

A LITERARY REVIEW OF DOSE OF SNEHA BASTI**Dr. Pournima Amol Rikibe*¹ and Dr. Rupali Tarachand Khobragade²**

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ABSTRACT

In *Ayurveda chikitsa*, the role of *Panchakarma* and especially *Basti* is having very important Place in the treatment of many disorders. Successes of treatment are depending on dose of medicine. There is no specific common dose for everyone, its depends upon individual and should be analyzed only after considering *Kala, Agni, Vayah, Bala, Prakriti, Dosha* and *Desha*. *Chakrapani* and *Sushruta* described that, the dosage of drug should be administered after considering the strength of the disease (*Vyadhibala*), digestion power (*Agnibala*) and the strength of the body of the patients (*Aturabala*). If *Basti* therapy not used in proper dose, in recommended indications, it may leads to complications. Here analysis of *Matra* of *Sneha basti* has made to select proper *Matra* as per patient.

KEYWORDS: *Sneha basti*, Dose.**INTRODUCTION**

Panchakarma is the supper specialized therapy of *Ayurveda* System of Medicine. *Ayurveda* recommends *Panchakarma* as a treatment for maintaining mental and physical health and balance. It is highly individualized based on the needs of the individual depending on the *Ayurvedic* constitutional type, *doshic* imbalances, age, digestive strength, immune status, stage of the diseases, and dosage of medicines, proper method, *vaya* and *Bala* of the Person.

Among all therapeutic procedures, *Basti* is superior because it likes *Amruta* in all aged group. *Basti* therapy is the most commonly used treatment modality as it is safe and noninvasive therapy. Here *Sneha* is a medicated oils or ghee.

AIMS AND OBJECTIVES

- 1) To understand *Matra* of *Sneha Basti*.
- 2) To explore different *Matra* (dosage) of *Sneha Basti*.

MATERIALS AND METHODS

Literature search – Review of literature regarding to *Sneha basti* and its *matra* collected from Brihatrayi, Laghutrayi and available commentaries on it as well as related research articles were searched from websites.

Literary study^[1]

Anuvasan means to stay. The administered medicines stay for longer duration inside the intestine but still do not cause any untoward problem. It neither aggravate the *Dosh's* nor cause any complication, in fact cure many diseases staying inside system for longer duration.

Types of *Anuvasan basti*

Depending on the quantity (dosage) of *sneha* administered, *Anuvasan Basti* is divided is divided into 3 types.

Sneha Basti- 3 *Prasruta* Medicine is given

Anuvasan Basti – $\frac{1}{2}$ of *sneha basti*, i.e. $1\frac{1}{2}$ *Prasruta*

Matra basti – $\frac{1}{2}$ of *Anuvasan* i.e. $\frac{3}{4}$ *Prasruta*

The maximum dose of *Niruh basti* is 12 *prasruta*. The dosage of *sneha basti* is $\frac{1}{4}$ of *Niruh basti*. Thus $\frac{1}{4}$ of 12 *prasruta* i.e. 3 *prasruta* will be the adult dosage of *sneha basti*.

According to Dalhana, The *uttama Matra* (highest dose) of *sneha basti* is 6 *pala* or 24 *tola* or 3 *prasruta*. Chakrapani, commentator of *charaka Samhita* call this dose of *Sneha basti* as “*Sneha basti*”.

The *Madhyam Matra* (intermediate dose) of *Sneha basti* is - 3 *pala* or 12 *tola* or $1\frac{1}{2}$ *prasruta*. Chakrapani, commentator of *charaka Samhita* call this dose of *Sneha basti* as “*Anuvasan basti*”.

The *Kaniyasi Matra* (lowest dose) of *Sneha basti* is- 1 ½ *pala* or 6 *tola* or ¾ *prasruta*. Chakrapani, commentator of charaka Samhita call this dose of *Sneha basti* as “*Matra basti*”.

Thus according to Chakarapani *Sneha*, *Anuvasan* and *Matra Basti* are all types of oil enema. The dosage of each of these *Basti* 's will be half of its precursor.

The subtype and dosage of *Sneha basti* are -

Sneha basti- 3 *prasruta*

Anuvasan basti- ½ of *Sneha basti*

Matra basti- ½ of *Anuvasan*

Sushruta has named it as ‘*Snaihik Basti*’, According to Acharya Shusruta *Sneha Basti* - 1/4 of total quantity of *Niruha* (6 *pala*) i.e., 240 ml. *Anuvasana Basti* – 1/2 of quantity of the *Sneha Basti* (3 *pala*) i.e., 120 ml. *Matra Basti* – 1/2 of the *Anuvasana Basti* (1.5 *pala*) i.e., 60 ml².

Anuvasan basti – Medicated oils are administered in a dose of ½ of that *Sneha basti*.

Matra basti – According to charaka, medicines are used in a dose equal to that of *Hrusva Sneha Matra* (lowest dose of intake of medicated fats) is called *Matra Basti* (charak siddhi sthana 4/53) i.e. 1 ½ *pala*. According to Sushruta, *Matra Basti* is a type of *Anuvasan basti*, The dose of ½ of *Anuvasan basti*, its dose is 1 ½ *pala*.^[2]

According to quantity of *Sneha* in *basti*, classified into

According to	<i>Sneha basti</i>	<i>Anuvasan basti</i>	<i>Matra basti</i>
Charak	1/4 quantity of <i>Niruha</i>	1/2 of quantity of the <i>Sneha Basti</i>	1/2 of the <i>Anuvasana Basti</i>
Sushruta	1/4 of total quantity of <i>Niruha</i> (6 <i>pala</i>)	1/2 of quantity of the <i>Sneha Basti</i> (3 <i>pala</i>)	1/2 of the <i>Anuvasana Basti</i> (1.5 <i>pala</i>)
Vagbhat	6 <i>pala</i>	3 <i>pala</i>	1 ½ <i>pala</i>
Dalhann	6 <i>pala</i>	3 <i>pala</i>	1 ½ <i>pala</i>
Chakrapani	6 <i>pala</i>	3 <i>pala</i>	1 ½ <i>pala</i>
Sarangdhar	1/4th of total quantity of <i>niruha</i>	½ of of total quantity of <i>sneha basti</i> .	Dose which digest in 6 hr. ½ of <i>Anuvasan</i>
Chakradatta & Vangasena	6 <i>pala</i>	3 <i>pala</i>	1 ½ <i>pala</i>

Kashyapa explain dose of *Sneha Basti* as per age^[3]

Age	<i>Matra</i>
Shishu (infant) who not suck breast milk	½ <i>pala</i> (20 ml)
Upto 3 year	3 <i>karsha</i> (45ml)
4-5 year	1 <i>pala</i> (50ml)
6-11 year	2 <i>prasruta</i>

12 - 16 year and above	4 prasruta
Old age	Matra is to be decrease as pre Agni, Deha bala and Prakruti

Chakaradatta - Dose of Sneha Basti as per age^[4]

Age	Matra
1 year	1 Karsha
2 year	2 Karsha
6 year	1 ½ pala
7 year	1 ¾ pala
8 year	2 pala
12 year	3 pala
13 year	3 ½ pala
14 year	4 pala
15 year	4 ½ pala
16 year	5 pala
17 year	5 ½ pala
18 to 70 year	6 pala

Matra basti dose as per Kashyapa^[5]

Matra basti	Dose
Hina	1Prakunch(50ml)
Madhyam	1 ½ Prakunch(75ml)
Uttam	2 Prakunch(100ml)

Arohana krama for administration of Anuvasana

As here Chakradatta mentioned *Arohana krama* for administration of Anuvasana basti. The same is explained by Acharya Adhamalla in his commentary of Sharangadhara Samhita in context of Dose of *Matra Basti*.^[6]

Chakradatta mentioned that never start *Anuvasan* with *Uttam matra*, first use 2 pala then increase *sneha* by ½ - ½ pala everyday up to 6 pala.

In case of *madhyam matra* – start with 1 pal, and then increase *sneha* by 1karsha everyday upto 3 pala. In case of *kaniyasi matra* - start with 1 Karsha, then increase *sneha* by 8 masha everyday upto 1 ½ pala.^[7]

Vrinda Madhav describe dose pattern for *Sneha basti* as follows (V.M. BastiAdhikar)^[8]

Type of sneha basti	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day	8 th day	9 th day
<i>Uttammatra (6 pala)</i>	2 pala	2 ½ pala	3 pala	3 ½ pala	4 pala	4 ½ pala	5 pala	5 ½ pala	6 pala
<i>Madhyam matra</i>	4 Tola	5 Tola	6 Tola	7 Tola	8 Tola	9 Tola	10	11	12

(3pala)							Tola	Tola	Tola
Avara matra (1 ½ pala)	24 masha	32 masha	40 masha	48 masha	56 masha	64 masha	72 masha		

Acharya Kashyapa in *Khilasthana* 8th chapter told *1Prakuncha* (1Pala=48ml) is *Kaniyasi* Matra for administration of Matra Basti.^[9] The same Dose i.e. 1pala is mentioned by Sharangadhara for *Matra basti* in *uttara khanda basti Prakarana* during mentioning dose for Matra Basti.^[9a]

Sharangadhara described *matra of niruha basti* as follows^[10]

Uttam matra – 1 ¼ prastha = 10 prasruta (80 karsha)

Madhyam matra – 1 prastha = 8 prasruta (64 karsha)

Heen matra – 3 kudav = 6 prasruta = (48 karsha)

But practically *Prasruta matra* of each person is different from other.

Dalhanacharya has given the definition of *Prasruta* as follows.^[11]

प्रसृतोत्र कुंचितान्गुलीः पाणीः न तु पलद्वायम इति ! (Gayadas tika su.Chi. 35/7).

Eg. If *Prasruta* pramana of one's hand is 40 ml.

Then $40 \times 12 = 480$ ml is the *matra of Niruha Basti* for that person.

Sharangadhara mentioned that *heen matra* of *niruhabasti* is 3 kudav = 48 karsha = 480 ml.

Depending upon this *matra of sneha basti* also changes.

Snehabasti is ¼ of *niruha basti*, and then it will be $480 \div 4 = 120$ ml.

Anuvasan basti is of 60 ml and *Matrabasti* is of 30 ml for that person.

Acharya Charaka has stated that *Hrasva matra* of *Snehapana* is *matra of Matra basti*.^[12]

Matra of *Snehapana* depends upon *Agni bala* of patient hence it can be postulated that *matra of Sneha basti* also depends on *Agni bala*.

If *Hrasva matra of Snehapana* is considered as 30 ml then *matra of Matra basti* can be considered as *Hrasva matra of Snehapana* i.e. 30 ml. Hence *matra* of *Anuvasan* and *Sneha basti* will be considered double of *matra of Matra basti* i.e. 60 ml and 120 ml respectively. As *sharir pramana* and *agni* changes *matra of basti* also changes.

CONCLUSION

1. Matra described in Panchakarma depends on subjective factors like *dasha vidha pariksha*, *koshtha*, *sharir rachana*, *Agni*, *Bala*, *vaya*, *Prakrti*, *desha*, *dosha* etc. Minimum and maximum range of matra can be derived from the references mentioned in Samhita but it is not possible to fix same matra for all as each person varies from one another. It is obligatory to start the dose of Sneha in appropriate and judicious way considering the *Agni* (bio-fire), *Koshtha* (nature of bowel habit), *Bala* of the subject.
2. In *Arohana karma Baasti* drug administered in increasing Dose. So, there may be retention of the basti dravya for longer period since patient will be accustomed to gradual increase in Dose & may help the Medicine to reach the deeper tissues of the body.
3. According to *Acharya Sharangdhar* persons of present era are with low digestive power, lesser tolerance and short life span, so the suitable dose should be decided by the physician with his own intellect.
4. From above literature it is clear that, Acharyas given great importance to both *Agni* & *Koshtha* while administering the *Sneha Basti*.

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