Importance Of Basti As Ardha-Chikista

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Abstract -

Panchakarma is a systematic treatment which detoxifies or purifies the human body. Basti therapy is the most
powerful of the five main procedures of panchkarma. Basti is not only best for vata disorders but also cures samsarga &
sannipata condition of dosha, kaphaj & pittaj disorders, shakhagat, koshtagat & tiryakgata rogas. It is highly useful in
pediatrics to geriatrics, and used in astangas of Ayurveda. It also offers 'Rasayana and vajeekarana' benefits. So Basti
therapy is a half of the treatment of all the disease while some authors consider it as complete remedy for many diseases by
combination of different types of basti dravya.

Key Words - Panchkarm, Basti, Medicated enema, Ardha-Chikista

Introduction -

Basti is one of the procedure which is included in
panchkarma i.e. vaman, virechan Basti, Nasya &
Raktamokshan. In this procedure medicated fluid in
the form of oil or kwath is administered through anal
canal. Basti is most useful & highly effective therapy
among the panchkarmas. Basti is not merely the
enema; rather it is a highly complex, sophisticated
and systemic therapy. Basti has vast fields of
therapeutic action. It is considered as prime treatment
modality for Vata Dosha & Kaphaja, Pittaja, Rakttaja
disorder. Basti is a multi-dimensional treatment
procedure offering-wide-range of clinical benefits in
different diseases. This is extra ordinary therapeutic
action. So it is termed as ardh-chikista in
Panchkarma. Some aacharyas even described Basti
as purn chikista.

Aims & Objectives -
1) To study the concept of basti.
2) To review importance of basti as ardhachikista in panchkarma therapy.

Materials & Methods -
This is review article based on collection of
literary material from available sources in ayurveda
as bruhtrayi, laghutrati, ayurvedic classics, online
data & available journals.

Review of Literature -

The concept of basti as ardh-chikista will be
reviewed from classical texts of ayurveda and
ayurvedic journals.

Etymology of Basti -

The word vasti is derived from the root "Vas + cit"
‘स्वस्ति’ - means to reside
‘स्वस्ति आच्छादन’ - means to cover
‘स्वस्ति वासन सुधाकरण’ - to give fragrance
‘स्वस्ति अवधूतित मूर्ति’ - that wraps urine
‘स्वस्ति नगरस्त्रोतां स्थाप्ते’ - located in sub-umbilical
area (the site of urinary bladder)

Definition -

1. ‘स्वस्तिनादीयते इति वस्तिः वा पूर्व अन्वेष्यतो बस्तिः: II’
   (अ.ह.स. २४/२)

   The procedure in which basti (urinary
   bladder of aja or mahish) is used for administration
   of the drugs.

2. ‘बस्तिमि दीयते वयस्मात् तमात्तू वस्तिरितम् स्मृत:’ II
   (पंगङ्गे)

   The Karma in which the medicines are
   administered through the anal canal is called as basti.
Generally the term vasti / basti is known for all kinds
of basti like niruha, Anuvasan, uttarbasti, etc.
Action of basti -

The medicine is administered through anal canal. This basti dravya reaches to Nabhi-Kati-Parvsa-Kukshi-Pradesha (i.e. from anal canal, large intestine up to small intestine). It is retained for a certain period of time, churns the accumulated dosha & purisha. It spreads the potency of drugs all over the body, drag the waste matter from all body colons and eliminate them out of body resulting into the desire effect. Basti is the bio-purification procedures as it takes only few-minutes to act. Basti acts in sakhagata, koshagata and ever in tiryakgata procedures as it takes only few-minutes to act. Basti acts in sakhagata, koshagata and even in tiryakgata rogas.

Basti as Ardha-Chikista -

The Basti Karma is equivalent to all the other Karma because it destroys the disease by cleansing the Srotases and by increased purification.

Conclusion -

Basti is the choice of treatment in diseases of Vata, Pitta, Kapha, Samsarges & sannipat condition of dosha. Basti can be used in almost all the diseases by using specific drugs and useful in children's & aged persons. It is having not only curative action but also preventive & promotive action. So Basti can be considered as Ardha-Chikista or Purna Chikista in Panchkarma.

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