



REVIEW ON VASTI

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Abstract: Ayurveda is an ancient medical science with strong fundamentals, which deals with food habits, living style, preventive and curative aspects of disease for both healthy person and for diseased person. Ayurveda explains that the body is formed by Panchamahabutas, Tridoshas, Sapta dhatus, Trimalas primarily. Among these constituents Tridosha is base for the maintain the Physiology and causing pathology of the healthiness and disease respectively. Vata Pitta and Kapha are the Tridoshas which is the base for Ayurveda, Among the Tridoshas vata plays an important role in the manifestation of the disease. This vata is vitiated by Ahara and Vihara quickly such vata is pacified by different protocols. Among all the protocol Vasti plays major role in controlling the vata such Vasti is explained by all the Brihatrayi and Laghu trayee. Vasti means medicated Enema given through Ano Rectal route. Different types of vasti are explained in the classics, an attempt is made to compile different types of vasti among the samhitas.

Key words - Vasti, Thridosha, Ayurveda, Dhatu, Mala.

I. INTRODUCTION

II. The treatment which is given through the vasti is known as⁴⁸. Arunadatta also quotes same. Vasti karma is a route of administration of drug, through the anal route. There are different types of vasti are practiced based on the need of the disease. Some vasti meant for sodhana purpose, some are samana in nature. Similar vasti is practices for sake of brumhana effect. Predominantly there are three types vasti namely Asthapana, Anuvasana and Uttara vasti. Asthapana means which cause vayah sthapana and dosha sthapana(A.S.SU.28.6). Niruha vasti is synonym to Asthapana vasti which means dosha Nirhana. Since Kashaya is the main ingredient this vasti is also known as Kashaya vasti. There are many forms of Asthapana vasti are available they are Madhutailika, yapana, sidda and yukta ratha vasti, Anuvasana vasti, means which will stay for some time.

III. Since Sneha is main ingredient it is also known as Sneha vasti, Taila vasti coming to Uttara vasti, the route of administration of medicine is urinogenital.

IV. Vasti classified based on the ingredients as Kashaya vasti and Anuvasana vasti both this Kashaya vasti and Anuvasana vasti in practiced exclusively in vata, pitta, kapha doshas respectively. So many vatahara Kashaya vasti, vata hara Anuvasana vasti, like that pitta hara Kashaya vasti pitta hara Anuvasana vasti, kapha

hara Anuvasana vasti and kapha hara Kashaya vasti, kala vasti and yoga vasti. Same in these patterns these are practiced in the Uttara marga in Uttara vasti. Like that guru vasti, laghu vasti, also these for diseases from guru and laghu. We can make the vasti as Teekshnnata by adding mutra, sarshapa etc., same like that by adding ksheera to the vasti we can make it as mrudu vasti, Acharya Chakrapani had explained choorna vasti also. Which is practiced now a days across the India. Vasti not only for used as vata upakrama but also used for sukra Sanjanana, Bala mamsa varnya karnaka, many types of vasti is practiced for even for Chakshusya, and even for sishu, also kshra vasti, vaitarana vasti is practiced for ama purpose. Vasti is practiced widely in Arsas, Sirogata rogas also. Lekhana vasti, utkleshana vasti is a special type of vasti which is used for medohara and dosha utkleshana pupose.

V. Material & Methods:

VI. Table no:1

VII. S.NO	TYPE OF VASTI	REFERENCE	INDICATIONS
1.	Asthapana vasti ¹⁻⁷	C.Si.3/35 C.Si.8/4,5,6 C.Si.3/47, 10/21,22 3/69.3/56 C.Si.3/56, 10/23,24 3/69	Vata hara Pitta hara Kapha hara
2.	Anuvasana vasti ⁸⁻¹¹	C.Si.4/4-6, C.Si.4/8. C.Si.4/9-12 C.Si.4/13-16	Vata hara Pitta hara Kapha hara
3.	Matra vasti ¹²	C.Si.4/52-55	Brumhanam vata roga hara
4.	Uttara vasti ^{13,14}	C.Si.9/5 C.Si.9/61-64	Yoni vyapath, Anuria, driping of urine, diseases of urinary bladder
5.	Karma vasti ¹⁵	C.Si.1/48	Type of vasti
6.	Kala vasti ¹⁶	C.Si.1/48	Type of vasti
7.	Yoga vasti ¹⁷	C.Si.1/48	Type of vasti
8.	Sheeta vasti ¹⁸	C.Si.1/35	Ushna rogas
9.	Ushna vasti ¹⁹	C.Si.1/35	Sheeta rogas
10.	Snigdha vasti ²⁰	C.Si.1/35 Chakrapani cometary	Rukshha vyadis

11.	Ruksha vasti ²¹	C.Si.1/35 Chakrapani cometary	Snigdha vyadis
12.	Guru vasti ²²	C.Si.1/35 Chakrapani cometary	Laghu guna vyadi
13.	Laghu vasti ²³	C.Si.1/35 Chakrapani cometary	Guru guna vyadi
14.	Brumhaneeyya ²⁴	C.Si.1/36-37	Type of vasti
15.	Vishodhaneeyya ²⁵	C.Si.1/36-37	Type of vasti
16.	Dosha samshodhana ²⁶	Su.Chi.35/2	Type of vasti
17.	Dosha samshamana ²⁷	Su.Chi.35/2	Type of vasti
18.	Dosha samgrah ²⁸	Su.Chi.35/2	Type of vasti
19.	Doshotkleshana ²⁹	A.Hr.Su.19/61	Type of vasti
20.	Dosha shuddhikara ³⁰	A.Hr.Su.19/61	Type of vasti
21.	Dosha shamana ³¹	A.Hr.Su.19/61	Type of vasti
22.	Vatahara vasti ³²	A.Hr.Su.19/56-58	Vata
23.	Pittahara vasti ³³	A.Hr.Su.19/56-58	Pitta
24.	Kaphahara vasti ³⁴	A.Hr.Su.19/56-58	Kapha
25.	Tikshna vasti ³⁵	C.Si.7/63	By adding cows' urine, pilu, chitraka, salt, alkalies and mustard seed.
26.	Mrudu vasti ³⁶	C.Si.7/63	By adding milk, the enema recipe can be milder in action when required.
27.	Yapana vasti ³⁷	C.Si.12/16(1)	Based up on the need different types of yapana vasti in indicated like
28.	Madhutailika vasti ³⁸	Su.Chi.38/118	Mrudhu koshta
29.	Yuktaradha vasti ³⁹	Su.Chi.38/115	Bala, upachaya, varna
30.	Siddha vasti ⁴⁰	Su.Chi.38/116&118	Alpa doshas
31.	Vaitharana vasti ⁴¹	Ca.Da.72/32	Soola, anaha, amavata

32.	Kshara vasti ⁴²	Ca.Da.72/30,31	Gulma, udavarta, krimi, soola, vibandha
33.	Ardhamatrika vasti ⁴³	Ca.Da.72/26	Vatarakta, Pumsavana, sarvaroga nivarana, sukra sanjanana,
34.	Chakshusya vasti ⁴⁴	C.Si.3/43, 37	Chakshusya rogas
35.	Churna vasti ⁴⁵	C.Si.10/14	Soola
36.	Piccha vasti ^{46,47}	C.D.72/33,34. C.Chi.14/214-229.	Rakta arsas

Discussion & Conclusion:

Vata is considered as Arda Chikista since it controls vata which is responsible for all types of rogas. Now a days we can easily practice the vasti with safely. Practicing the matra vasti is very much easier and cost effective. These vasti is practiced come paediatric to geriatric care, vasti given at pakvasaya(colon) by its potency draws morbid doshas located in the entire body right from foot to head just as sun situated in the sky absorbs all the moisture earth, either Niruha or Anuvasana should not practise regularly if we practices niruha regularly vata dosha increase, if we practice Anuvasana snigdatva increase and Agnimandya will took place but yapana vasti and matra vasti can practice regularly.

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