abhyanga*, *Swedana* was given to same parts for about 15 minutes with hot water bag.
- 6) *Yoni Prakshalana*: Vaginal douche with 500 ml of *Panchavalkala Kwatha* or *Dashmula Kwatha* or *Triphla Kwatha* was given with all aseptic precaution.
- 7) Examination of pulse, B.P. etc. was done.
- 8) Patient was placed in lithotomy position.
- 9) The genital organs were painted with antiseptic solution and covered with perineal towels and clips were applied to fix the covering.
- 10) Routine P/V examination was performed in order to assess the size, shape, position of uterus.
- 11) The trolley with instruments, light arrangement was made ready.

b) ***Pradhana Karma***: It includes the administration of medicine.

- (a) Sims speculum and anterior vaginal wall retractor were inserted in order to visualise the cervix.
- (b) Allis forceps was applied to the anterior lip of the cervix.
- (c) The vaginal canal, external os and fornices were swabbed with the antiseptic solution.
- (d) With the help of uterine sound, the length and position of uterus was assessed, whether the os was open or not was seen.
- (e) The os is dilated gradually with lubricated Hegar's dilators enough to admit the uterine canula easily.

- (f) Then the uterine canula was entered in direction of uterus and pushed up to internal os. Then the *Basti Dravya* (*Sneha / Kwatha*) was injected drop by drop with syringe from other side of canula.
- (g) At the same time of injecting the medicine into uterus patient was kept in head low position.

c) ***Paschyata Karma***:

- (a) It is important to watch and observe that the *Basti Dravya* was expelled out properly or not and then a sterilized gauze piece was kept into the vagina.
- (b) All instruments were removed slowly and perineal towels taken away.
- (c) Patient was advised to extend and twist her legs, was given head low position for 15 minutes in the O.T. and advised same in I.P.D. for 2-3 hours.
- (d) Pulse and Blood pressure recorded for two hours.

*Chikitsa* of *Apratyavartana* of *Basti Dravya* should be done by giving *Niruha Basti* and *Varti* of *Shodhana Dravya*, *Pravesha* (insertion) of *Eshani Shalaka* and by Squeezing below<sup>[5]</sup>.

#### ***Uttar Basti In Various Disorders***

An unovulatory condition can be effectively combated with the help of administration of *Uttar Basti* with *Phala Ghrita*, *Phalakalyanaka Ghrita*, *Shatavari Ghrita* and *Shatapushpa Ghrita* because all this drugs will have *Artavajanana* property. *Kshar Taila* or *Apamarga Kshar Taila* can be used for *Uttar Basti*, if tubal block is due to adhesions but in cases of spasm due to fibrosis *Bruhana Snehas* (*Bala Taila* etc.) can be used<sup>[6-8]</sup>. Cervical erosion along with chronic cervicitis can be treated with *Uttar Basti* of *Jatyadi Ghrita*, *Ropana Ghrita*, *Triphla Ghrita* etc. Cervical Mucus Disorders can be treated with *Jatyadi Ghrita*, *Go-Ghrita*, *Shatavari Ghrita* etc. In endometrial condition *Uttar Basti* with *Snehas* prepared from *Bruhana Dravyas* should be administered as absorption of these *Sneha Dravyas* is very rapid which helps in recuperating thickness of endometrium and improving quality of endometrium. In case of Vaginal Mucosal defects *Triphala*, *Panchavalkal*, *Dashamula* etc. drugs should be administered by *Uttar Basti* to restore normal PH. *Sneha Dravya* (like *Ghrita*, *Taila* etc.) having *Snigdha* and *Pichchhil* Guna (properties) which helps in improving the secretions of vaginal mucosa. Similarly some herbal preparations (like *Kwetha*, *Kalka* etc.) predominantly having *Kashaya Rasa* which helps to decrease vaginal secretions.

#### **CONCLUSION**

*Uttar Basti* plays an important role in the disorders of *Tryavarta Yoni* and shows marvelous results when applied with proper indications, strict aseptic precautions and extreme carefulness. When *Sukoshna* (lukewarm) *Sneha / Kwetha* enters into the uterine cavity, network of *Strotamsi* (present throughout the system) carry the *Uttar Basti Dravya* towards the desired sites (All layers of uterus, fallopian tubes, ovary). On the basis of above study it is concluded that *Uttar Basti* is a very useful local treatment and off- course used in the management of various *Stree Rogas* for the fruitful outcomes.

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**Conflict of Interest:** None Declared.

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