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CONCEPTUAL STUDY OF BASTI IN PEDIATRIC

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ABSTRACT

Ayurveda is an ancient science which deals with health of human being. Its role is to keep person healthy and disease free and treat various diseases. Ayurveda has eight branches. Kaumabhritya is one of the most important branches of it. It deals with the health of children from 0 to 18 years. In Ayurveda there are 2 types of chikitsa. Shodhan and Shaman. Panchkarma is a type of shodhan chikitsa. Panchkarma as name indicates 5 karmas namely vama, virechan, basti, nasya and raktmokshan. Basti karma is described as amrut by Maharshi Kashyap. Basti can be given in all ages. Panchkarma is more about purification of body. Ayurveda says that purification is necessary before starting any therapy. Now a days due to lack of knowledge panchkarma is not practiced more in children.

KEY WORDS

Panchkarma, Niruhabasti, Anuvasanbasti.

INTRODUCTION

Ayurveda concentrates on preventive aspect, one of them is panchkarma. Panchkarma prevents ageing, destroy diseases, increases resistance power. It is helpful in overall physical and psychological growth and development of a child. Basti is one of the most effective karma in children in maintaining proper health of child. There are various opinions about age of giving basti according to various acharyas. Bastichikitsa is used to expel out vitiated doshas out of the body through intestinal route.

AIM

To study basti karma in children in detail.

OBJECTIVES

Study basti procedure.

Study benefits of basti in children.

DEFINITION

Basti means urinary bladder. Bastichikitsa means, in ancient times urinary bladder of animals like buffalo, goat etc were used as bag to hold enema material like kashaya and oil and this preparation was administered through genito-urinary tract and anus. Now a days it can be correlated to enema procedure.

TYPES OF BASTI

1. Niruha Basti- It is also known as asthapan basti. In this type of basti decoction enema which is mixed with honey, salt, ghee is administered.

2. Anuvasana Basti- It is also known as snehan basti. In this type ghee, oils, fats, herbal ghee, oils are administered.

MATERIALS

Basti Netra (Nozzle)

- It should be made from metals like gold, silver, wood, bone, bamboo.

- Gopuchhakara- correlating with shape of cow's tail.
- Achidra- without holes (except at two ends.)
- Smooth and straight.
- Gulikamukha- tip should be like a pill.

LENGTH OF NOZZLE

- For children less than 1 year- 5 angula (7.5cm)
- 1-7 years- 6 angula (9cm)
- 7 years- 7 angula (10.5cm)
- 12 years- 8 angula (12cm)
- 16 years- 9 angula (13.5cm)
- 20 years onwards- 12 angulas (18cm)

METHODS

Basti karma consists of 3 parts

1. Purvakarma- Snehan and Swedan
2. Basti karma
3. Sansarjan karma

SNEHAN

Snehan is a purvakarma done before starting any of the panchkarmas. It is the process of doing oleation of the body internally and externally using medicated oils, ghee, vasa, majja.

SWEDAN

Swedan is done after snehan. It is a process where sweating is induced artificially. It relieves heaviness, stiffness, coldness of body. Maharshikashyap has defined 8 types of swedan in children. Hast swed and pat swed can be given to infants and neonates. Other sweds are Nadiswed, Prasthaswed, Sankaraswed, Pradhaswed, Upnahaswed, Avgahswed, Parish ekswed.

PROCEDURE

Patient is told to lie down in left lateral position. Small amount of oil is applied to anus and bastineta (nozzle). Bastineta is introduced into anal canal upto specific length, then bastiputak which contains bastidravya is pressed uniformly. Pressure is applied till small amount of bastidravya is left in bastiputak to avoid insertion of air. Then bastineta is removed and patient is advised to lie in supine position till he feels urge to excrete.

ANUVASANA BASTI

- The quantity of bastidravya (enema) should be 1/4th of decoction enema according to age.
- Patient should be given snehan and swedan.
- After he regains strength, he should be given oil enema first.
- During cold season (hemant and shishir) and vasantit should be given during day and in other season at night.
- He should be given oil massage and bath.
- Then food should be given which should be 1/4th less than usual and must be easily digestible.
- When he has eliminated feces and urine, he should lie on comfortable in left lateral position.
- Then anuvasanabasti should be given in preferable amount not too fast or slow, according following procedure given above.
- Pillow should be kept under his heels so that enema liquid don't come out immediately.
- If it comes out soon, then again enema should be given.
- The maximum time to enema to come out is 3 yama (9 hours).
- We can wait for 24 hours (1 ahoratra).

- If enema don't come out after 24 hours then suppository should be placed.
- If still it don't come out it must be due to severe dryness in body, and should be neglected.
- Again anuvasanabasti must be given on 3rd and 5th day.

INDICATIONS

- Patients suitable for niruhabasti.
- Strong digestion power.
- Dryness in body.
- Those suffering from vatadoshas.

CONTRAINDICATIONS

- Patients not suitable for niruhabasti.
- Patients suffering from anemia (pandu), jaundice (kamlā), diabetes (meha).
- Rhinitis (peenasa), empty stomach (niranna), disease of spleen (Pleeha), diarrhea (atisaar), hard bowel (constipation) ascites (kaphodara), eye disorder (abhishyand), intestinal worms (krimikoshth).
- Consumed poison (garvish), goiter (galagand).

NIRUHA BASTI

It is an decoction enema. After doing purvakarma procedure niruhabasti should be done carefully. Patient should not be so much hungry.

INDICATIONS FOR NIRUHA BASTI

- Patients suffering from,
- Tumors in abdomen (gulma), bloating, fullness (anaha), gout, rheumatid disease, pain in abdomen (shula), chronic fever (jirnajwara)

- Pratishtay, flatus, enlargement of scrotum, urinary calculi, disease of vatadoshas.

NIRUHA BASTI MATRA

Upto 1 year- 1 pala(48gm)

- Then increase by 1 pala till it becomes 12 pala(6 prasut, 576gm)
- At 12 years- 12 pala
- After 12 years increase each year by 2 pala(1 prasut,96gm) till it becomes 24 palas(12 prasuta)
- At 18 years- 24 pala.
- 18-70 years- 24 pala.

Anuvasanabastimatra

The matra for anuvasanabasti should be 1/4th of matra of niruhabastimatra according to age.

MATRA BASTI

It is type of anuvasanabasti in which minimum quantiti of fat enema is given. Quantity must be around 50-75ml. Matra basti should be given to bala, vriddha.

BENEFITS OF BASTI

- Basti is alternative for virechan in children.
- Basti has multidimensional action.
- It is treatment of choice for vaatrogas, hence called as ardhachikitsa.
- Basti is amrit for children and adults too.
- Basti is used for utkleshana (excitation of doshas).
- It is used for Shuddhikaran (purification) of body.
- It is also used for shaman (pacification).

CONCLUSION

Panchkarma in pediatrics is most useful therapy but it must be done carefully and with proper knowledge. Basti is one of the karma of it. Basti is said to be amrit in pediatric too. It works properly in overall growth and development of child. As said panchkarma in adults and children are different. According to Acharyakashyap basti must be given to the children who eats food, can move from one place to another by its own. We can give basti from one year of age. There are different opinions of different acharyas, but in conclusion it is better to give basti to children from one year. If done with proper guidance and knowledge basti can be used in treating many diseases in children and improve the quality of life.

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