



SOP IN UTTARBASTI (FEMALE): A REVIEW ARTICLE

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Abstract:

In today's fast and competitive world, many gynaecological cases are rapidly increasing because of sedentary lifestyle, faulty food habits, depression, addiction and loss of mental peace. In *Ayurveda*, *sthanika chikitsa* (local therapies) are specialized treatment procedures for women. *Uttarbasti*, a traditional *Ayurvedic* treatment, involves the instillation of medicated oils or ghee into the uterus through the cervix. This procedure aims to restore balance to the vaginal tissues, promote healing, and alleviate symptoms associated with various gynecological disorders. This holistic approach treats vaginal trauma, infections, and diseases, while also relieving pain, discomfort, and difficulty in conceiving. By promoting healing and rejuvenation, *Uttarbasti* restores vaginal health and balance, making it a valuable treatment option for women seeking natural and effective solutions for their gynaecological concerns.

Keywords: *Uttarbasti*, *Basti*, *SOP*, *Sthankia chikitsa*, *Uttar marga*, *Panchakarma*, Gynecology, Infertility, Uterus, Vagina, Cervix.

I. INTRODUCTION

Uttarbasti is a classical *Ayurvedic* para-surgical procedure that involves administration of medicated oils into the uterine through the vaginal route. It is commonly used in the treatment of gynaecological disorders, infertility, and other reproductive health concerns.

Uttarbasti is the word for the *Basti* administered using *Uttarmarga*, *Utkrishta Avayava*, or a medicinal method with *Shrestha* characteristics. The process known as *Basti* involves the bladder's assistance in introducing the medications into the body. Because of its various activities and *Nanavidha Dravya Samyoga*, *Basti* is *Pradhana* in every *Panchakarma* therapy. *UttarBasti* is designated as "*Uttar*" or "*Shrestha*" because it possesses a unique quality among the three varieties of *Basti*. *UttarBasti* refers to the *Basti* that is administered in *Uttar Marga* (i.e., urinary or vaginal passage) as opposed to the typical *Adho Marga* (i.e., anal passage)¹.

AIMS AND OBJECTIVES.

- To standardize the procedure of *Uttarabasti*.
- To ensure safety, efficacy, and reproducibility.
- To minimize complications and maintain hygiene.

UTTARBASTI YANTRA:

Instrument by which insertion of drug by urinary or vaginal passage is to be done is called as *Uttarbasti yantra*. It can be used as *shodhan basti*. It is given through upper passage (*UttarMarga*) which is why, it is called as *Uttarbasti*.

▪ *Uttarbasti yantra* contains two parts:

- 1) ***Basti Putak*** (drug holding bag): *Basti putak* can be composed of thick cloth, the urine bladder, or the skin of animals like sheep, pigs, and goats. It should be prepared using *Kashaya Dravyas* and be clean and odorless.²
- 2) ***Basti Netra*** (nozzle for inserting drug): The *Basti Netra* (nozzle) should be composed of metal, such as brass, silver, or gold. It should be smooth and tapering like a cow's tail. Its tip should be of the size of the flower stem of *jati*, *karveera*, and the *sarshapa* seed passing worth lumen. The nozzle should be ten or fourteen *angulas* long and have two or three *karnikas* (rings) to secure the bag. The nozzle should be ten *angulas* long and have a *mudga* seed accessible lumen in order to be inserted into the urethra. Another name for it is *Pushpa Netra*.^{3,4}

DOSE AND DURATION:

For the *UttarBasti*, *Sneha* or *Kwatha* may be utilized. *Sneha* is thought to be more beneficial for the majority of *Garbhashaya* illnesses. Two *Prasruta* of *Sneha* material should be used to clean the uterus; this amount is also the same for decoction⁵. For three days in a row, *UttarBasti* should be administered an increasing dosage of *Sneha*. According to *Vagabhatta*, it should be paused for three days before continuing for three more days.

TIME AND ADMINISTRATION:

Ideal time for the administration of *uttarbasti* is *Rutukala* (the very next day of stoppage of bleeding phase of menstrual cycle), because In *Rutukala*, as orifices of uterus remain open in this period, thus receives *Sneha* easily.⁶

INDICATION:

- For conception
- To pacify *vata*
- For urinary bladder disease
- Uterine prolapse
- Severe pelvic pain
- Gynaecological disorders
- Menometrorrhagia
- Menstrual disorders
- Menorrhagia
- Pathological amenorrhoea
- Dysmenorrhoea
- Anovulatory menstrual cycle
- Dysfunctional uterine bleeding

- Urinary diseases
- Retention of urine
- Incontinence of urine
- Retention of placenta
- Infertility

CONTRAINDICATION

- Unmarried/minor girls
- Acute endometritis
- Vaginitis
- Cervicitis
- Cervical erosion
- Salpingitis
- Uterine prolapse
- Carcinoma of cervix
- Pregnancy
- Intrauterine contraceptive devices
- Heavy bleeding
- Vesico-vaginal fistula
- Hypersensitivity
- STD's
- Hepatitis B

The *uttarbasti* procedure is carried out in three stages:

a) *Poorva karma*.

b) *Pradhan karma*.

c) *Paschata karma*.

Poorva Karma (Pre-operative Procedure)

- Informed Consent
- Patient Selection.
- Prior to the procedure, a routine laboratory and systemic examination should be performed.
- The bladder, rectum, and stomach should all be empty.
- The cleanliness of external genitalia is guaranteed.
- Massage the lower abdomen and lumbosacral region with oil (*Vatashamaka Taila*).
- *Asthapan Basti*.
- Apply a hot water bag or *Nadi Sweda* to the lower abdomen and lumbosacral region.
- Aseptic precautions are taken when administering vaginal douche (*Yoni Prakshalana*) with 500ml of antiseptic *Kwatha*, such as *Panchvalkala kwatha*, *triphala kwatha*, etc.
- After vaginal douche, the patient is kept in O.T.

Pradhan karma (Operative Procedure)

- Position: Lithotomy
- Warm antiseptic lotion is used to bathe the vagina and external genitalia.
- Cover the thighs and external genitalia with sterile drapping.
- Bimanual per vaginal examination.
- Sims speculum is inserted the cervix is visualized and grasped by Allis forceps.
- The cervix is cleaned.
- Cervical dilatation and uterine position is assessed using Uterine sound.
- A cannula is linked to a syringe containing 5 cc of medicated oil or *ghrita*.

- The medication is pumped into the uterine cavity very slowly after the cannula is placed via the external os up to the internal os of the cervix.
- The actual instillation process takes at least ten minutes.
- Instilled medicine comes out slowly after procedure.
- Remove the cannula and Allis forceps.
- Put the gauze piece in the vagina.
- Remove the speculum and towels.

Paschata karma (Post-Operative Procedure)

- Wipe area with sterile cotton.
- Advise rest for 30 minutes. Give hot water bag for fomentation one hour after Uttarbasti
- Avoid coitus.
- Exertion or exposure to cold for 24 hours is avoided.
- Light diet recommended.

MODE OF ACTION:

- Intravaginal *Uttarbasti* with antiseptic drugs effectively removes infections by:
 - Targeting the infection site directly
 - Utilizing the rich blood supply in the posterior fornix for drug absorption
 - Acting as a drug reservoir, prolonging therapeutic effects
- Intracervical *Uttarbasti* with oil-based drugs:
 - Removes cervical stenosis
 - Restores cervical function, aiding conception
 - Treats dysmenorrhea caused by stenosis
 - Stimulates cervical mucus secretion, supporting sperm ascent
- Intrauterine *Uttarbasti* with ghee-based drugs:
 - Rejuvenates the endometrium
 - Addresses infertility and scanty menstruation due to poor endometrium
- For tubal factor infertility, high intrauterine *Uttarbasti* with *Lekhana Dravyas*:
 - Removes tubal blockages mechanically
 - Restores normal tubal cilia function
 - Promotes endometrial regeneration, normalizing tubal function this dual-action approach can help address tubal-related infertility issues.

CONCLUSION:

Uttarbasti is a valuable Ayurvedic treatment modality that offers a holistic approach to women's health, addressing various gynecological concerns and promoting reproductive wellness. By leveraging the therapeutic properties of natural ingredients, Uttarbasti effectively treats vaginal trauma, infections, hormonal imbalances, and infertility issues, while also regulating menstrual disorders. Its localized and systemic effects, combined with its minimally invasive nature, make it a safe and effective treatment option for women seeking natural solutions for their gynecological health. Regular Uttarbasti treatments can lead to improved reproductive health, enhanced fertility, and overall well-being, making it a cherished practice in Ayurvedic medicine.

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