

# Analytical Review Article on Madhutailika Basti

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**Abstract-Madhu** (honey) and tail(oil) is used in equal quantity in *basthi dravya* it is called as *Mādhutailika Basti*. It is mainly has *Rasāyana* action (Rejuvenative). It also possesses have properties like *Bṛimhana*, *Vrishya*, *Rasayana* and also useful in *Krimi*, *Kuṣṭa Aṛṣa*, *Pliḥā Roga* and *Prameha*. *Śodhana Samyak lakṣanas* in this contexts considered in terms of Basti Samyak Śudhhi lakṣanas viz. *Agni Deepti*, *Vātanuloman*, *Sukhen Mala pravriti*, *Vyādhi Nigrah*, *Viviktatātā (Glani Rahita)* and *Manastuṣṭi*. *Basti* is the most important among panchakarma due to its various effects, *pitta* and *kapha* are dependent on *vata* as it functions based on *vata* itself, *basti* is not only best for *vata* it also equally effective in correcting the morbid *pitta*, *kapha* and *rakta*, *Charaka* has considered *basti* therapy as half of the treatment of all diseases, while some author considered it as the complete therapy for all the ailments, The effect of '*Basti*' is not restricted to ano-rectal region locally as in conventional enema. The '*Basti*' is supposed to exert a systematic action.

## INTRODUCTION

*Maadhutailika Basti* a type of '*Aasthaapana Basti*' also termed as '*Niruha Basti*' is a mixture of oil, honey, '*kwatha*' (decoction) and '*Kalka*' (fine paste obtained after wet grinding of the plant material). These ingredients are immiscible with each other. A homogenous mixture is required for actual administration of '*Basti*'. The homogeneity needs to be sustained for a reasonable period through the procedure of administration of '*Basti*'. Considering the requirement, a specific procedure of preparation of '*Aasthaapana Basti*'<sup>1</sup> is prescribed by the classics.

The *Yuktaratha basti* contains *madhu*, *saindhava*, *taila*, *kalka*, *kwata*, *mamsarasa* and having *Vata hara* and *Snehana* qualities. This *basti* is a variety of *madhutailika basti*, very suitable for all the persons. As the patient can travel even after the administration of *basti* on the chariots, back of elephants or horses it is called as *yuktaratha*.<sup>2</sup> These are normally strictly contra-indicated as *basti* therapy as it causes *samkshobha* and complications.

Definition of Madhutailika Basti

*Madhutailika Basti* mainly contains *Madhu* and *Taila*, so it is called *Madhutailika Basti*<sup>3</sup>. From the above-cited meanings it is apparent that: *Yapana basti* can be termed as a therapeutic modification of *Basti* as it contains equal quantity of *Madhu* (honey) and *Taila* (sesame oil) and these are considered as the main ingredients of *Basti*<sup>4</sup>. *Yapana Basti* is the special type of *Basti*, which is having the property to support life and promote longevity<sup>5</sup> If *honey* is added in *Basti* it becomes more potent and enhances the *Shukra* qualitatively and quantitatively. *Madhu* is an excellent *Yoogavahi* due to its synthesis from multiple *Dravya*. When it is mixed with *Vrishya Yoga* it attains the qualities of *Vrishya*<sup>6</sup>. There is no drug better than *Taila* for the alleviation of *Vata* due to its *Vyavayi* (spreading nature), *Ushṇa* (hot), *Guru* (heavy) and *Snigdha* (unctuous) properties<sup>7</sup>. A combination of both *Madhu* and *Taila* serves dualistic function in improving the excellency of *Shukra* and alleviate *Vata*. Maharshi Charaka explained *Yaapana Basti Kalpana* prepared from meat of various animals and birds.

*Pranadharana*<sup>8</sup> *Dharanam* -to maintain, *Poshanam*<sup>10</sup>-to nourish, *Rogashamanam*<sup>11</sup>-to cure disease *Yatrakara*<sup>12</sup>- supporting to life.

## MATERIALS AND METHODS

Ingredients of *Madhutailika Basti*

- *Yuktaratha* basti is *viKalpa* of *niruha* basti. Its *paryayas* are *yapana*, *Madhutailika* and *siddha basti*. As the patient can travel even after the administration of *basti* on the chariots, back of elephants or horses it is called as *yuktaratha*. These are normally strictly contra-indicated in *basti* therapy as it causes *samkshobha* and complications. These characteristics of *yapana basti* makes it applicable even to out-patients without hospitalization<sup>11</sup>.
- *Atipravritti*, *Sanga*, *Siragranthi* and *Vimargagamana* are four types of *Srotodusti*. All these types are observed in *Pakshaghata*.

Paralysis occurs due to obstruction in cerebral vessels leading to ischaemia. This can be considered as *Sanga*. Various types of aneurysm can be considered as *Siragranthi*. Cerebral haemorrhage can be considered as *Atipravritti* and *Vimargagamana*.<sup>12</sup>

- Ingredients of *Yuktaratha Basti* are *Madhu*, *Saindhava lavana*, *Murchita tila taila*, *Vacha*, *Pippali*, *Yashtimadhu* and *Madhanaphala* as *kalka dravya*, *Erandamoola kwata* and *Avapa* as *Mamsa rasa*.<sup>13</sup>
- *Madhanaphala*, *Erandamoola kalka*, *Tila taila*, *Vacha*, *Pippali*, *Yashtimadhu* and *Madhanaphala* are having *Kaphavata shamaka* property. Hence *Yuktaratha Basti* may act on both the *Vata* and *Kapha* doshas.<sup>14</sup>
- *Madhanaphala* is one of the ingredients in *Yuktaratha Basti*, hence it does the *Shodhana*. In this study dried *Madhanaphala* is taken and made into powder used as *kalka dravya*.
- *Yuktaratha basti* being a *yapana basti* acts as *shodhana* as well as *brimhana*. *Yapana basti* are suitable for administration in all the *ritu* and both in *athura* and *swastha* where in it pacifies all types of diseases and bestows strength. It improves *agni* and relives *vibhandha*. It is *sadhyobalajana* and *rasayana*.

#### Types of *Madhutailika Basti*

*Astanga sangraha* uses the word "*snigdha Basti*" as a synonym of *maadhutailika basti*. this word denotes the predominant oily nature and the prolonged usage like that of *Maatra basti*. It should not be confused with *anuvasa*.

*Maadhutailika basti* can be used at any time, even while travelling, so it is called *Yukta ratha Basti* It is useful for curing many diseases. so, it is called *Siddha Basti*.

It is called *Paada hina Basti* <sup>15</sup>because its total quantity is 1/4th less than that of *niruha basti* (approx 900ml). It can be given without much preparatory procedures. It is the best among the *siddha basti* as even a single *basti* is enough to produce significant results.

*Yapana basti* where *kwatha* is not mentioned and the other one is *niruha* where *eranda mulam* is taken for *kwatha*. In *yapana basti*, either milk or *mamsa rasa* is taken as *drava dravya*. If you are doing *maadhutailika yapana*, then *anuvasana* on the previous day is not needed. If you are doing *maadhutailika niruha*, the *anuvasana* before and after meal is essential. *Mustaadi raja yaapana* is used for *vaajikarana* and also for eye diseases.

*Maadhu Tailika Different Kalpa* <sup>16</sup>

#### Kalpa 1

<i>(Maadhutailika basti) (C.S.SI. 12/18 -13)</i>	
<i>Dravyam</i>	<i>Matra( Quantity)</i>
<i>Maakshika</i>	200ml
<i>Lavanam</i>	15gm
<i>Sneham- murchita tailam</i>	200ml
<i>Kashaya Dravya : Eranda Mula Kashayam</i>	450ml
Total quantity	900ml

if *pippali* and *madanphala* are added, it is called as '*yukta ratha basti*' according to *vangasena*

#### Kalpa 2

<i>Madhu</i>	<i>2 prasruta 1 karsha (Approx 190 ml)</i>
<i>Saindava</i>	<i>1 karsha (Approx 10 gms)</i>
<i>Taila</i>	<i>2 prasruta 1 karsha (Approx 190 ml)</i>
<i>Kalka</i>	<i>4 karsha (Approx 40 gms) - (Vacha, pippali, madhuka, madhanaphala)</i>
<i>Erandamoola kwatha</i>	<i>4 prasruta 2 karsha (Approx 380 ml)</i>
<i>Mamsarasa</i>	<i>1pasruta(Approx90ml)</i>
	<b>900:Total Quantity ml</b>

*Kalpa 3*

Ingradients	Matra	
<i>Makshika</i>	<i>6 phala</i>	288 ml
<i>Taila</i>	<i>6 phala</i>	288ml
<i>Saindav lavana</i>	<i>1 tola</i>	12 gm
<i>Shatpushpa kalka</i>	<i>2 tola</i>	24 gm
<i>Erand kashaya</i>	<i>7 phala</i>	364 ml
Total	<i>19 phala 3 tola</i>	940 ml 36 gm
Indication: <i>Bija vardhaka, Malaharaka, Gulma, Udavratha, Andhavriddhi, Arsha, Pramehanashaka.</i>		

*Kalpa 4*

Ingradients	Matra	
<i>Makshika</i>	<i>4 Phala</i>	288 ml
<i>Taila</i>	<i>4 phala</i>	288ml
<i>Saindav lavana</i>	<i>1 tola</i>	12 gm
<i>Shatpushpa kalka</i>	<i>2 tola</i>	24 gm
<i>Erand kashaya</i>	<i>7 phala</i>	364 ml
Total	<i>19 phala 3 tola</i>	940 ml 36 gm
Indication: <i>agni dipana, sharira pushti, maeda, gulma, pleeha, krimi, malaa haraka, vardhaka, Malaharaka, Gulma, Udavratha,</i>		

*Kalpa 5*

<i>Yuktharatha Basthi</i> Ingradients	Matra	
<i>Makshika</i>	<i>4 Phala</i>	288 ml
<i>Taila</i>	<i>4 phala</i>	288ml
<i>Saindav lavana</i>	<i>1 tola</i>	12 gm
<i>Pippali, Madan phala kalka.</i>	<i>2 tola</i>	24 gm
<i>Erand kashaya</i>	<i>8 phala</i>	364 ml
Total	<i>19 phala 3 tola</i>	940 ml 36 gm

*Kalpa 6*

<i>Padahina basthi, lekhana basthi, brimhana basthi.</i> Ingradients	Matra	
<i>Makshika</i>	<i>4 Phala</i>	288 ml
<i>Taila</i>	<i>4 phala</i>	288ml
<i>Saindav lavana</i>	<i>1 tola</i>	12 gm
<i>Madan phala kalka.</i>	<i>1 phala</i>	24 gm
<i>Erand kashaya</i>	<i>8 phala</i>	364 ml
<i>Ksheera, mamsa rasa, kanji, gomutra</i>	<i>4phala each (1 phala)</i>	192 ml
Total	<i>19 phala 3 tola</i>	940 ml 36 gm

*Kalpa 7*

Ingradients	Matra	
<i>Makshika</i>	<i>4 Phala</i>	288 ml
<i>Taila</i>	<i>4 phala</i>	288ml
<i>Saindav lavana</i>	<i>1 tola</i>	12 gm
<i>Murchita ghrta</i>	<i>1 phala</i>	24 gm
<i>Hribeera choorna</i>	<i>8 phala</i>	364 ml
<i>Ksheera</i>	<i>4phala each (1 phala)</i>	192 ml

## MODE OF ACTION OF EACH INGRADIENTS

### *Maakshikam* (honey)<sup>17</sup>

Honey is sweet and astringent in taste, *chedana* and *ruksha* in *guna* and *ushna* in *virya*. It is *kaphahara* and *vraha shodhana* in nature. the most important properties of honey in the context of *basti karma* are the '*yogavahitvam*' and '*sukshma maarga anusaritam*' (A.S.Su 6/92). *yogavahi* means catalyst in action. *sukshma maarga anusarita* is the potency to penetrate into the minute capillaries of the body, viz. *srotas* (increasing osmotic permeability).

The FAO Codex Alimentarius commission defines honey as 'the natural sweet substance produced by honeybees from the nectar of flowers or from secretions coming from living organisms feeding on plants, that bees gather, transform and combine with specific ingredients, store and leave to ripen in the combs of the hive.

Madhu along with salts makes homogenous mixture to form a solution having properties to permeable the water easily. Main role of madhu is to increase the retention time of *basti* by counteract the irritative property of *Saindhava*. The retention time of irritative substance in rectum may be favored by making solution as nearly isotonic as possible by using colloidal fluid such as starch water as diluents. Considered best among the vehicles contains various substances in it, which emphasizes its drug carrying capacity. Owing to *Sukshma*, it reaches up to micro channels in turn carries the drug at microcellular level.

The contents of honey are :

1. Sugars like fructose, glucose, sucrose, maltose, lactose and other disaccharides and trisaccharides.
2. Proteins, fats, vitamins, minerals, enzymes and amino acids.
3. Volatile aromatic substances.
4. Ashes and water.

Various ingredients of honey have helped it to become not only a sweet liquid, but also a natural and medicinal value. The medicinal quality, taste, texture, color, aroma of honey differs according to the geographical area and the species of plants from which it has been collected.

Therapeutic uses of Honey :

- As it contains sugars which are quickly absorbed by our digestive system and converted into energy, this can be used as instant energizer.
- As it is hygroscopic, it speeds up healing, growth of healing tissue and dries it up.
- Honey has antibacterial properties due to the acidic nature and enzymically produced hydrogen peroxide.
- Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.
- Honey is very good antioxidant which restores the damaged skin and gives soft, young look.

### *Sneha* :-<sup>18</sup>

Oil is mainly help to protect the intestinal mucosa from the irritating substances. It helps for easy elimination of *basti dravya*. Volatile substances are rapidly absorbed from aqueous or oil solutions. Oil present in *basti* preparation helps to absorb the toxic substance in it. *Sneha* produces softness in the channels and tissues and helps for easy elimination of waste substances. *Sukshma* property also helps the drug to reach into microcellular level.

### *Saindhava* (Rock salt)<sup>19</sup>

- *Saindhava* is sweet in nature, *tridosha hara*, *laghu* and moderately hot, it is not bad for eyes. It is also *abhishyandhi* but comparatively lesser in grade than other *lavana*'s.
- *Saindhava* contains 21 essential and 30 accessory minerals. 98% sodium chloride only. Traces of potassium is also seen. It is useful in regulating acid, alkaline balance, maintaining osmosis, activation of ATP phase. It removes excess acidity, generates hydroelectric energies in the cells and for nerve cells communication.
- The *yuktaratha basti* contains *madhu*, *saindhava*, *taila*, *kalka*, *qwata*, *mamsarasa* and having *vata hara* and *snehana* qualities. This *basti* is a variety of *madhutailika basti*, very suitable for all the persons. As the patient can travel even after the administration of *basti* on the chariots, back of elephants or horses it is called as *yuktaratha*. These are normally strictly contra-indicated as *basti* therapy as it causes *samkshobha* and complications.

### *Kalka* :-<sup>20</sup>

It gives required thickness to the *basti* and thus have role in retention of *basti*. Fresh drug and drug

containing volatile property can be used in the form of *kalka*. *Kalka* drug enhances the action of *Kwatha dravya*.

*Kwatha* :-<sup>21</sup>

The action of this is mainly depending upon the drugs used in it. Thus in regard to above description *Basti dravya* when administered reaches up to the micro and macro cellular level due to its *Veerya* (potency) helps

first to disturb the pathogenic process and carries out the morbid matter towards *Pakwashaya* for the elimination. Thus it works as a curative as well as purificative measure.

*Avapa dravya* :-<sup>22</sup>

These are used in order to make the *Basti* either *tikshna* or *mridu* and to increase the quantity of *basti*.

PROBABLE MODE OF ACTION OF *BASTI* :-<sup>23</sup>

Probable mode of Absorption of Basti :-

First sodium ion in *Saindhava* actively absorb from colon.



High concentration of sodium ion facilitates sugar influx.



Increase sodium ion in mucosal membrane generate osmotic gradient.



Water follows this osmotic gradient thus passive absorption of water take place.



Free fatty acid is easily absorbed by passive diffusion in the colon.

*Basti* drugs absorb through rectum by two routes:



Upper rectal mucosa

Sup. Haemorrhoidal veins Med & Inf. Haemorrhoidal veins Portal circulation Systemic circulation Beside this, Thiamin, which is necessary for nerve conduction and which is *Kushta* produced in large intestine, may be controlled by *Basti*. *Basti* influence the normal bacterial flora thus it increases the endogenous synthesis of Vitamin B12, Vitamin K etc. *Basti* makes the whole metabolism normal<sup>24</sup>.

Indications :



Lower rectal mucosa

*Sukhi*, *Alpadoshayukta*, *Mridukoshthi* and who take *Snigdha dravya* in his daily routine should use *Madhutailika Basti*. As it is *Mridu Veerya* and used in *Paadheena quantity* (9 or 6 *Prasrit*), Not following all the rules of contraindication and the single *Basti* provides *Siddhi* so it is known to be the best *basti* in *Siddha basti*<sup>25</sup> *krimi* (parasitic infestation), (obstinate skin diseases including leprosy), *udavarta* (upward movement of *vayu* in the abdomen) *gulam* (dyspepsia and tumor

spectrum of the intestinal tract), *arshas* (piles), *bradhna* (inguinal swelling), *pliha* (splenic disorder) and *meha* (obstinate urinary disorders including diabetes).<sup>26</sup>

According to *sushrutha*, for *sukumara*'s, in *alpa dosha* and in *mridu kosshtha maadhutailika siddha basti* should be given. It should be avoided during indigestion and day sleep is prohibited.

#### Benefits

- *Dipana* (Increase in digestive fire)
- *Brmhana* (nourishing)
- *Bala varna kara* (enhances strength and complexion)
- *Nirupadrava* (does not cause any complication)
- *vrishya* (fertility promoting), *Rasayana* (rejuvenative)

Contraindications and complications: Even though absolute contra indications and serious complications are not present in the case of *Madhutailika Basti* certain things should be considered. *Madhutailika Basti* should not be administered in *Ajeerna* (indigestion) and *Divasvapna* (day sleep) should be avoided during the course of therapy. If the *basti* is not returning for long time due to *Mriduta* (mildness) it may be evacuated by the application of *Asthapana Basti* containing *Gomutra* (cow's urine) or other *Teekshna dravyas*. Continuous and long-term administration (*Atyartha sevane*) of *Yapana basti* may cause *Shopha* (oedema), *Agninasha* (loss of appetite), *Panduta* (anaemia), *Shoola* (abdominal colic), *Arsha* (piles), *Parikartika* (scissoring pain in and region).<sup>27</sup>

#### IMPORTANCE OF Madhutailika Basthi

दोष निर्हरणार्थयि बलवर्णोदयाय च समासेनोपदेक्ष्यामि  
विधानं माधुतैलिकं।

याना स्त्री भोज्यपाणेषु नियमाश्च न उच्चते।

*Madhutailika Basti* is a *Mridu* (mild) *Niruha*. It is *Lekhana* as of *Niruha* and *Brimhan* as of *Sneha basti*. It is not only *Lekhana* or not only *brimhan*. It does not cause *Vata* vitiation as supposed in case of *Niruha* even though serves the purpose of *Shodhana*. Due to the same fact there is no need of administration of *Sneha basti* in between *madhutailika basti*.<sup>28</sup>

Importance of *madhutailika basti* As it can be given in  
1 *Nripa* (King)

2 Businessmen

3 *Nari* (Ladies)

4 *Sukumara* (Tender persons)

5 *Shishu* (Children)

6 *Vridhdha* (Old age)

7 *Swastha* (Healthy person)

8 *Atura* (Diseased)

9 *Ativyavayasheela*

10 *Vandhyatva* (Infertility)<sup>29</sup>

*Madhutailika basti* contains *Mridu* (mild) drugs. It can be given in lesser quantities also<sup>30</sup>. It is having broad-spectrum efficacy and no complications. There is no specific *Parihara* (prohibitions) while administering *Madhutailika*. Travelling in vehicles sexual act and any food and dietetics are allowed without any restriction.<sup>31</sup> The *basti* can be given at any time according to the wish of the patient. It is indicated in all seasons and in all diseases<sup>32</sup>. As *Madhutailika* is type of *niruha basti* the maximum time of retention is one *Muhurta* (48 minutes). But *Kashyapa* told that *yapana basti* retains for longer time<sup>33</sup>.

#### DISCUSSION

The formulation of *Madhutailika Basti* comprises of *Madhu*, *Lavana*, *Taila*, *Kalka* and *Kwatha*. These ingredients are not easily miscible with each other. But to get the optimum therapeutic action from the formulation homogenous mixture of ingredients is necessary. Homogeneity of final mixture is assessed with certain features like, non- spreading, not-staying as a lump, not retaining its markings when it is placed on the palm. As this process needs creation of vigorous shear force within the mass material usage of sophisticated equipment for mixing may make the preparation processing easier and convenient, especially in large scale work. Hence it is planned to conduct the study on *madhutailika basti* formulation prepared by classical and modified methods.<sup>34</sup> An effort has been put to know the reason behind serial order of mixing and difference between classical and modified methods of mixing *madhutailika basti* formulation.

#### CONCLUSION

*Madhutailika basti* is the one the type of *yapana basti* may likely to produce anti-ageing effects. *Yapana basti* have both effects i.e. *Rasayana* and *Shodhan* effects. i.e. nourishing (orderly nourishing from *Rasa dhatu* to *Shukra dhatu*) and evacuator effects (purification of *Dosha* primarily *Vata dosha* which has

main seat in *Pakwashaya*). *Acharya Vagbhata* clearly mentioned *Marutodrek* (Vitiation of *Vata*). *Vata* triggers the process of ageing. Periodical evacuation of *dosha* checks the process of ageing. *Dalhana* clearly mentioned that *Akalaja Jara* can be reverted by *Bhojan Pana Rasyana* and *madhuatailika basti* possesses properties of *Rasayana*.

The *Madhutaailika basti* being evacuator medicated enema may do purification with proper *samayak Niruha Lakshana* and with oil also had *Dhatuposhak* effects by per rectal route. Being *basti prabhav* it primarily works on *Vata dosha* which may trigger the process of aging. *Basti* establishes *Doshasamyata* by primarily uprooting *Vata Dosha*. by correcting *Srotorodha* it also facilitates orderly nourishment of *Rasadi* Seven dhatu. Due to *Dhatuprasadan* proper manifestation *Varna, Smriti Medha Rasayana karma* occurs

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