

Chapter 8. Basti Karma / Vasti Karma (Therapeutic Enemas)



Vasti is considered the most important procedure among the Panchakarma therapies in Ayurveda. The term "**Vasti**" derives from the use of the urinary bladder of animals to administer either unctuous drugs or eliminative substances into the rectum.

The word "Vasti" refers to meanings such as "to dwell," "to inhibit," "to stay," "to reside," or "to produce effects of aromatic drugs," as described in Vachaspathyam by Tharanath Bhattacharya.

- "**Vastina deeyate iti vasti**" (**A.H. Su. 19-1**)
- "**Vastibirdeeyate yasmaat vastirsmruthah**" (**Su. U5/1**)
- "**Vas nivase - Tishtati**" (**Sridasa**)

The procedure involves introducing medicated decoctions, oils, milk, or meat soup (oushadha siddha kwatha, taila, ksheera, mamsarasa) into the colon (pakwasaya) through the rectum (guda). It can also be administered via the vagina (yoni) or urethra. [Ch. Si 7-1]. Susruta also mentions the use of Vasti in treating wounds (vrana), referred to as Vrana Vasti [Su. Chi -35-11].

Vasti is considered the most effective (Shreshta) of the Panchakarma therapies because of its multifaceted effects on the body, especially in balancing Vata dosha. Vata, the active force in the body, governs movements, secretion, transportation, and excretion. Vasti pacifies Vata and is thus regarded as "half the treatment" (Ardha Chikitsa) [Ch. Si. 38/39].

In modern medicine, enema is used primarily to clear the bowels, whereas in Ayurveda, Vasti serves additional purposes, such as cleansing (shodhana) of doshas, alleviating disease (samsamana), retaining waste products (mala samgraha), and increasing strength, fertility, and longevity [Su. Chi 35-6 & 34].

Types and Basic Differences of Vasti

1. Adhishatana Bheda (According to Site of Administration)

Vasti is categorized into four types based on the site of administration:

- **Pakvashaya Gata Vasti:** Administered through the rectum (guda) with its action centered in the large intestine (pakwasaya).

- **Mootrasaya Gata Vasti:** Administered through the urethra or penis in males and through the female urethra.
- **Garbhasaya Gata Vasti:** Administered into the uterus (garbhasaya) via the vagina.
- **Vranagata Vasti:** Administered through the openings of wounds (vrama mukhas) for cleansing and healing (shodhana and ropana).

2. Dravya Bheda (Based on Ingredients Used)

According to the substance used, Vasti is of two types:

- **Nirooha Vasti:** Primarily made with a decoction (kwatha). It is also known as Asthapana Vasti and is purifying (removes doshas), anti-aging (vayasthapaka), and life-extending (ayusthapaka). Variations of Nirooha Vasti include Madhutailaka Vasti, Yapani Vasti, Siddha Vasti, and Yuktharatha Vasti [Su. Chi.35-18]. The typical dose is 12 prasruta (960 ml).
- **Anuvasana Vasti:** Uses oil (sneha) as the primary ingredient. The maximum dose is 3 prasruta (240 ml), which is one-fourth of the Nirooha dose. Based on the dosage, Anuvasana Vasti is further divided:
 - **Sneha Vasti:** 1/4 of Nirooha
 - **Anuvasana Vasti:** 1/8 of Nirooha
 - **Matra Vasti:** 1/16 of Nirooha

3. Karma Bheda (Based on Action)

Vasti is classified by Vaghbhata into three categories based on its action [A.H. Su 19-61]:

- **Utkleshana Vasti:** Promotes the liquefaction and movement of doshas.
- **Doshahara Vasti:** A type of Nirooha Vasti with a purifying effect (shodhana).
- **Samani Vasti:** Balances and alleviates doshas.

Sushruta categorizes Vasti into four types based on action:

- **Shodhana Vasti:** Purifying/enema therapy.
- **Lekhana Vasti:** Reduces fat (medodhatu).
- **Snehana Vasti:** Provides lubrication (snehana) to the body.
- **Brumhana Vasti:** Nourishes and strengthens tissues (rasadi dhatus).

Types of Vasti According to Number (Vasti Samkhya)

Charaka and Vaghbhata have classified Vasti into three groups based on the number of administrations [A.H.Su.19-63]:

- **Yogavasti:** Comprises eight Vasti cycles, including three Nirooha and five Anuvasana Vasti.
 - Anuvasana Vasti: 1st, 3rd, 5th, 7th & 8th days
 - Nirooha Vasti: 2nd, 4th, & 6th days
- **Kala Vasti:** Includes 15 Vasti cycles, with six Nirooha and nine Anuvasana.
 - Anuvasana Vasti: 1st, 3rd, 5th, 7th, 9th, 11th, 13th, 14th, & 15th days
 - Nirooha Vasti: 2nd, 4th, 6th, 8th, 10th, & 12th days
- **Karna Vasti:** Involves 30 Vasti cycles, comprising 12 Nirooha and 18 Anuvasana.
 - Anuvasana Vasti: Administered on the 1st, 2nd, 4th, 5th, 8th, 10th, 12th, 14th, 16th, 18th, 20th, 22nd, 24th, 26th, 27th, 28th, 29th, & 30th days
 - Nirooha Vasti: Administered on the 3rd, 5th, 7th, 9th, 11th, 13th, 15th, 17th, 19th, 21st, 23rd, & 25th days

Route of Administration of Vasti Dravya

The routes of administration for Vasti include the anus, urethra, vagina, and wounds:

- **Anus:** Typically, Vasti is administered through the anus.
- **Urethra & Vagina:** In *Uttara Vasti*, the procedure is performed through the urethra or vagina.
- **Wound:** According to Susruta, Vasti can also be administered in wounds.

Indications of Nirooha Vasti [A.H. Su. 19-3]

Nirooha Vasti is indicated for various conditions, including:

- Sarvanga Roga (diseases affecting the entire body)
- Ekanga Roga (diseases affecting specific parts of the body)
- Kukshi Roga (diseases of the lower abdomen)
- Vata Sanga (obstruction of Vata)
- Mootra Sanga (urinary obstruction)
- Mala Sanga (constipation)
- Sukra Sanga (obstruction of semen)
- Bala Kshaya (loss of strength)
- Mamsa Kshaya (loss of muscle tissue)
- Dosha Kshaya (loss of humors)
- Sukra Kshaya (loss of semen)
- Aadhma (abdominal distension)
- Anga Supti (loss of sensation in organs)
- Krimi Koshta (intestinal worms)
- Udavarta (misperistalsis)
- Sudhatisara (diarrhea)
- Parvabhedha (joint pain)
- Abhitapa (feeling of heat)
- Pleeha Dosha (spleen disorders)
- Gulma (abdominal tumors)
- Soola (pain)
- Bhagandara (fistula-in-ano)
- Unmada (insanity)

- Jwara (fever)
- Bradhna (hernia)
- Shirah Soola (headache)
- Karna Soola (ear pain)
- Hridaya Soola (heart pain)
- Parswa Soola (pain in the sides of the chest)
- Prushta Soola (back pain)
- Vepana (tremors)
- Kati Soola (hip pain)
- Aakshcpa (convulsions)
- Angagourava (heaviness in the body)
- Ati Laghava (excessive lightness)
- Rajah Kshaya (amenorrhea)
- Vishama Agni (irregular digestion)
- Spik Soola (pain in the buttocks)
- Jaanu Soola (knee pain)
- Jangha Soola (calf pain)
- Uraha Soola (chest pain)
- Gulpha Soola (ankle pain)
- Parshni Soola (heel pain)
- Prapad Soola (foot pain)
- Yoni Soola (vaginal pain)
- Bahu Soola (arm pain)
- Anguli Soola (finger pain)

- Antra Koojana (intestinal noises)



- Adhimantha (ophthalmic disorders)
- Arshas (piles)
- Asmari (urinary stones)
- Sthana Soola (breast pain)
- Danta Soola (toothache)
- Nakha Soola (nail pain)
- Parshwasthi Soola (side bone pain)
- Shosha (emaciation)
- Sthambha (stiffness)
- Parikarthika (anal fissures)
- Vatavyadhi (Vata disorders)
- Timira (fainting)
- Pratisyaya (cold)
- Ardisa (facial paralysis)
- Pakshaghata (hemiplegia)
- Shukra Soola (genital pain)
- Upadamsa (gonorrhea)
- Vatarakta (gout)
- Sthanya Kshaya (loss of breast milk)
- Manya Graha (stiff neck)
- Hanugraha (lockjaw)
- Moodagarbha (obstructed labor)
- Mootra Krichra (difficulty urinating)

Contraindications of Nirooha Vasti [A.H. Su. 19-4]

Nirooha Vasti is contraindicated in the following conditions:

- Ajeerna (indigestion)
- Atisnigdha (excessive oiliness)
- Peetasneha (after consuming unctuous substances)
- Utkrushta Dosha (excessive dosha accumulation)
- Alpagnif (weak digestive fire)
- Atidurbala (excessive weakness)
- Atikrusa (extreme emaciation)
- Adhmana (abdominal distension)
- Alasaka (a form of indigestion)
- Peetodaka (recent water intake)
- Prasakta Chardi (vomiting)
- Prasakta Nishtecva (spitting excessively)
- Bhecta (fear)
- Bhuktabhakta (before or after meals)
- Baddhodara (intestinal obstruction)
- Krutanasayakarma (after nasal therapy)
- Prasakta Kasa (severe cough)
- Kruddha (anger)
- Yantiklanta (fatigue due to machinery)
- Kshudhartha (hunger)
- Trushnartha (thirst)
- Vamita (after vomiting)
- Virikta (after purgation)
- Matta (intoxicated)
- Moorchita (unconsciousness)

- Prasakta Swasa (dyspnea)
- Prasakta Hikka (hiccup)
- Dakodara (ascites)
- Vishoochika (gastroenteritis)
- Amadosha (indigestion)
- Pandu (anemia)
- Bhrama (giddiness)
- Arochaka (anorexia)

- Unmada (insanity)
- Sokagrastha (grief-stricken)
- Sthoulya (obesity)
- Kantaosha (throat dryness)
- Kshathaksheena (injury or emaciation)
- Pregnant women (especially in the seventh month)
- Children and the elderly
- Shoonapayu (rectal edema)
- Sopha (edema)
- Aamatisara (dysentery)
- Alpavarcha (low stool output)
- Madhumeha (diabetes mellitus)
- Kushta (skin diseases)

Indications of Anuvasana Vasti [A.H. Su. 19-6]

Anuvasana Vasti is suitable for individuals with digestive power, non-unctuous constitutions, and diseases caused by Vata.

Contraindications of Anuvasana Vasti [A.H. Su. 19-8]

Anuvasana Vasti is contraindicated in the following conditions:

- Anansthapyā (those not administered with Asthapana Vasti)
- Abhukta (after not eating)
- Arsa (piles)
- Arochaka (anorexia)
- Apachi (scrofula)
- Navajwara (recent fever)
- Pandu (anemia)
- Kamala (jaundice)
- Prameha (diabetes)
- Mandagni (poor digestion)
- Durbala (weakness)
- Pleehodara (spleen enlargement)
- Kaphodara (ascites)
- Anansthapyā (those not administered with Asthapana Vasti)
- Abhukta (after not eating)
- Arsa (piles)
- Arochaka (anorexia)
- Apachi (scrofula)
- Navajwara (recent fever)

- Pandu (anemia)
- Kamala (jaundice)
- Prameha (diabetes)

- Mandagni (poor digestion)
- Durbala (weakness)
- Pleehodara (spleen enlargement)
- Kaphodara (ascites)
- Urusthambha (thigh rigidity)
- Varchabhadra (diarrhea)
- Vishapeeta (poison consumption)
- Garapeeta (toxicosis)
- Kaphabhishyanda (conjunctivitis)
- Gurukoshta (heavy intestines)
- Sleepada (elephantiasis)
- Galaganda (goiter)
- Krimikoshta (intestinal worms)
- Kushta (skin diseases)
- Sthoulya (obesity)
- Peensa (cold)
- Krusa (emaciation)

Various Vasti Formulations

1. Vaitarana Vasti - [Vangasena Samhita - Vasti Prakarana]

- **Ingredients:**
 - Saindhava (Rock Salt): 15 g
 - Guda (Jaggery): 30 g
 - Chincha (Tamarind): 60 g
 - Taila (Oil): 120 ml
 - Ksheera (Milk): 500 ml
 - Dhanyamla or Gomutra (Fermented grains or cow urine) can be used instead of milk based on the condition of Ama and Kapha.
- **Indications:** Gridhrasi (Sciatica), Katisula (Low back pain), Sandhivata (Osteoarthritis), Amavata (Rheumatoid arthritis)

2. Madhutailika Vasti - [A.H. Ka. 4.27]

- **Ingredients:**
 - Saindhava (Rock Salt): 15 g
 - Satahva Kalka (Paste of Dill seeds): 30 g
 - Madhu (Honey): 180 ml
 - Taila (Oil): 180 ml
 - Eranda Kwatha (Castor decoction): 600 ml
- **Indications:** Pakshavadha (Paralysis), Pangu (Lameness), and other Vata disorders

3. Ksheera Vasti - [A.H. Ka. 4.27]

- **Ingredients:**
 - Saindhava (Rock Salt): 15 g
 - Madhu (Honey): 60 g
 - Taila (Oil): 180 ml
 - Ksheera (Milk): 1200 ml
 - Eranda Kwatha (Castor decoction): 600 ml
- **Indications:** Vibandha (Constipation)

4. Shaddharana Vasti

- **Ingredients:**

- Saindhava (Rock Salt): 15 g
- Shaddharana or Vaiswanara Churnam (Herbal powder): 30 g
- Dhanyamla or Gomutra (Fermented grains or cow urine): 300 ml

- **Indications:** Amavata (Rheumatoid arthritis), Anaha (Abdominal bloating), Agnimandya (Poor digestion)

5. Rajayapana Vasti - [A.H. Ka. 4.37]

- **Ingredients:**

- Saindhava (Rock Salt): 15 g
- Madhu (Honey): 120 ml
- Ghrita (Ghee): 120 ml
- Aja Mamsa Rasa (Goat meat soup): 120 ml
- Ksheera Kwatha (Milk decoction): 500 ml
- Kalka (Paste): 30 g (comprising Musta, Guduchi, Eranda, Bala, Rasna, Punarnava, Manjishta, Aragwadha, Usira, Brahmi, Katuki, Shalapami, Prishniparni, Brihat Kantakari, Gokshura, and Madana Phala boiled in 1000 ml of water and reduced to 250 ml, then mixed with 500 ml milk and reduced to 500 ml).
- Additional Kalka: 6 g each of Yastimadhu, Satahva, Syama, Kutaja, and Rasanjana powdered and added as paste.

- **Indications:** Sukra Kshaya (Semen depletion), Mamsa Kshaya (Muscle wasting), Bala Kshaya (Loss of strength)

6. Patola Nimbadhi Vasti - [A.H. Ka. 4.23]

- **Ingredients:**

- Saindhava (Rock Salt): 15 g
- Ghrita (Ghee): 120 ml
- Kwatha (Decoction): 500 ml (Prepared by boiling Patola, Nimba, Chirabilva, Kutaja, and Saptaparna in 2 liters of water and reducing to 500 ml).
- Kalka (Paste): 30 g (comprising 5 g each of Sarshapa, Nimba, Guduchi, Vasa, Patola, and Kantakari, powdered and added).

- **Indications:** Kushta (Skin diseases including leprosy), Prameha (Diabetes)

7. Sneha Vasti

- **Ingredients:**

- Taila (Oil): 180 ml to 240 ml
- Saindhava (Rock Salt): 5 g

- **Indications:** General sneha-based Vasti for Vata disorders.

8. Matra Vasti

- **Ingredients:**

- Taila (Oil): 60 ml to 90 ml
- Saindhava (Rock Salt): 3 g

- **Indications:** For mild and routine administration of Sneha Vasti.

9. Erandamooladi Niruha Vasti - Charaka Samhita Siddhi Sthana, chapter 3, 38-42

- **Ingredients:**

Kwath ingredients	Botanical name	quantity
Erandamula	Roots of Ricinus communis	3 pala - 144 grams
Palasha	Butea monosperma	1 pala - 48 grams
Laghu Panchamula (Lesser five roots)	Roots of Desmodium gangeticum, Uraria picta, Solanum indicum, Solanum xanthocarpum & Tribulus terrestris	1 pala - 48 grams each
Rasna	Alpinia galanga	1 pala - 48 grams
Ashwagandha	Withania somnifera	1 pala - 48 grams
Atibala	Abutilon indicum	1 pala - 48 grams



Guduchi	Tinospora cordifolia	1 pala - 48 grams
Punarnava	Boerhavia diffusa	1 pala - 48 grams
Aragvadha	Cassia fistula	1 pala - 48 grams
Devadaru	Cedrus deodara	1 pala - 48 grams
Madanaphala	Randia dumetorum	1 pala - 48 grams

Kalka Ingredients: 1 Karsha (12 g) each of

- Shatahva - Anethum graveolens
- Hapusha - Juniperus communis
- Priyangu - Callicarpa macrophylla / Aglaia elaeagnoidea
- Pippali - Piper longum
- Madhuka - Glycyrrhiza glabra
- Bala mula - roots of Sida cordifolia
- Rasanjana - concentrated extract prepared from the stem bark and root of Berberis aristata
- Vatsaka beeja - seeds of Holarrhena antidysenterica
- Musta - Cyperus rotundus

Method of Preparation:

- The above mentioned Kwath ingredients are pounded so as to get their coarse powder.
- This powder is boiled with water, 2 adhaka i.e. 5.12 liters approximately. When one eighth part i.e. 1 prastha = 640 ml approximately remains, it is filtered.
- To the filtrate, 1 karsha = 12 gram approximately each of the paste of the Kalka ingredients is added and mixed thoroughly.
- The resultant decoction is mixed with rock salt, honey, sesame oil and urine of cow and administered as enema.

Indications & benefits:

- Janga, Uru, Paada, Trika, Prushta Shoola, Vata-kaphaja Vyadhi, Vit Mutragraha, Admana, Mutraashmari, Mutrsharkara, Arsha, Grahanipradosha and Anaaha
- Grudhrashi
- Avascular Necrosis
- Enhances appetite and improves digestion
- Scrapes of excessive fat in the body and hence can be used in obese individuals
- Relieves stubborn pain located in the legs, thighs, foot, sacral region and back
- Brings back the vata blocked by kapha or vata vitiated by any other cause to a state of balance
- Removes the blockage of feces, urine and fart and hence relieves pain / colic caused due to their blockage
- Cures distension and flatulence
- Cures urinary stones and gravel
- Cures piles
- Cures chronic intestinal disorders

10. Kshara Vasti - Chakradatta Niruha Basti Adhikara

• Ingredients:

- Guda 2 Pala (96 gm)
- Saindhava Lavana 1 Aksha (12 mg)
- Amlika 2 Pala (96 gm)
- Shata Pushpa 1 Aksha (12 mg)
- Gomutra 8 Pala (384 g)

• Indications:

- Shoola, Vitsanga, Aanaha, Mutrakruchra, Krimi, Udvarta and Gulma



Infrastructure Facilities for Vasti Administration

To perform Vasti, certain infrastructure facilities are essential, including appropriate space, manpower, equipment, and materials.

Space Requirements:

- **Main Room:** A room of 12×12 feet is required for the actual administration of Vasti.
- **Preparation Room:** A separate, smaller room of 10×8 feet is recommended for preparing the Vasti dravya (medicinal formulations).
- **Attached Latrine:** An attached toilet facility should be available near the room where Vasti is performed for convenience.

Equipment and Materials:

1. Droni (Vasti table)
2. Oil for Abhyanga (for massage prior to Vasti)
3. Mortar and Pestle (for preparation of medicaments)
4. Vasti Nethra (the nozzle or instrument for administering Vasti)
5. Polythene Bag: $1\frac{1}{2}$ liter capacity
6. Utensils (for holding and preparing Vasti dravya)
7. Churner (for mixing ingredients)
8. Water: Adequate clean water supply
9. Good Quality Sieve (for filtering medicaments)
10. Cotton Towels (for cleaning and patient comfort)
11. Measuring Apparatus (for accurate dosage)
12. Cotton Thread ($\frac{1}{2}$ meter for use in Vasti preparation)
13. Cotton
14. Sterile Gloves (for hygiene and safety during the procedure)
15. Medicaments: As per the physician's prescription, required for Vasti.

Manpower:

- **Panchakarma Technicians/Attendants:** 2 attendants are required to assist with the preparation and administration of Vasti.
- **Physician:** The presence of a physician is necessary during the Vasti procedure to ensure it is performed correctly and safely.

Ingredients and Method of Preparation of Vasti Dravyas (Nirooha Vasti)

For Nirooha Vasti, the ingredients are mixed in a specific order to ensure proper emulsification and consistency. The order is as follows:

1. Makshika (Honey)
2. Lavana (Salt)
3. Sneha (Fat/Oil)
4. Kalka (Paste of Drugs)
5. Kwatha (Decoction)

This order of mixing should be followed meticulously for optimal blending and to form a perfect emulsion.

Preparation of Vasti Dravya [A.H. Su. 19-45]

1. **Saindhava (Rock Salt):** First, Saindhava is placed in a mortar (*Khalwa Yantra*) and finely powdered.
2. **Madhu (Honey):** Honey is then added gradually in a thin stream while triturating to ensure a homogeneous mixture.

3. **Taila (Oil):** Next, the required amount of oil, as mentioned in the specific *yoga* (formulation), is slowly added to the side of the mortar, continuously stirring until a uniform consistency is achieved.
4. **Kalka (Paste of Drugs):** The fine paste of the drugs mentioned in the *yoga* is then added incrementally while grinding with a pestle to ensure even mixing.
5. **Kwatha (Decoction):** Finally, the appropriate quantity of decoction, as specified in the *yoga*, is added gradually and thoroughly mixed.

The entire mixture is filtered through a fine sieve and heated to lukewarm temperature by placing it over a hot water bath. Once the mixture reaches a comfortable lukewarm temperature (*Sukhoshna*), it is churned thoroughly using a churner. The prepared mixture is transferred to a plastic bag (*Vasti Putaka*) of suitable thickness, and a *Vasti Netra* (nozzle) made of bronze or plastic is securely attached. The tip is sealed with a cotton plug (*varti*).

In the case of **Sneha Vasti** and **Matra Vasti**, Saindhava (rock salt) is added to the mixture, along with a suitable quantity of *Sneha* (oil).

Preparation of the Patient for Vasti Procedure

Poorva Karma for Nirooha Vasti [A.H. Su. 19-36]

Before performing Nirooha Vasti, 2 to 4 **Sneha Vasti** (oil-based enemas) should be administered on the preceding day. Nirooha Vasti is generally performed around midday. The following preparatory steps are to be observed:

1. **Abhyanga (Oil Massage):** The patient undergoes an oil massage.
2. **Swedana (Sudation Therapy):** The patient is given a mild steam bath to induce sweating.
3. **Voiding of Malas:** The patient should void stool and urine before the procedure.
4. **Patient Examination:** The physician, along with other experts in enema therapy, should assess the patient's humoral status, overall condition, and readiness for Vasti administration. The patient should not be overly hungry before the procedure.

Dietary and Other Guidelines

- Nirooha Vasti is usually administered between 10 and 11 a.m.
- The patient should consume a light breakfast on the morning of the procedure.

Anuvasana Vasti [A.H. Su. 19-22]

Before Anuvasana Vasti, the patient undergoes **Abhyanga (Oil Massage)** and **Snana (Bath)** with warm water. The patient is advised to consume a meal that is:

- One fourth less than the usual quantity
- Wholesome (*hita*), light (*laghu*), neither too oily nor too dry
- Followed by an after-drink (*anupana*)

The patient should then walk for a short while, void stool and urine, and lie comfortably on a bed that is neither too high nor too low. The patient should lie on their left side, with the right knee folded and the left leg extended.

Vama Parshva Shayana

- The patient lies on the left side (Left lateral position)
- The right leg is flexed, left leg extended



Examination of the Patient Before Vasti Administration

Before administering the Vasti, a thorough anorectal examination should be performed to rule out conditions like Parikartika (Fissure) and Bhagandara (Fistula).

Season and Timing of Drug Administration

- **Vasti in Varsha Ritu (Rainy Season):** Since all three doshas tend to aggravate during the rainy season, it is advised to perform Vasti during this time to prevent dosha imbalances. However, Vasti can be performed in any season based on the patient's condition and disease.
- **Timing of Vasti:**
 - **Nirooha Vasti:** Typically administered between 10 and 11 a.m.
 - **Anuvasana Vasti:** Administered after lunch, around 1 p.m.

Anuvasana Vasti is especially recommended during the **Sita** (cold) and **Vasanta** (spring) seasons.

Details About Size of Vasti Netra (Enema Nozzle) [A.H. Su. 19-13]

The size of the **Vasti Netra** (nozzle) varies according to the age of the patient. The measurements are given in terms of **Angula** (the width of a finger), with corresponding values in centimeters. The base orifice size, length, and the size of the tip (which is based on the ability to pass different pulses or seeds) change with age.

Age	Length (in Angula and cm)	Base (in Angula & cm)	Tip Size
1 year	5 Angula (7.5 cm)	1 Angula (1.5 cm)	Green gram (Mudga)
1-6 years	6 Angula (9 cm)	1 Angula (1.5 cm)	Green gram (Mudga)
7-11 years	7 Angula (10.5 cm)	1.5 Angula (2.25 cm)	Black gram (Masha)
12-15 years	8 Angula (12 cm)	2 Angula (3 cm)	Bengal gram (Kalaya)
16-19 years	9 Angula (13.5 cm)	2.5 Angula (3.75 cm)	Soaked Bengal gram (Kalaya)
20 years onward	12 Angula (18 cm)	3 Angula (4.5 cm)	Jujube seed (Karkandhu)

Additional Details on Vasti Netra:

- A **Karnika** (ridge) should be made near the tip, leaving a space equal to the diameter of the base orifice (**Mulachidra**).
- The **tip orifice** should be plugged with a **varti** (small cloth scroll).
- There should be **two Karnikas** (ridges) at the base of the nozzle, spaced two Angulas apart.
- The **Vasti (bladder)** of animals like goat, sheep, or buffalo is tied between the ridges at the base. The bladder should be:
 - **Nichidra** (without pores)
 - **Grandhi Gandha Sira** (free from nodules, odor, and veins)
 - **Kashya Rakta** (brownish-red in color)
 - **Tanu** (thin but strong)
 - **Drdha** (firm and durable)
 - **Sumrdita** (softened by soaking in water and twirling)

If the bladder is unavailable, **leather** or **thick cloth (canvas)** may be used instead.

Quantity of Enema Materials for Nirooha Vasti (Decoction Enema) [A.H. Su. 19-18]

- For infants in the **first year of life**, the enema quantity is **one Prakunch** (1 Prakunch = 1 Pala = 48 g).
- For each succeeding year, the quantity is increased by one **Prakunch**, until it reaches **six Prasrita** (1 Prasrita = 2 Palas).
- After the age of **18 years**, the quantity reaches **ten Prasrita** and remains constant until the age of 70 years.
- For individuals over 70, the quantity remains **ten Prasrita**.

Quantity of Anuvasana (Fat Enema)

- The quantity of **Anuvasana** is **one-fourth** of the amount prescribed for Nirooha (decoction enema) for each age group.

Quantity of Medicine to be Used for Decoction Enema and Fat Enema (Age-wise)

Age	Quantity of Decoction Enema	Quantity of Fat Enema
1 year	1 Pala = 0.5 Prasrita (48 ml)	0.25 Pala (12 ml)
2nd year	2 Palas = 1 Prasrita (96 ml)	0.5 Pala (24 ml)
3rd to 12th year	3 to 12 Palas (144 to 576 ml)	0.75 to 3 Palas (36 to 144 ml)
13th year	14 Palas = 7.5 Prasrita (672 ml)	3.5 Palas (168 ml)
13th to 18th year	14 to 24 Palas (672 to 1152 ml)	3.5 to 6 Palas (168 to 288 ml)
18th to 70th year	24 Palas = 12 Prasrita (1152 ml)	6 Palas (288 ml)

In present-day practice, disposable Vasti Netra (nozzle) and plastic bags are commonly used for the procedure.

Potential Errors and Complications in Vasti Administration

1. **Abdominal Discomfort and Pain:**
 - Management: After careful evaluation, general measures like **abhyanga (oil massage)**, **sweda (sudation)**, **deepana** (digestive stimulants), and **anulomana drugs** (drugs that normalize bowel movements) are advised.
2. **Immediate Evacuation Without Retention:**

- Another Vasti should be administered with **less lavana** (salt), **lower temperature**, and a **reduced quantity** after ruling out sphincter incontinence.

3. **Giddiness, Low Pulse, Cold Extremities, Delirium:**

- Management: The patient should be consoled, with **foot elevation**, **hot drinks**, and warming of the extremities. Drugs like **Sidhamakaradhwaja**, **Drakshadi Kashaya**, and **Dhanwantharam Gulika** can be administered.

4. **Vomiting:**

- Usually subsides without specific treatment. However, drugs like **Chandrakalarasa**, **Dhanwantharam Gulika**, **Drakshadi Kashaya**, and **Mayoorapichabhasma** may be given if necessary.

5. **Anaphylactic Reaction:**

- Signs: Skin eruptions, itching, urticaria, dyspnea, etc.
- Management: Avoid known allergens after taking a thorough history. Remedies like **Haridrakhanda**, **Trikatu with sugar**, **Chandanasava**, and **Draksharishtam** can be given.

6. **Long Retention of Enema:**

- Known causes like **obstruction of the anal canal** by pile masses, an enlarged prostate, or fecal matter should be ruled out. Rubber tubes or specific **gudavarthis** can be introduced into the anal canal for evacuation.

Dosage and Mode of Drug Administration for Nirooha Vasti [A.H. Su. 19-39]

- **Drava (Decoction):** Prepared using 20 Palas (960 ml) of medicinal substances and 8 **Madana Phala** (Randia dumetorum fruits).
- **Sneha (Oil/Fat):**
 - For **Vata**, add one-fourth of the decoction quantity.
 - For **Pitta**, add one-sixth.
 - For **Kapha**, add one-eighth.
- **Kalka (Paste of Drugs):** One-eighth part of the decoction or an amount that ensures the mixture is neither too thin nor too thick.
- **Additives:** 1 Pala (48 g) of **Guda** (jaggery), an appropriate amount of **Madhu** (honey), and **Lavana** (rock salt).
- **Mixing:** All ingredients are mixed well using a **khaja** (churning stick) and warmed with **steam** from boiling water.
- **Temperature:** The enema solution should be lukewarm, neither too hot nor too cold.
- **Consistency:** It should be of moderate viscosity, neither too oily nor too dry, and the amount of salt and acidity should be balanced.

The prepared solution is then injected into the rectum (*Payu*) at a comfortable temperature.

Guidelines for Anuvasana Vasti [A.H. Su. 19-22]

1. The patient should first undergo **Abhyanga (oil massage)** and take a **warm bath**.
2. Food should be consumed before the procedure, in a quantity that is one-fourth less than usual, and should be wholesome (*hita*) and light (*laghu*). The meal should be followed by an after-drink (*anupana*).
3. The patient should **walk briefly**, then void stool and urine, and lie on a comfortable cot.
 - The cot should be of moderate height.
 - The patient should lie on their **left side**, with the **right knee bent** and the **left leg extended**.
4. **Vasti Administration:**
 - After expelling any air from the **vasti** (bladder) and fastening it securely, the **netra** (nozzle) should be gently inserted into the rectum, following the line of the spine (*prsta vamsa*).
 - The liquid should be administered steadily, with neither excessive nor insufficient pressure, allowing a small amount of liquid to remain in the bag to prevent injecting any residual air.

Signs & Symptoms of Proper Vasti Administration

Nirooha Vasti (Decoction Enema)

- The signs and symptoms of a successful **Nirooha Vasti** are similar to those of proper **Virechana** (purgation therapy) as described in the classical texts [A.H. Su. 19-50].

Anuvasana Vasti (Oil Enema)

- In **Anuvasana Vasti**, the proper administration is indicated when the **sneha** (oil) remains inside the body for a while and is later expelled along with **purisa** (feces) and **anila** (flatus) without hindrance, following the proper direction (anuloma) [A.H. Su. 19-53].

Signs of Overaction (Atiyoga) and Underaction (Ayoga)

- The signs and symptoms of **Atiyoga** (overaction) and **Ayoga** (underaction) in Vasti therapy are the same as those observed in **Virechana** (purgation therapy) [A.H. Su. 19-50].

Uttara Basti Karma

Uttara Vasti is a specialized Ayurvedic therapeutic enema that serves as a targeted treatment modality for various disorders in both women and men. Traditionally employed in women's healthcare for addressing reproductive disorders, this procedure involves administering herbally formulated medications in the form of Ghrita or Taila via the urethral or vaginal route to balance the body's doshas and alleviate pelvic ailments (genito-urinary disorders). In male patients, Uttara Vasti has also shown promise in addressing infertility, managing strictured urethra, and treating other urinary disorders, thereby enhancing overall urogenital health through its holistic, integrative approach.

1. Pre-Procedure Preparation

Room setup: Warm, sterile, private Panchakarma chamber.

Instruments required:

1. Sterile *urethral catheter* – soft, male or female-sized (urethral or vaginal) based on the treatment planned.
2. Syringe (10-20 ml)
3. Medicated oil or ghee (e.g., Bala Taila, Yashtimadhu Ghrita)
4. Lubricant (sterile ghee or jelly)
5. Kidney tray
6. Sterile gloves, gown, drape

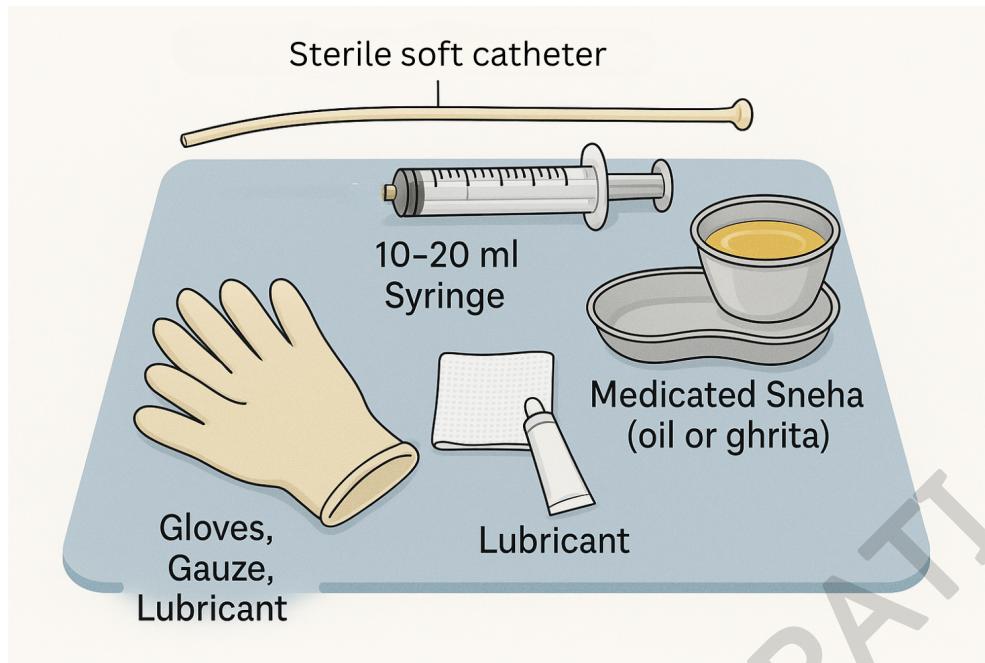
2. Procedure Steps (Step-wise flow)

1. **Patient Position:** Supine with knees flexed slightly or lithotomy position.
2. **Perineal area cleaned:** Sterile swab with antiseptic solution.
3. **Catheter lubrication:** Apply sterile ghee or jelly (local anaesthesia ointment may be used) to tip.
4. **Insertion:** Gently introduce the catheter into the urethra in male patients and into urethra or vagina in female patients based on treatment planned.
5. **Drug Administration:** Attach the syringe to the catheter and inject **lukewarm Sneha (5-10 ml)** slowly.
6. **Catheter withdrawal:** Remove slowly after 1-2 minutes.
7. **Post-care:** Patient remains supine for 15-20 minutes. Discard waste safely.

3. Post-Procedure Instructions

- Advise patients to avoid urination for ~30 minutes.
- Maintain hygiene and rest.
- Monitor for any irritation or infection signs.

Infographic Image: Uttara Vasti instruments



Uttara Vasti is a very delicate treatment. Proper hands-on training under specialist's supervision is advised before independent practice..

Paschat Karma of vasti karma (Post-Procedure Care)

Nirooha Vasti

- If complications arise after **Nirooha Vasti** due to dislodged feces or vitiated humors (**prachalamalas**), the patient should take a **warm water bath**, followed by eating a meal. This helps to resolve the complications [A.H. Su. 19-51].

Anuvasana Vasti

- After administering **Anuvasana Vasti**, the following steps should be taken to prevent the premature expulsion of the oil:
 1. The patient should lie on his back.
 2. His buttocks should be gently struck with hands and then with the heels (*parshni*).
 3. The **foot end** of the cot should be rocked three times.
 4. The patient should lie with his head on a **pillow** and his body fully extended.
 5. The physician or attendant should hit the patient's heels (*parshni*) with their fists (*mushti*).
 6. If the patient experiences body aches, an unctuous massage with pressure should be administered.
- These measures ensure that the **sneha** (oil) is not expelled prematurely [A.H. Su. 19-27].

Dietary and Lifestyle Guidelines (Paschat Karma)

- After the Vasti procedure, specific dietary and lifestyle guidelines should be followed to support recovery and the effectiveness of the treatment.

Clinical Vital Data

- It is essential to perform **physical, pathological, and biochemical investigations** before and after the Vasti procedure to assess the patient's condition.
- Additional diagnostic imaging such as **X-rays, CT scans, MRIs, and ECGs** should be conducted to evaluate the

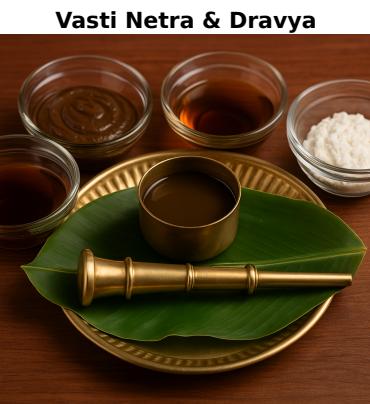
efficacy of the treatment.

- **Barium meal X-rays** are recommended to assess the speed of movement of the Vasti dravya (enema liquid) through the intestines.

Follow-Up

- The patient should be closely monitored, and all necessary investigations should be repeated **15 days** after the procedure to ensure proper recovery and treatment efficacy.

Below are some illustrative images for clinical references:



Modern age modified NIROOHA VASTI KARMA

