UTTARBASTI USED IN VARIOUS GYNAECOLOGICAL DISORDER

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ABSTRACT

In Ayurveda, Sthanik chikitsa (local therapies) are specialized treatment procedure in stree rogas described by ancient Acharyas. These procedure basically deals with the disorders of tryavarta yoni. Without tridosha disease can not manifest. Vata is mostly vitiated in disease process of stree rogas. In the therapeutic approach basti have good efficacy to normalise the vitiated vata. Out of this uttarbasti is most widely used in stree roga. Uttarbasti is one of the panchakarma treatment, in which liquid medicine (kwath or oil) are administered through urethral or vaginal routes. Thus uttarbasti targets towards diseases of urinary & genital system. The medicine may be in the form of kwath/ kashaya i.e. asthapana & in form of sneha i.e. anuvasana basti. Due to suppression of vayu by use of uttarbasti, the woman conceives immediately. It is also beneficial in diseases of urinary bladder such as retention of urine, uterovaginal prolapse, severe vaginal pain, yonivyapad, menometrorrhagia, amenorrhoea, vandhyatva & other menstrual disorders which are difficult to cure & it also helps in retention of placenta.

KEYWORD: Uttarbasti, sthanik chikitsa, kwath, asthapana, anuvasana.

INTRODUCTION

The term uttarbasti are composed of two words ‘uttar’ and ‘basti’. In the ut + tara ‘ut’
signifies superior status of uttarbasti and the ‘tara’ word is used to denote better Status comparatively.[1] In Ayurveda, for chikitsa of any rogas there are two main majors – shaman chikitsa (Medicinal treatment) and shodhan chikitsa i.e. panchakarma. Our Ancient acharyas describe some sthanik chikitsa in ayurvedic stree roga.[2] Gynaecological disorders are treated first by shaman chikitsa and then shodhan chikitsa i.e. panchakarma. The uttarbasti procedure are by following protocols of poorva karma (pre operative), pradhan karma(operative) and pashchat karma (post operative).[3] There are different types of sthanik chikitsa in stree roga such as yonipichu, yonidhawan, yonivarti, yonidhupan, uttarbsti etc. Uttarbasti is a most important procedure of stree roga.

In uttarbasti medicated oil or kwath is inserted into intra uterine cavity through Vagina. Basti which is given through uttarmarg i.e. through the passages located above or in front part (urethra or vagina) of anus is known as uttarbasti.[4] This basti helps in expelling the dushta doshas from the garbhashaya and helps in removing the doshas related to the female urogenital system.[5]

Apan vayu helps in controlling all the activities taking place in lower parts of the body. It controls all the activities of colon, pelvis, urinary bladder, uterus and lower limbs. If the apan vayu is non vitiated all activities related to the above organs work properly. But if vata gets vitiated because of obstruction caused by subtype vayu or pitta or kapha, or moves in opposite direction then here the role uttarbasti is most important.[6]

MATERIALS AND METHODS

Uttar Basti Yantra

The basti yantra is also used to inject the medicine through urinary and vaginal passage for which term uttarbasti in given. The size of uttarbasti yantra and its part is different for male and female.

Netra – it is called as pushpa netra. This pushpa netra should be made with different metal such as gold, silver, bras, lead. It must be smooth, tapering like cows tail, having circumference like tip of flower stalk of jati, karavira and lumen from which a mustard seed can pass. This pushpa netra have 2 karnikas.[7] Normally the pushpa netra to be used in females should be 10 angulas in length. In Adult women, pushpa netra inserted in the Vaginal passage is 4 angulas,
in Urinary passage it is 2 angulas, and in Girls it is 1 angul.\[^8\]

_Bastiputaka_ – The bag of uttARBasti should be small and soft, the urinary bladder of goat, sheep and hog are best for this purpose.\[^9\]

**Quantity of uttARBasti dravya**

According to charakacharya, the quantity of _uttARBasti dravya_ should be ½ pala.\[^10\] Sushruta has indicated the quantity of _dravya_ is 1 _prakuncha_.\[^11\] This is the quantity of sneha, if kwath is to be administered in _uttARBasti, 2 prasruta_ should be given.

**Best period for use of Uttar Basti in the women –**

स्त्रीयों आर्तवकाले तु पतिकर्म तदाध्येत ।
गर्भासंतान सुख स्नेहें तदाध्येयपावुते ।
गर्भ योजितस्ताद शीघ्र जिते यूहणाति मासुते ॥

The _uttARBasti_ should be given to the women after the end of _artavakala_ or during _rutukala_.\[^12\]

**Procedure**

_Poorva Karma_

- Before _Uttar Basti shodhan_ of body is done by giving _basti_ i.e. by _kala, karma_ and _yoga basti_.
- All routine examination should be done.
- _Aamashaya, pakvashaya_ and _mutrashaya_ should be empty.
- _Snehan_ at _udar, uru, prushta_ should be done with _vatashyamaka tail_.
- _Swedan_ Especially _nadiSweda_ on abdomen and _prushta pradeshi_.
- Examine pulse and Blood pressure.

_Pradhan Karma_

_a) Instrument_

- IUI cannula or simple rubber catheter.
- Uterine sound.
- Sim’s speculum and anterior vaginal wall retractor.
- Vulsellum.
• 10 cc syringe.
• All instrument should be sterilized and proper medicine should be taken.

b) **Uttarbasti procedure**
• Lithotomy position is given to the patient.
• Painting of Perineum, Vulva, and Yoni with antiseptic solution.
• Bimanual per vaginal examination.
• Sim’s speculum inserted and cervix is visualised then grasp the upper lip of cervix by Vulsellum.
• With the help of uterine sound the proper position of uterus is seen.
• Take the medicated oil or *ghrita* in 10cc syringe attach with IUI cannula.
• Cannula is inserted in uterus through the cervix.
• Medicated oil is pushed slowly in uterine cavity, initially push 3 – 5 cc oil only then increase its amount.
• Then remove IUI cannula.

**Paschat Karma**
• Watch for pulse and Blood pressure.
• Give head low position to patient for 1/2 hours.
• Repeat this procedure for 3 – 5 days.
• Hot fomentation is preferred.
• Light diet.

**Precaution**
• Medicated oil should be pushed slowly.
• All the instrument and medicine should be sterile.

**Indication**
• *Rajodushti*.
• *Arajaska yoniyapada*.
• *Udavarta yonivyapada*.
• *Raktapradara*.
• *Vandhyatwa*.
• Amenorrhoea.
- Oligomenorrhea.
- Mutragata rogas.
- Menstrual disorder.

**Updrava**
- Adhoudarshula.
- Quickly basti dravya nirgaman.

**Mode of Action of UttarBasti**

Apan vayu controls and governs all the functions which takes place in lower part of body. Activities of various organs such as colon, pelvis, urinary bladder, uterus and lower limbs is carried by apan vayu out of all the 5 Vayu. If apan vayu is disturbed then all the activities of above organs is will be distributed thus apan vayu is balance by administration of medicated oil or ghrita through vaginal route.

Kwath used in uttarbasti cleans genital passage, uterus and pelvic organs and restore their function. The Sneha used in uttarbasti is nutritive in nature. It improves blood circulation, nerve conduction and build immunity of organs (pelvic). It highly effective in cases of sterility and impotence. Ovaries absorb the given medicated oil or ghrita stimulates the hypothalamo-pituitary-ovarian axis.

**Uttar Basti is used in various gynaecological disorders**

1) Yonivyapada chikitsa.
   
   I. Udavarta yonivyapad – Uttarbasti with traivrtasneha.[13]
   II. Vatala yonivyapad - Uttarbasti with traivrvasneha.[14]
   III. Mahayoni yonivyapad - Uttarbasti with traivrvasneha.[15]

IV. Suska Yonivyapad – Uttarbasti with the oil medicated with jivaniya group of drugs should be used.[16]

V. Asruja yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.[17]

VI. Arajaska yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.[18]

VII. Putraghni yonivyapad - Uttarbasti with ghrita medicated with the kwath of kasmari & kutaja should be given.[19]

VIII. Acharna yonivyapad – Uttarbasti of oil treated with jivaniya group of drug.[20]
IX. *Prakcarana yonivyapad - Uttarbasti* of oil treated with *Jivaniya group of drug*.\[21]\n
X. *Aticarana yonivyapad - Uttarbasti* of oil treated with *Jivaniya group of drug*.\[22]\n
XI. *Karnini yonivyapad – Uttarbasti* with the oil treated with *Jivaniya group of drug*.\[23]\n
XII. *Srasta, prasrasta or prasramsini yonivyapad*.\[24]\n
a) *Traivruttasneha uttarbasti.*

b) *Bala or sirisa tail* should be used in the form of *uttarbasti.*

XIII. *Kaphaja / Upapluta yonivyapad – Uttarbasti* with *dhatkyadi tail*.\[25]\n
2) *Yonisansra* – *Traivruta siddha tail or dashamula siddha tail uttarbasti*.\[26]\n
3) *Raktagulma – Uttarbasti with pippalyadi group of drug and siddha ghrit*.\[27]\n

b) *Pittaja – Maduka and mudgaparni siddha tail uttarbasti.*

c) *Kaphaja – Maduka and pippali siddha tail.*

5) *Aparasangha*\[29]\n
a) *Sidharathaka + kushta +langli + mahavruksha kshira siddha tail uttarbasti.*

b) *Bilva + balvajyusha phala + jirmutaka + Iqshwaku + dhamargava + kutaja + arka + krutavedhan + hastiparni siddha tail uttarbasti.*

6) *Tubal Block*  
*Uttarbasti with Kshar tail*.\[30]\n
7) *Infertility*  
*Uttarbasti with Falghrita*.\[31]\n
**DISCUSSION**

*Uttarbasti* suppresses mainly *yonigata vata and* is highly effective in various gynaecological disorders such as *yonivyapad*, Uterovaginal prolapse, severe vaginal pain, menometrorrhagia, amenorrhoea, dysmenorrhoea and other menstrual disorder. Although *uttarbasti* is non-surgical procedure it is highly effective.

*Uttarbasti* therapy is not painfull. The duration of therapy depends on the seriousness of the disease. No hospitalization is required during *uttarbasti* therapy. *Uttarbasti* is non invasive procedure with minimum or no pain, so anaesthesia is not required. Proper care should be taken during giving *uttarbasti*. Well sterilization of *Uttarbasti* instruments should be done. *Purvakarma, pradhankarma and pashchatkarma* should properly follow according to
ayurvedic grantha and samhitas. During uttarbasti procedure BP, pulse should be monitor and proper position should be given. If uttarbasti is given properly it does not causes any side effects.

CONCLUSION

Basti is a main treatment of vata. At present condition, because of lifestyle and eating habits gynaecological disorders are increasing day by day. Uttarbasti is main line treatment of garbhashyagat rogas by applying proper drug. It subsides the vata kshetra dusti. Uttarbasti is important chikitsa in sukra - artava dushti and yoni roga. There are some conditions such as infertility in which there is no specific treatment modern medicine, so uttarbasti plays an very important role in such disorders. As uttarbasti effects on main target organ and shows good result.

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