



*Review Article*

**A LITERARY AND THERAPUTIC REVIEW OF YAAPAN BASTI**

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**ABSTRACT:**

Ayurveda is life science, which deals with disease as well as with equilibrium and maintenance of healthy state of body.

Basti is one of the five procedures of Panchkarma in Ayurveda, Basti can be classified into two types i.e. Niruh and Anuvasan. Yapan basti is classified under Niruh Basti according to Sushrutacharya.

It gives significant result in Shaman and Shodhan chikitsa. It promotes the longevity of life.

Yapana Basti is having Balajanana (increase strength), Brimhana (nourishment to Dhatu), asayana (rejuvenation) properties and can be used for all the causes of vitiation of Vata viz. Dhatukshaya (decrease in various tissues) and aavarana vaat. It can be administered at any time.

In present article literary review of Yapan basti in various ayurved samhita is taken.

**KEY WORDS:** Yapan basti, Shodhan, Brimhan, Rasayan

**INTRODUCTION:**

Basti is a method of administering enemas with medicated decoctions, oils, ghee or milk through the anal, urinary or vaginal route. Yapan is type of Niruh Basti. Although Yapan basti is a type of Niruha basti it works as both Niruha and Anuvasana basti. Yapan basti does Shodhana karma as well as Bruhana karma.

So there is no need to give separate Anuvasan basti while giving Yapan basti.<sup>[1]</sup>

Acharya Charak describes 29 Yapan Bastis e.g. Rajyapan basti, Baladi yapan, Hapushadi yapan etc.<sup>[2]</sup>

**Aim:**

To study the Yapan Basti karma and its therapeutic effect.

**Objectives:**

1. To study in detail about Yapan Basti Karma.

**Definition:**

Yapan Basti is a type of Niruha Basti. It is termed so because it improves quality of life and thus increases the quantity of life.<sup>[3]</sup>

**Indications of Yapan Basti:**

Yapan basti can be administered in following persons as<sup>[4]</sup>

- Swastha i.e. healthy persons,
- Atura i.e. diseased persons,
- Vriddha i.e. aged persons,
- Ati-vyavayi i.e. persons having high sex indulgency,

- Persons wants to improve potency of their Shukra and Mamsa dhatu,
- In all seasons, at any time,
- Persons of all diseases,
- Person wants to have progeny, etc.

### Contra-Indications of Yapan Basti:

Following are the contraindications- [5]

- Vyayam ( exercise)
- Vyavay
- Madya (intake of alcohol)
- Madhu (honey)
- Shishirambu (cold water)
- Ati Bhojana (excessive diet)

### Dose of Yapan basti:

In Brihat Trayee dose of Yapan basti is not mentioned.

In Ashtangsngrah Indutika, Yapan matra is mentioned as Paadheen Praman i.e.1/4 of Niruha basti matra. i.e. 240ml. [6]

### Time of Administration of Yapan Basti:

Yapan basti can be administered at any time. [7]

### Preparation of Yapan Basti:

Vagbhatacharya had mentioned 2 typs of Yapan Basti- [8]

1. Mustha kalak, Madhu (Honey), Til oil, Mamsa rasa, Ghee are mixed as per basti sammelan vidhi.
2. Ghee, Madhu, Vasa, Oil, - 2 Prasrut (80 ml) each, Saindhav - ½ Karsh (5gm), Hapusha - 2 Karsh (20 gm)

All ingredients are mixed as per basti vidhi.

These bastis are useful in Paayu, Jangha, Uru, Vrishan, Basti, Mehan shool (which are shtanas of Vata)

### Basti-Pratyagama Kala of Yapan Basti:

As yapan basti is a niruha basti, basti pratyagama kala for yapan basti is same as of niruha basti. [9]

Niruha Basti should return within 1 muhurta i.e 48 minute. If pratyagama doesn't occur, then it causes unwanted consequences like Vatapratiloma, Vistabdhatta, Shool, Arati, Jwara and even death. [10]

Yapan basti is a mild form of niruha so it may take more time to expel out of the body. Hence, if it does not return within the stipulated time period certain measures are to be undertaken for the basti pratyagam like administration of tiksna basti with the addition of Gomutra.

Also Phalavarti, Swedan over pelvic region, and administration of Virechan aushadhi can be used.

### Samyak-Ayog-Atiyog Lakshana:

As yapan basti is a type of niruha basti, samyak-ayog-atiyog symptoms of yapan basti are same as of Niruha basti.

### Samyak Yoga:

Symptoms like prashrushta mala-mutra-vayu pravartan, ruchi-vrudhi, agni-vrudhi, aashay laaghav, rogapshanti, bala vrudhhi are found.

Mala, pitta, kapha and vayu are excreted by this manner and laghavata occurs in the body then it is called as Sunirudha lakshana. [11]

### Ayoga:

Ayog of Niruha has symptoms of shir-hruday-guda-basti-linga ruja, shophya, pratishyay, vikartika, hrullas, marut mutra sanga.

Heenaguna Basti, alpa vega, mala and vayu nyunata and mootrapida, aruchi, jadata are the lakshana of Durnirudha (required action is not achived by Niruha Basti). [12]

### Atiyoga:

Vata-pitta-kapha-rakt kshayaj vikar, angasupti, angamarda, klama, kamp, nidra, daurbalya, tampravesha,supti, unmad, hikka. Because of atimala pravrutti, all this lakshana of Virechana atiyoga are seen in Niruha atiyoga. [13]

Shotha, mandagni, shool, arsha, parikartika, jwar, atisar are the symptoms given by Charakacharya when yapan basti is administered

for a very long period. For Atiyog chikitsa arishta, kshar sidhu, dipan chikitsa can be used. [14]

### **Pathya - Apathya of Yapan Basti:**

According to Asthtang sangrahar there is no need of any specific pathya after administration of Yapan basti. [15]

After observing the samyak nirudha lakshana, the patient is advised to take hot water bath and light diet ie. Yusha, Kshira and Mamsarasa in kapha, pitta and vata dominant conditions respectively or in general Mamsarasa with rice (are advised. The hot water bath and food taken prevents the diseases produced by agitated and moving mala caused by basti. [16]

### **DISCUSSION:**

Yapana Bastis are Mridu in action, they promote Dhatu and strong Shodhana is not expected in case of Yapana Bastis. These Yapana Bastis stays for a long time in Pakwashaya. [17] Yapana Basti is a modification of Kshira Basti. Maximum of the drugs used in Yapana like Ghee, Honey, Mamsarasa, kukutand, milk etc are Ahara Dravyas. Thus, these are Sahaja Satmya (wholesome) and do not act adversely. Being Ahara Dravyas these drugs possess the most important Pranadharana (to keep) Yapan Bastis are used in all types of Avrita Vata especially Pittavrita Vata and Pranavrita Shamana. [18] Basti which is the best treatment for Vata disorders, destroys completely the very root of vitiated Vata entering the Mula Sthana of Vata Dosha i.e. Pakvashaya. Active principle of the drugs may absorb and reaches through the channels of the body at the site of lesion and bring about the systemic action. The virya of the drugs administered through basti into the Pakvashaya reaches whole body through sukshma srotasas (the channels), similarly as the active principles in the water when poured at the root of the tree reaches the whole plant. [19]

The drug of Yapan Basti can also affect the nutrition due to its Balya, Brimhana and Rasayana properties.

As per Parashar, Guda is the Mula of the body and the vessels present in that region provides nourishment to the whole body with the help of substances poured in it. [20]

### **CONCLUSION:**

Yapan basti is type of Niruha basti. But specifically Yapan basti can work as Niruha as well as Anuvasan Basti. Hence it is called as Ubhayaarthakara. Yapan basti does the yapana karma i.e. it increases Dhatu bala by nourishing the Dhatu and thus quality and in turn quantity of life is increased. Yapan basti can be given at any time with minimal adverse effect. Thus Yapan Basti is important basti prakara in Panchakarma chikitsa.

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