

CONCEPTUAL STUDY OF UTTAR BASTI (INTRA UTERINE INSTILLATION)

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ABSTRACT

In today's fast and competitive world, many gynecological cases are rapidly increasing because of sedentary life style, faulty food habits, depression, addiction and loss of mental peace. In Ayurveda, sthanika chikitsa (local therapies) are specialized treatment procedures. The procedures basically deal with the disorders of tryavarta yoni (three coverings of vagina). Vitiation of vata is mainly responsible for yoniroga and artav vikar. Basti treatment stands best in vata shaman chikitsa. Out of this uttarbasti is most widely used and unique treatment concept of streeroga. In this study uttarbasti is reviewed

through ancient text and an effort is made to understand the concept of uttarbasti.

KEYWORDS: Ayurveda, sthanika chikitsa, uttarbasti.

INTRODUCTION

In Ayurvedic texts, Shaman chikitsa (medicinal treatment) and shodhan chikitsa (Bio purification procedure) is described to treat the disease. Also some sthanika chikitsa is given in streerog (gynecology). Sthanika chikitsa mainly include uttar basti (insertion of medicated oil or decoction into intra uterine cavity through vagina), yonidhavan (cleaning of vagina), yonipichoo dharan (insertion of tampon soaked in medicated oil or liquid), yonidhoopan (vaginal fumigation) etc. In this study uttarbasti is reviewed through ancient texts and discussed with respect to definition, sites of application, duration of time, indications, contraindication and procedure.

AIMS AND OBJECTIVE

- 1) To study uttarbasti from different ayurvedic texts.
- 2) To develop a standard operating procedure for uttarbasti.

MATERIALS AND METHODS

This is conceptual type of study, textual material are used for the study from which various references have been collected.

UTTARBASTI

In all panchakarma therapy Basti is pradhan due to its different actions. Among the type of basti, uttarbasti has some special quality, so it is nominated as “uttar” i.e.”shreshtha”. the basti which is given in uttarmarga i. e. in urinary or vaginal passage than usual adhomarga (anal passage) is termed as uttarbasti.

INDICATIONS

Uttarbasti is indicated in yonirog, vandhyatv (infertility), yoni vibhransha (uterine prolapse), Mutraghat, Mutrakruhha, Garbhashaya rog, Asrugdar (dysfunctional uterine bleeding), yonishula, Artava vikar (anovulatory menstrual cycle).

CONTRAINDICATIONS

Virginitly, carcinoma of cervix, heavy bleeding, HIV, Hepatitis B, Hypersensitivity, Vesicovaginal fistula.

TIME OF UTTARBASTI

Ideal time for the administration of uttarbasti is Rutu Kala (after completion of menstrual bleeding), because at the time of the uterus and vagina devoid of covering and their orifices are open, thus receives sneha easily.

UTTARBASTI YANTRA

It consists of two parts – Bastiputak and Bastinetra(pushpanetra). Bastiputak should be mrudu and laghu. Pushpanetra should be of 10 angula in praman, mutrastrotas parinaha (circumference like urethra) and mudga chhidra sadrushya. In married women bastinetra should be inserted upto 4 fingers in length. Now a day 5ml syringe without needle and a uterine canula of a steel material is used.

UTTARBASTI MATRA

Sneha or kwath may be used for uttarbasti. Quantity of sneha substance or kwath to be used for cleaning the uterus should be 2 prasruta. Uttarbasti should be given consecutive 3 days in increasing dose of sneha. As per Acharya Vagbhata it should be stopped for three days and then again should be repeated for 3 days continuously.

PROCEDURE OF UTTARBASTI

Before administration of uttarbasti previous infection should be cleared thoroughly. After this, 2 to 3 Asthapanasthi (for shodhana purpose) should be given to the patient. The woman should be placed in supine position with flexed thighs and elevated knee. After that Pushpanetra should be inserted in vaginal passage slowly with steady hand, following the direction of passage. Then drug should be administered by pressing the bastiputak with constant pressure. The basti drug should return after some time, if not returns then again Niruha basti or Varti of purifying drugs should be used. Uttarbasti procedure should be carried out by an expert, under all aseptic precautions and sterilized medicine is used, so there are no chances of introducing any kind of infection. Now a days, uttarbasti procedure is carried out in three stages.

- a) Poorva karma
- b) Pradhan karma
- c) Paschata karma

a) Poorva karma: the patient selected for uttarbasti proceeds for the following procedures.

1. Evacuation of bladder and bowel.
2. Bath.
3. Light diet in the form of gruels, milk with ghee etc.
4. Abhyanga by any vatashamak taila specially on lower abdomen and pelvic region.
5. Swedan: after abhyanga, swedan with hot water bag for about 5 min.
6. Examination of pulse, blood pressure.
7. Lithotomy position should be given.
8. The genital organs painted with antiseptic solution and covered with perineal towels and clips.
9. Trolley with instruments light arrangement should keep ready.

b) Pradhan karma: It includes administration of medicine.

1. Sims speculum and anterior vaginal wall retractor was inserted in order to visualize the cervix.
2. Allis forceps was applied to the anterior lip of cervix.
3. With the help of uterine sound, the length and position of uterus was ascertained, whether the os is open or not was seen.
4. Then the uterine cannula was entered in direction of uterus and pushed upto internal os. Then the basti dravya was injected slowly with syringe from other side of cannula.
5. At the same time of injecting the medicine into the uterus patient was kept in head low position.

c) Paschat karma

1. All instruments were removed slowly and perineal towels taken away.
2. Patient was advised to extend and twist her legs, head low position given for 15 minutes.
3. Pulse and blood pressure recorded for two hours.
4. It is important to watch and observe that the basti dravya was expelled out properly or not and then a sterilized gauze piece kept into vagina and patient was advised to remove it after 2 hours.

CONCLUSION

Basti therapy is the best treatment for vitiated vata dosha. Uttarbasti is considered as 'uttarphaladayini' i.e. superior. When luke warm oil or kwath enters into uterine cavity network of srotamsi (present through out the system) carry the taila towards the desired sites(all layers of uterus, fallopian tubes, ovary). Mild temperature of taila enhances its diffusion .the metabolism into the srotamsi level caused by bhutagni further helps the tissue to assimilate the required metabolites according to desire site.

According to modern view, after insertion of luke warm oil/ghee/kwath in the uterine cavity, increases the blood flow in uterus, fallopian tube, ovary and adjacent organ. this increased exposure of follicle, uterine wall to gonadotropins by enhanced blood flow. This results in enhancement action of FSH,LH, and like wise hormones. Uttarbasti plays an important role in the disorders of tryavarta yoni and shows marvelous results when applied with proper indications, strict aseptic precautions and extreme carefulness. On the basis of above study it is concluded that uttarbasti is very useful local treatment and off-course used in management of various Stree Rogas for the fruitful outcomes.

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