

Role of Basti in Musculoskeletal Disorders: A Review

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ABSTRACT:

Over the centuries, Panchakarma therapies are normally utilized to annihilate the vitiated Doshas and help in keeping up with the balance of these Doshas, which is the essential premise of wellbeing. Basti is one of them. Basti is a procedure in which the preparation of decoction or medicated oil is administered through rectal route. It is considered to be the most powerful tool for Shodhana as it alleviates the most powerful Dosha that is the Vata Dosha. Acharya Charaka has quoted Basti as half of the complete treatment process (Ardha Chikitsa) especially in musculoskeletal (MSK) disorders as MSK are vata vitiated disorders. It is the most important karma due to its multiple effects for prevention and treatment of diseases including musculoskeletal disorders. Its relief the symptom of pain, weakness, deformity, dystrophy, etc due to its Sookshma, Vyavayi, and Yogvahi properties of its constituents. Hence, we are going to review the role of Basti in MSK.

KEY WORDS: Basti, Joint disorders, Kapha, Musculoskeletal, Pitta, Vata.

INTRODUCTION:

Ayurveda is science of life and longevity. It not only cures diseases but also promotes a positive approach of life and there by helps in preservation, prolongation and maintenance of happy and healthy life. Musculoskeletal complaint accounts for more than millions patient in the world.

Musculoskeletal system (locomotor system) comprises of muscle, bone, joints and soft tissue structures like ligament and tendons¹. A large population is affected by arthritis or joint disorders. Minimal evaluation and one day symptomatic therapy and reassurance. However, in some cases MSK may hold a more serious condition that requires for the evaluation and additional laboratory findings.

From very ancient time musculoskeletal disorders or related symptoms were very well explained in Ayurveda like Aamvata, Sandhivata, Vatarakta etc. They explained about their nidana, purvroop, roop, samprapti, bheda and their management. They used many medicinal plants to treat them. But in our modern science the major pharmacological agents currently being used for treatment in bone disorders. Like the NSAIDs (Non-Steroidal Anti-inflammatory Drugs), DMRDs (Disease Modifying Anti-Rheumatic Drugs), Immunosuppressive agent and the anti-cytokines agents. These are quite effective, but their prolonged use may be associated with significant adverse effects such as gastrointestinal² toxicity, kidney damage or infections³. Accordingly increasing number of MSK patients are resorting to the use of natural herbal products. Such products have been used in Ayurveda from very ancient times. In Ayurveda Panchakarma therapy is described. It is a set of therapeutic procedures based on the fundamental principles of Ayurveda. Five of which are of vital importance hence the term Panchakarma was conventionalised. These five procedures are namely, Vamana, Virechana, Niruha Basti, Anuwasana Basti, and Nasya.

Basti is a procedure in which the preparation of decoction or medicated oil is administered through rectal route. The meaning of the word 'Basti' can be understood by the derivation "Vasu Nivase" that means to reside, to stay, to dwell⁴. In other words, Basti is the procedure in which the medication stays inside the body and returns back in a particular time. It is considered to be the most powerful tool for Shodhana as it alleviates the most powerful Dosha that is the Vata Dosha. Acharya Charaka has quoted Basti as half of the complete treatment process (Ardha Chikitsa). Also, some Acharyas considered Basti as complete treatment process (Poorna Chikitsa). All Acharyas opined Basti as the best intervention for Vata Dosha. The importance of Basti has been well documented in the classical texts of Ayurveda. It acts as an anti-

aging agent, good in every phase of life, a good tool to take out morbid materials, provider of joyful life, good digestive power, cognizance, also relief the symptom of pain, weakness, deformity, dystrophy, etc due to its Sookshma, Vyavayi, and Yogvahi properties of its constituents as well as improves complexion

5

Classification of Basti

Anatomical classification^{6,7}

1. **Pakwashayagata (Rectal)** – As the name suggest drugs i.e. oils or decoctions are administered through rectum which reaches to Pakwashaya, the large intestine. Since pakwashaya is seat of Vata, this treatment for Vata Vyadhi is rewarding.

2. **Garbhashayagata (Uterine)** - As the name suggest drugs i.e. oils or decoctions are administered through vagina in female genital disorders especially in infertility such basti type acts as cleansing procedure for Garbhashayya.

3. **Mutrashayagata (Urethrovesimal)** - As the name suggests drugs i.e. oils or decoctions are administered through urethra. Diseases of urinary system are treated with such procedure.

4. **Vranagata (Wound)** – In case of Naadivrana, for Shodhan and Ropana Karma, medicated oil or decoctions are pushed in the Vrana (wound).

• Pharmaceutical classification⁸

1. Niruha Basti

2. Anuvasana Basti

• Pharmacological classification-

(According to Sushruta) 1. Shodhana Basti 2. Lekhana Basti 3. Snehana Basti 4. Brihana Basti

• According to Acharya Vagbhata 1. Utkleshana Basti 2. Doshhara Basti 3. Shamana Basti

• According to the number of Basti

1. Karma Basti- set of 30

2. Kala Basti-set of 16

3. Yoga Basti -set of 8

• According to Charaka Samhita-

1. Anuvasana basti.

2. Niruha basti.

3. Uttar basti.

In classical texts some more types of Basti are mentioned with specific names.

These are as follows⁹

1. **Yapana Basti** -This Basti can be administered at any time. Yapana (prolonging) of life can be achieved by administration of this Basti.

2. **Siddha Basti** which cures a certain disease.

3. **Prasrita Yaugiki Basti** which should be administered in the dose of Prasrita.

4. **Paadaheena Basti** - The Basti which should be administered in the dose of nine Prasrita.

5. **Teekshna Basti**- the Basti which contains Teekshna (penetrating) Dravya such as Kshara, Mutra or other drugs having Ushna property.

6. **Mrudu Basti** - The basti which contains Mrudu (mild) Dravya such as Dugdha, Mansarasa, Ghrita etc.

7. **Picchha Basti** -The Basti which contains drugs having Pichchhila property.

8. **Rakta Basti**- Administration of blood of animals like goat is called as Rakta Basti. This type of Basti should be administered to compensate the Raktakshaya due to any cause.

Action of Basti¹⁰:

Acharya Charaka has defined the Basti as the procedure in which the drug prepared is administered through the anus reaches up to the Nabhi Pradesh (umbilical region), Kati (lumber region), Parshva and Kukshi (flanks), churns the accumulated Dosha and Purisha (stool), spreads the unctuousness (potency of the drugs) all over the body and easily comes out along with the churned Purisha (stool) and Doshas is called Basti.

Effect of Basti:

It purifies all the systems and makes a clear passage up to micro channel level.

It acts on various disorders because of the selection of the drug according to disease. Basti can be administered at any age and at any stage of disorder after proper examination. It also can be given in normal persons too.

A) Promotive Aspects ¹¹ (Ch.Si.1/27-28):

- Sustain Age.
- Provides better life, improves strength, digestive Power, voice and complexion.
- Perform all functions.
- Provide firmness.
- Corpulence quality.
- Lightness in systems because removal of morbid matter from all over body
- Restores normalcy.
- Increases Relish

B) Curative Aspect ¹² (Ch.Si.1/32-34):

- Relieves Stiffness.
- Relieves contractions and adhesions.
- Effective in paralytic conditions.
- Effective in discoloration and fracture condition.
- Effective in those conditions where Vata aggravated in Shakha/extremities.
- Relieves pain.
- Effective in disorders of GI tract.
- Effective in diseases of Shakha and Kostha.
- Effective in the diseases of vital parts, upper extremities and Localized or General part. Beneficial to debilitated and weak persons.

C) Preventive Aspects:

- Beneficial in constipation.
- Effective to purify various systems of the body. Due to so many qualities of Basti according to its types for Most of the musculoskeletal disorders as well as other disorders.

Hence, we find Joint disorders effect Vata, Pitta, Kapha simultaneously. And Basti having Tridosh effect According to different Acharya .

DISSCUSION:

Ayurvedic classical texts seem to be clearer and confident while explaining the mode of action of Basti Karma. The basic ingredients used in the preparation of Basti also seems to be facilitating the aim and objective of Basti Karma. Madhu and Saindhav helps in easy absorption of the active compound of the Basti by virtue of their Sookshma, Vyavayi, and Yogvahi properties. The Kalka and Kwath possess the property of pacifying the vitiated Dosha. Basti acts primarily on the Pakwashaya which is considered to be the prime site of Vata Dosha ¹². Also, the Vata Dosha is a prime factor for mobilization of the morbid material throughout the body. Thus, treating at the actual site of Vata, Basti pacifies the Vata Dosha and evacuates the harmful morbid material from the body¹³ .

MSK complaint accounts for more than millions present in the world. It is increasing day by day. The excessive use of NSAIDS and DMRDs are affecting our body very much. Hence, A lot of diseases increasing day by day especially in joint, chronic cases are also a rising and a large population is affected, which is of a great concern. Also, today's fast life style affecting our musculoskeletal system which leads to several joint and muscular disorders. This concern is increasing as there is no proper way other than NSAIDS and DMRDS, these days biologics are also used but not very significant. So, A step has been taken to provide significant treatment by traditional procedure, especially Basti which has been described for joint disorders in Ayurveda Samhita millions of years back. Ayurveda is providing a significant cure to MSK diseases like Aamvata, Vatrakta etc.

CONCLUSION:

Basti procedure is used in Ayurvedic System of medicine for joint disorders. Here we find basti procedure due to its enormous properties according to its types and their constituents, it provides great success in treating joints disorders. Besides its Prevention of these diseases should be given more priority. Thus, we should follow dietary habits & daily regimes to be remain healthy all through our life.

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