

CLASSICAL DRUG REVIEW OF CONTENTS OF LEKHANA BASTI

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ABSTRACT

Basti has been glorified as the definitive therapy for the aggravated Vata & Vatapradhana Vyadhi. In Sthoulya along with Kapha, Vata is also a dominating Dosha. So Acharya Charaka has specially prescribed Ushna & Tikshna Basti in Sthoulya patients¹. Our all Acharya recommended Asthapana Basti especially Lekhana Basti for management of Sthoulya. As per Gangadhara on above explanation, Basti itself is the complete treatment of Vata & further admixture of Ruksha, Ushna & Tikshna Dravya with Basti contribution to alleviate Kapha & Medodusti. Acharya Sushruta has mentioned that Niruha Basti has Shodhana & Lekhana effect.

Sharangdhara has recommended Lekhana Dravya for Medashodhana & advocated Lekhana Basti.^[2] The Basti prepared with Triphala Kwatha, Gomutra, Madhu, Kshara is named as Lekhana Basti. Lekhana helps to remove obstruction of Meda, Kapha & Kleda from body by its Virya & normalize the function of Agni & Vayu. Lekhana Basti is a type of enema (given through the Ano-rectal route) which contains Ayurveda drugs which cause the excoriation of the excessive fat from the body.

KEYWORDS: Ayurveda, Lekhana Basti, Sthoulya, Dravya.

INTRODUCTION

Acharya Sushruta has mentioned that Niruha Basti has Shodhana & Lekhana effect. Sharangdhara has recommended Lekhana Dravya for Medashodhana & advocated Lekhana Basti.^[3] The Basti prepared with Triphala Kwatha, Gomutra, Madhu, Kshara is named as Lekhana Basti. Lekhana or Karshana Basti helps to remove abstraction of meda, kapha & kleda from body by its virya & helps to alleviate vata & normalize the

function of agni & vayu. Lekhana basti is a type of enema (given through the ano-rectal route) which contains Ayurveda drugs which cause the excoriation of the excessive fat from the body. In Ayurveda mere attention are given on lifestyle modification according to different places, seasons & even daily regimen (Ahara, Vihara, Nidana Parivarjana). Shodhana Karma (purification therapy) is prescribed for treatment of Sthoulya in Ayurveda.

So this conceptual study is a one mere step towards role of Shodhana (Lekhana Basti in Sthoulya /obesity). Thus a conceptual study will be presented here to study drug review of Lekhana Basti in Sthoulya (obesity).

Materials & methods:our all Acharya recommended Asthapana Basti especially Lekhana Basti for management of Sthoulya. Charaka has prescribed ruksha, ushna & tikshna basti for sthoulya patients.^[4] As per gangadhara on above explanation, basti itself is the complete treatment of vata & further admixture of ruksha, ushna & tikshna dravya with basti contribution to alleviate kapha & meda. Acharya sushruta has mentioned that niruha basti has shodhana & lekhan effect.^[5] Sharangdhara has recommended lekhan dravya for medashodhana & advocated lekhan basti.^[6] His enumeration is as^[7],

I.e. The Basti prepared with Triphala Kwatha, Gomutra, Madhu, Kshara is named as Lekhana Basti. Lekhana or Karshana Basti helps to remove obstruction of Meda, Kapha & Kleda from body by its Virya & helps to normalize the function of Agni & Vayu.

Table 1: Contents of Lekhana Basti.

S. No.	Sanskrit name	Botanical name	Part used
1.	Madhu	Honey	
2.	Saindhava	Rock salt	
3.	Tila taila	Sesamum orientale linn	Seed oil
4.	Triphalakwatha		
	Amalki	Phyllanthus emblica linn.	Fruit
	Vibhitaki	Terminaliabellirica[gaertn]	Fruit
	Haritaki	Terminalia chebula retz.	Fruit
5.	Prakshepa Dravya		
A.	Gomutra		
B.	Yava kshara	Potassi carbons (alkali preparation of barley)	
C.	Tuttha	Cuso4	
D.	Kasisa	Feso4	
E.	Hingu	Ferula narthex linn.	Niryasa
F.	Shilajatu	Black bitumen	

RESULTS

- **Madhu:**
- **Synonym:** Madhu, Makshika, Kshoudra
- **Latin name:** mal depuratum
- **Family:** class: hymenoptera, family: epidae
- **Rasapanchaka:**
- **Rasa:** Madhura, Kashaya
- **Guna:** Laghu, Ruksha, Sukshma,
- **Virya:** Sheeta
- **Vipaka:** Katu
- **Doshagnata:** Tridoshahara
- **Karma:** Lekhana, Sangrahi, Shodhana, Kapha Vilayana & Chhedana, Marganusari, Yogavahi, Vranashodhana & Ropana, Srotovishodhana, Vrushya
- **Rogagnata:** Pitta & Rakta Vikara, Meha, Kaphaja Vikara, Vamana, Shwasa, Kshata & Kshaya.
- **Chemical constituent:** Levulose 40 - 50 %, Dextrose 32 - 37 %, and Sucrose 0.4 - 0.6%, Moisture 13 - 20 %, the proportion of the sugar varies with the floral source. vitamin B, B2, B6, C and Nicotinic acid; minerals like Potassium, Magnesium, Zinc, Calcium, Iron,
- **Pharmacological Actions:** Decreases S. Cholesterol, S. LDL, S. Triglyceride & increase S. HDL level, instant energizer. As it is hygroscopic, it speeds up healing; it is also a very good anti-oxidant, which restores the damaged cells.
- **Specific Action and Uses:** It is Deepana, Medhya, Srotoshodhana, Rochana, Yogavahi, laxative, demulcent and emollient. It is also useful in Vamana, Vibandha and Daha. It possesses nutritive properties. The fatty acids present in honey stimulate peristalsis and digestion. It has beneficial effect on the digestion and appetite of those weak stomach and loose bowels. It decreases flatulence and increases general metabolism.

पित्तश्लेष्ममेदोमेहहिक्काश्वासकासातिसारच्छर्दितृष्णाकृमिविषप्रशमनं
 मधु तु मधुरं कषायानुरसं रूक्षं शीतमग्निदीपनं वर्ण्यं स्वर्यं लघु सुकुमारं लेखनं हृद्यं वाजी
 करणं सन्धानं शोधनं रोपणंसङ्ग्राहि चक्षुष्यं प्रसादनं सूक्ष्ममार्गानुसारि
 ह्लादित्रिदोषप्रशमनं च; तत्तु लघुत्वात् कफघ्नं, पैच्छिल्यान्माधुर्यात् कषायभावाच्च वातपित्त
 घ्नम् || (Su.su.45/132)
 मेदः स्थौल्यापहं ग्राहि पुराणातिलेखनम् । (Su.su.45/141)

SAINDHAVA LAVANA: (Rock salt)

- **Latin Name:** Sodii chloridum
- **English Name:** Rock Salt, Bay Salt, Chloride of Sodium
- **Synonyms:** Saindhava, Sheetashiva, Manimantha, Sindhujas
- **Ayurvedic Properties:**
 - **Rasa:** Lavana, Madhura
 - **Guna:** Snigdha, Tikshna, Sukshma & Laghu
 - **Virya:** Anushna Sheeta & Sheeta (According to Bhavaprakasha)
 - **Vipaka:** Madhura
- **Doshghnata:** Tridosahara
 - **Karma:** Kaphavilayana, Deepana, Pachaka, Ruchikaraka, Chedana, Vrishya, Chakshusya, Hridya and Srustamutrapurisha.
- **Chemical Constituents^[1]**
 - It is a white transparent and cubic in shape, which contains NaCl, KCl, CaSO₄, CaCl₂, and MgCl₂ and NaHCO₃. The chloride content is 59.64 w/w & Sulphide content is 10.40 w/w. Its specific gravity.

1. TILA TAILA (SESAME OIL)

Latin Name-	Sesamum orientale Linn
Family-	Pedaliaceae
Rasa-	Madhura, Tikta accompanying Kashaya
Anurasa-	Kashaya

Guru, Snigdha, Ushna, Teekshna, Sukshma, Vyavayi. Vikasi, Vishada, Sara, Himasparsha.

Virya- Ushna.

Vipaka- Madhura

Doshaghnata- Kapha, Vatashamaka

Composition: Fixed oil 50 - 60% Carbohydrate 19 - 25 % Protein 16 – 26% Calcium 1 - 1.5% Mucilage 4%. It contains liquid fats 70% mainly oleic and linoleic acid (Polyunsaturated fattyacid). In solid fats it contain Palmitin and Myrisitin acid and a substance sesamine and sesamol.^[8]

Palmitic acid (9.1%), stearic acid (4.3%), arachidic acid (0.8%), oleic acid (45.4%), linoleic acid (40.4%).

Properties:^[2] Vatagni, aggravates Pitta, does not aggravate Kapha, Deepana, Pachana, Brimhana, Balya, Preenana, Lekhana, promotes skin health, intellect, digestive power, health of eyes, complexion, strength and stability of Mamsadhatu, Krimigna, reduces the quantity of urine, good for hair, cleanses the Garbhasaya and Yoni, helps in overcoming aging process.

Indication

Vrana, Prameha, pain in ears, Yoni and head. All kinds of injuries are relieved with Tila Taila. It is used for alleviation of Vata, as Bastidravya, Nasyadravya, for internal administration and in Abhyanga and dietary articles.

Action and Uses

Medohara, Lekhniya, Srotoshuddhikara.

Pharmacological Action

Sesame oil significantly decreased lipid peroxidation and S. Nitrite level. It contains linolic acid which produced strong plasma cholesterol lowering effects.

2. TRIPHALA

Contents of Triphala are: 3 Fruits i.e. Haritaki, Bibhitaki, Amalaki in equal amount. Triphala has been reported to contain gallic acid which reducing weight & waist and hip circumference in various animal & clinical trails.

A. Haritaki^[3,4,5,6]

Latin Name:	Terminalia chebula Retz.
Family:	Combretaceae
Synonyms:	Haritaki, Abhaya, Pathya, Kayastha, Chetaki, Shiva etc.
Part used:	Fruits

- **Gana**
- CharakSamhita:Prajasthapana, Jvaraghna, Kushthaghna, Kasaghna, Arshoghna
- Sushruta Samhita: Triphaladi, Aamlakyadi, Parushakadi
- BhavaPrakash: Haritakyadi

Properties

Rasa:	Kashaya, Tikta, Madhura, Katu, Amla
Guna:	Laghu, Ruksha
Virya:	Ushna
Vipaka:	Madhura
Prabhava:	Tridosha Shamaka
Doshagnata:	Tridosha Shamaka (Especially Vata Shamaka)
Rogagnata:	Vatavyadhi, Shula, Agnimandhya, Arsha, Vibandha, Jeerna Jwara
Karma:	Shothahara, Medhya, Chakshushya, Deepana, Pachana, Kaphaghna.

Chemical Constituents

Fruits contain astringent substances - tannic acid, Chebulinic acid, Gallic acid etc. Resin and a purgative principle of the nature of anthraquinone and sennoside are also present. Fruit contain Tannin 30%. In Tannin mainly Chebulinic acid, Tannic acid, Gallic acid, Corilagin are present. (Glossary of Indian Medicinal Plants, 1992).

Pharmacological Activities

Fruit contains a constituent which has a wide antibacterial and antifungal spectrum and also inhibits growth of *E. coli*, the most common organism responsible for urinary tract infection. The fruit pulp exhibited laxative activity. Pharmacology:

It is found to possess hypoglycaemic activity on glucose induced hyperglycaemia in rats (Tripathi et al.1979). 2. Ether extract showed higher antioxidant activity than BHA and BHT (Chem.Abstrat. 1993,119,269367c.).

Actions and Uses

Fruits are astringent, sweet acrid, bitter, sour, thermo genic, anodyne, anti inflammatory, vulnerary, alterant, stomachic, laxative, purgative, carminative, digestive, anthelminthic, dentrifice, cardiogenic, aphrodisiac, antiseptic, diuretic, febrifuge, depurative and tonic. They are useful in wounds and ulcers inflammation, skin diseases, leprosy, stomatitis, hyperacidity and associated gastric disorders, anorexia, indigestion, flatulence, constipation, haemorrhoid, jaundice, hepatosplenomegaly, other abdominal diseases, rheumatoid arthritis, helmenthiasis, anaemia, delirium, pharyngitis, hiccough etc. It is used to prevent aging and impart longevity, immunity and body resistance against disease. It has beneficial effect on all the tissues.

B. Bibhitaki^[7,8,9,10,11,12]

Latin name:	Terminalia bellirica(Gaertn) Roxb.
Family:	Combretaceae
Synonyms:	Bibhitaka, Aksha, Karshaphala, Bhutavasa, Kalidruma
Part used:	Fruit, seed, bark

Gana

- CharakSamhita: Kashayaskandh, Jwarahara, Phalavarga, Virechanopaga
- SushrutSamhita: Triphaladi, Mustadi
- BhavaPrakash: Haritakyadi

Properties

Rasa:	Kashaya
Guna:	Ruksha, Laghu
Virya:	Ushna
Vipaka:	Madhura
Doshagnata:	Tridosha Shamaka (Kapha Shamaka)

Rogagnata: Sotha - Vedanayuktavikara, Charmaroga, Agnimandhya, Switra, Palitya, Arsha, Vrana, Vibhandha, Netraroga, Jwara.

Karma: Sothahara, Vedanasthapana, Madaka, Deepana, Anulomana, Chakshushya, Rechana, Bhedana, Grahi Etc.

Chemical Constituents: Chebulagesic acid, ellagic acid and its ethyl ester, gallic acid,

fructose, galactose, glucose and its galloy derivative mannitol, and Rhamnose, J-sitosteroll and balleriacin, protein and oxalic acid (seed); oxalic acid and tannin (bark); palmitic, oleic and linoleic acids (kernel and its oil).

Pharmacological

Activities: Purgative blood pressure depressant, antifungal, antihistaminic, activity against viral hepatitis, and vitiligo, antiasthmatic, broncho-dilatory, antispasmodic, antibacterial, anti stress and endurance promoting activity.

Actions and Uses

The bark is mildly diuretic and is useful in anaemia and leucoderma. Fruits are astringent, acrid, sweet, thermogenic, anti-inflammatory, anodyne, styptic, narcotic, digestive, anthelmintic, aperient, expectorant, ophthalmic, antipyretic, anti-emetic, and rejuvenating. They are useful in cough, asthma, bronchitis, pharyngitis, insomnia, dropsy, dyspepsia, flatulence, vomiting, cardiac disorders, haemorrhage, ophthalmic disorders, strangury, splenomegaly, cephalgia, skin diseases, leprosy, fevers, ulcers and general debility. The mature and dry fruit is constipating and is useful in diarrhoea and dysentery. They are also useful in eye diseases.

C. Amalaki^[13,14,15,16,17,18]

Latin name: *Phyllanthusemblica* Linn.

Synonym: *Emblicaofficinalis* Gaertn.

Family: Euphorbiaceae

Synonyms: Amalaki, Vayasya, Vrishya, Amritaphalaetc.

Part used: Root, bark, stem bark, leaf, fruit, seed

Gana

Charaka Samhita: Amlaskandha, Kasahara, Phalavarga, Kushthaghnagana, Triphaladi gana.

Sushruta Samhita: Triphaladi, Parushakadi, Amalkyadi Bhava Prakash: Haritakyadi

Properties

Rasa: Amla, Madhura, Tikta, Kashaya, Katu

Guna: Guru, Ruksha, Sheeta

Virya: Sheeta

Vipaka: Madhura
Doshagnata: Tridosha Shamaka (Especially Pittashamaka)
Rogagnata: Paittikavikara, Daha, Netraroga, Khalitya, Palitya, Aruchi, Trishna, Udavarta, Arsha, Vibandha, Kasa, Shwasa, Yakshma, Jeernajwara Etc.

Karma: Dahaprashamana, Keshya, Rochana, Deepana, Anulomana, Medhya, Chakshushya, Rasayana Etc.

Chemical Constituents

A good source of vitamin C, carotene, nicotinic acid, riboflavine, D glucose, D-fructose, myoinositol, and a pectin with D-galacturonic acid, D-arabinosyl, D-xylosyl, Lrhamnosyl, Dglucosyl, D-mannosyl, D-galactosyl residues, embicol, indole acetic acid and four other auxins, a₁, a₃, a₄ and a₅, two growth inhibitor – R1 and R2; phyllenbic acid and phyllembin (fruits) and fatty acids (seed oil), leucodelphinidin, procyanidin, 3-O gallated prodelphinidin and tannin (bark), ellagic acid, lupeol, oleonolic aldehyde and 0-acetyl olenolic acid (root); ellagic acid.

Pharmacological Activities

Spasmolytic, mild CNS depressant, hypolipidemic, Anti atherosclerotic, anti-mutagenic, antimicrobial, antioxidant, immuno-modulator, antibacterial, antiulcer, adrenergic potentiating, HIV-I, reverse transcriptase inhibitor action etc. Fruit contains a constituent (sorbitol, ellagitanins & gallotanins) which enhance the glucose uptake function of peroxisome proliferator-activated receptors (PPAR alpha & gama) without inducing adipogenesis. This mechanism may induce fat loss mechanism specially in diabetic patients. Amalaki inhibits carbohydrate absorption enzymes, notably α glucosidase & γ amylase that leads to decrease in blood sugar level & improved lipid profile (diminish triglyceride & cholesterol level).

Actions and Uses

The root bark is astringent and is useful in ulcerative stomatitis and gastric ulcer. The bark is astringent and useful in gonorrhoea, jaundice, diarrhoea, and myalgia. The flowers are cooling and aperients. The leaves are useful in conjunctivitis, inflammation, dyspepsia, diarrhoea and dysentery. The fruits are astringent, cooling anodyne, carminative, digestive, stomachic, laxative, alterant, alexeltric, aphrodisiac, diuretic, antipyretic, tonic and trichogenous. They are useful in diabetes, cough, asthma, bronchitis, headache, ophthalmic

disorders, dyspepsia, colic, flatulence, hyperacidity, peptic ulcer, erysipelas, skin diseases, leprosy, haemetemesis inflammations, anaemia, emaciations, hepatic disorders; seeds are reported to be useful, hepatic disorder. Seeds are reported to be useful in asthma, bronchitis and biliousness. Strong antibacterial but moderate antifungal activity. Anti-ulcer activity of it is proved. However, the volume of gastric secretion was not significantly altered.

5. Prakshepa Dravya

Gomutra^[19,20]

Properties

Rasa:	Katu, Tikta, Kashaya
Virya:	Ushna
Guna:	Laghu
Vipaka:	Katu
Doshagnata:	Kaphavatashamaka
Karma:	Lekhana, Kushtaghna, Kandughna, Udarehitam

constituents: cow-urine is rich in organic matter and nitrogen. Analysis of urine gave the following values:

Urine analysis (dry matter basis)

- A. Organic matter - 78.4
- B. Nitrogen - 10.6
- C. Phosphoric acid - 0.2
- D. Potash - 7.2

Normal constituents of urine (chatterjee c c, 1991).

organic constituents

1. total nitrogen (g) – 25 -35 (2) urea (g) - 25-30
2. creatin (g) - 60-150
3. creatinine (g) - 1.4
4. ammonia (g) - 0.7
5. uric acid (g) - 0.7
6. hippuric acid (g) - 0.1 - 1.0
7. oxalic acid (mg) - 10-30
8. amino acids (mg) - 150-200 (amino acid nitrogen)

9. allantoin - small quantity
10. vitamins, hormones and enzymes – small quantity

inorganic constituents (per 24 hours)

1. chloride (g) - 6-9 Chloride as nacl (g) - 10-15
2. phosphate as p (g) - 0.8 - 1.3
3. sulphate (total sulphur in g) -0.8-1.4(average 1.0g)
4. potassium (g) - 2.5 - 3.0
5. sodium (g) - 4-5
6. calcium (g) - 0.1 - 0.3
7. magnesium (g) - 0.1 - 0.2
8. iodine (mg) - 50-250
9. arsenic (mg) - 50
10. lead (mg) – 50

Yavakshara (alkali preparation of barley)^[21,22]

Latin name: Potassi carbons

Sanskrit: Yavaptyam, Yavaj, Yavya, Yavashukha, Yavanlaj

Hindi: Javakshar

Gana: lavana varga (su.), Shatapushpadi Varga.

Properties

Rasa: Katu, Lavana

Guna: Laghu, Snigdha, Sukshma, Teekshana

Virya: Ushna

Vipaka: Katu

Doshaghnata: Kaphavatashamaka

Pharmacological

Action: Yavaka Kshar is having Laghu, Snigdha, Deepana, Pachana, Kaphanasaka properties and it evacuates the Kosthagata Vayu. So this drug is useful in the pathogenesis like Amlapitta, Ashmari, Mutrakrucchra, Udarashula, Gulma, Arsha.

chemical constituents: The substance contains potassium chloride, potassium sulphate, potassium bicarbonate and potassium carbonate.

Contents of Ushakadi Gana(as Prakshepa Dravya in Lekhana Basti) are^[23]

Ushaka, Saindhava, Shilajatu, Kasisa, Hingu, Tuttha.

Tuttha-(cus04)^[24]

Rasa:	Katu, Kashaya
Guna:	Laghu
Virya:	Ushna
Vipaka:	Katu
Doshghnata:	Kaphavatashamaka
action and use:	Garvishanashna, Lekhana, Bhedana, Medohara,

Kasisa (feso4)^[25,26]

Rasayana, Chakshushya.

Rasa:	Amla, Tikta
Guna:	Laghu
Virya:	Ushna
Vipaka:	Katu
Doshghnata:	Kaphavatashamaka
action and uses:	Netrya, Vranaropana, Rajahaprvartaka, Vishaghna.

Hingu

Latin name	ferula narthex linn
Family	umbeliferace
Part used latex	
Properties Rasa	Katu
Guna	Laghu, Snigdha, Tikshna,
Virya	Ushna,
Vipaka	Katu,
Doshghanta	Kaphavatashamaka
Chemical Composition	the dried latex of the plant contains resin 69.98 % ,gum 9.21% and essential oil 14.8 % , asaresinotannol, disulphide 79.
Karma	Vednasthapana, Deepana, Chhedana, Vatanulomana, Krimighna, Rochana,
Pharmacological Action	it stimulates the intestinal, respiratory, and nervous system. It is used in enema for intestinal flatulence. – it is mostly used as a flavour. It is vital in incline in most

	pulses. It has some narcotic properties. It is refreshment
	for respiratory and nervous system. It is practical outwardly on stomach to excite the bowels.
Shilajita(black bitumen)	

Rasa:	Tikta, Kashaya
Guna:	Guru, Snigdha, Mridu
Virya:	Sheeta
Vipaka:	Katu
Doshaghnta:	Kapha, Pitta chemical

Composition: it mainly contain hippuric acid, benzoic acid and Minerals such as iron, aluminium, magnesium, Potassium, calcium, chloride, sulphate etc.

action and uses: Medoghna, Chhedana, Rasayana pharmacological

Action

it is used in liver disease such as jaundice, arthritis, cough, diabetes mellitus, acute bronchitis, and pulmonary tuberculosis. Shilajita is a rasayana material and is an adaptogen, i.e. a material that enhances strength, stamina, and stress relief.

DISCUSSION

The line of treatment for Medajaroga is described in classical text. Vataghna, Shleshma-Medohar, Ruksha-ushna-tikshna Basti, Rukshaudvartana, Triphala, Takrarishta, honey, Bilvadi decoction, Panchamoola, Shilajatu etc. Are prescribed to treat this condition. On the basis of this, Lekhanabasti(enema with medicated decoction) is formulated. This has Ruksha-ushna-tikshna properties. Even though the properties and action of individual drugs differ from that of their combinations, hence it is tried to evaluate common properties and mode of action of Lekhana Basti after analyzing the properties and action of each ingredient separately.

Triphala is used as Kashaya in the preparation of Lekhana Basti. Sthoulya is a Kaphavatajavyadhi. Most of these drugs having Tikshana, Ushna properties and consists of Katu, Tikta, Kashayarasa. It acts on Kapha-Vata by virtue of its Ushnavirya. There is Meda and Mansavridhi in Sthoulya Roga along with production of Ama Rasa. The

Lekhana Basti breaks the Srotosanga. So the active principle can reach to the cellular level. As the drugs having Tikta, Katu and Kashaya Rasa, they cause Shoshana, Lekhana, Amahara Karma. By the virtue of its Deepana and Pachanakarma, the combination works at the level of Agni. By Deepana properties, it mainly corrects the Medodhatvagnimandya and checks the further progression of Medasanchaya by preventing the formulation of Meda.

Madhu is having Yogavahi, Srotosodhaka properties. It also having Kaphanashaka and Chedana properties. Madhu is also mentioned in Sthoulya Chikitsa.⁹ due to above mentioned properties Madhu is aphrodisiac in nature. It increases the properties of other ingredients by virtue of being Yogvahi. Due to Srotosodhaka capability, it cleanses the channels of the body and facilitates the easy reach of other drugs throughout the body.

Saindhava, by virtue of Sukshma, Vvyavayi Guna, helps Bastidravaya to spread and act fast. Saindhava is having Ushna, Teekshnaguna which are helpful in absorption of Bastidravaya, by its deep penetrating nature and it helps to pass the drug molecules in to the systemic circulation through the intestinal mucosa. It is also helpful in easy Pratyagamana of Basti Dravya without causing any untoward effect. Thus, in case of Basti, Saindhava is mainly expected to help in the fast spreading and absorption of Basti.

Tila Taila- The drug used in Tila Taila is Ushna, Tikshna, Katu, Tikta and Kapha-Vatashamaka in nature.

Prakshepa Dravya (Ushakadi Gana) are having Katu, Ushna, Tikshana, Rukshana, Medohara, Srotoshodhana, Aamapachana, Vatanulomana and Kaphavātashamaka properties. the Ushakadi Gana having Lekhana properties, which removes the excessive fat.

These drugs have Medoghna Prabhava. Katu, Tikta, Kashaya Rasa is opposite of Kapha, Ama and Medodhatu. So Katu, Tikta and Kashaya Rasa reduces the Kapha, Ama & Medodhatu.

CONCLUSION

These drugs of Lekhana Basti have Medoghna Prabhava. Katu, Tikta, Kashayarasa is opposite of Kapha, Ama and Medodhatu. So Katu, Tikta and Kashaya Rasa reduces the Kapha, Ama, Medodhatu.

So the contents of Lekhana or Karshana Basti helps to remove obstruction of Meda, Kapha & Kleda from body by its Virya & helps to alleviate Vata & normalize the function of Agni & Vayu.

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