

UTTARBASTI USED IN VARIOUS GYNAECOLOGICAL DISORDER

Dr. Veena Ajay Patil¹, Dr. Amol Pandharinath Vagare^{2*} and Dr. Chhaya Sudhakar Kulkarni³

¹HOD and Professor, Department of Prasuti and Streeroga Government Ayurvedic College, Osmanabad. 413501.

²PG Scholar, Department of Prasuti and Streeroga, Government Ayurvedic College, Osmanabad.413501.

³Assistant professor, Department of Prasuti and Streeroga Government Ayurvedic College, Osmanabad. 413501.

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***Corresponding Author**

Dr. Amol Pandharinath Vagare

PG Scholar, Department of
Prasuti and Streeroga,
Government Ayurvedic
College, Osmanabad.
413501.

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*.

निरुहादुत्तरेण वा मार्गेण दीयते इत्युत्तरबस्तत ।

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* is 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 $\frac{1}{2}$ *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 *prasaruta* should be given.

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

स्त्रीणां आर्तवकाले तु प्रतिकर्म तदाचरेत् ।
गर्भासना सुखं स्नेहं तदादत्तेहयापावृत्ते ।
गर्भं योनिस्तादा शीघ्रं जिते ब्रूहणाति मारुते ॥

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 yonivyapada.*
- *Udavarta yonivyapada.*
- *Raktapradara.*
- *Vandhyatwa.*
- Amenorrhoea.

- Oligomenorrhoea.
- *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 traivrtasneha.*^[14]

III. *Mahayoni yonivyapad - Uttarbasti with traivrtasneha.*^[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]

X. *Aticarana yonivyapad* - *Uttarbasti* of oil treated with *Jivaniya* group of drug.^[22]

XI. *Karnini yonivyapad* – *Uttarbasti* with the oil treated with *Jivaniya* group of drug.^[23]

XII. *Srasta, prastrasta or prasramsini yonivyapad*.^[24]

a) *Traivruttasneha uttarbasti*.

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

XIII. *Kaphaja / Upapluta yoniyapad* – *Uttarbasti* with *dhatkyadi tail*.^[25]

2) *Yonisansra* – *Traivrutta siddha tail* or *dashamula siddha tail uttarbasti*.^[26]

3) *Raktagulma* – *Uttarbasti* with *pippalyadi* group of drug and *siddha ghrit*.^[27]

4) *Rajodusti*^[28] – a) *Vataja* – *Kshira and kulira siddha tail uttarbasti*.

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

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

5) *Aparasangha*^[29]

a) *Sidharathaka + kushta + langli + mahavruksha kshira siddha tail uttarbasti*.

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

6) Tubal Block

Uttarbasti with *Kshar tail*.^[30]

7) Infertility

Uttarbasti with *Falghrita*.^[31]

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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