



## **Comparative Study Between Method of Administration of Asthapan Basti By Basti-Putak (Pressure Method) And Enema-Pot (Gravity Method) In Sthoulya (W.S.R. Obesity)**

<sup>1</sup>More M.S., <sup>2</sup>Wagh V.D , <sup>3</sup>Koshire S.

<sup>1</sup>Professor/HOD, Department of Panchakarma, S.S.A.M. College ,Nashik

<sup>2,3</sup>. PG Scholar, Department of Panchakarma, S.S.A.M. College ,Nashik

### **Abstract**

Basti” is the boon for the Panchakarma Practioners due to its remarkable results .It gives significant results in many complicated diseases. So it proves procedure of choice for many practioners. Traditional method was described in Ayurvedic texts which is called as “Basti-pranidhan vidhi”<sup>[1]</sup> But in present era many advances are done for the administration of Basti. The aim of this study was to compare between most commonly used methods.

Method A:. Basti-Putak (Traditional Method) Method B:Enema-Pot (Recent Method)

For the present study, Lekhan - basti was given to the patient by using above Methods and observations were taken by monitoring daily Basti- patrak and Assessment sheet.(To avoid ekantik prayog of Lekhan-basti ,Matra basti was administerd on 3<sup>rd</sup> and 5th day after pratyagam of Lekhan-Basti)<sup>[2]</sup>.

The main outcome measures are Basti-dan Kala ,Dharan- kala, Samyak-basti-laxanas.<sup>[3]</sup>

Also patients of Sthoulya were selected and assessed subjectively and objectively.The conclusion of this study was that Traditional Method is more efficacious than Recent Method.

### **Introduction**

Panchakarma is said to be soul of Ayurvedic treatments.Panchakarma procedures not only rejuvenate the health but also cures the diseases. ‘Basti’is the most effective procedure of Panchakarma.

‘Basti’ according to dravabheda divided into two types 1. Anuvasan 2.Asthapana<sup>[4]</sup> Also according to sankhyabheda into three types 1.Karma basti 2.Kaal basti3.Yog basti.<sup>[5]</sup>All the ‘basti schedules ’are planned by above types and considering the indications of patients.As per diseases the drugs are selected and the prepared basti is called ‘Sidha-basti’e.g.Lekhan-basti in sthoulya<sup>[6]</sup>.

In “Basti-chikitsa’ instruments plays important role.In ancient time (Basti-putak+Basti netra= Basti yantras) it is called as ‘Basti-yantra’<sup>[7]</sup>.Because actual bladder of animals were used.Nowadays modified instruments Syringe,Enema- pot etc.are used.So in the present study an attempt is made to check the efficacy of these instruments used in present days with the instrument /Basti-yantra used in ancient times.

To rule out the aim, Lekhan basti which is indicated in sthoulya was selected and given to patients with two different instruments.Basti-putak (i.e Traditional method) and Enema pot (i.e Recent method). These are the parts where Basti-dravya is holding. Basti –Netra and simple rubber catheters are the instruments inserted into anal opening attached to these instrument respectively.

In Basti-putak dravya was administered with pressure while in Enema-pot dravya was administered with gravity.

**Aim:-**

To compare between the method of administration of Asthapan basti by Basti putak (Pressure Method) and Enema Pot (Gravity Method) In Sthoulya (W.S.R.Obesity )

**Objectives :-**

- 1.To study the effect of Lekhan basti by Basti putak in Sthoulya.
2. To study the effect of Lekhann basti by Enema pot in Sthoulya.
- 3.To compare between method of administration of Lekhan basti by Basti-putak and Enema-pot in Sthoulya (w.s.r.Obesity).

**Materials and Methods**

The patients who came in OPD of Panchkarma dept of SSAM and H Nashik fulfill the inclusion criteria of Sthoulya were selected and randomly divided in Methods .

**Method A:-**

In this group the patient was administered Lekhanbasti by Bastiputak (Pressure method)which is classical method.

**Method B:-**

In this group the patient was administered Lekhanbasti by Enemapot (Gravity method)which is the method used in present era.

Criteria for Selection

**Inclusion criteria**

- 1.Patient who is indicated for basti.
- 1.Age between 25 to 40 years.
- 2.Patient having sign and symptom of Sthoulya .
- 3 .BMI 30 to 35kg /m2.(class1 obesity)
- 4.Waist Hip ratio:-In male 0.96 to 1.0 and in female 0.81 to 0.85.

**Exclusion criteria**

- 1.Patient who is contra indicated for basti
- 2.Age less than 25 and more than 40 yrs.
- 3.Patients taking long term steroid medication.
- 4.Patients with diabetic and malignant hypertension.
- 5.Patient with evidence of renal, hepatic and cardiac involvement.
- 6.Patient with BMI more than 35.kg/m<sup>2</sup>.

**SOP for administration of Lekhan-basti**

Purvakarma-- Sarvang abhyang with Triphala tail followed by Sarvang bashpa sweda with Dashmool kashaya starting from 1st day to 8th day.

<b>Basti-prakar</b>	<b>Anuvasana basti</b>	<b>Lekhan basti</b>
Instruments used	Metal syringe attach with simple rubber catheters	For Method A:- by Bastiputak (Image 1.) For Method B- by Enemapot (Image 2)
Height of instrument from abhyanga table	-----	For both Method -12 inches

Drug	Triphala taila.	Saindhav:-5gm Madhu:-40ml Yavakshara:-5gm Triphala tail:-60ml Gomutra :-100ml Triphala kashaya:-750ml
Dose	120ml	Total 960ml

**Image 1.** For Method A Bastiputak



**Image 2.** For Method B- by Enemapot



**Criteria for assessment of clinical results**

1. Relief in sign and symptom of Sthoulya produced by patients before and after treatment.
2. BMI
3. Waist Hip Ratio.

**Criteria for assessment of method of administration of Lekhan-basti**

1. Samyak-basti laxanas
2. Basti-dan kala
3. Basti-dharan kala<sup>[8]</sup>

**Formulae used for calculation in both groups**

1. Average Basti-dan kala of patient by each method = Total Basti-dan kala of 7 Lekhan- bastis /7.
2. Average Basti-dharan kala of patient by each method = Total Basti-dharan kala of 7 Lekhan- bastis/7.

Observations

**Table 1.** Showing observations for assessment of method of administration of Lekhan-basti

Method	Method A (BASTI PUTAK)								Method B ( ENEMA POT)							
	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
Basti-Prakar	A	L	L	L A	L	L	L	L A	A	L	L	L A	L	L	L	L A
Basti-dan Kala(min)		4.30	5.06	4.50	4.05	4.18	4.10	4.45		14.22	12.43	14.27	14.45	10.43	11.05	15.02
Dharan-		32.08	30.19	34.42	29.34	36.12	41.09	37.5		6.02	5.06	7.44	6.18	6.03	7.21	8.11

kala(min)								0								
Samyak-Laxanas	-	-	+	+	++	++	++	+++	-	-	-	+	+	++	++	++
Prasrusta vitakata	-	-	+	++	++	++	++	+++	-	-	-	+	+	++	++	++
Prasrusta-mutra	-	-	+	++	++	++	++	+++	-	-	-	-	+	++	++	++
Prasrustava ta	-	+	+	++	++	++	++	+++	-	-	+	+	+	++	++	++
Kale-pravrutti	-	-	+	++	++	++	++	+++	-	-	-	+	+	++	++	++
Sarwang-laghav	-	-	+	++	++	++	++	+++	-	-	-	+	+	++	++	++
Bhojan-ruchi	-	-	+	++	++	++	++	+++	-	-	-	+	+	++	++	++
Agnivrudhi	-	-	+	++	++	++	++	+++	-	-	-	+	+	++	++	++
Udarlaghav	-	-	+	++	++	++	++	+++	-	-	-	-	+	++	++	++
Balavrudhi	-	+	+	++	++	++	++	+++	-	-	-	-	+	++	++	+++
Rogopasham (Ref. Assessement sheet)	-	+	+	++	++	++	++	+++	-	-	-	-	-	+	++	++

(Note- A denotes for Anuvasan , L for Lekan-basti)

**Samyak basti laxanas are seen earlier in method A than method B .**

### Assessment sheet

**Table2.**Showing observations for assessment of clinical results

Laxanas	For Method A/ By using Basti-putak			For Method B/ By using Enema-pot		
	BT	AT		BT	AT	
Daurbalya	+	-		+	+	+
Angagaurav	+	-		+	+	-
Swedadhikya	+	+	+	+		-
Kshudhadhikya	+		+	+	+	-
Nidradhikya	+			-		-
Trishnadhikya	+	+	+	+	+	+
Kshudrashwas	+			+		+

Dargandhya	-	-	Y e s	-
BMI(kg/m <sup>2</sup> )	3 6 . 0 0	3 4 . 1 1	3 2 . 8 8	3 2 . 0 5
W/H ratio	0 . 8 8	0 . 8 5	0 . 8 4	0 . 8 3

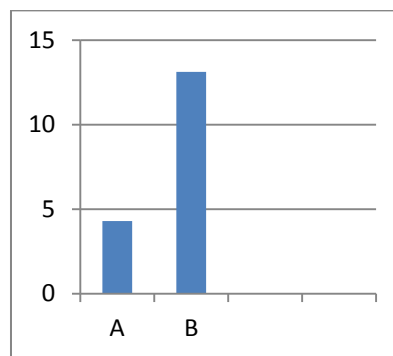
(Note-BT-Before Treatment AT-After Treatment)

Subjective assessment for method A is seen more remarkable than for method B.

**RESULT:-**

Table 3.Comparison between average Bastidan kala by two Methods

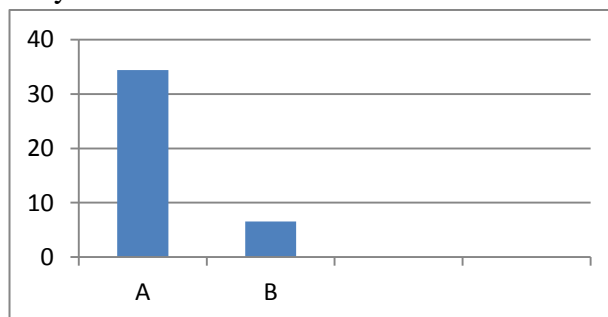
Method	A	B
Average bastidan Kala (min)	4.37	13.12



Average Bastidan kala is more for method A.

Table 4.Comparison between average Basti-dharan kala by two Methods

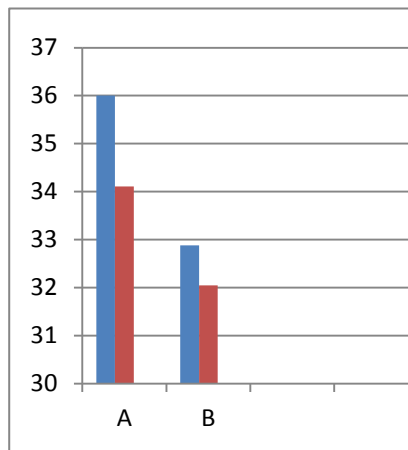
Method	A	B
Average bastidharan Kala (min)	34.39	6.57



Average basti dharan kala is seen more in method A.

Table 5.Comparison between BMI by two Methods

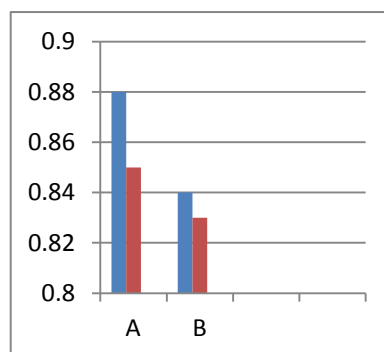
Method A		Method B	
BT	AT	BT	AT
36.00	34.11	32.88	32.05



. In method A remarkable decrease in BMI (i.e.Rogopsham)

**Table 6 .**Comparison of W/H ratio between two Methods

		Method B	
BT	AT	BT	AT
0.88	0.85	0.84	0.83



Decrease in W/H ratio is significant in method A.

### Discussions

- It is found that pressure is applied in method A while gravity works in method B .
- Average basti dana kala is more by Enema pot & average dharan kala was less.It means gravity causes less effect.
- Also samyak basti laxanas & subjective assessment are seen slowly or later in gravity

### Method.

- Average Basti- dana kala is less but average Basti-dharan kala is more in pressure method.
- Also samyak basti laxans & subjective assessment are seen earlier in pressure method.

In Short average Basti-dana kala is less and average Basti-dharan is more by Basti-putak.It gives remarkable result subjectively as compared to Enema-pot.

### Conclusions

Basti-putak method i.e pressure method is more efficacious than Enema-pot method i.e. gravity method.

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