

Basti Karma

Unit 8. Basti Karma (Therapeutic Enema)

1. Introduction

Basti Karma is the administration of medicated liquids through the anal route (and in special contexts, urethral or vaginal) for **śodhana** (**evacuation/cleansing**) and **śamana-bṛṃhaṇa** (**pacification-nourishment**), with **Vāta** (principle of movement) as the prime target. Classics open Basti-vidhi by declaring its primacy in Vāta and Vāta-dominant disorders:

"वातोल्बणे șu दोषेषु वाते वा बस्तिरिष्यते । उपऋमाणां सर्वेषां सोऽग्रणीस्त्रिविधस्तु सः । निरूहोऽन्वासनं बस्तिरुत्तरः ॥" — Aṣṭāṅga Hṛdaya, Sūtrasthāna 19/1-2.

Take-home: Basti is **threefold—Nirūha/Āsthāpana** (decoction enema), **Anuvāsana** (unctuous enema), and **Uttara-basti** (urogenital route; beyond scope here). You will learn instruments (yantra), doses (mātrā), indications/contraindications, exact procedures, mechanisms, classical formulations, and application principles in specific diseases.

2. Basti Yantra and Mātrā

2.1 Classical apparatus (Basti yantra)

- Basti-netra (nozzle): Metal/horn/bone; length & bore proportional to age and anal canal; three rings (karnikā)—one ¼-aṅgula from the tip to limit entry; two at the base to tie the bag's mouth. Tip smooth, straight, and finger-breadth-matched to patient. Key verses detail measures and construction.
- Basti-putaka (bag): Processed animal bladder (e.g., cow/deer/boar) or robust cloth/substitute, clean, odorless, soft, veinless, well-washed; well tied to netra.
- **Modern equivalents:** Sterile disposable enema cans/syringes with catheters replicate flow control, sterility, and safety standards (accepted as contemporary substitutes).

2.2 Dose (mātrā)

- Nirūha (decoction): Age-based prasrita schedule.

 Start with ½-1 prasrita in infancy, increasing stepwise each year; by adolescence the upper adult dose ≈ 12 prasrita (text-standard ladder). Elderly and children receive mṛdu dosing.
- Anuvāsana (oil/ghee): Usually smaller than Nirūha, individualized by koṣṭha (bowel responsiveness), bala (strength), agni, and disease context; in Mātrā-basti (a daily, gentle Anuvāsana variant) the dose is small, easy to retain and safe for bāla-vṛddha-kṛśa etc.

Classical caution for success:

''समीक्ष्य दोषौषधदेशकालसात्म्याग्निसत्त्वादिवयोबलानि । बस्ति: प्रयुक्तो नियतं गुणाय स्यात् सर्वकर्माणि च सिद्धिमन्ति ॥६॥"

(Basti succeeds when planned after examining doṣa, drug, habitat, season, satmya, agni, sattva, age, strength, etc.) — *Cāra ka Saṃhitā, Siddhisthāna 3/6*.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



3. Anuvāsana- and Āsthāpana-opaga Dravya (Adjuncts)

- Anuvāsana (Snaihika) dravya: Taila/Ghṛta as the base; Jīvanīya, Vātahara, Bṛṃhaṇa herbs for cooking/processing (e.g., Bala, Aśvagandhā, Daśamūla, Rasnā).
- Anuvāsanopaga (helpers): Saindhava (improves spread/penetration), Madhu (vehicle, adsorbent), calming dhūmapāna, uṣṇa-jala.
- Āsthāpana/Nirūha dravya: Pañca aṅga (mixing order)—Madhu → Saindhava → Sneha → Kalka (paste) →
 Kaṣāya (decoction); sometimes Avapa (additives like milk, meat soup) as per disease.

4. Indications & Contraindications of Anuvasana Basti

4.1 Indications

• Vāta-pradhāna states with rukṣatā, emaciation, post-śodhana convalescence, udāvarta, habitual exercise, pradīpta-agni (good appetite), dry gut/krūra-koṣṭha; sequencing after Nirūha in Yoga-basti schedules.

4.2 Contraindications / avoid or postpone

 Āma/ajīrņa, nava-jvara (acute fever), kamalā, pāṇḍu, prameha in acute derangement, severe kaphaāvaraṇa, diarrhoea, very full stomach, or when retention is unlikely. (Classical cautions summarized from Siddhi-sthāna and clinical reviews.)

5. Pūrva Karma of Anuvāsana

- 1. Assessment: doṣa-duṣya, āma-nirāma, agni, koṣṭha, bala, vitals.
- 2. **Diet/day of procedure:** light, warm, non-abhīṣyandī; bladder-bowel emptied.
- 3. Local prep: Abhyanga to abdomen-lumbosacral area + mild svedana to promote relax-anulomana.
- 4. **Set-up:** left lateral (Sims') position; sterile instruments, warmed sneha.

6. Pradhāna Karma of Anuvāsana (How to administer)

- Warm **sneha** measured to **mṛdu** dose; lubricate **netra** & anus.
- Insert ¼ of netra length under steady guidance; deliver sneha slowly with gentle constant pressure; ask to retain.
- Instruct **no strain**, **no cough**; offer lukewarm water sips if needed.
- Observe for samyak-anuvāsana: lightness, soft evacuation later, vāta-anulomana, comfort.

7. Paścāt Karma of Anuvāsana

- **Rest** in a warm, draft-free room; encourage **retention** as long as comfortable.
- Diet: light, warm gruels/odana; avoid heavy, fermented, very cold items on the day.
- Next steps: In Yoga-basti sequences, plan next Nirūha the following morning; monitor sleep, appetite, bowel
 pattern.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

8. Indications & Contraindications of Nirūha (Āsthāpana) Basti

8.1 Indications

• Vāta and Vāta-Kapha/Pitta disorders with āma/śleṣma/mala accumulation; abdominal distension, low back-limb pains, constipation with mucus, many rheumatic/neurologic conditions when nirāma. Classical texts extol Nirūha as superior to simple purgation in Vāta disorders.

8.2 Contraindications

• Bāla-vṛddha if debilitated, pregnancy, āma, after full meals, severe dehydration, active bleeding, acute fever, severe diarrhoea, immediately after Vamana/Virechana without recovery. (Compiled from Siddhi-sthāna guidance.)

9. Pūrva Karma of Nirūha

- Eligibility: ensure nirāma, assess agni, koṣṭha, bala.
- Dīpana-Pācana 1-3 days if needed; abhyanga + svedana same morning.
- Bowel-bladder empty; counsel, consent, baseline vitals.
- Prepare Basti-yoga fresh and warm.

10. Preparation of Basti Dravya (Nirūha)

Mixing order (very important): Madhu → Saindhava → Sneha → Kalka → Kaṣāya; churn well, ensure a homogeneous, bubble-free mixture; tie bag firmly; remove air; check flow. Representative verse-set:

"...गुडात् पलं द्विप्रसृतां तु मात्रां स्नेहस्य युक्त्या मधु सैन्धवं च ॥

...प्रक्षिप्य बस्तौ मथितं... निर्वलीकम्..." — C.S. Siddhi 3 (Bastisūtrīyam).

Proportions by doṣa (for the composite): Kaṣāya 5 parts; Sneha 1/6 (Pitta); Sneha 1/4 (Vāta ↑); Mātrā less (1/8) in Kapha formats.

11. Pradhāna Karma of Nirūha (Stepwise procedure)

- 1. **Position:** Left lateral; flex right thigh; support head/shoulder.
- 2. Lubricate anus and ¼ length of netra; insert gently along sacral curve; avoid jerks.
- 3. **Instill** steadily (not too fast/slow).
- 4. Withdraw netra smoothly; massage abdomen clockwise to aid distribution.
- Urge & evacuation: Patient sits when urge develops; note vega (bouts), contents, relief.
- Complication management: If pain, tenesmus, giddiness → rest, warm fomentation, adjust hydration; if
 premature expulsion—review mixing order/temperature; no flow—check kinks/position (classical cautions also
 describe flow/heat errors).

12. Paścāt Karma of Nirūha

- After-return of basti: give suitable pathya—e.g., meat soup (Vāta), milk (Pitta), alkaline/thin gruels (Kapha) in small quantities, then odana.
- Restraints: day sleep, cold exposure, sex, heavy exertion, fermented/heavy foods for 1-2 days.
- Sequencing: In Kālā/Yoga-basti, Nirūha in mornings on planned days; Anuvāsana on alternate days or

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



evenings per classical schedules.

13. Nirūha Basti Karmukata (Mode of Action)

- Classical: The mixture's madhu-saindhava-sneha-kalka-kaṣāya synergy dislodges (utkleśa) and liquefies
 morbid doṣas in the colon, anulomana of Vāta, śodhana via timely evacuation; srotas-śodhana and agnidīpana restore function.
- Modern correlation: Rectally administered solutions influence motility, bile flow, mucosal secretions, and systemic absorption via portal/systemic routes; appropriate composition and technique strongly determine clinical response.

14. Anuvāsana Basti Karmukata

- Classical: Snigdhatā (unctuousness) lubricates srotas, pacifies Vāta, softens stool, relieves udāvarta/colic, nourishes dhātu (brmhana), and improves vyāna-apāna coordination.
- Modern correlation: Retained lipophilic medicaments confer local anti-spasmodic, anti-inflammatory action
 and systemic trophic effects via absorption; dose-retention governs efficacy. Clinical research also supports
 Anuvāsana up-titration as an alternative to internal snehapāna in selected candidates.

15. Basti Formulations (exam-relevant snapshots)

Formulation (classical cue)	Core composition (memory-pegs)	Key use-notes
Dvipañcamūlādi Nirūha	Decoction of two Pañcamūla groups ± goat meat soup, with tri-sneha; madhu-saindhava; appropriate kalka	Pravara Nirūha —broad Vātavyādhi spectrum; strength-promoting; visualise "deep-acting with mamsa-rasa".
Eraṇḍa-mūla Nirūha	Eraṇḍa-mūla , Rasnā, Aśvagandhā, Guḍūcī, etc., with madhu-saindhava-sneha	Lower-limb-low back pain , flatulence, ānāha , grahaṇī , mūtra/viṇ-graha —"painful, gassy, stiff" phenotypes.
Kaliṅga-Pāṭhādi Nirūha	Kaṣāya with Triphala + Bilva , gomūtra , kṣāra , taila; kalka of Kaliṅga, Pāṭhā, Mustā	Kapha-pradhāna disorders (coating, heaviness, ālasya), Pāṇḍu , āmadoṣa ; strong lekhana-śodhana.
Mātrā-basti (Anuvāsana)	Small, retainable sneha (taila/ghṛta) often jīvanīya-vātaśāmaka	Daily/gentle Vāta pacification in bāla-vṛddha-kṛśa , athletes, and dry gut ; safe & nourishing when nirāma .

16. Principles of Practice (Clinical mini-protocols)

a) Nirūha in Gridhrasī (Sciatica) & Āmavāta (RA-spectrum)

Gridhrasī (Vāta-Kapha; often rukṣa-stabdha-śūla radiating):

- Pūrva: Dīpana-Pācana (Trikaţu class), abhyanga + sveda (rūkṣa-uṣṇa).
- Yogas: Eranda-mulādi, Daśamula-Rasnā-Guducī-based Niruha; add saindhava-kṣāra if kapha-āvarana prominent.
- Course: Kālā-basti or Yoga-basti sequences (e.g., 8 or 5-day), alternating Nirūha (mornings) with Anuvāsana (evenings/alternate days).
- Targets: Pain relief, nerve-muscle relaxation, stool/mucus clearance, improved SLR; follow by **Bṛṃhaṇa-snehana** and **physiotherapy** drills.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

Āmavāta (Vāta-Āma-Kapha; migratory pain, stiffness, coated tongue):

- Start only in *nirāma* (clear tongue, hunger present).
- Nirūha: Kalinga-Pāthādi/lekhana-oriented yogas; careful mātrā (kapha-laghutā—smaller).
- Diet: Laghu, uṣṇa, āma-nāśaka; avoid day sleep/cold.
- Outcomes: decongestion of colon-kapha, improved ROM, appetite rekindling; then rasāyana/śamana support.

b) Anuvāsana in Kaṭī-graha (Lumbago/low back stiffness)

- Phenotype: Vāta-rukṣa-śūla-stabdha; aggravated by cold, strain, constipation.
- Anuvāsana choice: Mātrā-basti with Sahacarādi taila / Mūlasnehā (jīvanīya-vātaśāmaka); warm, small-medium dose to retain comfortably.
- Rhythm: Daily or alternate-day for 5-7 sittings; on non-basti days add udvartana-sveda and core-hip mobility drills.
- **Expectations:** early ease of spasm, improved forward bend, softer bowel; maintain with **āhāra-vihāra** (uṣṇa-snigdha diet, avoid jerks, gentle stretches).

Two anchor ślokas to quote in viva

- 1. **Basti primacy & types:** already cited from A.H. Sū. 19/1-2.
- 2. Planning for success: "22222222 222... 222222 22222222..." C.S. Siddhi 3/6.

Assessment

Long Essay (Answer any 1, 10 marks)

- Define Basti Karma. Explain Basti yantra, mātrā, and the mixing order of Nirūha along with indications/contraindications. Add the method of Pūrva-Pradhāna-Paścāt for both Anuvāsana and Nirūha with two classical ślokas and references.
- 2. Discuss **Karmukata** of **Nirūha** and **Anuvāsana**, correlating classical concepts with modern physiology. Illustrate with **Gridhrasī** and **Āmavāta** protocols.
- 3. Write short notes on **Basti formulations** (Dvipañcamūlādi, Eraṇḍa-mūlādi, Kaliṅga-Pāṭhādi), their **ingredients**, **indications**, and **rationale**.

Short Answers (Any 5, $5 \times 5 = 25$ marks)

- 1. Enumerate the **five-part mixing order** in Nirūha and state why the order matters.
- 2. Describe **Basti-netra** features and safety mechanisms (karnikā placement).
- 3. Write three indications and three contraindications of Anuvasana.
- 4. Define **Mātrā-basti** and list **four patient groups** where it is preferred.
- 5. Outline Pūrva-Pradhāna-Paścāt steps of Nirūha in sequence.
- 6. Briefly explain the **dose ladder** of **Nirūha** by age and the principle behind reducing dose in **Kapha** dominance.
- 7. Write the dietary plan immediately after Nirūha return and the don'ts for the next 24-48 hours.
- 8. Distinguish **Yoga-basti** and **Kālā-basti** (structure and clinical purpose).

MCQs $(10 \times 1 = 10 \text{ marks})$

- 1. Basti is primarily indicated in: a) Vāta b) Pitta c) Kapha d) Raktapitta
- 2. The three classical types include: a) Vamana/Virechana/Basti b) **Nirūha/Anuvāsana/Uttara** c) Anulomana/Saṃśamana/Shodhana d) Mṛdu/Madhyama/Tīkṣṇa
- 3. The **mixing order** in Nirūha starts with: a) Sneha b) Kalka c) **Madhu** d) Kaṣāya
- 4. **Karņikā** placement at ¼-aṅgula from tip is to: a) Decorate b) Improve taste c) **Limit entry for safety** d) Increase suction
- 5. Mātrā-basti is: a) Strong purgative b) Small-dose Anuvāsana for daily use c) Uttara-basti d) Vamana adjunct

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





- A strong Kapha patient receives Nirūha with: a) More sneha b) Less mātrā / more lekhana c) No saindhava d)
 Cold dravya
- 7. **Immediate contraindication** for Anuvāsana: a) Dry constipation b) Vāta insomnia c) **Nava-jvara/ajīrṇa** d) Postnirūha day
- 8. Best posture during Basti administration: a) Prone b) Left lateral c) Right lateral d) Supine
- A lekhana-type Nirūha useful in Āmavāta is: a) Dvipañcamūlādi b) Kalinga-Pāţhādi c) Jīvanīya-siddha ghṛta d) Mātrā-basti
- After Nirūha, pathya first includes: a) Cold curd b) Light gruels/meat soup/milk as per doşa c) Raw salad d)
 Fried snacks

Answer key: 1-a, 2-b, 3-c, 4-c, 5-b, 6-b, 7-c, 8-b, 9-b, 10-b.

60-Second Revision

- Basti = prime Vāta therapy; types Nirūha/Anuvāsana/Uttara. Quote: "वातोल्वणेंsu... बस्तिरिष्यते..." (A.H. Sū. 19/1-2).
- Yantra: netra + putaka; karnikā safety rings; left lateral; warm, bubble-free dravya.
- Nirūha mixing order: Madhu → Saindhava → Sneha → Kalka → Kaṣāya; adapt sneha fraction to doṣa.
- Doses: Age-graded prasrita ladder for Nirūha; Mātrā-basti for daily gentle Vāta-pacification.
- Applications: Gridhrasī/Āmavāta → Nirūha (Eraṇḍa-mūla or lekhana yogas). Kaţī-graha →
 Anuvāsana/Mātrā-basti with vātaśāmaka taila.
- Success mantra: Plan after doṣa-deśa-kāla-satmya-agni-bala review. Quote: "समीक्ष्य दोष... बस्ति: प्रयुक्तो..." (C.S. Siddhi 3/6).

© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.