

Uttarabasti and its recent advancement

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Abstract- In today's fast life because of changed life style and priority of a woman, they are facing many health problems. Among them infertility and menstrual disorders are most common. The incidence of infertility and menstrual disorders are increased due to stressful life, late marriages etc. For these genitourinary disorders, there are many drugs and treatments described in *Ayurveda*. One of these is *uttarabasti*, which is very effective treatment of these problems. Now a days its technique is changed a little bit for our convenience.

Keywords- Infertility, uttarabasti, basti. recent technique.

I. INTRODUCTION

In today's fast life because of changed life style and priority of a woman, they are facing many health problems. Among them infertility and menstrual disorders are most common. The incidence of infertility and menstrual disorders are increased due to stressful life, late marriages etc. For these genitourinary disorders, there are many drugs and treatments described in *Ayurveda*. One of these is *uttarabasti*

Uttarabasti is a type of *basti*, which is one of the procedures of *Panchakarma*. Now the question arises that, what is '*Uttarabasti*'.

It is made of two words *Uttara* and *Basti*.

In Sanskrit the word '*Basti*' is derived from the root '*vas*' by adding '*tich*' *pratyaya* and it belongs to masculine gender according to *Vachaspathyam*. Meaning of the root '*vas*' is '*nivas*' i.e. to reside, to stay, to dwell.

(*vas aachchhadane*) cover/ to coat

Coating of sneha for the elimination.

"*Bastina deeyate eti Basti*"(A.H.Su.19/11)Arunadatta teeka

"*Basti enadi nam mutradharah*"

"*Basti*" literally means bag/container/bladder. In ancient times, sterilized urinary bladders of animals were used to instil the enema; hence the name of the procedure is *Basti Karma*. Today plastic enemas and syringes are used to push medicated

decoctions viz. medicated oil enemas and cleansing enemas into the intestines of the patient.

'*Basti*' is the principal treatment for the disorders of '*vata*'. *Acharya Charak* mentioned that there is no cause greater than '*vata*' in the manifestation of disease and there is no better remedy than '*Basti*'.

"*Shareeropyam varnam balamarogyamayushah.*

Kurute parivridhi cha vastih samyagupasitah."

(*su.chi. 35/4*)

'*Basti*' can cure diseases of all the *tridoshas*, completely destroy the vitiated *doshas* by entering *moola sthana of vata*, which is supposed to be responsible for all diseases. Thus *basti* is said to be the half of the whole treatment and sometimes complete treatment.

"*Vastirvate cha pitte cha kaphe rakte cha shasyate.*

Sansarge sannipate cha vastirev hitah sada." (*su.chi.35/6*)

Now what is the meaning of '*Uttara*'.

It is made of '*ut + tara*' the prefix '*ut*' means '*superior*'. The '*tara*' suffix is used to represent comparatively better status.

Or the *Basti* which is given through *Uttara* (Upper) passage of anal orifice is called *Uttarabasti*.

"*Uttarmargadiyamanatya kimvashreshthagunataya*

uttarbasti"(*Ch.Si.9/50*)

Or the *Basti* which is used *Uttara* (after) the *niruhabasti*.

"*Sah niruhaduttarmuttaren va marge diyate ityuttarbasti*" (*As. Su. 28/9*)

or *Utkrishta Avayava* or therapeutic procedure having *Shreshtha* properties, is termed as *Uttara Basti*.

Thus the *basti* given through urinary or vaginal passage, after the *niruhabasti* and which is superior in qualities is called *uttarabasti*

First I describe the method of administration, time, dose, duration, indications according the descriptions of classics, but now a days there is wide range of variation in practice can be seen from person to person, Institution to institution, place to place.

II. MATERIAL AND METHODS

I have collected the material, description of *uttarabasti*, from our *samhitas*, *charak Samhita*, *sushruta smhita*, *astang sangrah*, *astang hridaya*, *bhavaprakash*, *sharandhar Samhita* and *madhavidan*. For the latest technique, which I describe, is total;y practical which we used in our practices and I have seen in different institutes.

Uttarabasti as described in our samhitas:

- **Uttarabasti yantra:** Like all *bastiyantra* ,it consist of two parts:-
 1. *Basti putuka*
 2. *Bastinetra*

1. Basti putuka: It is used for storage of medicine. It is same as other *basti putuka*, made from bladder of animals. As per *samhitas*, for *uttarabasti* the bag should be small and soft¹², like the goat, sheep or pig. If bladders of these animals are not available then *basti putuka* can be made from skin of birds or soft leather.

2. Basti netra: The purpose of *basti netra* is to inject the medicine into the cavity. It is made of any metal like, gold, silver, copper, bronze, lead etc. It's shape is like the cow tail, wide from one side and tapered down on other side. It should has two or three *karnika* (ring) to tie it with the *basti putuka* and to control the entry of excess length in the passage. For an adult female the *netra* length should be ten *angul*, width is like little finger and lumen is like to pass *mudga* seed.

According to age and route of administration *Acharyas* described different size of *basti netra*:

Age	Route of administration	circumference	Lumen	<i>karnika</i>
Girl	Uretha	Flower stalk of Malati	Mustard seed	1 <i>angul</i>

Adult woman	Uretha	As per size of urethral meatus	Mudga seed	2 <i>angul</i>
Adult woman	Vagina	Little finger	Mudga seed	4 <i>angul</i>

- **Uttarabasti kala:** *Uttarabasti* should be given in the *Ritukala* (just after the cessation of menstrual period), after 2- 3 *asthapan basti*.
- **Uttarabasti snehadravya and kwatha matra:**

The quantity of oleaginous portion for urinary passage is one *prasrat*. This quantity is described for severe diseases for a strong woman. The quantity of drug can be half or even less than half according to the condition of patient and diseases.

The quantity of oleaginous material, for cleansing of uterus should be double and the quantity of decoction is *two prasrata*. In girls, less than 12 years, quantity of decoction should be *one prasrata*, for cleansing of urinary passage. Uterine *basti* is contraindicated in girls.

Acharya Vagbhatta has prescribed the amount of drug for woman is *one pala* and for girl is *two karsas*. Oleaginous substance should be increased gradually according to age.

In *Sharangdhara Samhita* and *Bhavaprakash*, *Acharya* said that the dose is *two pala* for vaginal passage and *one pala* for urinary passage. For girls the dose is *two karsha*.

- **Method of giving uttarabasti:**

For giving *uttarabasti*, the woman is in supine position with flexed thighs and raised knees, then the *bastinetra* is inserted till *karnika* in the route of administration either urethra or vagina. It should be inserted slowly with sturdy hands, following the path of track. In twenty four hours two, three or four *basti* can be given, which depends on the condition of patient and diseases. This procedure should be done for three days. The amount of oleaginous substance should be gradually increased. After the three days' rest, this procedure should be repeated for another three days. The bag of *basti* should be pressed slowly and for vaginal rout, the *bastinetra* with three *karnika* should be used and vaginal orifice pressed properly.

- **Indications of uttarabasti:**

As given in *Samhita*, *uttarabasti* normalizes the *vata dosha*, so it is very useful in various gynaecological problems like, *Bandhyatva*, *Basti-vikar*, *Mutrighat* (retention of urine), *mutra-krichchha* (dysuria), *basti- vankshan shoola* (pain in groin region and urinary bladder), *yonibhransh* (uterovaginal prolapse), *yonishoola* (vaginal pain), all *yonivyapad*, *Asrigdara* (metromenorrhagia), *anartav* (amenorrhoea), *kashtartava* (dysmenorrhoea) and all *artava-vyapad*.

It is very difficult and almost impossible to perform this procedure as described in our classics, so that now I am describing here the procedure of *uttarabasti*, which is practically possible and we can do easily in our practice.

Uttarabasti with recent advancement:

• **Different method of practice:**

This procedure is performed in various ways and it varies person to person and institute to institute. Some methods are here:

- As an OPD procedure.
- In operation theatre, under local anaesthesia.
- Intravaginal administration.
- Intrauterine administration.

• **Time of administration:**

Uttarabasti is given on the next day of cessation of bleeding phase of menstrual cycle. According to *samhitas* it is *Ritukal* and in *ritukala* the orifices of uterus remain open. But the scientific view is that in this period endometrial layer of uterus is thin so that the absorption of drug is better. The ovulation yet to happen, so it does not affect the ovulation period and there is no chances of pregnancy in this period.

• **Drugs used for uttarabasti:**

Medicated or plain oil/ghee, decoction are used for *uttarabasti*, which is advised by *Acharyas* in our classics. In which some medicines are commonly used.

- *Shatavari ghritha or tail*
- *Shatapushpa ghritha or tail.*
- *Panchgavya ghritha.*
- *Phala ghritha.*
- *Kshara tail.*

➤ *Kumari tail.*

• **Dose of drugs:**

Dose of drug is used according to the size of uterus, but generally 5 ml. amount is enough for intrauterine *uttarabasti*.

• **Duration of procedure:**

It is given for consecutive 3-5 days after stoppage of menses. The same procedure will be repeated for three months.

• **Equipment:**

For this procedure only the common instruments are required, which are used for routine gynaecological, per-vaginal and per speculum examinations like;

- sim's speculum,
- Anterior vaginal wall retractor.



Figure 1. Sim's Speculum and Anterior vaginal wall retractor

These are used to retract the vaginal walls, to see the cervix properly.

- Vulsellum forceps



Figure 2. vulsellum forcep

It is used to hold the upper lip of cervix.

- Uterine sound

It is used to know the position of uterus.

- Hegar's dilators



Figure 3. Heger's dilators

These are used to dilate the cervical os.

- Artificial insemination cannula of 2cm length or Infant feeding tube or catheter no. 9 or 8 – these all can be used as the *bastinetra* and inserted in the cavity.
- Syringe 5cc- it is used as the *basti putak* and is used to store the medicine to push in the cavity.



Figure 4. 5 ml. syringe with Infant feeding tube

- Gauze piece, cotton pad, towel, towel clips to clean and drape the area.

All instruments and medicines should be sterilized.

- **Pre-operative Procedures:**

Before the procedure routine laboratory investigations like, HIV, VDRL, HBsAg and

ultrasonography are necessary. Systemic examination should be done prior to the procedure. Per vaginal or bimanual examination should be carried out to check the size and position of uterus. Stomach, rectum and bladder should be empty. Oil massage should be done below umbilicus at lower abdominal

Area, then hot fomentations with hot water bag over lower abdominal area for 15-30 minutes. After this, the patient is shifted in O.T.

Now check the Pulse, Blood Pressure etc. and patient is positioned in lithotomy position. The vulval region and genital organs should be painted with antiseptic solution and draped with towels.

- **Operative Procedure:**

As said earlier, patient is in lithotomy position and genital area is washed with antiseptic lotion and then covers the genital area and thighs with towels. Bimanual or per vaginal examination should be done.

Now Sims' speculum and Anterior vaginal wall retractor are inserted in the vagina to visualize the cervix and then grasped it by Vulsellum forceps. Remove the anterior vaginal wall retractor. Cervix is washed with betadine lotion.

Uterine Sound is inserted for cervical dilatation and to know the position of the uterus.

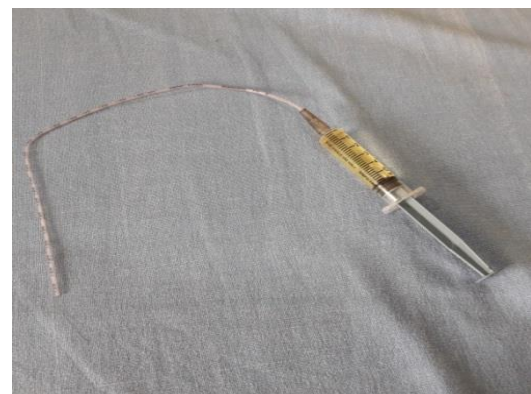


Figure 5. Uttarbasti yantra with medicine

5 cc in syringe is filled with the medicated ghrta or oil and then attached with IUI cannula or infant feeding tube. IUI cannula or infant feeding tube is inserted through external os up to internal os of cervix. The inserted length is varies patient to patient according to the size of uterus but generally it is 3-5 cm. The medicine is pushed slowly into uterine cavity⁴⁵. At the time of instillation patient should be in mild head low position. When the medicine comes out slowly after

procedure, remove the vulsellum forcep and then a *pichu* is kept in the vagina. Now remove the Sim's speculum and towels. Patient should be lie down strait in head low position, at least for 1 hour.

• **Post-Operative Procedures:**

BP and Pulse are checked again. Patient is in head low position for one hour after *Uttarbasti*. She should not take heavy diet.

She has to take rest and avoid exercise, sexual intercourse, cold substances and rough travelling.

Precautions:

- Drug should be instilled very slowly.
- All the instruments and medicine should be sterile.

Possible Complications:

- Cervical laceration
- Uterine trauma
- Infection
- Lower abdominal pain and backache.
- Vaginal bleeding.

Indications:

- Infertility
- Oligo menorrhoea
- Dysmenorrhoea
- Urethral stricture
- Menorrhagia
- Irregular menstruations
- Intermenstrual bleeding
- Vulval region pain

Contra Indications:

- Endometritis
- Vaginitis
- Cervical erosion
- Pelvic inflammatory diseases
- Uterine prolapse
- Carcinoma of cervix
- Pregnancy
- Adhesions
- Intrauterine contraceptive devices

- CA endometrium

III. DISSCUSION

Uttarabsti is very useful to treat the diseases of genital system and urinary system, it is a type of *basti*, which is a *panchkarma*. *Panchkarma* is a *shodhak chikitsa*, and *basti* is main treatment for *vata dosha*. So that *uttarabasti* is a *shodhak chikitsa* for *vata dosha*..

Probable mode of action of *Uttarabasti* in various diseases:

According to *Ayurveda* the four factors are essential for conception *ritu*, *kshetra*, *ambu* and *beeja*. If these factors are not normal then the conception is not possible. The main *dosha* is *vata*, which is responsible for infertility. Like this menstrual cycle is also regulated by *vata dosha*. So that if *vata* is normal these diseases will not occurred. *Uttarabasti* has *shodhana* properties and it normalize the *vata*, mainly *Apana vata* and thus it is useful in *bandhyatva*, all *yonivyapad* and *artavavyapad*.

IV. CONCLUSION

Uttarabasti is very useful and effective for the treatment of female uninary problems and genital disorders, like infertility and menstrual disorders. This recent advancement in *uttarabasti* is for our convenience and ease, but beside this latest technique, the basic principle of *uttarabasti* is same, that its *bastiyantra* consist of two parts *bastiputuk* and *bastinetra* and it normalize the *vata dosha* and mainly *apana vata*. So, *uttarabasti* works on genitourinary system and very useful for genitourinary disorders.

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