



## Review Article

### UNDERSTANDING OF NIRUHABASTI: COMPILATION FROM SUSHRUTA SAMHITA

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#### ABSTRACT

*Basti* is a special treatment of *Ayurveda*, among *Panchakarma* therapies. According to *Bruhatrayee*, *Basti* therapy is the best when we treat *Vata* related disorder. *Basti* has both preventive and curative perspectives. *Basti* describes as *Ardha Chikitsa*, because being the best in maintaining quality and quantity of life. *Basti* when used properly promotes physical development, complexion, strength, immunity and life span. *Bruhatrayee* described various types of *Basti*. Among various types of *Basti*, *Niruha Basti* is important type described by all *Acharya*. There are various opinions about *Niruha Basti*, its types, method of preparation, indications, contraindications, complications and uses. The present article is an attempt to compile information about *Niruha Basti* according to *Sushruta*.

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#### INTRODUCTION

*Acharyas* have described *Basti* is a special treatment among *Panchakarma* therapies. *Sushruta* have described *Basti* in *Chikitsasthana*. *Basti* is a special treatment of *Ayurveda*, Among *Panchakarma* therapies. *Sushruta* described that, of all the *Snehadi Karmas*, *Basti* is mentioned as the most important one by all *Acharya*, because it performs many functions. *Basti*, because of having combination of many *Dravyas*, performs *Sanshodhana* (evacuation), *Sanshaman* (pacification) and *Sangrahan* (checking of *Doshas*), *Ksheenshukra Vajikaroti* (as aphrodisiac), *Krusha Bruhayati* (Promotes development of body), *Sthoola Karshayati* (slims the obese), *Chakshu Preenayati* (nourishes eyes), *Valit Palit Upahanti* (Removes Wrinkles and greying of hairs), *Vaya Sthapayati* (stabilizes youthfulness).<sup>[1]</sup>

*Sushruta* also described that if *Basti* used properly, it do *Shariropchaya* (promotes physical development), *Varna* (Complexion), *Bala* (strength), *Arogya* (immunity), *Ayushya* (life span).<sup>[2]</sup> *Basti* is always useful in *Vata*, *Pitta*, *Kapha* and *Rakta* and also in *Samsarga* of *Dosha* and *Sannipata* of *Dosha*.<sup>[3]</sup> Also *Sushruta* mentioned about *Basti* that, properly applied, stays in *Pakvashaya* (large intestine), *Shroni* (pelvis) and *Nabhiadhas* that (all around below umbilicus), from *Pakvashaya* (large intestine) active ingredients of *Basti* (enema) spreads all over

the body.<sup>[4]</sup> Though *Basti*, by its force comes back alone from *Pakvashaya* or with excrement, the active part of *Basti* is carried to all parts of body by types of *Vayu*.<sup>[5]</sup> Though *Basti* is situated in large intestine, draws out all impurity from head to feet by its power as the Sun takes away sap of the Earth even staying in sky. *Basti* when properly applied, stirs up the accumulation of *Dosas* located in *Kati* (waist), *Prustha* (Back), *Kostha* (belly) and eliminates after eradicating it.<sup>[6]</sup> *Sushruta* described 2 types of *Basti* 1) *Niruha*, 2) *Snehika*. In this article we will see description about *Niruha Basti* according to *Sushruta*.<sup>[7]</sup>

#### AIM

To study the *Niruha Basti* concept according to *Sushruta Samhita*.

#### OBJECTIVES

- 1) To study methodology of *Niruha* according to *Sushruta Samhita*.
- 2) To study the different *Yogas* used for *Niruha Basti* according to specific *Avastha*.

#### Meaning of *Niruha*

It is known as *Asthapana* with '*Niruha*' as synonyms. Its synonyms are *Yapana*, *Yuktathata* and *Siddhabasti*. *Niruha* is so called as it do *Doshanirharana* (eliminates *Dosas*) or *Sharir Nirohana* (promotes growth of the body);

*Asthapana* is so called as it do *Vayasthapana* (establishes youthful age) or *Ayusthapana* (sustains life-span).<sup>[7]</sup>

#### Indication of *Basti* <sup>[8]</sup>

**Table 1: Showing Indications of *Niruha Basti* According to *Sushruta***

<i>Jwar</i>	<i>Atisar</i>	<i>Timir</i>	<i>Pratishyaya</i>	<i>Shiroroga</i>	<i>Adhimantha</i>
<i>Ardita</i>	<i>Aakshepaka</i>	<i>Pakshaghata</i>	<i>Ekangvata</i>	<i>Sarvangavata</i>	<i>Adhmana</i>
<i>Moodhagarbha</i>	<i>Yonishoola</i>	<i>Vridhhi</i>	<i>Upadansha</i>	<i>Mootrakriccha</i>	<i>Gulma</i>
<i>Vatashonita</i>	<i>Udavarta</i>	<i>Shukranasha</i>	<i>Aartavanasha</i>	<i>Stanyanasha</i>	<i>Ashmari</i>

#### Contraindications of *Basti* <sup>[9]</sup>

**Table 2: Showing Contraindications of *Niruha Basti* According to *Sushruta***

<i>Unmada</i>	<i>Bhaya</i>	<i>Shoka</i>	<i>Pipasa</i>	<i>Arochaka</i>
<i>Ajeerna</i>	<i>Arsha</i>	<i>Panduroga</i>	<i>Bhrama</i>	<i>Moorcha</i>
<i>Mada</i>	<i>Chardi</i>	<i>Kustha</i>	<i>Meha</i>	<i>Udar</i>
<i>Sthaulya</i>	<i>Shwasa</i>	<i>Kasa</i>	<i>Kanthashosha</i>	<i>Shopha</i>
<i>Kshataksheen</i>	<i>Durbalagni</i>	<i>Asaha</i>	<i>Bala</i>	<i>Vridhha</i>

#### Method of Preparation of *Niruha Basti*

*Acharya Sushruta* mentioned proper sequence to prepare *Basti*, according to types.

##### 1) *Pancha Prasruta Basti* <sup>[10]</sup>

At first, *Saindhava* one *Karsha* (10gm) and *Madhu* 2 *Prasutas* should be taken in utensils and churned with palm, then *Sneha* is added to it slowly followed by *Kalka* of *Madanphala*. Other *Kalkas* pounded finely respective parts should be put into another deep utensil and churned with churned stick or as considered suitable. It should be made of medium consistency, neither thick nor thin. *Mansarasa*, *Dugdha Amla Dravya* and *Mootra* should be added in quantity according to condition of *Doshas*. Finally, stained decoction in quantity of five *Prasrtas* should be added.

##### 2) *Dvadasha Prasrata Basti* <sup>[11]</sup>

At first, *Saindhava* one *Karsha* and *Madhu* two *Prasarta* should be churned together, then *Sneha* three *Prasrta* be added; when they are all mixed up, paste one *Prasarta* followed by decoction four *Prasarta* be added. Other additions like *Dugdha* etc should be given at the end in quantity of two *Prasarta*- thus *Basti* becomes of Twelve *Prasrtas*.

#### *Basti Vidhi*

*Acharya Sushruta* described *Basti Vidhi* in following manner:

##### A) *Purvakarma*

**Examination of patient:** examination of patient is necessary to decide the *Basti Yoga* according to *Dosha*, *Dushya*, *Desha*, *Kala*, *Satmya*, *Agni*, *Satva*, *Vaya*, *Bala* and *Avastha*.

**Dravya Required:** *Saindhava*, *Madhu*, *Madanphala* *Kalka* are compulsory required for every *Niruha*. After that we can mixed various types of *Dravya* and *Sneha* according to *Avastha*.

##### Preparation of Patient

- 1) *Snehana* and *Swedana*: *Sarvang* or atleast *Sthanika Snehana* and *Swedana* is necessary to do before *Basti Karma*.
- 2) Diet: *Niruha* should always be applied to one who is with empty stomach. The reason behind that is after digestion of food, *Doshas* in bowels become free from coverings and come back completely and easily having not been pressed with food; moreover digestive fire does not act on food by enema. Hence *Niruha* should be given on empty stomach.

##### B) *Pradhankarma* <sup>[12]</sup>

Method of administration of *Niruha Basti*:

1. *Niruha Basti* should be administered to one who has already taken *Anuvasana Basti*, after being uncted and sedated properly and having passed the external urges.
2. He should lie down in a windless and clean room, at noon on a cot-hard, supported below, raised at the pelvic -region and pillo wless- on the left side, with right leg flexed and the other one extended,
3. When he is cheerful, with food having been digested silent and in comfortable posture, putting the nozzle on the left foot, pressing over the ear-ring with great and second toe of the other foot,
4. Constricting half of the opening of the enema bladder with little and index fingers of the left

- hand while expanding the other half of the opening with middle and index fingers and thumb it should be filled with drug
5. The nozzle should be held with the middle and the index fingers of the right hand near the medicine in the way that drug should not overflow and there should not be bubbles, dilatation, contraction and air; then taking it in the left hand should be filled by filled by the right hand.
  6. Now just above the enema bladder with right hand in supine position and the nozzle with middle and index fingers while closing the opening of the nozzle with thumb, the tip of the nozzle itself should be smeared with ghee and then introduced evenly facing upwards and upto the earing in the line of the spinal column asking the patient to receive it in.
  7. One should squeeze with right hand, while holding, the bladder with left hand neither fast nor slowly and fully only by one pressing.
  8. Then after taking out the nozzle one should wait for thirty *Matras* after the time of squeezing and then ask the patient to get up and sit in squatting position for coming back of the enema.
  9. The normal time for coming back of the *Niruha Basti* is one *Muhurta*.
  10. By this method, the expert of enema should administer second, third or fourth *Basti* as required.
  11. When signs of proper enema appear, the enema should be stopped.

### C) *Paschat Karma* [13]

After proper *Niruha Basti*, the patient should be bathed and then fed. The diet should be given according to *Dosha* like:

- 1) For *Vata Dosha- Mamsarasa*
- 2) For *Pitta Dosha-Ksheera*
- 3) For *Kapha Dosha-Yusha*.

Or *Jangal Mamsarasa* (soup of the meat of wild animals) to all. The quantity of food should be according to *Agnibala* and *Doshabala* means less by one-third or half or even less than that according to digestive power and disorder. Thereafter, respective *Sneha basti* should be given.

### Signs of *Samyak Niruha Basti* (Proper application) [14]

1. *Viviktata* (Clarity)
2. *Manatusti* (contentment)
3. *Snigdhatta* (unctuousness)
4. *Vyadhinigraha* (check of disorder)

### Signs of *Ayoga of Niruha Basti* (Deficient Enema) [15]

1. *Hina Mala* (deficient quantity of faeces)
2. *Mutrarati* (Dysuria)
3. *Aruchi* (Anorexia)
4. *Jadyavana* (Dullness)

### Signs of *Atiyoga of Niruha Basti* (Excessive Enema) [15]

Signs of excessive enema are like excessive purgation these are as following:

1. Faeces with, water variegated like peacock's feather is discharged downwards, then liquid like meat wash and after fresh blood
2. *Gudanisanan* (prolapse of anus)
3. *Vepathu* (trembling)
4. *Trishna* (thirst)
5. *Hikka* (hiccups)
6. *Vaisadnya* (loss of consciousness)
7. *Jwar* (fever)

**Table 3: Showing *Niruha Basti* Yogas for specific *Lakshanas* or *Vyadhi***

Sr No.	<i>Vyadhi Avastha</i>	References	<i>Dravya</i>
1.	<i>Garbhini Ashtau Mas</i>	<i>Su.Sha.10/5</i>	<i>Badarodakadi Niruha</i>
2.	<i>Aparapathnartha</i>	<i>Su.Sha.10/23</i>	<i>Shalmula Kalka/Pippalyadi Gan dravya Churna + Sidharthak, Kustha, Langali, Mahavriksha+Ksheer</i>
3.	<i>Vayu yukta, Dushta, Ruksha, Teevravedanayukta, Adhobhagi Vrana</i>	<i>Su.Sha.1/109</i>	<i>Smanyana Niruha</i>
4.	<i>Sheeghra Bhagnasandhan</i>	<i>Su.Chi.3/67-68</i>	<i>Trapusa, Bibhitaki, Priyal+Vasa+Dugdha</i>
5.	<i>Prameha After Virechana</i>	<i>Su.Chi.11/7</i>	<i>Surasadi Gana Kashay+Sunthi+Devdar + Musta+Madhu+ Saidhav</i>
6.	<i>Dahayukta</i>	<i>Su.Chi.11/7</i>	<i>Nyagrodhadi Kwatha</i>

	<i>Prameharogi</i>		
7.	<i>Antavidradhi</i>	<i>Su.Chi.16/30</i>	<i>Varunadi, Ushakadi and Virechaka Gan kwatha</i>
8.	<i>Vatodara</i>	<i>Su.Chi.14/5</i>	<i>Erandtaila Mishrit Vidarigandhadi Gan Kwatha</i>
9.	<i>Pittodara</i>	<i>Su.Chi.14/6</i>	<i>Madhu+Ghrita Mishrit Nyagrodhadi Kashaya</i>
10.	<i>Kaphodara</i>	<i>Su.Chi.14/7</i>	<i>Trikatu, Mootra, Kshara Taila +Muskakadi Gana</i>
11.	<i>Vataj Jwara</i>	<i>Su.Uttar.39/309</i>	<i>Vataghna Dravya, Bhadradaru+Kakolyadi Gana Madhura Aushadhi Kalka and Kwatha</i>
12.	<i>Pittaja Jwara</i>	<i>Su.Uttar.39/310</i>	<i>Utpaladi Kashayadya Chandanoshira+Sharkara Prakshepa (Sheeta Basti)</i>
13.	<i>Jwarayukta Daha</i>	<i>Su.Uttar.39/311-312</i>	<i>Nyagrodhadi Gana+Amratvaka+Shankha+ +Madhuka Raktachandana +Utpala, Gairika+Manjistha +Mrunal +Padmaka +Dugdha+Madhu+Sharkara</i>
14.	<i>Kaphaja Jwara</i>	<i>Su.Uttar.39/313</i>	<i>Aragvadha Gana Aushadhi Kashaya+Pippalyadi Gana Kalka +Madhu+Gomootra</i>
15.	<i>Pravahika</i>	<i>Su.Uttar.40/144</i>	<i>Dvipanchamula Kashaya siddha Dugdha +Madhu</i>
16.	<i>Pravahika with Shoola Mootra-kruccha)</i>	<i>Su.Uttar.40/150-151</i>	<i>Madhuka and Nilkamala Kashaya+ Dugdha+ Madhu+ Ghrita</i>
17.	<i>Anaha</i>	<i>Su.Uttar.57/26</i>	<i>Haritaki+Aragwadha+Erاندamula+Trivrittaadi Adhobhagdosahara Rechaka Dravya+Gomootra +Madhu</i>
18.	<i>Pittakriccha</i>	<i>Su.Uttar.59/22</i>	<i>Trunapanchamula, Utpaladi Gana, Kakolyadi Gana, Nyagrodhadi Gana.</i>

Abbreviations-Su.Chi.-Sushruta Chikitsasthana, Su.Sha-Sushruta Sharirsthana, Su.Chi.-Sushruta Chikitsasthana, Su.Uttar-Sushruta Uttartantra

**Complications of Niruha Basti:<sup>[16]</sup> (NiruhaVyapada)**

**Table 4: Showing Vyapada (complications) of Niruha Basti, Lakshane (symptoms) and Chikitsa (treatment)**

S. No.	Vyapada	Hetu	Lakshane	Chikitsa
1.	<i>Ayoga</i>	<i>Sheeta, Alpdravyayukta, Heena Basti</i>	<i>Vishtamba, Adhmana, Shoola</i>	<i>Teekshna Bati Teekshna Virechana</i>
2.	<i>Adhmana</i>	<i>Annajeerne, Bahudosha, Lavanrahita Basti in Bahupurishayukta Purusha</i>	<i>Kshipra Adhmana, Hridya, Kati, Parshva, Pristha Shoola</i>	<i>Teekshna Niruha, Teekshna Anuvasana</i>
3.	<i>Parikartika</i>	<i>Atiteekshna, Atyadhika Lavanayukta Ruksha Basti</i>	<i>Pitta and Vataprakopa, Nabhee, Basti and Gudapradeshi Shoola</i>	<i>Picchabasti, Madhura Dravya Siddha Snehabasti</i>
4.	<i>Paristrava</i>	<i>Atiamla, Lavanyukta, Teekshna Basti</i>	<i>Parisratva, Daurbaly, Angasada, Gudadaha, Pittastrava</i>	<i>Picchabasti, Ksheerasarpi Basti</i>
5.	<i>Pravahika</i>	<i>Niruha with Anuvasana</i>	<i>Daha, Shoola, Kapha and Rakta Sthivana</i>	<i>Picchabasti, Payasa Bhojana,</i>

				<i>Sarpi and Madhura Dravya siddha Anuvasana</i>
6.	<i>Hridya upasarana</i>	<i>Duringa Vataprakopa Atiteekshna Niruha or Anuvasan</i>	<i>Hridyapeeda, Ruja, Mada, Moorcha</i>	<i>Sarvadoshahara Shodhana Basti</i>
7.	<i>Angagraha</i>	<i>Ruksha, Bahuvatayukta</i> And in wrong posture, <i>Mrudu, Ruksha Basti</i>	<i>Angasada, Prasthambha, Jambhodveshthna, Vepaka, Parvabheda.</i>	<i>Svedana, Abhyanga, Basti.</i>
8.	<i>Atiyoga</i>	<i>Atiushna, Atiteekshna, Atimatra, After Atisveda and Alpadosha</i>	<i>Gudanisanan, Vepathu, Trishna, Hikka, Vaisadnya, Jwar</i>	<i>Picchabasti, Sheetopachara</i>
9.	<i>Jeevadana</i>	<i>Same as Atiyoga</i>	<i>Raktasthivana and Lakshne as Atiyoga</i>	<i>Raktayukta Jaleeya Basti</i>

## DISCUSSION

1. The references of *Niruha Basti* described in *Sushruta Samhita* are different from *Charaka Samhita* and also some additional *Yoga* for specific *Avastha* for example *Basti* in *Vrana*.
2. **Types of Basti:** *Sushruta* described different types of *Niruha Basti* like *Panchaprasrutika* and *Dvadashaprasrutika* according to *Matra* of *Basti*.
3. **Indications and Contraindications:** *Sushruta* mentioned indication and contraindications of *Niruha*. But there is only list of *Vyadhis*. There is no description of side effects if we give *Niruha* to contraindicated person.
4. **Useful Dravyas:** *Sushruta* have given common *Dravya* for every *Niruha* and also described various types of *Dravyas* for various types of *Vyadhi*.
5. **Basti Vidhi:** In this *Sushruta* described *Purvakarma, Pradhankarma* and *Paschatkarma* of *Niruha Basti*. In *Pradhankarma* *Sushruta* described position for *Niruha Basti* in detail and in *Paschatkarma* food according to *Dosha*.
6. **Lakshanas:** *Acharya Sushruta* describes *Samyaka, Ayoga* and *Atiyoga Lakshanas* of *Niruha Basti*.
7. **Basti Yogas:** *Acharya Sushruta* described specific *Yogas* of *Niruha* for specific *Avastha* of *Vyadhi*.
8. **Basti Vyapada:** If *Niruha* is not given in proper manner what complications will it causes, described in *Sushruta Chikitsasthana*. Also *Vyapada*, its *Hetu, Lakshana* and *Chikitsa* have described.

## CONCLUSION

Though all *Acharyas* described *Basti Karma* in detail, there is difference found in method of

*Basti* given or *Basti Yogas* according to *Vyadhi*. So we have to study these all things according to every *Acharya* for specification of *Basti Karma* in our treatment. In this article we have seen all information about *Niruha Basti* according to *Sushruta*. There is need to do other study on *Niruha* according to other *Acharyas*.

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