

# Concept of Basti Karma in Children: A Review

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**Abstract**—Ayurveda is an ancient science which deals with health of human being. There role is to kee person healthy and disease free and treats various diseases. Ayurveda has eight branches. Kaumarabhritya is one the most important branch of it. It deals with the health of children from 0 to 18 years. Ayurveda explains the Śārīrika and Mānasika approach in treatment of the disorders & in Ayurveda there are 2 types of chikitsa - Shodhan and shaman. Shodhan is one among the two modalities of treatment which is best for uprooting the disease from the root itself. Panchkarma is a type of shodhan chikitsa.

Panchkarma as name indicates 5 karmas namely Vaman, Virechan, Basti, Nasya and Rakta-mokshan. Basti karma is described as amrut by maharshi Kashyap. Basti can be given in all ages. Panchkarma prevents ageing; destroy diseases, increases resistance power. It is helpful in overall physical and pschycological 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. Basti chikitsa is used to expel out vitiated doshas out of the body through intestinal route. Now a days due to lack of knowledge panchkarma is not practiced more in children.

**Index Terms**—Basti, Panchkarma, Age, Shodhan Chikitsa, enema

## I. INTRODUCTON

Introduction of medicines, kwath, sneha etc. through rectal or urinary passage is called Basti karma. It is an ideal therapy for the treatment of Vāta disorders<sup>1</sup>. The exact meaning of the term “Basti” is bladder (M M Williams). But the term ‘Basti’ has become popular after the name of the instrument used in this process.

Aachrya Charka has considered that Basti is very effective, suitable and safe therapy for children. It provides strength, pleasure and softness to the body.<sup>2</sup>Kaśyapa opines Basti is just like nectar for children.<sup>3</sup>

Because by it saṁśodhana, saṁśamana, sangrahan, vājīkarana, vṛñhana, vali-palit naśana and vayasthapana etc. all actions are performed together. Appropriate age for Basti<sup>4</sup> :

Scholars	Age
Gārgya	Since birth
Māṭhara	Since 1 month of age
Ātreya punarvasu	Since 4 month of age
Pārāśaraya	Since 3 years of age
Bhela	Since 6 years of age
Kaśyapa	When child can creep well and can eat cereals i.e. 8-10 months

Suśruta is of the opinion that Basti karma should be avoided in children as far as possible.

Description of instrument used for Basti : -

The instrument used for this purpose is made of two parts – Basti (bladder) and Basti-netra (nozzle).

- Basti – Most of the Ayurvedic scholars have mentioned that Basti should be made of bladder of old ox, buffalo, deer, pig or he-goat.
- Basti-netra – It should be made of gold, silver, copper, bronze, iron, wood, horn, bamboo etc.

The length of Basti netra, its inlet, out let and circumference etc. are mentioned in various texts, according to different age group shown following.<sup>5</sup>

Size of Basti netra (nozzle)

Age (in years)	Charka	Suśruta	Vāgbhāta
1-6	6 angula	6 angula	5-6 angula
7	-	-	7 angula
8	-	8 angula	-
9	-	-	-
10	-	-	-
11	-	-	-
12	8 angula	-	8 angula
13	-	-	-
14	-	-	-
15	-	-	-
16	10 angula	10 angula	9 angula

Size of Mūlabhāga (main body) and Agrabhāga (outlet) of Basti-netra (Suśruta)<sup>6</sup>

Age (in years)	Size of Mūlabhāga (inlet)	Size of Agrabhāga (outlet)
1	The hole of that size in which the pankhnādi (feather) of kanka (a bird) can be introduced.	Hole of mūnga size
8	The hole of that size in which the pankhnādi of Śyena can be introduced.	Hole of māṣa size
16	The hole of that size in which the pankhnādi of mayūra can be introduced.	Hole of Kalāya (dry) size

The size of Basti-Netra, its pariṇāha (circumference) and Kārṇika (ear of instrument) as described by Suśruta<sup>7</sup>

Age (in years)	Length of Basti-netra (in angulas)	Pariṇāha (circumference)	Position of Kārṇika (ear)
1	6	Equivalent to Kaniṣka	After 1 ½ angulas in agrabhāga
8	8	Equivalent to Anāmikā	After 2 angulas in agrabhāga
16	10	Equivalent to Madhya anguli	After 3 ½ angulas in agrabhāga

Types of Basti<sup>8</sup> :-

1. Nirūha
2. Anuvāsana
3. Uttar

Nirūha Basti :

It is made by mainly kwath. It brings quickly downward movement of abnormally placed flatus, urine and faeces of human beings. It cures Āmadoṣa, stiffness, anorexia, obstruction of urine & faeces and increases appetite. It is also known as Āsthāpana Basti<sup>9</sup>. It is stated that in children, Basti should be used at the place of viracana in the disease which have to be cured by virecana<sup>10</sup>.

Charka says that quantity of nirūha (cleasing) Basti for the child of one year should be 1 pala and by increasing 1/2 prasṛta every year, at 12 year the dose should be 6 prasṛta; themn by increasing 1 prasṛta every year; it should be 12 prasṛta by the age of 16 years. Caraka also says that in children mild cleansing Basti should be used<sup>11</sup>. Suśruta and Vāgbhāta have also mentioned does of 12 prasṛta as best one<sup>12</sup>.

Anuvāsana Basti :

That Basti; which can stay for sometime in the body without any complications is called as Anuvāsana Basti. Its main content is sneha and it can be given

after eating food or every day. Kaśyapa also indicated its every time use in children<sup>13</sup>.

On the basis of doses, it can be of three types<sup>14</sup>

1. Sneha Basti : ¼ of Nirūha
2. Anuvāsana Basti : ½ of sneha
3. Mātrā Basti : ½ of Anuvāsana

Kaśyapa also described the dose of Mātrā Basti<sup>15</sup> –

1. Lowest dose : 1 Prakuñca
2. Medium dose : 1½ Prakuñca
3. Highest dose : 2 Pala; for breast fed babies : ½ Pala

Kaśyapa also described the dose of Basti according to age of child<sup>16</sup> :

1. Till 3 years : 3 Karṣa
2. Till 4 years : 1 Pala
3. Till 6 years : 1 Prasṛta
4. Till 12 years : 2 Prasṛta
5. Till 3 years : 4 Prasṛta

In case of Nirūha Basti, the dose should be of 3 times of sneha Basti.

According to alternatives of derivation, indication, number and doṣas, Basti can also be of 3 types<sup>17</sup> –

1. Karma Basti : It should be used in case of excessive strength of body of vāta.

2. Kāla Basti : It is half in number of karma Basti and is to be used in the person having medium strength & association of pitta and vāyu.
3. Yoga Basti : Being less in number and light called yoga Basti, is to be used when vāyu does not have good strength & associated with kapha.

## II. DIFFERENT PREPARATIONS OF BASTI

Charka and other scholars have mentioned various preparations for Basti, however, these are of general type and can be used in the patients of all age groups, but Kaśyapa<sup>18</sup> has mentioned some Basti, especially formulated for children. Therefore, only these specific vastis are recapitulated here.

1. Nirūha Basti prepared with different kaśāyas and sneha with honey, cow's urine and rock salt.
2. Śīśu-sneha Basti – taila and ghr̥ta medicated with triphalā, aśvagandhā, bhutika, daśamūla, balā, gokṣhuru, khasa, saindhava, madhuyas̥thi, drakṣhā, śatapušpā, māṣaparnī, kapikacchu, viḍanga, cāngerī etc and drugs of jīvanīya group. It is effective in all disorders of children.
3. Taila and ghr̥ta medicated with decoction of daśamūla drugs and cow's urine and lavaṇa is used as Nirūha Basti.
4. Basti for vātaja disorders – Basti prepared with oil medicated with triphalā, seeds of madan phala (without husk), cucumber, jīraka (black), pippalī is effective in various vāta disorders.
5. Basti for pittaja disorders – Decoction of triphalā, sārīvā, both bṛhatīs, bark of kuṭja trāyamāṇa, balā, rāsanā, indrayava, śatapušpā, madhūka, anśumatī, drakṣhā, samudrāntā (aparājītā), netrabālā etc. drugs should be used with milk, honey and ghr̥ta for Basti.
6. Basti for kaphaja disorders – Decoction of triphalā, devadāru, bhūtīka, karañja, pūtikarañja, citraka, ekāṣṭhīlā (pathā), viṣāṇi, pippalīmūla, trivṛtta, dantīmūla, dravantī etc. drugs with saindhava, oil and cow's urine is used to prepare Basti. It should be used warm.
7. Basti for disorders of all doṣas – decoction of karṭṭraṇa, khasa, bhutika, triphalā, rāsanā, aśvagandhā, aśvadamṣṭrā, sahijana, trivṛtta, śatāvārī, elā (laghu), punarnavā, bhārangī, paṭola patra, ajmoda, madanphala.
8. Katu Basti in worm infestations.

9. Other Bastis like phala Basti, eraṇḍa Basti etc are mentioned in various disorders like pain in abdomen, worm infestation and pain in other parts of body.

Modern texts have good explanation about mode of action and effectiveness of Basti karma (enema). The rectum has a rich blood and lymph supply and drugs can cross the rectal mucosa like the other lipid membranes, thus, unionized and lipid soluble substances are readily absorbed from the rectum. The portion absorbed from the upper rectal mucosa is carried by the superior haemorrhoidal vein into the portal circulation whereas that absorbed from the lower rectum enters directly into the systemic circulation via the middle and inferior haemorrhoidal veins. The advantages of this route are the gastric irritation is avoided and that by using a suitable solvent, the duration of action can be controlled. Moreover, it is often more convenient to use drugs rectally in the long term care of critically ill and premature infants.

## III. CAUSES AND MANIFESTATIONS OF UNDER/OVER DOSAGE OF BASTI AND THEIR MANAGEMENT

Kaśyapa<sup>19</sup> has mentioned various causes and manifestations of under/over dosages of Bastis, given to children. General management is also described.

Causes :

1. Under dosage of Basti –
  - i. Rectum is full of stool, gases and mucous.
  - ii. Nozzle of instrument is not straight.
  - iii. Bladder of instrument is loose.
  - iv. Medicines are not pushed properly.
2. Over dosage of Basti –
  - i. The medicine is pushed high up due to presence of different doṣas, stool and full bladder.
  - ii. The child is thirsty, hungry, fatigued, having anxiety and feeling of sorrow or fear.

Manifestations:

In both the conditions, the child may immediately suffer from thirst, loss of consciousness, fever, nausea, burning sensation, cardiac problem and pain. Later on the child may have some complains of piles, anaemia and jaundice.

Management:

1. Snehana, swedana, vamana, virecana, Āsthapana, phalavarti and congenial diet should be prescribed according to doṣa.
2. In the condition of under dosage, the child should be offered, the paste of kumuda and kuṣṭha or bile of cow with water. Cow's urine with harītakī or saindhava, saptalā and trivṛtta is also effective.
3. In the condition of over dosage, the child should be provided proper rest. Once he regains strength, he should be tortured (pīḍana) and cold water should be sprinkled.
4. The use of phalavarti is indicated, if the child has complaints of Ānāha or Śūla. These, vartis used for this purpose, are prepared with kiṇva, siddhaārthaka, māṣa, saindhava, jiggery and oil. Its shape should be like yava. In case of Ānāha 5-7 vartis are used, according to age.
5. Diet : Śāli rice and diluted mixed meat soup of jāngala animals and birds should be offered.

- [11] C.S.Si. 3/31.2-33.1
- [12] S.S.Chi. 38/37-40, A.H.Su. 19/18-19, A.S.Su. 28/22-23
- [13] K.S.Si. 8/5
- [14] C.S.Si. 3/27-28
- [15] K.S.Khi. 8/104-105
- [16] K.S.Khi. 8/106-108
- [17] K.S.Khi. 8/6-14
- [18] K.S.Khi. 8/89-103
- [19] K.S.Si. 6

#### IV. CONCLUSION

Due to soft nature and immaturity of the various systems and organs of the body this therapy is contraindicated in children. So if purgation is needed then basti (vasti) should be given because by it samshodhan and samshaman both action are performed together. So it is just like "Amrit" for children. There are various descriptions about Basti like dose, method, size of Basti netra, which should be use in children according to their age. With this; there is also availability of description about side effects of under/over dosages of Basti and their management. So Basti should be use very carefully in children for their well being.

#### REFERENCES

- [1] A.H.Su. 19/1
- [2] C.S.Si. 10/6-7
- [3] K.S.Si. 1/9
- [4] K.S.Si. 1/11-16
- [5] C.S.Si. 3/8, S.S.Chi. 35/7
- [6] S.S.Chi. 35/7
- [7] S.S.Chi. 35/7
- [8] A.H.Su. 19/1, C.S.Si. 10/8
- [9] K.S.Si. 1
- [10] C.S.Si. 10/7-8