



Literary Review Of *Piccha Basti* From *Ayurvedic* Literature With Special Reference To **Gastrointestinal Disorders**

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Abstract: Gastrointestinal disorders is the term used to refer to any condition or disease that occurs within the gastrointestinal tract. The organs that make up over GI tract are our mouth, oesophagus, stomach, small intestine, large intestine and anus. Common gastrointestinal disorders include celiac disease, constipation, chron's disease, diarrhoea, diverticular disease, GERD, haemorrhoids, anal fissure, IBS, Lactose intolerance, malabsorption, colorectal cancer, peptic ulcer disease, ulcerative colitis etc. *Basti* is a procedure where in medicated oil/kashayam is given through the anal route which gets absorbed in the intestine with the action of medicines. It nourishes the body, pacifies the *vata*. Major site of *vata* is colon area. *Piccha basti* is a type of *basti* explained by our *Acharya's* in various *samhita*. It is said to be useful in *Atisara*, *Guda bhransha*, *Pravahika*, *Rakta srava*, *Jwar*, *Pitta atisara*, *Shotha*, *Gulma*, *Sarakta Malapravartan*, *Grahani*, *Vatarakta*, *Virechan atiyog* etc. Here an attempt is made to gather information about different types of *piccha basti* mentioned by our *acharyas* in different *samhita* of *ayurveda*.

Index Terms - Gastrointestinal disorders, Basti, Piccha Basti

I. INTRODUCTION

Gastrointestinal diseases are increasing at an alarming rate due to enormous dietary habits and faulty lifestyle. There are many gastrointestinal diseases such as peptic ulcer disease, gastritis, gastroenteritis, celiac disease, Crohn's disease, gallstones, faecal incontinence, lactose intolerance, hirschsprung disease, abdominal adhesions, Barrett's oesophagus, appendicitis, indigestion (dyspepsia) intestinal pseudo-obstruction, pancreatitis, short bowel syndrome, ZE syndrome, malabsorption syndrome, hepatitis. Many intestinal diseases can be prevented or minimized by maintaining a healthy lifestyle practising good bowel habits and getting screened for cancer. Gastrointestinal disorders include symptoms like change in normal bowel habits, GERD, diarrhoea, per rectal bleeding etc. when examined some diseases shows nothing wrong with GI tract but there are still symptoms, other diseases have symptoms and there are also visible irregularities in the GI tract most gastrointestinal diseases can be prevented or treated. *Piccha Basti* is indicated in *pravahika*, *grahani*, and *atisara* by *Acharya charaka* and *Vagbhata*. This *Basti* reduces inflammation due to its *grahi*, *deepan dravya* and *picchila guna*. It also improves the function of *Apanvata*.

Literature Regarding Piccha Basti

I) According to Shushrut, Sharangdhar, Vangsen

बदर्यैरावतीशेलुशाल्मलीधन्वनाङ्कुराः क्षीरसिद्धाः क्षौद्रयुताः सास्त्रा पिच्छिलसंज्ञिताः ॥

वाराहमाहिषौरभ्रबैडालैण्यकौक्कुटम् सद्यस्कमसृगाजं वा देयं पिच्छिलबस्तिषु ॥ ८५ ॥ **Su.Chi.38**

- *Badar , Nagabala, Shleshmantak, Shalmali, Dhanvan – Ksheerpak of Agrapallav (immature leaves)*
- *Varaha, Mahisha, Aurabhra, Bidal, Aina, Kukkuta, Aja – Sadyaska Rakta (Fresh Blood)*
- *Basti is Prepared by Mixing Ksheerpak + Madhu + Rudhir*

II) According to Charak

कोष्णेन वातप्रबले घृतमण्डेनानुवासयेच्छीघ्रम् । पिच्छाबस्तिं दद्यात् काले तस्याथवा सिद्धम् ॥२२४॥

यवासकुशकाशानां मूलं पुष्पं च शाल्मलम् । न्यग्रोधोदुम्बराश्वत्थशुङ्गाश्च द्विपलोन्मिताः ॥ २२५॥

त्रिप्रस्थं सलिलस्यैतत् क्षीरप्रस्थं च साधयेत् । क्षीरशेषं कषायं च पूतं कल्कैर्विमिश्रयेत् ॥ २२६ ॥

कल्काः शाल्मलिनिर्यास समङ्गा चन्दनोत्पलम् । वत्सकस्य च बीजानि प्रियङ्गुः पद्मकेशरम् ॥२२७॥

पिच्छाबस्तिरयं सिद्धः सघृतक्षौद्रशर्करः । प्रवाहिकागुदभ्रंश रक्तस्त्रावज्वरापहः ॥ २२८ ॥- इति पिच्छाबस्तिः। **C.Chi.14**

- *Dhamasa Mul ,Kush,Kash Mul ,Shalmali Pushpa,Vat Ankur,Audumbar Ankur,Ashwatha Ankur – Ksheerpak*
- *Mocharas , Manjishtha, Chandan, Neelkamal, Indrayava, Priyangu, Kamalkeshar - Kalka*
- *Basti is Prepared by Mixing Ksheerpaak + Kalka + Ghrut + Madhu + Sharkara*

III) According to Vagbhata

a) 1st Method

यवासकुशकाशानां मूलं पुष्पं च शाल्मलैः ॥ १२५ ॥

न्यग्रोधोदुम्बराश्वत्थशुङ्गाश्च द्विपलोन्मिताः ।

त्रिप्रस्थे सलिलस्यैतत्क्षीरप्रस्थे च साधयेत् ॥ १२६ ॥

क्षीरशेषे कषाये च तस्मिन्पूते विमिश्रयेत् ।

कल्कीकृतं मोचरसं समङ्गां चन्दनोत्पलम् ॥ १२७ ॥

प्रियङ्गु कौटजं बीजं कमलस्य च केसरम् ।

पिच्छाबस्तिरयं सिद्धः सघृतक्षौद्रशर्करः ॥ १२८ ॥

प्रवाहिकागुदभ्रंशरक्तस्त्रावज्वरापहः । **A.H Chi.8**

Same as *Charaka*

b) 2nd Method

Putapaka Method

परिवेष्टय कुशैराद्रैरार्द्रवृन्तानि शाल्मलेः ॥ ७२ ॥

कृष्णमृत्तिकयाऽऽलिप्य स्वेदयेद्गोमयाग्निना ।

मृच्छोषे तानि सङ्क्षुद्य तत्पिण्डं मुष्टिसम्मितम् ॥७३॥

मर्दयेत्पयसः प्रस्थे पूतेनास्थापयेत्ततः ।

नतयष्टयाह्वकल्काज्यक्षौद्रतैलवताऽनु च ॥ ७४ ॥

स्नातो भुञ्जीत पयसा जाङ्गलेन रसेन वा ।

पित्तातिसार ज्वर शोफगुल्म समीरणास्रग्रहणीविकारान् ।

जयत्ययं शीघ्रमतिप्रवृत्तिं विरेचनास्थापनयोश्च बस्तिः ॥ **A.H Chi.9**

Shalmali Ankur → *Veshtan In Darbha* → *Krushna Mruttika* → *Lepa* → *Swedan In Agni*

Peshana of

Shalmali Ankur to form Kalka

- *Shalmali Kalka + Yashtimadhu Chooorna + Tagar Chooorna + Godugdha*
- Mix it well and then Rinse it.
- *Basti* is prepared by Rinsed Milk + *Ghrut* + *Madhu* + *Tel*

c) 3rd Method

पल्लवान् जर्जरीकृत्य शिंशपाकोविदारयोः ।

पचेद्यवांश्च स काथो घृतक्षीरसमन्वितः ॥ ९६ ॥ **A.H Chi. 9**

Shinshipa + Kanchanar leaves →

Macerated leaves → *Yava*

Kwath

- *Basti* is prepared by *Kwath* + *Ghrut* + *Godugdha*

IV) According to *Yogratnakar*

शाल्मलेरार्द्रपुष्पाणि पुटपाकीकृतानि च ।

संकुट्योलूखले सम्यग्गृहणीयात्पयसि शृते ॥२॥

गृहीत्वा च पलं तस्य त्रिपलं घृततैलयोः ।

युक्तं मधुककल्केन माक्षिकत्रिपलेन च ॥३॥

तैलाक्तवपुषो दद्याद् बस्ति प्रत्यागते रसे ।

भोजयेत्ययसा वापि पित्तातीसारपीडितम् ॥४॥ **Y.R Atisara Chikitsa**

Shalmali flowers →

Swaras By Putapaka Vidhi →

Swaras

- *Basti* is prepared by *Swaras + Ghрут + Tel + Madhu + Yashtimadhu Kalka*

Basti Praman

पिच्छाबस्तेर्द्वात्रिंशत्पलानि भवन्ति । *Su.Chi 38*

32 Pala is the *matra* of *piccha basti*.

Ghatak Dravya Praman

<i>Dravya</i>	<i>Matra</i>
<i>Madhu</i>	160 ml
<i>Sneha</i>	160 ml
<i>Kalka</i>	20 g
<i>Kwatha</i>	300 ml
<i>Lavana</i>	10 g
Total	620 ml

Piccha Basti Falshruti

- अशान्तावित्यतीसारे पिच्छाबस्तिः परं हितः । *A.H.Chi.9*

Piccha basti is indicated in long standing *Atisara*

- पिच्छासुतौ गुदभ्रंशे प्रवाहणरुजासु च ।
पिच्छाबस्तिः प्रयोक्तव्यः क्षतक्षीणबलावहः । *A.H.Chi.9*

Piccha basti is indicated in *Guda bhransha* , Pain due to *pravahan* and increases *Bala* in *Kshat Kshin*.

- प्रवाहिकागुदभ्रंशरक्तस्त्रावज्वरापहः । *C.Chi.14*

Piccha basti is indicated in *Pravahika* , *Guda bhransha* , *Rakta srava* and *Jwar*.

- अल्पाल्पं बहुशो रक्तं सशूलमुपवेश्यते ॥ ९४ ॥

यदा विबद्ध वायुश्च कृच्छ्राच्चरति वा न वा ।

पिच्छाबस्ति तदा तस्य पूर्वोक्तमुपकल्पयेत् ॥ ९५ ॥ *A.H.Chi.9*

When small amount of blood is lost frequently (through anus) along with pain and *vata dosha* passes with efforts or doesn't pass at all, *Piccha basti* should be given in such condition.

➤ पित्तातिसार ज्वर शोफगुल्म समीरणास्रग्रहणीविकारान् ।

जयत्ययं शीघ्रमतिप्रवृत्तिं विरेचनास्थापनयोश्च बस्तिः ॥ **A.H.Chi.9**

1. *Pitta atisara* 2. *Jwar* 3. *Shotha* 4. *Gulma* 5. *Vatarakta* 6. *Grahani* 7. *Virechan Atiyoga* 8. *Niruha*

Atiyoga

DISCUSSION

Grahni Roga is the chronic disease of *annavaha stotas* which occurs in organ *grahni* due to vitiation of *Agni*. *Grahni Roga* is the main disease of GIT which most commonly found in the people due to unhealthy daily routine and eating habits. Modern drug like Sulfasalazine, amino salicylates, corticosteroid etc will only subside the symptoms and give mild relief but it gets drug dependancy to the patients. Patient is always in search of effective and safer treatment. *Ayurvedic* treatment has that potential to get the helpful result in such diseases. There are many *basti* mentioned in the text but based on its mode of action *piccha basti* has that properties to pacify the symptoms. Because of its *picchila* property which means sticky or lubricant in nature it forms a protective layer over intestinal mucosa to avoid friction and reduces intestinal irritation.

Mode of Action of *Piccha Basti*

- ❖ Treatment of inflammation and correcting the excessive abnormal peristalsis is the treatment principle in chronic diarrhoea associated with IBS, Crohn's disease and ulcerative colitis.
- ❖ Contents in *piccha basti* have anti-inflammatory and antidiarrhoeal properties.
- ❖ *Basti* treatment itself can set in the reverse peristaltic waves, which can slow the high amplitude propagated contractions in the colon.
- ❖ *Basti* treatment has direct access to rectum and colon.
- ❖ *Shalmali* is primary and common ingredient in *piccha basti*. It is included *Purishvirajaniya*, *Shonitsthapana* & *Vednasthapana*.
- ❖ *Mocharas* due its *Kashaya rasa* helps in wound healing and to stop bleeding. It forms a mucilaginous layer that protects the inflamed and damaged intestinal musoca.
- ❖ *Nyagrodha*, *Audumbar*, *Ashwattha* are included in *panchvalkal* which helps in wound healing.
- ❖ *Manjistha*, *Chandan*, *Utpala*, *Madhuka* helps to pacify *pitta dosha*.
- ❖ *Badara*, *Nagabala*, *Shleshmantaka* also helps in pacifying *pitta dosha* checking to bleed.
- ❖ *Rakta Basti* is beneficial formulation that significantly improves Haemoglobin level.
- ❖ Honey and Ghee together relieve the wound's warmth showing anti-inflammatory actions.

CONCLUSION

As mentioned in the text there are so many *piccha basti* described in *ayurvedic* literature which can be used according to the condition of patient. Its *pittashamak*, *vranropaka* and *rakta stambhak* properties prove very beneficial in managing various gastro intestinal disorders. Thus *ayurvedic* management prevents the progression of disease and improves quality of life of the patient.

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