



REVIEW ON VASTI

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Abstract: Ayurveda is an ancient medical science with strong fundamentals, which deals with food habits, living style, preventive and curative aspects of disease for both healthy person and for diseased person. Ayurveda explains that the body is formed by Panchamahabhutas, Tridoshas, Sapta dhatus, Trimalas primarily. Among these constituents Tridosha is base for the maintain the Physiology and causing pathology of the healthiness and disease respectively. Vata Pitta and Kapha are the Tridoshas which is the base for Ayurveda, Among the Tridoshas vata plays an important role in the manifestation of the disease. This vata is vitiated by Ahara and Vihara quickly such vata is pacified by different protocols. Among all the protocol Vasti plays major role in controlling the vata such Vasti is explained by all the Brihatrayi and Laghu trayee. Vasti means medicated Enema given through Ano Rectal route. Different types of vasti are explained in the classics, an attempt is made to compile different types of vasti among the samhitas.

Key words - Vasti, Thridosha, Ayurveda, Dhatu, Mala.

I. INTRODUCTION

II. The treatment which is given through the vasti is known as⁴⁸. Arunadatta also quotes same. Vasti karma is a route of administration of drug, through the anal route. There are different types of vasti are practiced based on the need of the disease. Some vasti meant for sodhana purpose, some are samana in nature. Similar vasti is practices for sake of brumhana effect. Predominantly there are three types vasti namely Asthapana, Anuvasana and Uttara vasti. Asthapana means which cause vayah sthapana and dosha sthapana(A.S.SU.28.6). Niruha vasti is synonym to Asthapana vasti which means dosha Nirhana. Since Kashaya is the main ingredient this vasti is also known as Kashaya vasti. There are many forms of Asthapana vasti are available they are Madhutailika, yapana, sidha and yukta ratha vasti, Anuvasana vasti, means which will stay for some time.

III. Scince Sneha is main ingredient it is also known as Sneha vasti, Taila vasti coming to Uttara vasti, the route of administration of medicine is urinogenital.

IV. Vasti classified based on the ingredients as Kashaya vasti and Anuvasana vasti both this Kashaya vasti and Anuvasana vasti in practiced exclusively in vata, pitta, kapha doshas respectively. So many vatahara Kashaya vasti, vata hara Anuvasana vasti, like that pitta hara Kashaya vasti pitta hara Anuvasana vasti, kapha

hara Anuvasana vasti and kapha hara Kashaya vasti, kala vasti and yoga vasti. Same in these patterns these are practiced in the Uttara marga in Uttara vasti. Like that guru vasti, laghu vasti, also these for diseases from guru and laghu. We can make the vasti as Teekshnnata by adding mutra, sarshapa etc., same like that by adding ksheera to the vasti we can make it as mrudu vasti, Acharya Chakrapani had explained choorna vasti also. Which is practiced now a days across the India. Vasti not only for used as vata upakrama but also used for sukra Sanjanana, Bala mamsa varnya karnaka, many types of vasti is practiced for even for Chakshusya, and even for sishu, also kshra vasti, vaitarana vasti is practiced for ama purpose. Vasti is practiced widely in Arsas, Sirogata rogas also. Lekhana vasti, utkleshana vasti is a special type of vasti which is used for medohara and dosha utkleshana pupose.

V. Material & Methods:

VI. Table no:1

| VII. S.NO | TYPE OF VASTI | REFERENCE | INDICATIONS |
|-----------|---------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 1. | Asthapana vasti ¹⁻⁷ | C.Si.3/35 C.Si.8/4,5,6 C.Si.3/47, 10/21,22 3/69.3/56 C.Si.3/56, 10/23,24 3/69 | Vata hara Pitta hara Kapha hara |
| 2. | Anuvasana vasti ⁸⁻¹¹ | C.Si.4/4-6, C.Si.4/8. C.Si.4/9-12 C.Si.4/13-16 | Vata hara Pitta hara Kapha hara |
| 3. | Matra vasti ¹² | C.Si.4/52-55 | Brumhanam vata roga hara |
| 4. | Uttara vasti ^{13, 14} | C.Si.9/5 C.Si.9/61-64 | Yoni vyapath, Anuria, dripping of urine, diseases of urinary bladder |
| 5. | Karma vasti ¹⁵ | C.Si.1/48 | Type of vasti |
| 6. | Kala vasti ¹⁶ | C.Si.1/48 | Type of vasti |
| 7. | Yoga vasti ¹⁷ | C.Si.1/48 | Type of vasti |
| 8. | Sheeta vasti ¹⁸ | C.Si.1/35 | Ushna rogas |
| 9. | Ushna vasti ¹⁹ | C.Si.1/35 | Sheeta rogas |
| 10. | Snigdha vasti ²⁰ | C.Si.1/35 Chakrapani cometary | Rukshha vyadis |

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|-----|----------------------------------|-------------------------------------|-------------------------------------------------------------------------|
| 11. | Ruksha vasti ²¹ | C.Si.1/35 Chakrapani cometary | Snigdha vyadis |
| 12. | Guru vasti ²² | C.Si.1/35 Chakrapani cometary | Laghu guna vyadi |
| 13. | Laghu vasti ²³ | C.Si.1/35 Chakrapani cometary | Guru guna vyadi |
| 14. | Brumhaneeya ²⁴ | C.Si.1/36-37 | Type of vasti |
| 15. | Vishodhaneeya ²⁵ | C.Si.1/36-37 | Type of vasti |
| 16. | Dosha samshodhana ²⁶ | Su.Chi.35/2 | Type of vasti |
| 17. | Dosha samshamana ²⁷ | Su.Chi.35/2 | Type of vasti |
| 18. | Dosha samgrah ²⁸ | Su.Chi.35/2 | Type of vasti |
| 19. | Doshotkleshana ²⁹ | A.Hr.Su.19/61 | Type of vasti |
| 20. | Dosha shuddhikara ³⁰ | A.Hr.Su.19/61 | Type of vasti |
| 21. | Dosha shamana ³¹ | A.Hr.Su.19/61 | Type of vasti |
| 22. | Vatahara vasti ³² | A.Hr.Su.19/56-58 | Vata |
| 23. | Pittahara vasti ³³ | A.Hr.Su.19/56-58 | Pitta |
| 24. | Kaphahara vasti ³⁴ | A.Hr.Su.19/56-58 | Kapha |
| 25. | Tikshna vasti ³⁵ | C.Si.7/63 | By adding cows' urine, pilu, chitraka, salt, alkalies and mustard seed. |
| 26. | Mrudu vasti ³⁶ | C.Si.7/63 | By adding milk, the enema recipe can be milder in action when required. |
| 27. | Yapana vasti ³⁷ | C.Si.12/16(1) | Based up on the need different types of yapana vasti in indicated like |
| 28. | Madhutailika vasti ³⁸ | Su.Chi.38/118 | Mrudhu koshta |
| 29. | Yuktaradha vasti ³⁹ | Su.Chi.38/115 | Bala, upachaya, varna |
| 30. | Siddha vasti ⁴⁰ | Su.Chi.38/116&118 | Alpa doshas |
| 31. | Vaitharana vasti ⁴¹ | Ca.Da.72/32 | Soola, anaha, amavata |

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|-----|----------------------------------|------------------------------------|------------------------------------------------------------|
| 32. | Kshara vasti ⁴² | Ca.Da.72/30,31 | Gulma, udavarta, krimi, soola, vibandha |
| 33. | Ardhamatrika vasti ⁴³ | Ca.Da.72/26 | Vatarakta, Pumsavana, sarvaroga nivarana, sukra sanjanana, |
| 34. | Chakshusya vasti ⁴⁴ | C.Si.3/43, 37 | Chakshusya rogas |
| 35. | Churna vasti ⁴⁵ | C.Si.10/14 | Soola |
| 36. | Piccha vasti ^{46,47} | C.D.72/33,34. C.Chi.14/214-229. | Rakta arsas |

Discussion & Conclusion:

Vata is considered as Arda Chikista since it controls vata which is responsible for all types of rogas. Now a days we can easily practice the vasti with safely. Practicing the matra vasti is very much easier and cost effective. These vasti is practiced come paediatric to geriatric care, vasti given at pakvasaya(colon) by its potency draws morbid doshas located in the entire body right from foot to head just as sun situated in the sky absorbs all the moisture earth, either Niruha or Anuvasana should not practise regularly if we practices niruha regularly vata dosha increase, if we practice Anuvasana snigdatva increase and Agnimandya will took place but yapana vasti and matra vasti can practice regularly.

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