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Yapana Basti: A literary review

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Abstract

Being an eternal science, 'Ayurveda', the 'science of human life', deals with physical, psychological as well as spiritual well-being of an individual. It covers all the spheres of human life. The importance of Basti is highlighted as much as to call it half of the treatment. It is the best therapy to regulate the vata dosha which is the chief governing force behind all the physiological and pathological processes both in the body and mind. The disease Klaibya is a multifunctional condition, mainly involving Bahu dosavastha as a whole and sukrakshayain specific, Mano dosa and Sukravaha Srotodushti. It is commonly observed in society, owing to the feeling of inadequacy less commonly reported. Considering the various factors involved in the pathogenesis of Klaibya, particularly to overcome the Bahu dosavastha, especially the aggravated vata, Bati is the best treatment in the form of Yapana basti to control the ageing process. Yapana Basti Performs both the function i.e. Shodhana and Snehana which is done by Niruha and Sneha Basti respectively. It is indicated in Swastha, Atura, Vruddha, pointing towards its preventive, curative and primitive nature. It can be administered in all the seasons at all times and in all the age groups.

Keywords: Ayurveda, Yapana Basti, Klaibya

Introduction

The importance of Basti is highlighted as much as to call it half of the treatment. It is the best therapy to regulate the vata Dosh which is the chief governing force behind all the physiological and pathological processes both in the body and mind. General indication of Basti includes Sukrakshaya, Balakshaya, Mamsakshaya and Sukrasanga. Apart from this, Basti is specifically indicated as a superior line of treatment in condition of Kshinendriya i.e. Atikshina Sukra, Sukra Dosh and Klaibya. Basti prepared with Vajikarana drugs such as Kshira, Mamsarasa, Ghruta etc. in the form of Yapana Basti is indicated here.

The disease Klaibya is a multifunctional condition, mainly involving Bahu Dosavastha as a whole and sukrakshayain specific, Mano dosa and Sukravaha Srotodushti. It is commonly observed in society, owing to the feeling of inadequacy less commonly reported. Considering the various factors involved in the pathogenesis of Klaibya, particularly to overcome the Bahu dosavastha, especially the aggravated vata, Bati is the best treatment in the form of Yapana basti to control the ageing process. Among the various phases of sexual response the most essential is the achieving of normal erection with sufficient rigidity for the penetrative intercourse, the absence of which ends into failure and dis-satisfaction. This condition has been elaborately described as Klaibya in Ayurvedic classics and erectile dysfunction in modern texts.

Mode of action of Basti

- 1. Eliminative/Purificative action of the Basti:** Basti administered into the Pakvashaya draws the dosa/mala from all over the body from the foot to the head by the virtue of its veerya, just as the sun situated in the sky draws the moisture from the earth by virtue of its heat. As the cloth sucks up the pigment only from the mater dyed with safflower, similarly basti eliminates only the mala (waste substance) from the body. (Cha. si. 7/64 and 65)
- 2. Systemic action of the Basti:** The veerya of the drugs administered through the basti into the Pakvashaya reaches the whole body through the channels (srotasa), as the active principles in the water reaches the whole plant though it is poured at the root of the tree. (Su. chi. 36/25)

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3. **Nutritive action of the Basti:** Just as a tree feed with water at its roots, green leaves appeared at branches with delicate sprouts and in due time it grows into a big tree, full of blossom and fruits., similarly a man grow strong by means of Anuvasana Basti. (Cha. si. 1/31)

Yapana Basti

Meaning of Yapana

1. Sustaining of life
2. Nourishment of tissues
3. Alleviation of disease
4. Supporting and maintaining life
5. Preserving the homeostasis in the body constituents.

It can be said that, the removal of dosa/mala, alleviation of the disease, delaying the process of ageing and supporting the life by maintaining the homeostasis in the body constituents is the Yapana.

Defination

Type of Basti which sustain, support and maintain the life and provides longevity is called Yapana Basti.

Synonyms (Types)

1. **Madhu Tailika Basti:** The bati in which Madhu and Taila are the chief constituents or used in the excess is called as Madhu tailika basti. It is particularly indicated in king, the persons of such tender nature, the women, the children, old persons to remove the morbid dosa and to gain the strength and complexion, indicates the mrudu nature. It doesn't require any regimens, may be given at any time, without complications and provide much better results.
2. **Yuktaratha Basti:** In this type of Basti there is no restriction regarding riding in Ratha or on horse or on elephant after the administration of this Basti.
3. **Siddha Basti:** In this type of Basti, drugs having Mrudu veerya are being used and it is used in the $\frac{3}{4}$ th dose (Matra) of usual Niruha Basti and doesn't require any regimen of diet and timing. It provides satisfactory results even by administration of single Basti and doesn't produce any complications. The name Siddha Basti is given from the fact that it provides success in large number of disease and improves the strength and complexion of the body.

Ingredients of Yapana Basti in general

1. Madhu, Sneha (Gruta/tail). It is in equal quantity and in excess.
2. Saindhava lavana.
3. Kalka.
4. Kwatha. Kshira is used for the preparation of Kwatha and mamsarasa is added as an Avapa.

Special features of Yapana Basti

1. It performs both the function i.e. Shodhana and Snehana which is done by Niruha and Sneha basti respectively.
2. It is indicated in Swastha, Atura, Vruddha, pointing towards its preventive, curative and promotive nature.
3. Devoid of code of conducts described for the Niruha basti.
4. It can be administered in all the seasons at all times and in all the age groups.

5. No necessity of administreting Sneha basti in between or initially.
6. No necessity of prior Vamana or Virechana karma.

Indications

1. Sukrakshaya
2. Mamsakshaya
3. Balakshaya
4. Indriyakshaya
5. Persons indulging in excessive coitus (ati vyavaya)
6. Male and female infertility.
7. Klaibya.

It is also advised in many other conditions and large number of disease, particularly of degenerative nature by using specific drugs in accordance with the condition.

Contra-indications

Specific contraindications are not described, only Susrutaa mentioned 'Ajirna' as a contraindication. In general the contraindications of Niruha Basti may be considered.

Pathya during Yapana Basti

In Ashtanga Hridaya, it is advised to take food with the milk medicated by Atmagupta, Sveta Gunja and Talamakhana during the course of Siddha type Yapana Basti.

Apathya during Yapana Basti

Caraka has advised to avoid certain Ahara and Vihara like- Vyayama, Maithuna, Madya, Madhu, Sitabhojana, Sitajala, Rathakshobha.

Complications of excessive Yapana Basti

Yapana basti being mild in potency neither produce any distress nor produces overaction or underaction (Cha. si. 12/29). But the long term excessive use of Basti without due consideration of the condition and state of agni, it hampers the agni mainly and produces any of the complications- like Sopha, Agninas, Panduta, Udarsula, Arsa, Parikartika, Jvara, Atisara.

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